M^rs. Eaton.
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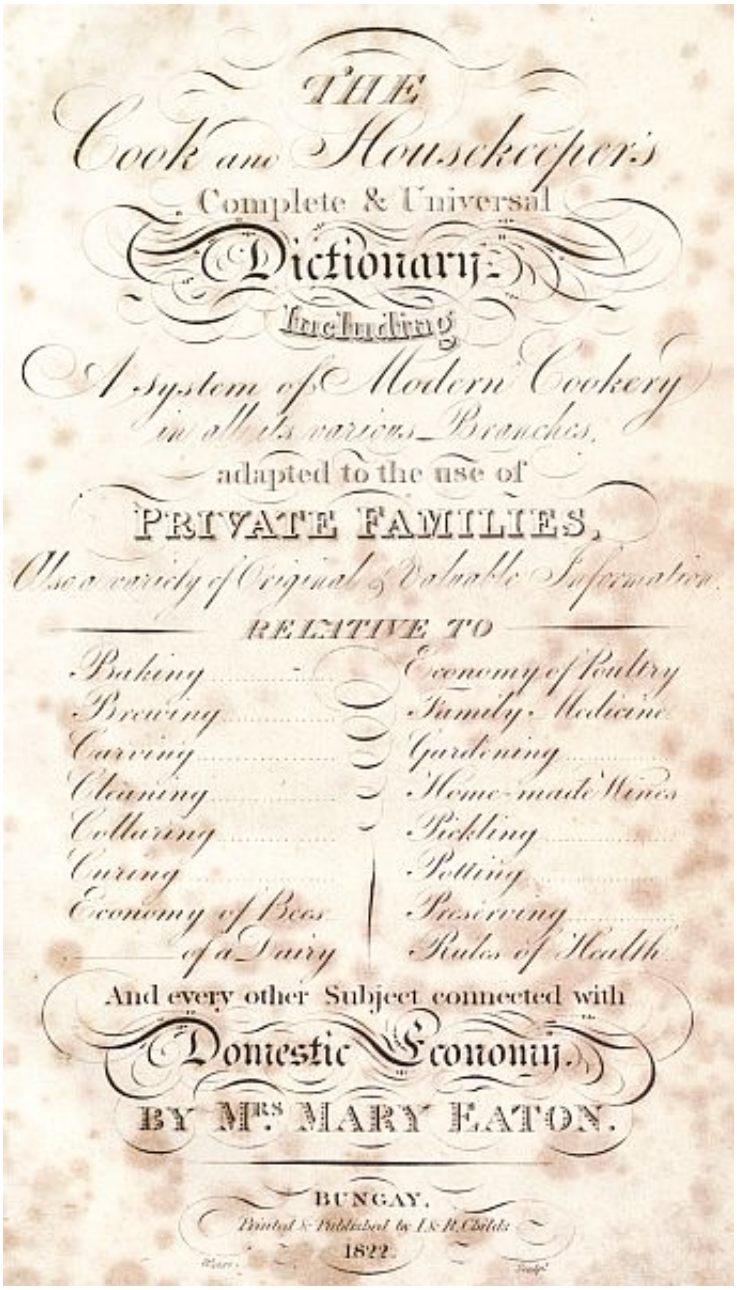

THE

[iv]

COOK AND HOUSEKEEPER'S

COMPLETE AND UNIVERSAL

DICTIONARY;

INCLUDING

A SYSTEM OF MODERN COOKERY,

IN ALL ITS VARIOUS BRANCHES,

ADAPTED TO THE USE OF

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ORIGINAL AND VALUABLE INFORMATION.

RELATIVE TO

BAKING,
BREWING,
CARVING,
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CURING,
ECONOMY OF BEES,
---- OF A DAIRY,
ECONOMY OF POULTRY,
FAMILY MEDICINE,
GARDENING,
HOME-MADE WINES,
PICKLING,
POTTING,
PRESERVING,
RULES OF HEALTH,

AND EVERY OTHER SUBJECT CONNECTED WITH

DOMESTIC ECONOMY.

BY MRS. MARY EATON.

EMBELLISHED WITH ENGRAVINGS.

BUNGAY:
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INTRODUCTION.

[v]

NOTHING is more obvious, than that experience purchased by the sacrifice of independence is bought at too dear a rate. Yet this is the only consolation which remains to many females, while sitting on the ashes of a ruined fortune, and piercing themselves with the recollection of the numerous imprudencies into which they have been led, simply for the want of better information. Not because there is any want of valuable publications, for in the present age they abound; but rather because they contain such a variety of superfluous articles, and are too indiscriminate to become generally useful. A young female, just returned from the hymeneal altar, is ready to exclaim on the first perusal, as the philosopher did who visited the metropolis, 'How many things are here which I do not want!' The volume when purchased is often found to contain what is only or chiefly adapted to those who live in "king's houses," or "who fare sumptuously every day."

Indeed, it has been the failing of most works of this nature, that they have either been too contracted, or too diffuse; detailed what was unnecessary, or treated superficially what was [vi] in fact of most consequence to the great bulk of mankind. If it be objected to the present work, that it exhibits nothing new; that the experiments are founded upon the simplest rules of nature; that most of the things have been rehearsed in various forms; it is not necessary to deny or to conceal the fact, every other consideration having been subordinated to one leading object, and that is GENERAL UTILITY. It is but justice however to add, that many of the articles are perfectly ORIGINAL, having been extracted from a variety of unpublished manuscripts, obligingly and expressly furnished in aid of the present undertaking. A great number of outlandish articles are intentionally omitted, as well as a farrago of French trifles and French nonsense, in order to render the work truly worthy of the patronage of the genuine English housekeeper.

It may also fairly be presumed, that the superior advantages of the present work will immediately be recognized, not only as comprehending at once the whole theory of Domestic Management, but in a form never before attempted, and which of all others is best adapted to facilitate the acquisition of useful knowledge. The alphabetical arrangement presented in the following sheets, pointing out at once the article necessary to be consulted, prevents the drudgery of going through several pages in order to find it, and supplies by its [vii] convenience and universal adaptation, the desideratum so long needed in this species of composition.

Importance of Domestic Habits and Acquirements.

Though domestic occupations do not stand so high in the general esteem as they formerly did, there are none of greater importance in social life, and none when neglected that produce a larger portion of human misery. There was a time when ladies knew nothing beyond their own family concerns; but in the present day there are many who know nothing about them. If a young person has been sent to a fashionable boarding-school, it is ten to one, when she returns home, whether she can mend her own stockings, or boil a piece of meat, or do any thing more than preside over the flippant ceremonies of the tea-table. Each extreme ought to be avoided, and care taken to unite in the female character, the cultivation

of talents and habits of usefulness. In every department those are entitled to the greatest praise, who best acquit themselves of the duties which their station requires, and this it is that gives true dignity to character. Happily indeed there are still great numbers in every situation, whose example combines in a high degree the ornamental with the useful. Instances may be [viii] found of ladies in the higher walks of life, who condescend to examine the accounts of their servants and housekeepers; and by overseeing and wisely directing the expenditure of that part of their husband's income which falls under their own inspection, avoid the inconveniences of embarrassed circumstances. How much more necessary then is domestic knowledge in those whose limited fortunes press on their attention considerations of the strictest economy. There ought to be a material difference in the degree of care which a person of a large and independent estate bestows on money concerns, and that of one in inferior circumstances: yet both may very commendably employ some portion of their time and thoughts on this subject. The custom of the times tends in some measure to abolish the distinctions in rank, the education given to young people being nearly the same in all. But though the leisure of the higher sort may very well be devoted to different accomplishments, the pursuits of those in a middle sphere, if less ornamental, would better secure their own happiness, and that of others connected with them. We sometimes bring up children in a manner calculated rather to fit them for the station we wish, than that which it is likely they will actually possess; and it is in all cases worth the while of parents to consider whether the [ix] expectation or hope of raising their offspring above their own situation be well founded. There is no opportunity of attaining a knowledge of family management at school, certainly; and during vacations, all subjects that might interfere with amusement are avoided. The consequence is, when a girl in the higher ranks returns home after completing her education, her introduction to the gay world, and a continued course of pleasures, persuade her at once that she was born to be the ornament of fashionable circles, rather than descend to the management of family concerns, though by that means she might in various ways increase the comfort and satisfaction of her parents. On the other hand, persons of an inferior sphere, and especially in the lower order of middling life, are almost always anxious to give their children such advantages of education as they themselves did not possess. Whether their indulgence be productive of the happiness so kindly aimed at, must be judged by the effects, which are not very favourable if what has been taught has not produced humility in herself, and increased gratitude and respect to her parents. Were a young woman brought to relish home society, and the calm delights of an easy and agreeable occupation, before she entered into the delusive scenes of pleasure, presented by the theatre and other dissipations, it is probable she would soon make a comparison much in favour of the former, especially if [x] restraint did not give to the latter an additional relish.

If our observations were extended to the marriage state, we should find a life of employment to be the source of unnumbered pleasures. To attend to the nursing, and at least the early instruction of children, and rear a healthy progeny in the ways of piety and usefulness; to preside over the family, and regulate the income allotted to its maintenance; to make home the agreeable retreat of a husband, fatigued by intercourse with a bustling world; to be his enlightened companion, and the chosen friend of his heart; these, these are woman's duties, and her highest honour. And when it is thus evident that high intellectual attainments may find room for their exercise in the multifarious occupations of the daughter, the wife, the mother, the mistress of the house; no one can reasonably urge that the female

mind is contracted by domestic employ. It is however a great comfort that the duties of life are within the reach of humbler abilities, and that she whose chief aim it is to fulfil them, will very rarely fail to acquit herself well.

Domestic Expenditure.

The mistress of a family should always remember, that the welfare and good management of the house depend on the eye of the superior; and consequently that nothing is too trifling [xi] for her notice, whereby waste may be avoided. If a lady has never been accustomed while single to think of family management, let her not on that account fear that she cannot attain it. She may consult others who are experienced, and acquaint herself with the necessary quantities of the several articles of family expenditure, in proportion to the number it consists of, together with the value of the articles it may be necessary to procure. A minute account of the annual income, and the times of payment, should be taken in writing; likewise an estimate of the supposed amount of each item of expense. Those who are early accustomed to calculations of this kind, will acquire so accurate a knowledge of what their establishment demands, as will suggest the happy medium between prodigality and parsimony, without in the least subjecting themselves to the charge of meanness.

Few branches of female education are so useful as great readiness at figures, though nothing is more commonly neglected. Accounts should be regularly kept, and not the smallest item be omitted to be entered. If balanced every week, or month at longest, the income and outgoings will easily be ascertained, and their proportions to each other be duly observed. Some people fix on stated sums to be appropriated to each different article, and [xii] keep the money separate for that purpose; as house, clothes, pocket, education of children, &c. Whichever way accounts be entered, a certain mode should be adopted, and strictly adhered to. Many women are unfortunately ignorant of the state of their husband's income; and others are only made acquainted with it when some speculative project, or profitable transaction, leads them to make a false estimate of what can be afforded. It too often happens also that both parties, far from consulting each other, squander money in ways that they would even wish to forget: whereas marriage should be a state of mutual and perfect confidence, with a similarity of pursuits, which would secure that happiness it was intended to bestow.

There are so many valuable women who excel as wives, that it is fair to infer there would be few extravagant ones, if they were consulted by their husbands on subjects that concern the mutual interest of both parties. Many families have been reduced to poverty by the want of openness in the man, on the subject of his affairs; and though on these occasions the women are generally blamed, it has afterwards appeared that they never were allowed to make particular enquiries, nor suffered to reason upon what sometimes appeared to them imprudent. Many families have fully as much been indebted to the propriety of female management, for the degree of prosperity they have enjoyed, as to the knowledge and [xiii] activity of the husband and the father.

Ready money should be paid for all such things as come not into weekly bills, and even for them some sort of check is necessary. The best places for purchasing goods should also

be attended to. On some articles a discount of five per cent is allowed in London and other large cities, and those who thus pay are usually best served. Under an idea of buying cheap, many go to new shops; but it is safest to deal with people of established credit, who do not dispose of goods by underselling. To make tradesmen wait for their money is very injurious, besides that a higher price must be paid: and in long bills, articles never bought are often charged. If goods are purchased at ready-money price, and regularly entered, the exact state of the expenditure will be known with ease; for it is delay of payment that occasions so much confusion. A common-place book should always be at hand, in which to enter such hints of useful knowledge, and other observations, as are given by sensible experienced people. Want of attention to what is advised, or supposing things to be too minute to be worth regarding, are the causes why so much ignorance prevails on necessary subjects, among those who are not backward in frivolous ones.

It is very necessary for the mistress of a family to be informed of the price and quality of all articles in common use, and of the best times and places for purchasing them. She should [xiv] also be acquainted with the comparative prices of provisions, in order that she may be able to substitute those that are most reasonable, when they will answer as well, for others of the same kind, but which are more costly. A false notion of economy leads many to purchase as bargains, what is not wanted, and sometimes never is used. Were this error avoided, more money would remain of course for other purposes. It is not unusual among lower dealers to put off a larger quantity of goods, by assurances that they are advancing in price; and many who supply fancy articles are so successful in persuasion, that purchasers not unfrequently go beyond their original intention, and suffer inconvenience by it. Some things are certainly better for keeping, and should be laid in accordingly; but this applies only to articles in constant consumption. Unvarying rules cannot be given, for people ought to form their conduct on their circumstances. Some ladies charge their account with giving out to a superintending servant such quantities of household articles, as by observation and calculation they know to be sufficient, reserving for their own key the large stock of things usually laid in for extensive families in the country. Should there be more visitors than usual, they can easily account for an increased consumption, and vice versa. Such a degree of judgment will be respectable even in the eye of domestics, if not interested in the ignorance [xv] of their employers; and if they are, their services will not compensate the want of honesty.

A bill of parcels and receipt should be required, even if the money be paid at the time of purchase; and to avoid mistakes, let the goods be compared with these when brought home. Though it is very disagreeable to suspect any one's honesty, and perhaps mistakes are often unintentional; yet it is proper to weigh meat and grocery articles when brought in, and compare them with the charge. The butcher should be ordered to send the weight with the meat, and the checks regularly filed and examined. A ticket should be exchanged for every loaf of bread, which when returned will shew the number to be paid for, as tallies may be altered, unless one is kept by each party. Those who are served with brewer's beer, or any other articles not paid for weekly or on delivery, should keep a book for entering the dates: which will not only serve to prevent overcharges, but will show the whole year's consumption at one view. `Poole's complete Housekeeper's Account book,' is very well adapted to this purpose.

An inventory of furniture, linen, and china, should be kept, and the things examined by it

twice a year, or oftener if there be a change of servants; into each of whose care the articles are to be entrusted, with a list, the same as is done with plate. Tickets of parchment with the [xvi] family name, numbered, and specifying what bed it belongs to, should be sewed on each feather bed, bolster, pillow, and blanket. Knives, forks, and house cloths are often deficient: these accidents might be obviated, if an article at the head of every list required the former to be produced whole or broken, and the marked part of the linen, though all the others should be worn out. Glass is another article that requires care, though a tolerable price is given for broken flint-glass. Trifle dishes, butter stands, &c. may be had at a lower price than cut glass, made in moulds, of which there is a great variety that look extremely well, if not placed near the more beautiful articles.

Choice and Treatment of Servants.

The regularity and good management of a family will very much depend on the character of the servants who are employed in it, and frequently one of base and dishonest principles will corrupt and ruin all the rest. No orders, however wise or prudent, will be duly carried into effect, unless those who are to execute them are to be depended on. It behoves every mistress therefore to be extremely careful whom she takes into her service; to be very minute in investigating character, and equally cautious and scrupulously just in giving [xvii] recommendations of others. Were this attended to, many bad people would be incapacitated for doing mischief, by abusing the trust reposed in them. It may fairly be asserted that the robbery, or waste, which is only a milder term for the unfaithfulness of a servant, will be laid to the charge of that master or mistress, who knowing or having well-founded suspicions of such faults, is prevailed upon by false pity, or entreaty, to slide such servant into another place. There are however some who are unfortunately capricious, and often refuse to give a character because they are displeased with the servant leaving; but this is an unpardonable violation of the right of a servant, who having no inheritance, is dependant on her fair name for employment. To refuse countenance to the evil, and to encourage the good servant, are equally due to society at large; and such as are honest, frugal, and attentive to their duties, should be liberally rewarded, which would encourage merit, and stimulate servants to acquit themselves with propriety. The contrary conduct is often visited with a kind of retributive justice in the course of a few years. The extravagant and idle in servitude are ill prepared for the industry and sobriety on which their own future welfare so essentially depends. Their faults, and the attendant punishment come home, when they have children of their own; and sometimes much sooner. They will see their own folly [xviii] and wickedness perpetuated in their offspring, whom they must not expect to be better than the example and instruction given by themselves. Those who have been faithful and industrious in service, will generally retain those habits in their own families, after they are married; while those who have borne an opposite character are seldom successful in the world, but more frequently reduced to beggary and want.

It is in general a good maxim, to select servants not younger than thirty. Before that age, however comfortable you may endeavour to make them, their want of experience, and the hope of something still better, prevent their being satisfied with their present state. After they have had the benefit of experience, if they are tolerably comfortable, they will endeavour to deserve the smiles of even a moderately kind master or mistress, for fear they may change

for the worse. Life may indeed be very fairly divided into the seasons of hope and fear. In youth, we hope every thing may be right: in age, we fear that every thing may be wrong. At any rate it is desirable to engage a good and capable servant, for one of this description eats no more than a bad one. Considering also how much waste is occasioned by provisions being dressed in a slovenly and unskilful manner, and how much a good cook, to whom the conduct of the kitchen is confided, can save by careful management, it is clearly expedient to [xix] give better wages for one of this description, than to obtain a cheaper article which in the end will inevitably become more expensive. It is likewise a point of prudence to invite the honesty and industry of domestics, by setting them an example of liberality in this way; nothing is more likely to convince them of the value that is attached to talent and good behaviour, or to bind them to the interest of those whom they are engaged to serve. The office of the cook especially is attended with so many difficulties, so many disgusting and disagreeable circumstances, and even dangers, in order to procure us one of the greatest enjoyments of human life, that it is but justice to reward her attention and services, by rendering her situation every way as comfortable as we can. Those who think, that to protect and encourage virtue is the best preventive to vice, should give their female servants liberal wages. How else can they provide themselves the necessary articles of clothing, and save a little to help themselves in a time of a sickness, when out of place, or amidst the infirmities of age. The want of liberality and of justice in this respect is a principal source of the distress and of the degradation to which multitudes of females are reduced, and who are driven at length to seek an asylum in Foundling Hospitals and Female Penitentiaries. [xx]

Good wages however are not all that a faithful servant requires; kind treatment is of far greater consequence. Human nature is the same in all stations. If you can convince your servants that you have a generous and considerate regard for their health and comfort, there is no reason to imagine that they will be insensible to the good they receive. Be careful therefore to impose no commands but what are reasonable, nor reprove but with justice and temper; the best way to ensure which is, not to lecture them till at least one day after the offence has been committed. If they have any particular hardship to endure in service, let them see that you are concerned for the necessity of imposing it. Servants are more likely to be praised into good conduct, than scolded out of bad behaviour. Always commend them when they do right; and to cherish in them the desire of pleasing, it is proper to show them that you are pleased. By such conduct ordinary servants will often be converted into good ones, and there are few so hardened as not to feel gratified when they are kindly and liberally treated. At the same time avoid all approaches to familiarity, which to a proverb is accompanied with contempt, and soon destroys the principle of obedience.

When servants are sick, you are to remember that you are their patron, as well as their master or mistress; not only remit their labour, but give them all the assistance of food and [xxi] physic, and every comfort in your power. Tender assiduity about an invalid is half a cure; it is a balsam to the mind, which has the most powerful effect on the body; it soothes the sharpest pains, and strengthens beyond the richest cordial. The practice of some persons in sending home poor servants to a miserable cottage, or to a workhouse, in time of illness, hoping for their services if they should happen to recover, while they contribute nothing towards it, is contrary to every principle of justice and humanity. Particular attention ought to be paid to the health of the cook, not only for her own sake, but also because healthiness

and cleanliness are essential to the duties of her office, and to the wholesomeness of the dishes prepared by her hand. Besides the deleterious vapours of the charcoal, which soon undermine the health of the heartiest person, the cook has to endure the glare of a scorching fire, and the smoke, so baneful to the complexion and the eyes; so that she is continually surrounded with inevitable dangers, while her most commendable achievements pass not only without reward, but frequently without even thanks. The most consummate cook is seldom noticed by the master, or heard of by the guests, who, while they eagerly devour his dainties, and drink his wine, care very little who dressed the one or sent the other. The same observations apply to the kitchen maid or second cook, who have in large families the [xxii] hardest place, and are worse paid, verifying the old proverb, 'the more work the less wages.' If there be any thing right, the cook has the praise, when any praise is given: if any thing be wrong, the kitchen maid has the blame. For this humble domestic is expected by the cook to take the entire management of all roasts and boils, fish and vegetables, which together constitute the principal part of an Englishman's dinner. The master or mistress who wishes to enjoy the rare luxury of a table well served in the best stile, should treat the cook as a friend; should watch over her health with peculiar care, and be sure that her taste does not suffer, by her stomach being deranged by bilious attacks. A small proportion of that attention usually bestowed on a favourite horse, or even a dog, would suffice to regulate her animal system. Cleanliness, and a proper ventilation to carry off smoke and steam, should be particularly attended to in the construction of a kitchen. The grand scene of action, the fire-place, should be placed where it may receive plenty of light. Too often the contrary practice has prevailed, and the poor cook is continually basted with her own perspiration; but a good state of health can never be preserved under such circumstances. [xxiii]

Necessity of Order and Regularity.

No family can be properly managed, where the strictest order and regularity is not observed. 'A house divided against itself cannot stand;' and if the direction of its affairs be left to accident or chance, it will be equally fatal to its comfort and prosperity. It is the part of a prudent manager to see all that is doing, and to foresee and direct all that should be done. The weakest capacity can perceive what is wrong after it has occurred; but discernment and discretion are necessary to anticipate and prevent confusion and disorder, by a well-regulated system of prompt and vigorous management. If time be wisely economised, and the useful affairs transacted before amusements are allowed, and a regular plan of employment be daily laid down, a great deal may be done without hurry or fatigue. The retrospect would also be most pleasant at the end of the year, to be able to enumerate all the valuable acquirements made, and the just and benevolent actions performed, under the active and energetic management of the mistress of a family. As highly conducive to this end, early and regular hours should be kept in the evening, and an early hour especially for breakfast in the morning. There will then be more time to execute the orders that may be given, which in general should comprise the business of the day; and servants, by doing their [xxiv] work with ease, will be more equal to it, and fewer of them will be necessary. It is worthy of notice, that the general expense will be reduced, and much time saved, if every thing be kept in its proper place, applied to its proper use, and mended, when the nature of the accident will allow, as soon as broken or out of repair. A proper quantity of household articles should

always be ready, and more bought in before the others are consumed, to prevent inconvenience, especially in the country. Much trouble and irregularity would be prevented when there is company to dinner, if the servants were required to prepare the table and sideboard in similar order daily. As some preparation is necessary for accidental visitors, care should be taken to have constantly in readiness a few articles suited to such occasions, which if properly managed will be attended with little expense, and much convenience.

Bad habit of keeping Spare Rooms.

Though persons of large fortune may support an expensive establishment without inconvenience, it ill becomes those in the middle rank to imitate such an example. Nothing can be more ludicrous than the contrast exhibited between two families of this description; [xxv] the one living in the dignified splendour, and with the liberal hospitality, that wealth can command; the other in a stile of tinsel show, without the real appropriate distinctions belonging to rank and fortune. They are lavish, but not liberal, often sacrificing independence to support dissipation, and betraying the dearest interests of society for the sake of personal vanity, and gratifying what is significantly termed 'the pride of life.'

The great point for comfort and respectability is, that all the household economy should be uniform, not displaying a parade of show in one thing, and a total want of comfort in another. Besides the contemptible appearance that this must have to every person of good sense, it is often productive of fatal consequences. How common it is, in large towns especially, that for the vanity of having a showy drawing-room to receive company, the family are confined to a close back room, where they have scarcely air or light, the want of which is essentially injurious to health. To keep rooms for show belongs to the higher classes, where the house is sufficiently commodious for the family, and to admit of this also: but in private dwellings, to shut up perhaps the only room that is fit to live in, is to be guilty of a kind of self-destruction; and yet how frequently this consideration escapes persons who are disposed to render their family every comfort, but they have a grate, a carpet, and chairs [xxvi] too fine for every day's use. What a reflection, when nursing a sick child, to think that it may be the victim of a bright grate, and a fine carpet! Or, what is equally afflicting, to see all the children perhaps rickety and diseased from the same cause! Keeping a spare bed for ornament, rather than for use, is often attended with similar consequences. A stranger or a friend is allowed to occupy it once in so many months, and he does it at the peril of his health, and even of his life.

Another bad effect of keeping spare rooms is the seeing more company, and in a more expensive manner, than is compatible with the general convenience of the family, introducing with it an expense in dress, and a dissipation of time, from which it suffers in various ways. Not the least of these is the neglect of parental instruction, which it is attempted to supply by sending the children at an improper age to school; the girls where they had better never go, and the boys where they get but little good, and perhaps are all the worse for mending. Social intercourse is not improved by parade, but quite the contrary; real friends, and the pleasantest kind of acquaintance, those who like to be social, are repulsed by it. The failure therefore is general, involving the loss of nearly all that is valuable in society, by an abortive attempt to become fashionable. [xxvii]

Setting out a Table.

The direction of a Table is no inconsiderable part of a lady's concern, as it involves judgment in expenditure, respectability of appearance, the comfort of her husband, and those who partake of their hospitality. It is true that the mode of covering a table, and providing for the guests, is merely a matter of taste, materially different in a variety of instances; yet nothing can be more ruinous of real comfort than the too common custom of making a profusion and a parade, unsuited not only to the circumstances of the host, but to the number of the guests; or more fatal to true hospitality than the multiplicity of dishes which luxury has made fashionable at the tables of the great, the wealthy, and the ostentatious, who are often neither great, nor wealthy, nor wise. Such excessive preparation, instead of being a compliment to the party invited, is nothing better than an indirect offence, conveying a tacit insinuation that it is absolutely necessary to provide such delicacies to bribe the depravity of their palates, when we desire the pleasure of their company, and that society must be purchased on dishonourable terms before it can be enjoyed. When twice as much cooking is undertaken as there are servants, or conveniences in the kitchen to do it properly, dishes must be dressed long before the dinner hour, and stand by spoiling; and why prepare for [xxviii] eight or ten more than is sufficient for twenty or thirty visitors? 'Enough is as good as a feast;' and a prudent provider, avoiding what is extravagant and superfluous, may entertain her friends three times as often, and ten times as well.

Perhaps there are few incidents in which the respectability of a man is more immediately felt, than the style of dinner to which he may accidentally bring home a visitor. And here, it is not the multiplicity of articles, but the choice, the dressing, and the neat appearance of the whole that is principally regarded. Every one is to live as he can afford, and the meal of the tradesman ought not to emulate the entertainments of the higher classes; but if two or three dishes are well served, with the usual sauces, the table linen clean, the small sideboard neatly laid, and all that is necessary be at hand, the expectation of the husband and the friend will be gratified, because no irregularity of domestic arrangement will disturb the social intercourse. The same observation holds good on a larger scale. In all situations of life the entertainment should be no less suited to the station than to the fortune of the entertainer, and to the number and rank of those invited.

The manner of Carving is not only a very necessary branch of information, to enable a lady to do the honours of the table, but makes a considerable difference in the consumption [xxix] of a family; and though in large parties she is so much assisted as to render this knowledge apparently of less consequence, yet she must at times feel the deficiency; and should not fail to acquaint herself with an attainment, the advantage of which is evident every day. Some people haggle meat so much, as not to be able to help half a dozen persons decently from a large tongue, or a sirloin of beef; and the dish goes away with the appearance of having been gnawed by dogs. Habit alone can make good carvers; but some useful directions on this subject will be found in the following pages, under the article Carving.

Half the trouble of waiting at table may be saved, by giving each guest two plates, two knives and forks, two pieces of bread, a spoon, a wine glass, and a tumbler; and by placing the wines and sauces in the centre of the table, one visitor may help another. If the party is

large, the founders of the feast should sit about the middle of the table, instead of at each end. They will then enjoy the pleasure of attending equally to all their friends; and being in some degree relieved from the occupation of carving, will have an opportunity of administering all those little attentions which contribute so much to the comfort of their guests. Dinner tables are seldom sufficiently lighted, or attended; an active waiter will have enough to do to attend upon half a dozen persons. There should be half as many candles as [xxx] there are guests, and their flame should not be more than eighteen inches above the table. The modern candelabras answer no other purpose than that of giving an appearance of pomp and magnificence, and seem intended to illuminate the ceiling, rather than to shed light upon the plates.

Quality of Provisions to be regarded.

The leading consideration about food ought always to be its wholesomeness. Cookery may produce savoury and elegant looking dishes, without their possessing any of the real qualities of food. It is at the same time both a serious and a ludicrous reflection, that it should be thought to do honour to our friends and to ourselves to set out a table where indigestion with all its train of evils, such as fever, rheumatism, gout, and the whole catalogue of human diseases, lie lurking in almost every dish. Yet this is both done, and taken as a compliment. The practice of flavouring custards, for example, with laurel leaves, and adding fruit kernels to the poison of spirituous liquors, though far too common, is attended with imminent danger: for let it be remembered, that the flavour given by laurel essence is the most fatal kind of poison. Children, and delicate grown-up persons, have often died suddenly from this cause, [xxxi] even where the quantity of the deleterious mixture was but small.

How infinitely preferable is a dinner of far less show, where nobody need to be afraid of what they are eating; and such a one will always be genteel and respectable. If a person can give his friend only a leg of mutton, there is nothing of which to be ashamed, provided it is good and well dressed. Nothing can be of greater importance to the mistress of a family, than the preservation of its health; but there is no way of securing this desirable object with any degree of certainty, except her eye watches over every part of the culinary process. The subject of cookery is too generally neglected by mistresses, as something beneath their notice; or if engaged in, it is to contrive a variety of mischievous compositions, both savoury and sweet, to recommend their own ingenuity. Yet it is quite evident that every good housewife ought to be well acquainted with this important branch of domestic management, and to take upon herself at least its entire direction and controul. This is a duty which her husband, children, and domestics, have a right to expect at her hands; and which a solicitude for their health and comfort will induce her to discharge with fidelity. If cookery has been worth studying as a sensual gratification, it is much more so as the means of securing the greatest of human blessings. [xxxii]

A house fitted up with clean good furniture, the kitchen provided with clean wholesome-looking cooking utensils, good fires, in grates that give no anxiety lest a good fire should spoil them, clean good table-linen, the furniture of the table and sideboard good of the kind without ostentation, and a well-dressed plain dinner, bespeak a sound judgment and correct taste in a private family, that place it on a footing of respectability with the first characters in

the country. It is only conforming to our sphere, not vainly attempting to be above it, that can command true respect.

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Explanation of the Plate.

VENISON.

1. Haunch.|2. Neck.|3. Shoulder.|4. Breast.

BEEF.

Hind Quarter.	*Fore Quarter.*
1. Sirloin.	11. Middle Rib; four Ribs.
2. Rump.	12. Chuck; three Ribs.
3. Edge Bone.	13. Shoulder or Leg of Mutton Piece.
4. Buttock.	14. Brisket
5. Mouse Buttock.	15. Clod.
6. Veiny Piece.	16. Neck or Sticking Piece.
7. Thick Flank.	17. Shin.
8. Thin Flank.	18. Cheek.
9. Leg.	
10. Fore Rib; five Ribs.	

VEAL.

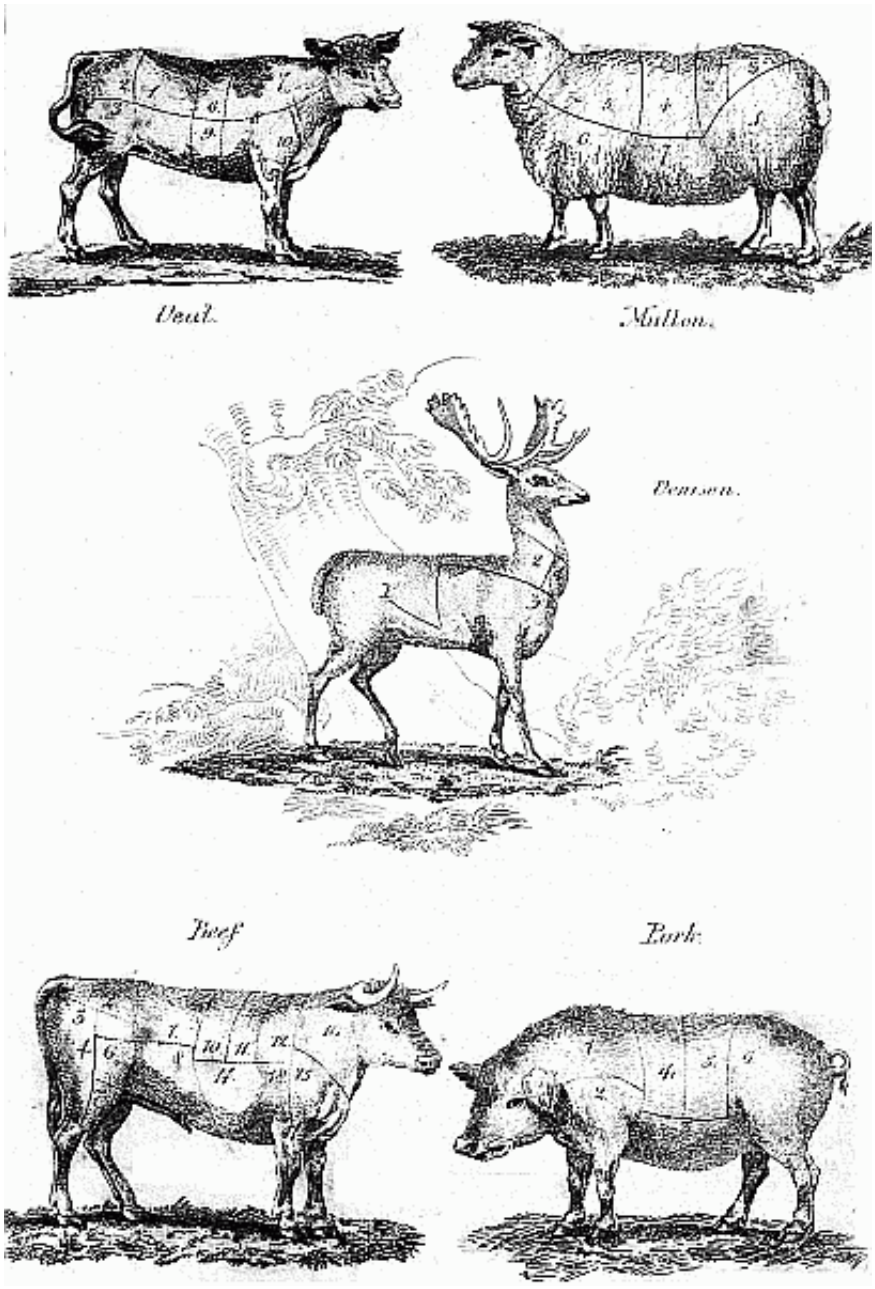
1. Loin, best End.	6. Neck, best End.
2. Loin, Chump End.	7. Neck, Scrag End.
3. Fillet.	8. Blade Bone.
4. Hind Knuckle.	9. Breast, best End.
5. Fore Knuckle.	10. Breast, Brisket End.

PORK.

1. Sparerib.	4. Fore Loin.
2. Hand.	5. Hind Loin.
3. Belly or Spring.	6. Leg.

MUTTON.

1. Leg.	4. Neck, best End.	7. Breast.
2. Loin, best End.	5. Neck, Scrag End.	A Chine is two Loins.
3. Loin, Chump End.	6. Shoulder.	A Saddle is two Necks.



THE

COOK AND HOUSEKEEPER'S

COMPLETE AND UNIVERSAL

DICTIONARY.

[1]

ACID, lemon: a good substitute for this expensive article, suitable for soups, fish sauces, and many other purposes, may be made of a dram of lump sugar pounded, and six drops of

lemon essence, to three ounces of crystal vinegar. The flavour of the lemon may also be communicated to the vinegar, by an infusion of lemon peel.

ACIDS, to remove stains caused by acids. See STAINS.

ACCIDENTS BY FIRE. Much mischief frequently arises from the want of a little presence of mind on such occasions, when it is well known that a small quantity of water speedily and properly applied, would obviate great danger. The moment an alarm of fire is given in a house, some blankets should be wetted in a tub of water, and spread on the floor of the room where the fire is, and the flames beaten out with a wet blanket. Two or three pails of water thus applied, will be more effectual than a larger quantity poured on in the usual way, and at a later period. If a chimney be on fire, the readiest way is to cover the whole front of the fire-place with a wet blanket, or thrust it into the throat of the chimney, or make a complete inclosure with the chimney-board. By whatever means the current of air can be stopped below, the burning soot will be put out as rapidly as a candle is by an extinguisher, and upon the same principle. A quantity of salt thrown into water will increase its power in quenching the flames, and muddy water is better for this purpose than clear water. Children, and especially females, should be informed, that as flame tends upward, it is extremely improper for them to stand upright, in case their clothes take fire; and as the accident generally begins with the lower part of the dress, the flames meeting additional fuel as they rise, become more fatal, and the upper part of the body necessarily sustains the greatest injury. If there be no assistance at hand in a case of this kind, the sufferer should instantly throw herself down, and roll or lie upon her clothes. A carpet, hearth rug, or green baize table cloth, quickly wrapped round the head and body, will be an effectual preservative; but where these are not at hand, the other method may easily be adopted. The most obvious means of preventing the female dress from catching fire, is that of wire fenders of sufficient height to hinder the coals and sparks from flying into the room; and nurseries in particular should never be without them. Destructive fires often happen from the thoughtlessness of persons leaving a poker in the grate, which afterward falls out and rolls on the floor or carpet. This evil may in a great measure be prevented by having a small cross of iron welded on the poker, immediately above the square part, about an inch and a half each [2] way. Then if the poker slip out of the fire, it will probably catch at the edge of the fender; or if not, it cannot endanger the floor, as the hot end of the poker will be kept from it by resting on the cross. In cases of extreme danger, where the fire is raging in the lower part of the house, a Fire Escape is of great importance. But where this article is too expensive, or happens not to be provided, a strong rope should be fastened to something in an upper apartment, having knots or resting places for the hands and feet, that in case of alarm it may be thrown out of the window; or if children and infirm persons were secured by a noose at the end of it, they might be lowered down in safety. No family occupying lofty houses in confined situations ought to be without some contrivance of this sort, and which may be provided at a very trifling expense. Horses are often so intimidated by fire, that they have perished before they could be removed from the spot; but if a bridle or a halter be put upon them, they might be led out of the stable as easily as on common occasions. Or if the harness be thrown over a draught horse, or the saddle placed on the back of a saddle horse, the same object may be accomplished.

ADULTERATIONS in baker's bread may be detected, by mixing it with lemon juice or

strong vinegar: if the bread contains chalk, whiting, or any other alkali, it will immediately produce a fermentation. If ashes, alum, bones, or jalap be suspected, slice the crumb of a loaf very thin, set it over the fire with water, and let it boil gently a long time. Take it off, pour the water into a vessel, and let it stand till nearly cold; then pour it gently out, and in the sediment will be seen the ingredients which have been mixed. The alum will be dissolved in the water, and may be extracted from it. If jalap has been used, it will form a thick film on the top, and the heavy ingredients will sink to the bottom. See BEER, FLOUR, SPIRITS, WINE.

AGUE. Persons afflicted with the ague ought in the first instance to take an emetic, and a little opening medicine. During the shaking fits, drink plenty of warm gruel, and afterwards take some powder of bark steeped in red wine. Or mix thirty grains of snake root, forty of wormwood, and half an ounce of jesuit's bark powdered, in half a pint of port wine: put the whole into a bottle, and shake it well together. Take one fourth part first in the morning, and another at bed time, when the fit is over, and let the dose be often repeated, to prevent a return of the complaint. If this should not succeed, mix a quarter of an ounce each of finely powdered Peruvian bark, grains of paradise, and long pepper, in a quarter of a pound of treacle. Take a third part of it as soon as the cold fit begins, and wash it down with a glass of brandy. As the cold fit goes off, and the fever approaches, take a second third part, with the like quantity of brandy; and on the following morning fasting, swallow the remainder, with the same quantity of brandy as before. Three doses of this excellent electuary have cured hundreds of persons, and seldom been known to fail. To children under nine years of age, only half the above quantity must be given. Try also the following experiment. When the cold fit is on, take an egg beaten up in a glass of brandy, and go to bed directly. This very simple recipe has proved successful in a number of instances, where more celebrated preparations have failed.

AIR. Few persons are sufficiently aware, that an unwholesome air is the common cause of disease. They generally pay some attention to what they eat and drink, but seldom regard [3] what goes into the lungs, though the latter often proves more fatal than the former. Air vitiated by the different processes of respiration, combustion, and putrefaction, or which is suffered to stagnate, is highly injurious to health, and productive of contagious disorders. Whatever greatly alters its degree of heat or cold, also renders it unwholesome. If too hot, it produces bilious and inflammatory affections: if too cold, it obstructs perspiration, and occasions rheumatism, coughs, and colds, and other diseases of the throat and breast. A damp air disposes the body to agues, intermitting fevers, and dropsies, and should be studiously avoided. Some careful housewives, for the sake of bright and polished stoves, frequently expose the health of the family in an improper manner; but fires should always be made, if in the height of summer, when the weather is wet or cold, to render the air wholesome; and let the fire-irons take care of themselves. No house can be wholesome, unless the air has a free passage through it: dwellings ought therefore to be daily ventilated, by opening the windows and admitting a current of fresh air into every room. Instead of making up beds as soon as people rise out of them, a practice much too common, they ought to be turned down, and exposed to dry fresh air from the open windows. This would expel any noxious vapours, and promote the health of the family. Houses surrounded with high walls, trees, or plantations, are rendered unwholesome. Wood, not only obstructs the free current of air, but sends forth exhalations, which render it damp and unhealthy. Houses

situated on low ground, or near lakes and ponds of stagnant water, are the same: the air is charged with putrid exhalations, which produce the most malignant effects. Persons obliged to occupy such situations should live well, and pay the strictest regard to cleanliness. The effluvia arising from church-yards and other burying grounds is very infectious; and parish churches, in which many corpses are interred, become tainted with an atmosphere so corrupt, especially in the spring, when the ground begins to grow warm, that it is one of the principal sources of putrid fevers, which so often prevail at that season of the year. Such places ought to be kept perfectly clean, and frequently ventilated, by opening opposite doors and windows; and no human dwelling should be allowed in the immediate vicinity of a burying ground.—The air of large towns and cities is greatly contaminated, by being repeatedly respired; by the vapours arising from dirty streets, the smoke of chimneys, and the innumerable putrid substances occasioned by the crowd of inhabitants. Persons of a delicate habit should avoid cities as they would the plague; or if this be impracticable, they should go abroad as much as possible, frequently admit fresh air into their rooms, and be careful to keep them very clean. If they can sleep in the country, so much the better, as breathing free air in the night will in some degree make up for the want of it in the day time. Air which stagnates in mines, wells, and cellars, is extremely noxious; it kills nearly as quick as lightning, and ought therefore to be carefully avoided. Accidents occasioned by foul air might often be prevented, by only letting down into such places a lighted candle, and forbearing to enter when it is perceived to go out. The foul air may be expelled by leaving the place open a sufficient time, or pouring into it a quantity of boiling water. Introducing fresh air into confined rooms and places, by means of ventilators, is one of the most important of modern improvements.—Dyers, gilders, plumbers, refiners of metals, and [4]
artisans employed over or near a charcoal fire, are exposed to great danger from the vitiated state of the air. To avert the injury to which their lungs are thus exposed, it would be proper to place near them a flat open vessel filled with lime water, and to renew it as often as a variegated film appears on the surface. This powerfully attracts and absorbs the noxious effluvia emitted by the burning charcoal.—But if fresh air be necessary for those in health, much more so for the sick, who often lose their lives for want of it. The notion that sick people require to be kept hot is very common, but no less dangerous, for no medicine is so beneficial to them as fresh air, in ordinary cases, especially if administered with prudence. Doors and windows are not to be opened at random; but the air should be admitted gradually, and chiefly by opening the windows of some other apartment which communicates with the sick room. The air may likewise be purified by wetting a cloth in water impregnated with quick lime, then hanging it in the room till it becomes dry, and removing it as often as it appears necessary. In chronic diseases, especially those of the lungs, where there is no inflammation, a change of air is much to be recommended. Independently of any other circumstance, it has often proved highly beneficial; and such patients have breathed more freely, even though removed to a damp and confined situation. In short, fresh air contains the vitals of health, and must be sought for in every situation, as the only medium of human existence.

ALABASTER. The proper way of cleaning elegant chimney pieces, or other articles made of alabaster, is to reduce some pumice stone to a very fine powder, and mix it up with verjuice. Let it stand two hours, then dip into it a sponge, and rub the alabaster with it: wash it with fresh water and a linen cloth, and dry it with clean linen rags.

ALAMODE BEEF. Choose a piece of thick flank of a fine heifer or ox. Cut some fat bacon into long slices nearly an inch thick, but quite free from yellow. Dip them into vinegar, and then into a seasoning ready prepared, of salt, black pepper, allspice, and a clove, all in fine powder, with parsley, chives, thyme, savoury, and knotted marjoram, shred as small as possible, and well mixed. With a sharp knife make holes deep enough to let in the larding; then rub the beef over with the seasoning, and bind it up tight with a tape. Set it in a well tinned pot over a fire, or rather a stove: three or four onions must be fried brown and put to the beef, with two or three carrots, one turnip, a head or two of celery, and a small quantity of water. Let it simmer gently ten or twelve hours, or till extremely tender, turning the meat twice. Put the gravy into a pan, remove the fat, keep the beef covered, then put them together, and add a glass of port wine. Take off the tape, and serve with vegetables; or strain them off, and cut them into dice for garnish. Onions roasted, and then stewed with the gravy, are a great improvement. A tea-cupful of vinegar should be stewed with the beef.—Another way is to take about eleven pounds of the mouse-buttock, or clod of beef, or a blade bone, or the sticking piece, and cut it into pieces of three or four ounces each. Put two or three ounces of beef drippings, and two large onions, into a large deep stewpan; as soon as it is quite hot, flour the meat, put it into the stewpan, and keep stirring it with a wooden spoon. When it has been on about ten minutes, dredge it with flour, and keep doing so till you have stirred in as much as will thicken it. Then cover it with about a gallon of boiling water, adding it by degrees, and stirring it together. Skim it when it boils, and then put in a [5]
dram of ground black pepper, and two drams of allspice. Set the pan by the side of the fire, or at a distance over it, and let it stew very slowly for about three hours. When the meat is sufficiently tender, put it into a tureen, and send it to table with a nice sallad.

ALE, allowing eight bushels of malt to the hogshead, should be brewed in the beginning of March. Pour on at once the whole quantity of hot water, not boiling, and let it infuse three hours close covered. Mash it in the first half hour, and let it stand the remainder of the time. Run it on the hops, half a pound to the bushel, previously infused in water, and boil them with the wort two hours. Cool a pailful after it has boiled, add to it two quarts of yeast, which will prepare it for putting to the rest when ready, the same night or the next day. When tunned, and the beer has done working, cover the bung-hole with paper. If the working requires to be stopped, dry a pound and a half of hops before the fire, put them into the bung-hole, and fasten it up. Ale should stand twelve months in casks, and twelve in bottles, before it be drank; and if well brewed, it will keep and be very fine for eight or ten years. It will however be ready for use in three or four months; and if the vent-peg be never removed, it will have strength and spirit to the very last. But if bottled, great care must be taken to have the bottles perfectly sweet and clean, and the corks of the best quality. If the ale requires to be refined, put two ounces of isinglass shavings to soak in a quart of the liquor, and beat it with a whisk every day till dissolved. Draw off a third part of the cask, and mix the above with it: likewise a quarter of an ounce of pearl ashes, one ounce of salt of tartar calcined, and one ounce of burnt alum powdered. Stir it well, then return the liquor into the cask, and stir it with a clean stick. Stop it up, and in a few days it will be fine. See BEER, BREWING.

ALE POSSET. Beat up the yolks of ten eggs, and the whites of four; then put them into a quart of cream, mixed with a pint of ale. Grate some nutmeg into it, sweeten it with sugar, set it on the fire, and keep it stirring. When it is thick, and before it boils, take it off, and pour

it into a china bason. This is called King William's Posset. A very good one may however be made by warming a pint of milk, with a bit of white bread in it, and then warming a pint of ale with a little sugar and nutmeg. When the milk boils, pour it upon the ale; let it stand a few minutes to clear, and it will make a fine cordial.

ALEGAR. Take some good sweet wort before it is hopped, put it into a jar, and a little yeast when it becomes lukewarm, and cover it over. In three or four days it will have done fermenting; set it in the sun, and it will be fit for use in three or four months, or much sooner, if fermented with sour yeast, and mixed with an equal quantity of sour ale.

ALLSPICE, used as an essence, is made of a dram of the oil of pimento, apothecaries' measure, mixed by degrees with two ounces of strong spirits of wine. The tincture, which has a finer flavour than the essence, is made of three ounces of bruised allspice, steeped in a quart of brandy. Shake it occasionally for a fortnight, and then pour off the clear liquor. A few drops of either will be a grateful addition to a pint of gravy, or mulled wine, or in any case where allspice is used.

ALMOND BISCUITS. Blanch a quarter of a pound of sweet almonds, and pound them fine in a mortar, sprinkling them from time to time with a little fine sugar. Then beat them a quarter of an hour with an ounce of flour, the yolks of three eggs, and four ounces of fine sugar, adding afterward the whites of four eggs whipped to a froth. Prepare some paper [6]
moulds like boxes, about the length of two fingers square; butter them within, and put in the biscuits, throwing over them equal quantities of flour and powdered sugar. Bake them in a cool oven; and when of a good colour, take them out of the papers. Bitter almond biscuits are made in the same manner, except with this difference; that to every two ounces of bitter almonds must be added an ounce of sweet almonds.

ALMOND CHEESECAKES. Blanch and pound four ounces of almonds, and a few bitter ones, with a spoonful of water. Add four ounces of pounded sugar, a spoonful of cream, and the whites of two eggs well beaten. Mix all as quick as possible, put it into very small pattipans, and bake in a tolerable warm oven, under twenty minutes. Or blanch and pound four ounces of almonds, with a little orange-flower or rose-water; then stir in the yolks of six and the whites of three eggs well beaten, five ounces of butter warmed, the peel of a lemon grated, and a little of the juice, sweetened with fine moist sugar. When well mixed, bake in a delicate paste, in small pans. Another way is, to press the whey from as much curd as will make two dozen small cheesecakes. Then put the curd on the back of a sieve, and with half an ounce of butter rub it through with the back of a spoon; put to it six yolks and three whites of eggs, and a few bitter almonds pounded, with as much sugar as will sweeten the curd. Mix with it the grated rind of a lemon, and a glass of brandy; put a puff-paste into the pans, and ten minutes will bake them.

ALMOND CREAM. Beat in a mortar four ounces of sweet almonds, and a few bitter ones, with a tea-spoonful of water to prevent oiling, both having first been blanched. Put the paste to a quart of cream, and add the juice of three lemons sweetened; beat it with a whisk to a froth, which take off on the shallow part of a sieve, and fill the glasses with some of the liquor and the froth.

ALMOND CUSTARD. Blanch and beat four ounces of almonds fine, with a spoonful of

water. Beat a pint of cream with two spoonfuls of rose-water, put them to the yolks of four eggs, and as much sugar as will make it tolerably sweet. Then add the almonds, stir it all over a slow fire till of a proper thickness, without boiling, and pour it into cups.

ALMOND JUMBLES. Rub half a pound of butter into a pound of flour, with half a pound of loaf sugar powdered, a quarter of a pound of almonds beat fine with rose-water, the yolks of two eggs, and two spoonfuls of cream. Make them all into a paste, roll it into any shape, and bake on tins. Ice them with a mixture of fine sugar, rose-water, and the white of an egg, beat up together, and lay the icing on with a feather, before the jumbles are put into the oven.

ALMOND PUDDINGS. Beat half a pound of sweet and a few bitter almonds with a spoonful of water; then mix four ounces of butter, four eggs, two spoonfuls of cream, warm with the butter, one of brandy, a little nutmeg and sugar to taste. Butter some cups, half fill them, and bake the puddings. Serve with butter, wine, and sugar.—For baked almond puddings, beat a quarter of a pound of sweet and a few bitter almonds with a little wine, the yolks of six eggs, the peel of two lemons grated, six ounces of butter, nearly a quart of cream, and the juice of one lemon. When well mixed, bake it half an hour, with paste round the dish, and serve it with pudding sauce. Small almond puddings are made of eight ounces of almonds, and a few bitter ones, pounded with a spoonful of water. Then mix four ounces of butter warmed, four yolks and two whites of eggs, sugar to taste, two spoonfuls of cream, [7] and one of brandy. Mix it together well, and bake in little cups buttered.

ALMONDS BURNT. Add three quarters of a pound of loaf sugar to a pound of almonds, picked and cleaned, and a few spoonfuls of water. Set them on the fire, keep them stirring till the sugar is candied, and they are done.

ALMONDS ICED. Make an iceing similar to that for twelfth-night cakes, with fine sifted loaf sugar, orange-flower water, and whisked white of eggs. Having blanched the almonds, roll them well in this iceing, and dry them in a cool oven.

AMBER PUDDING. Put a pound of butter into a saucepan, with three quarters of a pound of loaf sugar finely powdered. Melt the butter, and mix well with it; then add the yolks of fifteen eggs well beaten, and as much fresh candied orange as will add colour and flavour to it, being first beaten to a fine paste. Line the dish with paste for turning out; and when filled with the above, lay a crust over as you would a pie, and bake it in a slow oven. This makes a fine pudding as good cold as hot.

AMERICAN CAKES, though but little known in this country, form an article of some importance in domestic economy: they are cheap, easily made, and very nutritious. Mix a quarter of a pound of butter with a pound of flour; then, having dissolved and well stirred a quarter of a pound of sugar in half a pint of milk, and made a solution of about half a tea-spoonful of crystal of soda, salt of tartar, or any other purified potash, in half a tea-cupful of cold water, pour them also among the flour; work up the paste to a good consistence, roll it out, and form it into cakes or biscuits. The lightness of these cakes depending much on the expedition with which they are baked, they should be set in a brisk oven.

AMERICAN SPRUCE. In the spring of the year, this valuable extract is obtained from

the young shoots and tops of the pine or fir trees; and in autumn, from their cones. These are merely boiled in water, to the consistence of honey or molasses. The bark and softer part of the tops and young shoots, being easily dissolved, make the finest essence; while the cones and bark of larger branches, undergoing only a partial solution, form an inferior article, after being strained from the dregs. Both sorts, when decanted clear off, are put up in casks or bottles, and preserved for making spruce beer.

ANCHOVIES. These delicate fish are preserved in barrels with bay salt, and no other of the finny tribe has so fine a flavour. Choose those which look red and mellow, and the bones moist and oily. They should be high-flavoured, and have a fine smell; but beware of their being mixed with red paint, to improve their colour and appearance. When the liquor dries, pour on them some beef brine, and keep the jar close tied down with paper and leather. Sprats are sometimes sold for anchovies, but by washing them the imposition may be detected. See SPRATS.

ANCHOVY ESSENCE. Chop two dozen of anchovies, without the bone, add some of their own liquor strained, and sixteen large spoonfuls of water. Boil them gently till dissolved, which will be in a few minutes; and when cold, strain and bottle the liquor. The essence can generally be bought cheaper than you can make it.

ANCHOVY PASTE. Pound them in a mortar, rub the pulp through a fine sieve, pot it, cover it with clarified butter, and keep it in a cool place. The paste may also be made by [8] rubbing the essence with as much flour as will make a paste; but this is only intended for immediate use, and will not keep. This is sometimes made stiffer and hotter, by the addition of a little flour of mustard, a pickled walnut, spice, or cayenne.

ANCHOVY POWDER. Pound the fish in a mortar, rub them through a sieve, make them into a paste with dried flour, roll it into thin cakes, and dry them in a Dutch oven before a slow fire. To this may be added a small portion of cayenne, grated lemon peel, and citric acid. Pounded to a fine powder, and put into a well-stopped bottle, it will keep for years. It is a very savoury relish, sprinkled on bread and butter for a sandwich.

ANCHOVY SAUCE. Chop one or two anchovies without washing, put them into a saucepan with flour and butter, and a spoonful of water. Stir it over the fire till it boils once or twice. When the anchovies are good, they will soon be dissolved, and distinguished both by their colour and fragrance.

ANCHOVY TOAST. Bone and skin six or eight anchovies, pound them to a mass with an ounce of fine butter till the colour is equal, and then spread it on toast or rusks. Or, cut thin slices of bread, and fry them in clarified butter. Wash three anchovies split, pound them in a mortar with a little fresh butter, rub them through a hair sieve, and spread on the toast when cold. Garnish with parsley or pickles.

ANGELICA TARTS. Take an equal quantity of apples and angelica, pare and peel them, and cut them separately into small pieces. Boil the apples gently in a little water, with fine sugar and lemon peel, till they become a thin syrup: then boil the angelica about ten minutes. Put some paste at the bottom of the pattipans, with alternate layers of apples and angelica: pour in some of the syrup, put on the lid, and bake them carefully.

ANGLING APPARATUS. Fishing rods should be oiled and dried in the sun, to prevent their being worm eaten, and render them tough; and if the joints get swelled and set fast, turn the part over the flame of a candle, and it will soon be set at liberty. Silk or hemp lines dyed in a decoction of oak bark, will render them more durable and capable of resisting the wet; and after they have been used they should be well dried before they are wound up, or they will be liable to rot. To make a cork float, take a good new cork, and pass a small red-hot iron through the centre of it lengthways; then round one end of it with a sharp knife, and reduce the other to a point, resembling a small peg top. The quill which is to pass through it may be secured at the bottom by putting in a little cotton wool and sealing wax, and the upper end is to be fitted with a piece of hazel like a plug, cemented like the other, with a piece of wire on the top formed into an eye, and two small hoops cut from another quill to regulate the line which passes through the float. To render it the more visible, the cork may be coloured with red wax. For fly fishing, either natural or artificial flies may be used, especially such as are found under hollow stones by the river's side, on the trunk of an oak or ash, on hawthorns, and on ant hills. In clear water the angler may use small flies with slender wings, but in muddy water a large fly is better: in a clear day the fly should be light coloured, and in dark water the fly should be dark. The rod and line require to be long; the fly when fastened to the hook should be allowed to float gently on the surface of the water, keeping the line from touching it, and the angler should stand as far as may be from the water's edge with the sun at his back, having a watchful eye and a quick hand. Fish may be [9] intoxicated and taken in the following manner. Take an equal quantity of cocculus indicus, coriander, fenugreek, and cummin seeds, and reduce them to a powder. Make it into a paste with rice flour and water, roll it up into pills as large as peas, and throw them into ponds or rivers which abound with fish. After eating the paste, the fish will rise to the surface of the water almost motionless, and may be taken out by the hand.

ANTIDOTE to opium or laudanum. The deleterious effects of opium, which are so often experienced in the form of laudanum, may in great measure be counteracted by taking a proper quantity of lemon juice immediately afterwards. Four grains of opium, or a hundred drops of laudanum, are often sufficient for a fatal dose; but if an ounce of pure lemon juice, or twice that quantity of good vinegar be added to every grain of opium, or every twenty-five drops of laudanum, it will relieve both the head and the bowels; and the use of vegetable acids cannot be too strongly recommended to those who are under the necessity of taking considerable doses of opiates.

ANTS. Though it does not become us to be prodigal of life in any form, nor wantonly to seek its extinction, yet where any species of animals are found to be really noxious or annoying, the good of man requires that they should be destroyed. Houses are sometimes so infested with ants, that they are not to be endured. In this case, sprinkle the places they frequent with a strong decoction of walnut-tree leaves; or take half a pound of sulphur, and a quarter of a pound of potash, and dissolve them together over the fire. Afterwards beat them to a powder, add some water to it; and when sprinkled, the ants will either die or leave the place. When they are found to traverse garden walls or hot-houses, and to injure the fruit, several holes should be drilled in the ground with an iron crow, close to the side of the wall, and as deep as the soil will admit. The earth being stirred, the insects will begin to move about: the sides of the holes are then to be made smooth, so that the ants may fall in as soon

as they approach, and they will be unable to climb upwards. Water being then poured on them, great numbers may easily be destroyed. The same end may be answered by strewing a mixture of quick lime and soot along such places as are much frequented by the ants; or by adding water to it, and pouring it at the roots of trees infested by them. To prevent their descending from a tree which they visit, it is only necessary to mark with a piece of common chalk a circle round its trunk, an inch or two broad, and about two feet from the ground. This experiment should be performed in dry weather, and the ring must be renewed: as soon as the ants arrive at it, not one of them will attempt to cross over.—Ant hills are very injurious in dry pastures, not only by wasting the soil, but yielding a pernicious kind of grass, and impeding the operation of the scythe. The turf of the ant hill should be pared off, the core taken out and scattered at a distance; and when the turf is laid down again, the place should be left lower than the ground around it, that when the wet settles into it, the ants may be prevented from returning to their haunt. The nests may more effectually be destroyed by putting quick lime into them, and pouring on some water; or by putting in some night soil, and closing it up.

APPLE TREES may be preserved from the innumerable insects with which they are annoyed, by painting the stems and branches with a thick wash of lime and water, as soon as the sap begins to rise. This will be found, in the course of the ensuing summer to have [10] removed all the moss and insects, and given to the bark a fresh and green appearance. Other fruit trees may be treated in the same manner, and they will soon become more healthy and vigorous. Trees exposed to cattle, hares and rabbits, may be preserved from these depredators, without the expense of fence or rails, by any of the following experiments. Wash the stems of the trees or plants to a proper height with tanner's liquor, or such as they use for dressing hides. If this does not succeed, make a mixture of night soil, lime and water, and brush it on the stems and branches, two or three times in a year: this will effectually preserve the trees from being barked. A mixture of fresh cow dung and urine has been found to answer the same purpose, and also to destroy the canker, which is so fatal to the growth of trees.

APPLES are best preserved from frost, by throwing over them a linen cloth before the approach of hard weather: woollen will not answer the purpose. In this manner they are kept in Germany and in America, during the severest winters; and it is probable that potatoes might be preserved in the same way. Apples may also be kept till the following summer by putting them into a dry jar, with a few pebbles at the bottom to imbibe the moisture which would otherwise destroy the fruit, and then closing up the jar carefully with a lid, and a little fresh water round the edge.

APPLES DRIED. Put them in a cool oven six or seven times; and when soft enough to bear it, let them be gently flattened by degrees. If the oven be too warm they will waste; and at first it should be very cool. The biffin, the minshul crab, or any tart apples, are the best for drying.

APPLE DUMPLINGS. Pare and slice some apples, line a bason with a thin paste, fill it with the fruit, and close the paste over. Tie a cloth tight over, and boil the dumpling till the fruit is done. Currant and damson puddings are prepared in the same way.

APPLE FOOL. Stew some apples in a stone jar on a stove, or in a saucepan of water over the fire: if the former, a large spoonful of water should be added to the fruit. When reduced to a pulp, peel and press them through a cullendar; boil a sufficient quantity of new milk, and a tea-cupful of raw cream, or an egg instead of the latter, and leave the liquor to cool. Then mix it gradually with the pulp, and sweeten the whole with fine moist sugar.

APPLE FRITTERS. Pare some apples, and cut them into thin slices; put a spoonful of light batter into a frying-pan, then a layer of apples, and another spoonful of batter. Fry them to a light brown, and serve with grated sugar over them.

APPLE JELLY. Prepare twenty golden pippins, boil them quite tender in a pint and a half of spring water, and strain the pulp through a cullendar. To every pint add a pound of fine sugar, with grated orange or lemon peel, and then boil the whole to a jelly. Or, having prepared the apples by boiling and straining them through a coarse sieve, get ready an ounce of isinglass boiled to a jelly in half a pint of water, and mix it with the apple pulp. Add some sugar, a little lemon juice and peel; boil all together, take out the peel, and put the jelly into a dish, to serve at table.—When apple jelly is required for preserving apricots, or any sort of sweetmeats, a different process is observed. Apples are to be pared, quartered and cored, and put into a stewpan, with as much water as will cover them. Boil them to a mash as quick as possible, and add a quantity of water; then boil half an hour more, and run it through a jelly bag. If in summer, codlins are best: in autumn, golden rennets or winter pippins.—Red [11]
apples in jelly are a different preparation. These must be pared and cored, and thrown into water; then put them in a preserving pan, and let them coddle with as little water as will only half cover them. Observe that they do not lie too close when first put in; and when the under side is done, turn them. Mix some pounded cochineal with the water, and boil with the fruit. When sufficiently done, take them out on the dish they are to be served in, the stalk downwards. Make a rich jelly of the water with loaf sugar, boiling them with the thin rind and juice of a lemon. When cold, spread the jelly over the apples; cut the lemon peel into narrow strips, and put them across the eye of the apple. The colour should be kept fine from the first, or the fruit will not afterwards gain it; and use as little of the cochineal as will serve, lest the syrup taste bitter.

APPLE MARMALADE. Scald some apples till they come to a pulp; then take an equal weight of sugar in large lumps, just dip them in water, and boil the sugar till it can be well skimmed, and is reduced to a thick syrup. Put it to the pulp, and simmer it on a quick fire a quarter of an hour. Grate a little lemon peel before boiling, but if too much it will be bitter.

APPLE PASTY. Make a hot crust of lard or dripping, roll it out warm, cover it with apples pared and sliced, and a little lemon peel and moist sugar. Wet the edges of the crust, close it up well, make a few holes in the top, and bake it in a moderate oven. Gooseberries may be done in the same way.

APPLE PIE. Pare and core the fruit, after being wiped clean; then boil the cores and parings in a little water, till it tastes well. Strain the liquor, add a little sugar, with a bit of bruised cinnamon, and simmer again. Meantime place the apples in a dish, a paste being put round the edge; when one layer is in, sprinkle half the sugar, and shred lemon peel; squeeze in some of the juice, or a glass of cider, if the apples have lost their spirit. Put in the rest of

the apples, the sugar, and the liquor which has been boiled. If the pie be eaten hot, put some butter into it, quince marmalade, orange paste or cloves, to give it a flavour.

APPLE POSTILLA. Bake codlins, or any other sour apples, but without burning them; pulp them through a sieve into a bowl, and beat them for four hours. Sweeten the fruit with honey, and beat it four hours more; the longer it is beaten the better. Pour a thin layer of the mixture on a cloth spread over a tray, and bake it in a slow oven, with bits of wood placed under the tray. If not baked enough on one side, set it again in the oven; and when quite done, turn it. Pour on it a fresh layer of the mixture, and proceed with it in like manner, till the whole is properly baked. Apple postilla is also made by peeling the apples and taking out the cores after they are baked, sweetening with sugar, and beating it up with a wooden spoon till it is all of a froth. Then put it on two trays, and bake it for two hours in an oven moderately hot. After this another layer of the beaten apples is added, and pounded loaf sugar spread over. Sometimes a still finer sort is made, by beating yolks of eggs to a froth, and then mixing it with the apple juice.

APPLE PUDDING. Butter a baking dish, put in the batter, and the apples whole, without being cut or pared, and bake in a quick oven. If the apples be pared, they will mix with the batter while in the oven, and make the pudding soft. Serve it up with sugar and butter. For a superior pudding, grate a pound of pared apples, work it up with six ounces of butter, four eggs, grated lemon peel, a little sugar and brandy. Line the dish with good paste, [12] strew over it bits of candied peel, put in the pudding, and bake it half an hour. A little lemon juice may be added, a spoonful of bread crumbs, or two or three Naples biscuits. Another way is, to pare and quarter four large apples, boil them tender, with the rind of a lemon, in so little water that it may be exhausted in the boiling. Beat the apples fine in a mortar, add the crumb of a small roll, four ounces of melted butter, the yolks of five and the whites of three eggs, the juice of half a lemon, and sugar to taste. Beat all together, and lay it in a dish with paste to turn out, after baking.

APPLE PUFFS. Pare the fruit, and either stew them in a stone jar on a hot hearth, or bake them. When cold, mix the pulp of the apple with sugar and lemon peel shred fine, taking as little as possible of the apple juice. Bake them in thin paste, in a quick oven: if small, a quarter of an hour will be sufficient. Orange or quince marmalade is a great improvement; cinnamon pounded, or orange flower-water, will make an agreeable change.

APPLE SAUCE. Pare, core, and slice some apples; put them in a stone jar, into a saucepan of water, or on a hot hearth. If the latter, put in a spoonful or two of water, to prevent burning. When done, mash them up, put in a piece of butter the size of a nutmeg, and a little brown sugar. Serve it in a sauce tureen, for goose and roast pork.

APPLE TRIFLE. Scald some apples, pass them through a sieve, and make a layer of the pulp at the bottom of a dish; mix the rind of half a lemon grated, and sweeten with sugar. Or mix half a pint of milk, half a pint of cream, and the yolk of an egg. Scald it over the fire, and stir it all the time without boiling; lay it over the apple pulp with a spoon, and put on it a whip prepared the day before.

APPLE WATER. Cut two large apples in slices, and pour a quart of boiling water on them, or on roasted apples. Strain it well, and sweeten it lightly. When cold, it is an

agreeable drink in a fever.

APPLE WINE. To every gallon of apple juice, immediately as it comes from the press, add two pounds of lump sugar; boil it as long as any scum rises, then strain it through a sieve, and let it cool. Add some yeast, and stir it well; let it work in the tub for two or three weeks, or till the head begins to flatten; then skim off the head, draw off the liquor clear, and tun it. When made a year, rack it off, and fine it with isinglass. To every eight gallons add half a pint of the best rectified spirits of wine, or a pint of brandy.

APRICOTS DRIED. Pare thin and halve four pounds of apricots, put them in a dish, and strew among them three pounds of fine loaf-sugar powdered. When the sugar melts, set the fruit over a stove to do very gently; as each piece becomes tender, take it out, and put it into a china bowl. When all are done, and the boiling heat a little abated, pour the syrup over them. In a day or two remove the syrup, leaving only a little in each half. In a day or two more turn them, and so continue daily till quite dry, in the sun or in a warm place. Keep the apricots in boxes, with layers of fine paper.

APRICOTS PRESERVED. There are various ways of doing this: one is by steeping them in brandy. Wipe, weigh, and pick the fruit, and have ready a quarter of the weight of loaf sugar in fine powder. Put the fruit into an ice-pot that shuts very close, throw the sugar over it, and then cover the fruit with brandy. Between the top and cover of the pot, fit in a piece of thick writing paper. Set the pot into a saucepan of water, and heat it without boiling, till the brandy be as hot as you can bear your finger in it. Put the fruit into a jar, and pour the [13]
brandy on it. When cold, put a bladder over, and tie it down tight.—Apricots may also be preserved in jelly. Pare the fruit very thin, and stone it; weigh an equal quantity of sugar in fine powder, and strew over it. Next day boil very gently till they are clear, remove them into a bowl, and pour in the liquor. The following day, mix it with a quart of codlin liquor, made by boiling and straining, and a pound of fine sugar. Let it boil quickly till it comes to a jelly; put the fruit into it, give it one boil, skim it well, and distribute into small pots.—A beautiful preserve may also be made in the following manner. Having selected the finest ripe apricots, pare them as thin as possible, and weigh them. Lay them in halves on dishes, with the hollow part upwards. Prepare an equal weight of loaf sugar finely pounded, and strew it over them; in the mean time break the stones, and blanch the kernels. When the fruit has lain twelve hours, put it into a preserving pan, with the sugar and juice, and also the kernels. Let it simmer very gently till it becomes clear; then take out the pieces of apricot singly as they are done, put them into small pots, and pour the syrup and kernels over them. The scum must be taken off as it rises, and the pots covered with brandy paper.—Green apricots are preserved in a different way. Lay vine or apricot leaves at the bottom of the pan, then fruit and leaves alternately till full, the upper layer being thick with leaves. Then fill the pan with spring water, and cover it down, that no steam may escape. Set the pan at a distance from the fire, that in four or five hours the fruit may be soft, but not cracked. Make a thin syrup of some of the water, and drain the fruit. When both are cold, put the fruit into the pan, and the syrup to it; keep the pan at a proper distance from the fire till the apricots green, but on no account boil or crack them. Remove the fruit very carefully into a pan with the syrup for two or three days, then pour off as much of it as will be necessary, boil with more sugar to make a rich syrup, and add a little sliced ginger to it. When cold, and the thin syrup has all been drained from the fruit, pour the thick over it. The former will serve to sweeten pies.

APRICOT CHEESE. Weigh an equal quantity of pared fruit and sugar, wet the latter a very little, and let it boil quickly, or the colour will be spoiled. Blanch the kernels and add them to it: twenty or thirty minutes will boil it. Put it in small pots or cups half filled.

APRICOT JAM. When the fruit is nearly ripe, pare and cut some in halves; break the stones, blanch the kernels, and put them to the fruit. Boil the parings in a little water, and strain it: to a pound of fruit add three quarters of a pound of fine sifted sugar, and a glass of the water in which the parings were boiled. Stir it over a brisk fire till it becomes rather stiff: when cold, put apple jelly over the jam, and tie it down with brandy paper.

APRICOT PUDDING. Halve twelve large apricots, and scald them till they are soft. Meanwhile pour on the grated crumbs of a penny loaf a pint of boiling cream; when half cold, add four ounces of sugar, the yolks of four beaten eggs, and a glass of white wine. Pound the apricots in a mortar, with some or all of the kernels; then mix the fruit and other ingredients together, put a paste round a dish, and bake the pudding in half an hour.

AROMATIC VINEGAR. Mix with common vinegar a quantity of powdered chalk or whiting, sufficient to destroy the acidity; and when the white sediment is formed, pour off the insipid liquor. The powder is then to be dried, and some oil of vitriol poured upon it, as long as white acid fumes continue to ascend. This substance forms the essential ingredient, the fumes of which are particularly useful in purifying rooms and places where any contagion is suspected. [14]

ARROW ROOT. This valuable article has often been counterfeited: the American is the best, and may generally be known by its colour and solidity. If genuine, the arrow root is very nourishing, especially for weak bowels. Put into a saucepan half a pint of water, a glass of sherry, or a spoonful of brandy, grated nutmeg, and fine sugar. Boil it up once, then mix it by degrees into a dessert-spoonful of arrow root, previously rubbed smooth with two spoonfuls of cold water. Return the whole into the saucepan, stir and boil it three minutes.

ARSENIC. The fatal effects of mineral poisons are too often experienced, and for want of timely assistance but seldom counteracted. Arsenic and other baleful ingredients, if used for the destruction of vermin, should never be kept with common articles, or laid in the way of children. But if, unfortunately, this deadly poison should by some mistake be taken inwardly, the most effectual remedy will be a table-spoonful of powdered charcoal, mixed with honey, butter, or treacle, and swallowed immediately. Two hours afterwards, take an emetic or an opening draught, to cleanse away the whole from the stomach and bowels. The baneful effects of verdigris, from the use of copper boilers and saucepans, may be counteracted by the same means, if resorted to in time, and no remedy is so likely to become effectual.

ARTICHOKES. Soak them in cold water, wash them well, and boil them gently in plenty of water. If young, they will be ready in half an hour; if otherwise, they will not be done in twice that time. The surest way to know when they are boiled enough is to draw out a leaf, and see whether they be tender; but they cannot be properly boiled without much water, which tends also to preserve their colour. Trim and drain them on a sieve, serve with melted butter, pepper and salt, and small cups.

ARTICHOKE BOTTOMS, if dried, must be well soaked, and stewed in weak gravy. Or they may be boiled in milk, and served with cream sauce, or added to ragouts, French pies, &c. If intended to keep in the winter, the bottoms must be slowly dried, and put into paper bags.

ASPARAGUS. Having carefully scraped the stalks till they appear white, and thrown them into cold water, tie them up in small bundles with tape, and cut the stalks of an equal length. Put them into a stewpan of boiling water a little salted, and take them up as soon as they begin to be tender, or they will lose both their taste and colour. Meanwhile make toasts well browned for the bottom of the dish, moisten them in the asparagus liquor, place them regularly, and pour on some melted butter. Then lay the asparagus on the toasts round the dish, with the heads united at the centre, but pour no butter over them. Serve with melted butter in a sauce tureen, and separate cups, that the company may season with salt and pepper to their taste.—As this vegetable is one of the greatest delicacies which the garden affords, no person should be unacquainted with the means of producing it in constant succession. Toward the end of July, the stalks of the asparagus are to be cut down, and the beds forked up and raked smooth. If the weather be dry, they should be watered with the drain of a dunghill, and left rather hollow in the middle to retain the moisture. In about a fortnight the stalks will begin to appear, and the watering should be continued once a week if [15] the weather be dry. Asparagus may thus be cut till near the end of September, and then by making five or six hot-beds during the winter, a regular succession may be provided for almost every month in the year. To obviate the objection of cutting the same beds twice a year, two or three others may be left uncut in the spring, and additional beds made for the purpose. The seed is cheap, and in most places the dung may be easily procured. There is no need to continue the old beds when they begin to fail; it is better to make new ones, and to force the old roots by applying some rotten dung on the tops of the beds, and to sow seed every year for new plants.

ASSES' MILK, so beneficial in consumptive cases, should be milked into a glass that is kept warm, by being placed in a bason of hot water. The fixed air that it contains sometimes occasions pain in the stomach; at first therefore a tea-spoonful of rum may be taken with it, but should only be put in the moment it is to be swallowed. The genuine milk far surpasses any imitation of it that can be made; but a substitute may be found in the following composition. Boil a quart of water with a quart of new milk, an ounce of white sugar-candy, half an ounce of eringo-root, and half an ounce of conserve of roses, till the quantity be half wasted. As this is an astringent, the doses must be proportioned accordingly, and the mixture is wholesome only while it remains sweet.—Another way. Mix two spoonfuls of boiling water, two of milk, and an egg well beaten. Sweeten with white sugar-candy pounded: this may be taken twice or thrice a day. Or, boil two ounces of hartshorn-shavings, two ounces of pearl barley, two ounces of candied eringo-root, and one dozen of snails that have been bruised, in two quarts of water till reduced to one. Mix with an equal quantity of new milk, when taken, twice a day.

ASTHMA. As this complaint generally attacks aged people, the best mode of relief will be to attend carefully to diet and exercise, which should be light and easy, and to avoid as much as possible an exposure to cold and frosty air. The temperature of the apartment should be equalised to moderate summer's heat by flues and stoves, and frequently

ventilated. A dish of the best coffee, newly ground and made very strong, and taken frequently without milk or sugar, has been found highly beneficial. An excellent diet drink may be made of toast and water, with the addition of a little vinegar, or a few grains of nitre. Tar water is strongly recommended, and also the smoking of the dried leaves of stramonium, commonly called the thorn-apple.

ASTRINGENT BOLUS, proper to be taken in female complaints, arising from excessive evacuations. Fifteen grains of powdered alum, and five grains of gum kino, made into a bolus with a little syrup, and given every four or five hours till the discharge abates.

ASTRINGENT MIXTURE, in case of dysentery, may be made of three ounces of cinnamon water, mixed with as much common water, an ounce and a half of spirituous cinnamon-water, and half an ounce of japonic confection. A spoonful or two of this mixture may be taken every four hours, after the necessary evacuations have been allowed, and where the dysentery has not been of long standing, interposing every second or third day a dose of rhubarb. [16]

B.

BACON, though intended to be a cheap article of housekeeping, is often, through mismanagement, rendered one of the most expensive. Generally twice as much is dressed as need be, and of course there is a deal of waste. When sent to table as an accompaniment to boiled poultry or veal, a pound and a half is plenty for a dozen people. Bacon will boil better, and swell more freely, if the rind is taken off before it is dressed; and when excessively salt, it should be soaked an hour or two in warm water. If the bacon be dried, pare off the rusty and smoked part, trim it neatly on the under side, and scrape the rind as clean as possible. Or take it up when sufficiently boiled, scrape the under side, and cut off the rind: grate a crust of bread over it, and place it a few minutes before the fire to brown. Two pounds will require to be boiled gently about an hour and a half, according to its thickness: the hock or gammon being very thick, will take more. See DRIED BACON.

BAKING. This mode of preparing a dinner is undoubtedly one of the cheapest and most convenient, especially for a small family; and the oven is almost the only kitchen which the poor man possesses. Much however depends on the care and ability of the baker: in the country especially, where the baking of dinners is not always considered as a regular article of business, it is rather a hazardous experiment to send a valuable joint to the oven; and more is often wasted and spoiled by the heedless conduct of the parish cook, than would have paid for the boiling or roasting at home. But supposing the oven to be managed with care and judgment, there are many joints which may be baked to great advantage, and will be found but little inferior to roasting. Particularly, legs and loins of pork, legs of mutton, fillets of veal, and other joints, if the meat be fat and good, will be eaten with great satisfaction, when they come from the oven. A sucking pig is also well adapted to the purpose, and is equal to a roasted one, if properly managed. When sent to the baker, it

should have its ears and tail covered with buttered paper fastened on, and a bit of butter tied up in a piece of linen to baste the back with, otherwise it will be apt to blister. A goose should be prepared the same as for roasting, placing it on a stand, and taking care to turn it when it is half done. A duck the same. If a buttock of beef is to be baked, it should be well washed, after it has been in salt about a week, and put into a brown earthen pan with a pint of water. Cover the pan tight over with two or three thicknesses of writing paper, and give it four or five hours in a moderate oven. Brown paper should never be used with baked dishes; the pitch and tar which it contains will give the meat a smoky bad taste. Previously to baking a ham, soak it in water an hour, take it out and wipe it, and make a crust sufficient to cover it all over; and if done in a moderate oven, it will cut fuller of gravy, and be of a finer flavour, than a boiled one. Small cod-fish, haddock, and mackarel will bake well, with a dust of flour and some bits of butter put on them. Large eels should be stuffed. Herrings and sprats are to be baked in a brown pan, with vinegar and a little spice, and tied over with paper. These and various other articles may be baked so as to give full satisfaction, if the oven be under judicious management.

BAKED CARP. Clean a large carp, put in a Portuguese stuffing, and sow it up. Brush it [17]
all over with the yolk of an egg, throw on plenty of crumbs, and drop on oiled butter to baste with. Place the carp in a deep earthen dish, with a pint of stock, a few sliced onions, some bay leaves, a bunch of herbs, such as basil, thyme, parsley, and both sorts of marjoram; half a pint of port wine, and six anchovies. Cover over the pan, and bake it an hour. Let it be done before it is wanted. Pour the liquor from it, and keep the fish hot while you heat up the liquor with a good piece of butter rolled in flour, a tea-spoonful of mustard, a little cayenne, and a spoonful of soy. Serve it on the dish, garnished with lemon and parsley, and horse-radish, and put the gravy into the sauce tureen.

BAKED CUSTARD. Boil a pint of cream and half a pint of milk with a little mace, cinnamon and lemon peel. When cold, mix the yolks of three eggs, and sweeten the custard. Make the cups or paste nearly full, and bake them ten minutes.

BAKED HERRINGS. Wash and drain, without wiping them; and when drawn, they should not be opened. Season with allspice in fine powder, salt, and a few whole cloves. Lay them in a pan with plenty of black pepper, an onion, and a few bay leaves. Add half vinegar and half small beer, enough to cover them. Put paper over the pan, and bake in a slow oven. If it be wished to make them look red, throw a little saltpetre over them the night before.

BAKED MILK. A very useful article may be made for weakly and consumptive persons in the following manner. Put a gallon of milk into a jar, tie white paper over it, and let it stand all night in the oven when baking is over. Next morning it will be as thick as cream, and may be drank two or three times a day.

BAKED PEARS. Those least fit to eat raw, are often the best for baking. Do not pare them, but wipe and lay them on tin plates, and bake them in a slow oven. When done enough to bear it, flatten them with a silver spoon; and when done through, put them on a dish. They should be baked three or four times, and very gently.

BAKED PIKE. Scale and open it as near the throat as possible, and then put in the

following stuffing. Grated bread, herbs, anchovies, oysters, suet, salt, pepper, mace, half a pint of cream, four yolks of eggs; mix all over the fire till it thickens, and then sow it up in the fish. Little bits of butter should be scattered over it, before it is sent to the oven. Serve it with gravy sauce, butter and anchovy. In carving a pike, if the back and belly be slit up, and each slice drawn gently downwards, fewer bones will be given at table.

BAKED SOUP. A cheap and plentiful dish for poor families, or to give away, may be made of a pound of any kind of meat cut in slices, with two onions, two carrots sliced, two ounces of rice, a pint of split peas, or whole ones if previously soaked, seasoned with pepper and salt. Put the whole into an earthen jug or pan, adding a gallon of water: cover it very close, and bake it.

BALM WINE. Boil three pounds of lump sugar in a gallon of water; skim it clean, put in a handful of balm, and boil it ten minutes. Strain it off, cool it, put in some yeast, and let it stand two days. Add the rind and juice of a lemon, and let it stand in the cask six months.

BALSAMIC VINEGAR. One of the best remedies for wounds or bruises is the balsamic or anti-putrid vinegar, which is made in the following manner. Take a handful of sage leaves and flowers, the same of lavender, hyssop, thyme, and savory; two heads of garlic, and a handful of salt. These are to be infused in some of the best white-wine vinegar; [18] and after standing a fortnight or three weeks, it will be fit for use.

BANBURY CAKES. Work a pound of butter into a pound of white-bread dough, the same as for puff paste; roll it out very thin, and cut it into bits of an even form, the size intended for the cakes. Moisten some powder sugar with a little brandy, mix in some clean currants, put a little of it on each bit of paste, close them up, and bake them on a tin. When they are taken out, sift some fine sugar over them.

BARBERRIES, when preserved for tarts, must be picked clean from the stalks, choosing such as are free from stones. To every pound of fruit, weigh three quarters of a pound of lump sugar; put the fruit into a stone jar, and either set it on a hot hearth, or in a saucepan of water, and let them simmer very slowly till soft. Then put them and the sugar into a preserving-pan, and boil them gently fifteen minutes.—To preserve barberries in bunches, prepare some fleaks of white wool, three inches long, and a quarter of an inch wide. Tie the stalks of the fruit on the stick, from within an inch of one end to beyond the other, so as to make them look handsome. Simmer them in some syrup two successive days, covering them each time with it when cold. When they look clear, they are simmered enough. The third day, they should be treated like other candied fruit. See CANDIED.

BARBERRY DROPS. Cut off the black tops, and roast the fruit before the fire, till it is soft enough to pulp with a silver spoon through a sieve into a china bason. Then set the bason in a saucepan of water, the top of which will just fit it, or on a hot hearth, and stir it till it grows thick. When cold, put to every pint a pound and a half of double refined sugar, pounded and sifted through a lawn sieve, which must be covered with a fine linen, to prevent waste while sifting. Beat the sugar and juice together three hours and a half if a large quantity, but two and a half for less. Then drop it on sheets of white thick paper, the size of drops sold in the shops. Some fruit is not so sour, and then less sugar is necessary. To know when there is enough, mix till well incorporated, and then drop. If it run, there is not enough

sugar; and if there be too much, it will be rough. A dry room will suffice to dry them. No metal must touch the juice but the point of a knife, just to take the drop off the end of the wooden spoon, and then as little as possible.

BARLEY BROTH. Wash three quarters of a pound of Scotch barley in a little cold water, put it in a soup pot with a shin or leg of beef, or a knuckle of veal of about ten pounds weight, sawn into four pieces. Cover it with cold water, and set it on the fire; when it boils skim it very clean, and put in two onions. Set it by the side of the fire to simmer very gently about two hours; then skim off all the fat, put in two heads of celery, and a large turnip cut into small squares. Season it with salt, let it boil an hour and a half longer, and it is done. Take out the meat carefully with a slice, cover it up and keep it warm by the fire, and skim the broth well before it is put into the tureen. This dish is much admired in Scotland, where it is regarded, not only as highly nutricious, but as a necessary article of domestic economy: for besides the excellent soup thus obtained, the meat also becomes an agreeable dish, served up with sauce in the following manner. Reserve a quart of the soup, put about an ounce of flour into a stewpan, pour the liquor to it by degrees, stirring it well together till it boils. Add a glass of port wine or mushroom ketchup, and let it gently boil up; strain the sauce through a sieve over the meat, and add to it some capers, minced gherkins, or walnuts. The flavour [19] may be varied or improved, by the addition of a little curry powder, ragout, or any other store sauces.

BARLEY GRUEL. Wash four ounces of pearl barley, boil it in two quarts of water and a stick of cinnamon, till reduced to a quart. Strain and return it into the saucepan with some sugar, and three quarters of a pint of port wine. It may be warmed up, and used as wanted.

BARLEY SUGAR. This well known article of confectionary is made in the following manner. Put some common or clarified syrup into a saucepan with a spout, such as for melting butter, if little is wanted to be made, and boil it till it comes to what is called carimel, carefully taking off whatever scum may arise; and having prepared a marble stone, either with butter or sweet oil, just sufficiently to prevent sticking, pour the syrup gently along the marble, in long sticks of whatever thickness may be desired. While hot, twist it at each end; and let it remain till cold, when it will be fit for immediate use. The rasped rind of lemon, boiled up in the syrup, gives a very agreeable flavour to barley sugar; and indeed the best is commonly so prepared.

BARLEY WATER. Wash a handful of common barley, then simmer it gently in three pints of water, with a bit of lemon peel. Or boil an ounce of pearl barley a few minutes to cleanse it, and then put on it a quart of water. Simmer it an hour: when half done, put into it a piece of fresh lemon peel, and one bit of sugar. If likely to be thick, add a quarter of a pint of water, and a little lemon juice, if approved. This makes a very pleasant drink for a sick person; but the former is less apt to nauseate.

BASIL VINEGAR. Sweet basil is in full perfection about the middle of August, when the fresh green leaves should be gathered, and put into a wide-mouthed bottle. Cover the leaves with vinegar, and let them steep for ten days. If it be wished to have the infusion very strong, strain out the liquor, put in some fresh leaves, and let them steep for ten days more. This is a very agreeable addition to sauces and soups, and to the mixture usually made for salads.

BASILICON. Yellow basilicon is made of equal quantities of bees-wax, white rosin, and frankincense. Melt them together over a slow fire, add the same weight of fresh lard, and strain it off while it is warm. This ointment is used for cleansing and healing wounds and ulcers.

BASKET SALT. This fine and delicate article is chiefly made from the salt springs in Cheshire, and differs from the common brine salt, usually called sea salt, not only in its whiteness and purity, but in the fineness of its grain. Some families entertain prejudices against basket salt, notwithstanding its superior delicacy, from an idea, which does not appear warranted, that pernicious articles are used in its preparation; it may therefore be proper to mention, that by dissolving common salt, again evaporating into dryness, and then reducing it to powder in a mortar, a salt nearly equal to basket salt may be obtained, fine and of a good colour, and well adapted to the use of the table.

BATH BUNS. Rub half a pound of butter into a pound of fine flour, with five eggs, and three spoonfuls of thick yeast. Set it before the fire to rise; then add a quarter of a pound of powdered sugar, and an ounce of carraway seeds. Mix them well in, roll it out in little cakes, strew on carraway comfits, and bake on tins.

BATTER PUDDING. Rub by degrees three spoonfuls of fine flour extremely smooth, into a pint of milk. Simmer till it thickens, stir it in two ounces of butter, set it to cool, and [20] then add the yolks of three eggs. Flour a wet cloth, or butter a bason, and put the batter into it. Tie it tight, and plunge it into boiling water, the bottom upwards. Boil it an hour and a half, and serve with plain butter. If a little ginger, nutmeg, and lemon peel be added, serve with sweet sauce.

BEAN BREAD. Blanch half a pound of almonds, and put them into water to preserve their colour. Cut the almonds edgeways, wipe them dry, and sprinkle over them half a pound of fine loaf sugar pounded and sifted. Beat up the white of an egg with two spoonfuls of orange-flower water, moisten the almonds with the froth, lay them lightly on wafer paper, and bake them on tins.

BEAN PUDDING. Boil and blanch some old green-beans, beat them in a mortar, with very little pepper and salt, some cream, and the yolk of an egg. A little spinach-juice will give a finer colour, but it is as good without. Boil it an hour, in a bason that will just hold it; pour parsley and butter over, and serve it up with bacon.

BEE HIVES. Common bee hives made of straw are generally preferred, because they are not likely to be overheated by the rays of the sun; they will also keep out the cold better than wood, and are cheaper than any other material. As cleanliness however is of great consequence in the culture of these delicate and industrious insects, the bottom or floor of the hive should be covered with gypsum or plaster of Paris, of which they are very fond; and the outside of their habitation should be overspread with a cement made of two-thirds of cow-dung, and one-third of ashes. This coating will exclude noxious insects, which would otherwise perforate and lodge in the straw; it will also secure the bees from cold and wet, while it exhales an odour which to them is very grateful. The inner part of the hive should be furnished with two thin pieces of oak, or peeled branches of lime tree, placed across each other at right angles, which will greatly facilitate the construction of the combs, and support

them when filled with honey. A good bee-hive ought to be so planned as to be capable of enlargement or contraction, according to the number of the swarm; to admit of being opened without disturbing the bees, either for the purpose of cleaning it, of freeing it from noxious insects, or for the admission of a stock of provision for the winter. It should also admit of the produce being removed without injury to the bees, and be internally clean, smooth, and free from flaws. A hive of this description may easily be made of three or four open square boxes, fastened to each other with buttons or wooden pegs, and the joints closed with cement. The whole may be covered with a moveable roof, projecting over the boxes to carry off the rain, and kept firm on the top by a stone being laid upon it. If the swarm be not very numerous, two or three boxes will be sufficient. They should be made of wood an inch thick, that the bees and wax may be less affected by the changes of the atmosphere. This hive is so easily constructed, that it is only necessary to join four boards together in the simplest manner; and a little cement will cover all defects. Within the upper part of the boxes, two bars should be fixed across from one corner to another, to support the combs. At the lower end of each box in front, there must be an aperture, or door, about an inch and an half wide, and as high as is necessary for the bees to pass without obstruction. The lowest is to be left open as a passage for the bees, and the others are to be closed by a piece of wood fitted to the aperture. A hive thus constructed may be enlarged or diminished, according to the number of boxes; and a communication with the internal part can readily be effected by removing the cover. [21]

BEE HOUSE. An apiary or bee house should front the south, in a situation between the extremes of heat and cold. It should stand in a valley, that the bees may with greater ease descend loaded on their return to the hive; and near a dwelling-house, but at a distance from noise and offensive smells; surrounded with a low wall, and in the vicinity of shallow water. If there be no running stream at hand, they ought to be supplied with water in troughs or pans, with small stones laid at the bottom, that the bees may alight upon them and drink. They cannot produce either combs, honey, or food for their maggots, without water; but the neighbourhood of rivers or ponds with high banks ought to be avoided, or the bees will be blown into the water with high winds, and be drowned. Care should also be taken to place the hives in a neighbourhood which abounds with such plants as will supply the bees with food; such as the oak, the pine, the willow, fruit trees, furze, broom, mustard, clover, heath, and thyme, particularly borage, which produces an abundance of farina. The garden in which the bee house stands, should be well furnished with scented plants and flowers, and branchy shrubs, that it may be easy to hive the swarms which may settle on them. See BEES, HIVING, &c.

BEEF. In every sort of provisions, the best of the kind goes the farthest; it cuts out with most advantage, and affords most nourishment. The best way to obtain a good article is to deal with shops of established credit. You may perhaps pay a little more than by purchasing of those who pretend to sell cheap, but you will be more than in proportion better served. To prevent imposition more effectually, however, it is necessary to form our own judgment of the quality and value of the articles to be purchased. If the flesh of ox-beef is young, it will show a fine smooth open grain, be of a good red, and feel tender. The fat should look white rather than yellow, for when that is of a deep colour, the meat is seldom good. Beef fed with oil cakes is generally so, and the flesh is loose and flabby. The grain of cow-beef is closer,

and the fat whiter, than that of ox-beef; but the lean is not so bright a red. The grain of bull-beef is closer still, the fat hard and skinny, the lean of a deep red, and a stronger scent. Ox-beef is the reverse; it is also the richest and the largest; but in small families, and to some tastes, heifer-beef as better still, if finely fed. In old meat there is a horny streak in the ribs of beef: the harder that is, the older: and the flesh is not finely flavoured.

BEEF BOUILLI. A term given to boiled beef, which, according to the French fashion, is simmered over a slow fire, for the purpose of extracting a rich soup, while at the same time the meat makes its appearance at table, in possession of a full portion of nutricious succulence. This requires nothing more than to stew the meat very slowly, instead of keeping the pot quickly boiling, and taking up the beef as soon as it is done enough. Meat cooked in this manner, affords much more nourishment than when dressed in the common way, and is easy of digestion in proportion to its tenderness. The leg or shin, or the middle of a brisket of beef, weighing seven or eight pounds, is best adapted for this purpose. Put it into a soup pot or deep stewpan with cold water enough to cover it, and a quart over. Set it on a quick fire to get the scum up, which remove as it rises; then put in two carrots, two turnips, two leeks, or two large onions, two heads of celery, two or three cloves, and a faggot of parsley and [22] sweet herbs. Set the pot by the side of the fire to simmer very gently, till the meat is just tender enough to eat: this will require four or five hours. When the beef is done, take it up carefully with a slice, cover it up, and keep it warm by the fire. Thicken a pint and a half of the beef liquor with three table spoonfuls of flour, season it with pepper, a glass of port wine or mushroom ketchup, or both, and pour it over the beef. Strain the soup through a hair sieve into a clean stewpan, take off the fat, cut the vegetables into small squares, and add them to the soup, the flavour of which may be heightened, by adding a table-spoonful of ketchup.

BEEF BROTH. If intended for sick persons, it is better to add other kinds of meat, which render it more nourishing and better flavoured. Take then two pounds of lean beef, one pound of scrag of veal, one pound of scrag of mutton, some sweet herbs, and ten pepper corns, and put the whole into a nice tin saucepan, with five quarts of water. Simmer it to three quarts, clear it from the fat when cold, and add an onion if approved. If there be still any fat remaining, lay a piece of clean blotting or writing paper on the broth when in the bason, and it will take up every particle of the fat.

BEEF CAKES, chiefly intended for a side-dish of dressed meat. Pound some beef that is under done, with a little fat bacon or ham. Season with pepper, salt, a little shalot or garlick; mix them well, and make the whole into small cakes three inches long, and half as wide and thick. Fry them to a light brown, and serve them in good thick gravy.

BEEF CECILS. Mince some beef with crumbs of bread, a quantity of onions, some anchovies, lemon peel, salt, nutmeg, chopped parsley, pepper, and a bit of warmed butter. Mix these over the fire a few minutes: when cool enough, make them into balls of the size and shape of a turkey's egg, with an egg. Sprinkle them with fine crumbs, fry them of a yellow brown, and serve with gravy, as for Beef Olives.

BEEF COLLOPS. Cut thin slices of beef from the rump, or any other tender part, and divide them into pieces three inches long: beat them with the blade of a knife, and flour them.

Fry the collops quick in butter two minutes; then lay them into a small stewpan, and cover them with a pint of gravy. Add a bit of butter rubbed in flour, pepper and salt, a little bit of shalot shred very fine, with half a walnut, four small pickled cucumbers, and a tea-spoonful of capers cut small. Be careful that the stew does not boil, and serve in a hot covered dish.

BEEF FRICASSEE. Cut some thin slices of cold roast beef, shred a handful of parsley very small, cut an onion into quarters, and put them all together into a stewpan, with a piece of butter, and some strong broth. Season with salt and pepper, and simmer very gently for a quarter of an hour. Mix into it the yolks of two eggs, a glass of port wine, and a spoonful of vinegar: stir it quick, rub the dish with shalot, and turn the fricassee into it.

BEEF GRAVY. Cover the bottom of a stewpan, clean and well-tinned, with a slice of good ham or lean bacon, four or five pounds of gravy beef cut in pieces, an onion, a carrot, two cloves, and a head of celery. Add a pint of broth or water, cover it close, and simmer it till the liquor is nearly all exhausted. Turn it about, and let it brown slightly and equally all over, but do not suffer it to burn or stick to the pan, for that would spoil the gravy. Then put in three quarts of boiling water; and when it boils up, skim it carefully, and wipe off with a clean cloth what sticks round the edge and inside of the stewpan, that the gravy may be [23] delicately clean and clear. Let it stew gently by the side of the fire for about four hours, till reduced to two quarts of good gravy. Take care to skim it well, strain it through silk or muslin, and set it in a cold place.

BEEF HAMS. Cut the leg of beef like a ham; and for fourteen pounds weight, mix a pound of salt, a pound of brown sugar, an ounce of saltpetre, and an ounce of bay salt. Put it into the meat, turn and baste it every day, and let it lie a month in the pickle. Then take it out, roll it in bran, and smoke it. Afterwards hang it in a dry place, and cut off pieces to boil, or broil it with poached eggs.

BEEF HASH. Cut some thin slices of beef that is underdone, with some of the fat; put it into a small stewpan, with a little onion or shalot, a little water, pepper and salt. Add some of the gravy, a spoonful of vinegar, and of walnut ketchup: if shalot vinegar be used, there will be no need of the onion nor the raw shalot. The hash is only to be simmered till it is hot through, but not boiled: it is owing to the boiling of hashes and stews that they get hard. When the hash is well warmed up, pour it upon sippets of bread previously prepared, and laid in a warm dish.

BEEF HEART. Wash it carefully, stuff it as a hare, and serve with rich gravy and currant-jelly sauce. Hash it with the same, and add a little port wine.

BEEF OLIVES. Take some cold beef that has not been done enough, and cut slices half an inch thick, and four inches square. Lay on them a forcemeat of crumbs of bread, shalot, a little suet or fat, pepper and salt. Roll and fasten them with a small skewer, put them into a stewpan with some gravy made of the beef bones, or the gravy of the meat, and a spoonful or two of water, and stew them till tender. Beef olives may also be made of fresh meat.

BEEF PALATES. Simmer them in water several hours, till they will peel. Then cut the palates into slices, or leave them whole, and stew them in a rich gravy till they become as tender as possible. Season with cayenne, salt and ketchup: if the gravy was drawn clear, add

also some butter and flour. If the palates are to be dressed white, boil them in milk, and stew them in a fricassee sauce; adding cream, butter, flour, mushroom powder, and a little pounded mace.

BEEF PASTY. Bone a small rump or part of a sirloin of beef, after hanging several days. Beat it well with a rolling pin; then rub ten pounds of meat with four ounces of sugar, and pour over it a glass of port, and the same of vinegar. Let it lie five days and nights; wash and wipe the meat very dry, and season it high with pepper and salt, nutmeg and Jamaica pepper. Lay it in a dish, and to ten pounds add nearly one pound of butter, spreading it over the meat. Put a crust round the edges, and cover with a thick one, or it will be overdone before the meat is soaked: it must be baked in a slow oven. Set the bones in a pan in the oven, with no more water than will cover them, and one glass of port, a little pepper and salt, in order to provide a little rich gravy to add to the pasty when drawn. It will be found that sugar gives more shortness and a better flavour to meat than salt, too great a quantity of which hardens; and sugar is quite as good a preservative.

BEEF PATTIES. Shred some dressed beef under done, with a little fat; season with salt and pepper, and a little shalot or onion. Make a plain paste, roll it thin, and cut it in shape like an apple puff. Fill it with mince, pinch the edges, and fry them of a nice brown. The [24]
paste should be made with a small quantity of butter, egg and milk.

BEEF PIE. Season some cuttings of beef with pepper and salt, put some puff paste round the inside of the dish, and lay in the meat. Add some small potatoes, if approved, fill up the dish with water, and cover it with the paste.

BEEF PUDDING. Roll some fine steaks with fat between, and a very little shred onion. Lay a paste of suet in a bason, put in the rolled steaks, cover the bason with a paste, and pinch the edges to keep in the gravy. Cover with a cloth tied close, and let the pudding boil slowly a considerable time.—If for baking, make a batter of milk, two eggs and flour, or, which is much better, potatoes boiled, and mashed through a cullender. Lay a little of it at the bottom of the dish, then put in the steaks prepared as above, and very well seasoned. Pour the remainder of the batter over them, and bake it.

BEEF SANDERS. Mince some beef small, with onion, pepper and salt, and add a little gravy. Put it into scallop shells or saucers, making them three parts full, and fill them up with potatoes, mashed with a little cream. Put a bit of butter on the top, and brown them in an oven, or before the fire, or with a salamander. Mutton may be made into sanders in the same way.

BEEF SCALLOPS. Mince some beef fine, with onion, pepper and salt, and add a little gravy. Put the mince into scallop shells or saucers three parts full, and fill them up with potatoes, mashed with a little cream. Lay a bit of butter on the tops, and brown them in an oven, or before the fire.

BEEF STEAKS. To have them fine, they should be cut from a rump that has hung a few days. Broil them over a very clear or charcoal fire; put into the dish a little minced shalot, a table-spoonful of ketchup. The steak should be turned often, that the gravy may not be drawn out on either side. This dish requires to be eaten so hot and fresh done, that it is not in

perfection if served with any thing else. Pepper and salt should be added when taking it off the fire, and a bit of butter rubbed on at the moment of serving. If accompanied with oyster sauce, strain off the liquor from the oysters, and throw them into cold water to take off the grit, while you simmer the liquor with a bit of mace and lemon peel. Then put in the oysters, stew them a few minutes, add a little cream, and some butter rubbed in a bit of flour. Let them boil up once, and throw the sauce over the steaks at the moment of sending the dish to table.

BEEF STEW. Cut into small pieces four or five pounds of beef, with some hard fat. Put these into a stewpan, with three pints of water, a little salt and pepper, a sprig of sweet herbs, and three cloves. Cover the pan very close, and let it stew four hours over a slow fire. Throw in some carrots and turnips, cut into square pieces; the white part of a leek, with two heads of celery chopped fine; a crust of bread, and two spoonfuls of vinegar. When done, put it into a deep dish, set it over hot water, and cover it close. Skim the gravy, and put in a few pickled mushrooms; thicken it with flour and butter, make it hot, and pour it over the beef.

BEEF TEA. Cut a pound of fleshy beef into thin slices; simmer it with a quart of water twenty minutes, after it has once boiled, and been skimmed. Season it, if approved; but a little salt only is sufficient.

BEEF VINGRETTE. Cut a slice of under-done boiled beef three inches thick, and a little fat. Stew it in half a pint of water, a glass of white wine, a bunch of sweet herbs, an onion, and a bay leaf. Season it with three cloves pounded, and pepper, till the liquor is nearly wasted away, turning it once. Serve it up cold. Strain off the gravy, and mix it with a little vinegar for sauce. [25]

BEER. During the present ruinous system of taxation, it is extremely difficult, though highly desirable, to procure a cheap and wholesome beverage, especially for the labouring part of the community, to whom it is as needful as their daily food. Beer that is brewed and drunk at home, is more pure and nutricious than what is generally purchased at an alehouse; and those who cannot afford a better article, may perhaps find it convenient to adopt the following method for obtaining some cheap drink for small families.—To half a bushel of malt, add four pounds of treacle, and three quarters of a pound of hops. This will make twenty-five gallons of wholesome beer, which will be fit for use in a fortnight; but it is not calculated for keeping, especially in warm weather. Beer brewed in this way will not cost one halfpenny a pint. An agreeable table beer may be made ready for drinking in three or four days, consisting of treacle and water, fermented with a little yeast. Boil six or seven gallons of water, pour it on the same quantity of cold water in a cask, and a gallon of treacle. Stir them well together; and when the fermentation is abated, close the bung-hole in the usual way. A little of the outer rind of an orange peel infused into the beer, and taken out as soon as it has imparted a sufficient degree of bitterness, will give it an agreeable flavour, and assist in keeping the beer from turning sour. A little gentian root boiled in the water, either with or without the orange peel, will give a wholesome and pleasant bitter to this beer. A small quantity, by way of experiment, may be made thus. To eight quarts of boiling water, put one ounce of treacle, a quarter of an ounce of ginger, and two bay leaves. Let the whole boil a quarter of an hour; then cool and work it with yeast, the same as other beer. Another way to

make a cheap malt liquor is to take a bushel of malt, with as much water and hops as if two bushels of malt were allowed in the common way, and put seven pounds of the coarsest brown sugar into the boiling wort. This makes a very pleasant liquor; is as strong, and will keep as long without turning sour or flat, as if two bushels had been employed. Twenty gallons of good beer may be made from a bushel of malt, and three quarters of a pound of hops, if care be taken to extract all their goodness. For this purpose boil twenty-four gallons of water, and steep the malt in it for three hours: then tie up the hops in a hair cloth, and boil malt, hops, and wort, all together for three quarters of an hour, which will reduce it to about twenty gallons. Strain it off, and set it to work when lukewarm. See BREWING.—As however it does not suit some persons to brew, in any way whatever, it may be necessary to add a few brief remarks on the distinguishing qualities of sound beer, that persons may know what it is they purchase, and how far their health may be affected by it. Wholesome beer then ought to be of a bright colour, and perfectly transparent, neither too high nor too pale. It should have a pleasant and mellow taste, sharp and agreeably bitter, without being hard or sour. It should leave no pungent sensation on the tongue; and if drank in any tolerable quantity, it must neither produce speedy intoxication, nor any of the usual effects of sleep, nausea, headache, or languor; nor should it be retained too long after drinking it, or be too quickly discharged. If beer purchased at the alehouse be suspected of having been adulterated with the infusion of vitriol, for the purpose of adding to its strength, it may be [26] detected by putting in a few nut galls, which will immediately turn it black, if it have been so adulterated; and the beer ought by all means to be rejected, as highly injurious to the constitution, and may be fatal even to life itself.

BEES. A hive of bees may be considered as a populous city, containing thirty thousand inhabitants. This community is in itself a monarchy, composed of a queen, of males which are the drones, and of working bees called neuters. The combs being composed of pure wax, serve as a magazine for their stores, and a nursery for their young. Between the combs there is a space sufficient for two bees to march abreast, and there are also transverse defiles by which they can more easily pass from one comb to another.—The queen bee is distinguishable from the rest by the form of her body. She is much longer, unwieldy, and of a brighter colour, and seldom leaves the parent hive; but when she goes to settle a new colony, all the bees attend her to the place of destination. A hive of bees cannot subsist without a queen, as she produces their numerous progeny; and hence their attachment to her is unalterable. When a queen dies, the bees immediately cease working, consume their honey, fly about at unusual times, and eventually pine away, if not supplied with another sovereign. The death of the queen is proclaimed by a clear and uninterrupted humming, which should be a warning to the owner to provide the bees if possible with another queen, whose presence will restore vigour and exertion; of such importance is a sovereign to the existence and prosperity of this community. It is computed that a pregnant queen bee contains about five thousand eggs, and that she produces from ten to twelve thousand bees in the space of two months.—Drones are smaller than the queen, but larger than the working bees, and when on the wing they make a greater noise. Their office is to impregnate the eggs of the queen after they are deposited in the cells; but when this is effected, as they become useless to the hive, they are destroyed by the working bees and thrown out; and having no sting, they are without the power of resistance. After the season of the encrease of the bees is past, and when they attend to the collection of winter stores, every vestige of the drones is

destroyed to make room for the honey. When drones are observed in a hive late in autumn, it is usually a sign that the stock is poor.—Working bees compose the most numerous body of the state. They have the care of the hive, collect the wax and honey, fabricate the wax into combs, feed the young, keep the hive clean, expel all strangers, and employ themselves in promoting the general prosperity. The working bee has two stomachs, one to contain the honey, and another for the crude wax. Among the different kinds of working bees, those are to be preferred which are small, smooth, and shining, and of a gentle disposition.—Considering the rich productions of these little insects, and the valuable purposes to which they may be applied, it is truly astonishing that so important an object in rural economy has been so little attended to by the inhabitants of this country. In Egypt, the cultivation of bees forms a leading object, and their productions constitute a part of its riches. About the end of October, when sustenance cannot be provided for them at home, the inhabitants of Lower Egypt embark their bees on the Nile, and convey them to the distant regions of Upper Egypt, when the inundation is withdrawn, and the flowers are beginning to bud. These insects are thus conducted through the whole extent of that fertile country; and after having [27] gathered all the rich produce of the banks of the Nile, are re-conducted home about the beginning of February. In France also, floating bee-hives are very common. One barge contains from sixty to a hundred hives, which are well defended from the inclemency of the weather. Thus the owners float them gently down the stream, while they gather the honey from the flowers along its banks, and a little bee-house yields the proprietors a considerable income. At other times they convey bees by land, to places where honey and wax may be collected. The hives are fastened to each other by laths placed on a thin packcloth, which is drawn up on each side and tied with packthread several times round their tops. Forty or fifty hives are then laid in a cart, and the owner takes them to distant places where the bees may feed and work. But without this labour the industrious bee might be cultivated to great advantage, and thousands of pounds weight of wax and honey collected, which now are suffered to be wasted on the desert air, or perish unheeded amidst the flowers of the field.—Those whose attention may be directed to the subject by these remarks, and who intend to erect an apiary, should purchase the stocks towards the close of the year, when bees are cheapest; and such only as are full of combs, and well furnished with bees. To ascertain the age of the hives it should be remarked, that the combs of the last year are white, while those of the former year acquire a darkish yellow. Where the combs are black, the hive should be rejected as too old, and liable to the inroads of vermin. In order to obtain the greatest possible advantage from the cultivation of bees, it is necessary to supply them with every convenience for the support of themselves and their young. And though it may be too much trouble to transport them to distant places, in order to provide them with the richest food, and to increase their abundant stores; yet in some instances this plan might in part be adopted with considerable success. It has been seen in Germany, as well as in other parts of the continent, that forty large bee hives have been filled with honey, to the amount of seventy pounds each, in one fortnight, by their being placed near a large field of buck wheat in flower; and as this and various other plants adapted to enrich the hive are to be found in many parts of England, there is no reason why a similar advantage might not be derived from such an experiment.—Besides providing for them the richest food in summer, in order to facilitate their labours, it is equally necessary to attend to their preservation in the winter. To guard against the effects of cold, the bees should be examined during the winter; and if

instead of being clustered between the combs, they are found in numbers at the bottom of the hive, they should be carried to a warmer place, where they will soon recover. In very severe seasons, lay on the bottom of an old cask the depth of half a foot of fine earth pressed down hard; place the stool on this with the hive, and cut a hole in the cask opposite to the entrance of the hive, in which fix a piece of reed or hollow elder, and then cover the whole with dry earth. This will preserve a communication with the external air, and at the same time keep out the cold. The bees remaining in a torpid state during the winter, they require but little food; but as every sunny day revives and prompts them to exercise, a small supply is necessary on these occasions. Many hives of bees which are supposed to have died of cold, have in reality perished by famine, especially when a rainy summer prevented them from collecting a sufficient store of provision. Hence the hives should be carefully [28] examined in autumn, and ought then to weigh at least eighteen pounds each. When bees require to be fed, the honey should be diluted with water, and put into an empty comb, split reeds, or upon clear wood, which the bees will suck perfectly dry. But it is a much better way to replenish the weak hives in September, with such a portion of combs filled with honey taken from other hives as may be deemed a sufficient supply. This is done by turning up the weak hive, cutting out the empty combs, and placing full ones in their stead, so secure as not to fall down when the hive is replaced. If this be too troublesome, a plate of honey may be set under the hive, and straws laid across the plate, covered with paper perforated with small holes, through which the bees will suck the honey without difficulty.—These valuable insects are liable to various disorders, both from the food they eat, from foreign enemies, and from one another. If they have fed greedily on the blossoms of the milk thistle or the elm, it will render them incapable of working, and the hive will be stained with filth. The best cure in this case is pounded pomegranate seed, moistened with sweet wine; or raisins mixed with wine or mead, and the infusion of rosemary. When they are infested with vermin, the hive must be cleansed, and perfumed with a branch of pomegranate or the wild fig-tree, which will effectually destroy them. Butterflies sometimes conceal themselves in the hives, and annoy the bees; but these intruders may easily be exterminated by placing lighted candles in deep tin pots between the hives, as they will be attracted by the flame, and so perish. In order to extirpate wasps and hornets preying upon the honey, it is only necessary to expose shallow vessels near the hive with a little water, to which those depredators eagerly repair to quench their thirst, and thus easily drown themselves. To prevent bees of one society from attacking or destroying those of another, which is frequently the case, the following method may be tried. Let a board about an inch thick be laid on the bee bench, and set the hive upon it with its mouth exactly on the edge. The mouth of the hive should also be contracted to about an inch in length, and a semicircular hole made in the board immediately under the mouth of the hive. By this simple method, the bees which come to make the attack will be foiled, and constrained to act with great disadvantage. If this do not succeed, remove the hive to a distant part of the garden, and to a more easterly or colder aspect, which will frequently end the contest.—When bees are to be taken up for the purpose of obtaining the wax and honey, great care should be taken not to destroy the insects; and for this end the following method is recommended. The upper box on the hive, which principally contains the honey, is first to be taken off. The joint should be loosened, the cement scraped off, and then a piece of iron wire to be drawn through the comb so as to divide it. When the upper box is thus separated, its cover is to be taken off and immediately

placed on the second box, which is now the highest. Having taken out the contents of the box which has been separated, it is to be placed again on the stand, under the lower box, and its door only is to be left open. If any bees remain in the box when taken away, a little smoke will drive them out, and they will quickly return to their own hive. In this manner a second or a third box of honey may be removed in succession, when the lower part of the hive appears to be full; but care must be taken not to deprive the bees entirely of the stock which they have collected for the winter. In taking up a common straw hive of bees, the best [29] way is to remove it into a darkened room, that it may appear to the bees as if it were late in the evening. Then gently turning the hive bottom upwards, and supporting it in that position, cover it with an empty hive a little raised towards the window, to give the bees sufficient light to guide their ascent. Keep the empty hive steadily supported on the edge of the full hive, and strike the hand round the full hive to frighten the bees, till they have nearly all ascended into the other. The new hive containing the bees must be placed on the stand of the apiary, to receive the absent bees as they return from the fields.

BEET ROOT. This cooling and wholesome vegetable is good boiled, and sliced with a small quantity of onion, or stewed with whole onions in the following manner. Boil the beet tender with the skin on, slice it into a stewpan with a little broth and a spoonful of vinegar. Simmer it till the gravy is tinged with the colour; then put it into a small dish, and make a round of button onions, first boiled tender. Take off the skin just before serving, and let them be quite hot and clear. Or roast three large onions, and peel off the outer skins till they look clear; and serve round them the stewed beet root. The root must not be broken before it is dressed, or it will lose its colour, and look ill.—To preserve beet-root for winter use, they should not be cleared from the earth, but kept in layers of dry sand.

BEETLES. When these insects become troublesome in the house, put some small lumps of quick lime into the chinks or holes of the wall from whence they issue, or scatter it on the ground. Or at night, lay a spoonful of treacle on a piece of wood, and float it in a pan of water: beetles are so fond of syrup, that they will be drowned in attempting to get at it. The common black beetle may also be extirpated by placing a hedgehog in the room, during the summer nights; or by laying a bundle of pea straw near their holes, and afterwards burning it when the beetles have crept into it.

BENTON CAKES. Mix a paste of flour, a little bit of butter, and milk. Roll it as thin as possible, and bake on a backstone over the fire, or on a hot hearth. Another sort of Benton tea-cakes are made like biscuits, by rubbing into a pound of flour six ounces of butter, and three large spoonfuls of yeast. Work up the paste with a sufficient quantity of new milk, make it into biscuits, and prick them with a clean fork. Or melt six or seven ounces of butter, with a sufficient quantity of new milk warmed to make seven pounds of flour into a stiff paste. Roll it thin, and make it into biscuits.

BENTON SAUCE. Grate some horse-radish, or scrape it very fine. Add to it a little made mustard, some pounded white sugar, and four large spoonfuls of vinegar. Serve it up in a saucer: this is good with hot or cold roast beef.

BILLS OF FARE, or list of various articles in season in different months.

JANUARY.——*Poultry.* Game, pheasants, partridges, hares, rabbits, woodcocks, snipes,

turkeys, capons, pullets, fowls, chickens, tame pigeons.—*Fish.* Carp, tench, perch, eels, lampreys, crayfish, cod, soles, flounders, plaice, turbot, skate, thornback, sturgeon, smelts, whitings, crabs, lobsters, prawns, oysters.—*Vegetables.* Cabbage, savoys, coleworts, sprouts, brocoli, leeks, onions, beet, sorrel, chervil, endive, spinach, celery, garlic, potatoes, parsnips, turnips, shalots, lettuces, cresses, mustard, rape, salsify, herbs dry and green. —*Fruit*. Apples, pears, nuts, walnuts, medlars, grapes.

FEBRUARY, MARCH.——Meat, fowls and game, as in January, with the addition of ducklings and chickens.—*Fish.* As the last two months, except that cod is not thought so good, from February to July.—*Vegetables.* The same as the former months, with the addition of kidney beans.—*Fruit*. Apples, pears, forced strawberries. [30]

APRIL, MAY, JUNE.——*Meat*. Beef, mutton, veal, lamb, venison in June.——*Poultry.* Pullets, fowls, chickens, ducklings, pigeons, rabbits, leverets.—*Fish.* Carp, tench, soles, smelts, eels, trout, turbot, lobsters, chub, salmon, herrings, crayfish, mackarel, crabs, prawns, shrimps.—*Vegetables.* As before, and in May, early potatoes, peas, radishes, kidney beans, carrots, turnips, early cabbages, cauliflowers, asparagus, artichokes, all sorts of forced sallads.—*Fruit*. In June, strawberries, cherries, melons, green apricots, gooseberries and currants for tarts. In July, cherries, strawberries, pears, melons, gooseberries, currants, apricots, grapes, nectarines, peaches; but most of these are forced.

JULY, AUGUST, SEPTEMBER.—Meat as before.—*Poultry.* Pullets, fowls, chickens, rabbits, pigeons, green geese, leverets, turkey poults, plovers, wheatears, and geese in September.—*Fish.* Cod, haddock, flounders, plaice, skate, thornback, mullets, pike, carp, eels, shellfish, except oysters; mackarel the first two months, but are not good in August. —*Vegetables.* Beans, peas, French beans, and various others.—*Fruit*. In July, strawberries, gooseberries, pineapples, plums, cherries, apricots, raspberries, melons, currants, damsons. In August and September, peaches, plums, filberts, figs, mulberries, cherries, apples, pears, nectarines, grapes, pines, melons, strawberries, medlars, quinces, morella cherries, damsons, and various plums.

OCTOBER.—Meat as before, and doe-venison.——*Poultry.* Game, pheasants, fowls, partridges, larks, hares, dotterels, wild ducks, teal, snipes, widgeon, grouse.—*Fish.* Dories, smelts, pike, perch, holibets, brills, carp, salmon trout, barbel, gudgeons, tench, shellfish. —*Vegetables.* As in January, French beans, runners, windsor beans.——*Fruit*. Peaches, pears, figs, bullace, grapes, apples, medlars, damsons, filberts, nuts, walnuts, quinces, services.

NOVEMBER.—*Meat*. Beef, mutton, veal, pork, house lamb, doe venison, poultry and game. Fish as the last month.—*Vegetables.* Carrots, turnips, parsnips, potatoes, skirrets, onions, leeks, shalots, cabbage, savoys, colewort, spinach, cardoons, cresses, endive, celery, lettuces, salad, herbs.—*Fruit*. Pears, apples, nuts, walnuts, bullace, chesnuts, medlars, grapes.

DECEMBER.—*Meat*. Beef, mutton, veal, house lamb, pork and venison.—*Poultry.* Game, turkeys, geese, pullets, pigeons, capons, fowls, chickens, rabbits, hares, snipes, woodcocks, larks, pheasants, partridges, sea-fowls, guinea-fowls, wild ducks, teal, widgeon, dotterels, dunbirds, grouse.—*Fish.* Turbot, cod, holibets, soles, gurnets, sturgeon,

carp, gudgeons, codlings, eels, dories, shellfish.—*Vegetables.* As in the last month; asparagus forced.—*Fruit.* As the last, except bullace.

BIRCH WINE. The season for obtaining the liquor from birch trees, is in the latter end of February or the beginning of March, before the leaves shoot out, and as the sap begins to rise. If the time be delayed, the juice will grow too thick to be drawn out. It should be as thin and clear as possible. The method of procuring the juice is by boring holes in the trunk of the tree, and fixing in facets made of elder; but care should be taken not to tap it in too many places at once, for fear of injuring the tree. If the tree is large, it may be bored in five or six places at once, and bottles are to be placed under the apertures to receive the sap. When [31] four or five gallons have been extracted from different trees, cork the bottles very close, and wax them till the wine is to be made, which should be as soon as possible after the sap has been obtained. Boil the sap, and put four pounds of loaf sugar to every gallon, also the rind of a lemon cut thin; then boil it again for nearly an hour, skimming it well all the time. Into a cask that will contain it, put a lighted brimstone match, stop it up till the match is burnt out, and then pour the liquor into it as quickly as possible. When nearly cold, work it with a toast spread with yeast, and let it stand five or six days, stirring it two or three times a-day. Put the bung lightly in till it has done working; then close it down, and let it stand two or three months. The wine may then be bottled, and will be fit for use in about a week. It makes a rich and salutary cordial, and its virtues are much relied on in consumptive and scorbutic cases.

BISCUIT CAKE. One pound of flour, five eggs well beaten and strained, eight ounces of sugar, a little rose or orange flower water. Beat the whole thoroughly, and bake it one hour.

BISCUITS. To make hard biscuits, warm two ounces of butter in as much skimmed milk as will make a pound of flour into a very stiff paste. Beat it with a rolling pin, and work it very smooth. Roll it thin, and cut it into round biscuits. Prick them full of holes with a fork, and about six minutes will bake them.—For plain and very crisp biscuits, make a pound of flour, the yolk of an egg, and some milk, into a very stiff paste. Beat it well, and knead it quite smooth; roll the paste very thin, and cut it into biscuits. Bake them in a slow oven till quite dry and crisp.—To preserve biscuits for a long time sweet and good, no other art is necessary than packing them up in casks well caulked, and carefully lined with tin, so as to exclude the air. The biscuits should be laid as close as possible; and when it is necessary to open the cask, it must be speedily closed again with care. Sea bread may also be preserved on a long voyage, by being put into a bag which has been previously soaked in a quantity of liquid nitre, and dried. This has been found to preserve the biscuits from the fatal effects of the wevil, and other injurious insects, which are destructive to this necessary article of human sustenance.

BITTERS. Bruise an ounce of gentian root, and two drams of cardamom seeds together: add an ounce of lemon peel, and three drams of Seville orange peel. Pour on the ingredients a pint and half of boiling water, and let it stand an hour closely covered: then pour off the clear liquor, and a glass of it taken two or three times a day will be found an excellent bitter for the stomach.—Or slice an ounce of gentian root, and add half a dram of snakes' root bruised, half a dram of saffron, three quarters of a dram of cardamom seeds, and the same

of cochineal bruised together, and the peel of three Seville oranges. Steep the ingredients in a pint of brandy fourteen days, shaking them together frequently; then strain the tincture through a piece of muslin, and a tea-spoonful in a glass of wine may be taken two or three times a day.

BLACK BUTTER. Boil a pound of moist sugar with three pounds of gooseberries, currants, raspberries, and cherries, till reduced to half the quantity. Put it into pots covered with brandy paper, and it will be found a pleasant sweetmeat.

BLACK CAPS. Divide and core some fine large apples, put them in a shallow pan, strew white sugar over, and bake them. Boil a glass of wine, the same of water, and sweeten [32] it for sauce. Or, take off a slice from the stalk end of some apples, and core without paring them. Mix with grated lemon, and a few cloves in fine powder, as much sugar as will sweeten them. Stuff the holes as close as possible with this, and turn the flat end down on a stewpan; set them on a very slow fire, with some raisin wine and water. Cover them close, and now and then baste them with the liquor: when done enough, black the tops with a salamander.

BLACK INK. Infuse in a gallon of rain or soft water, a pound of blue galls bruised, and keep it stirring for three weeks. Then add four ounces of green copperas, four ounces of logwood chips, six ounces of gum arabac, and a glass of brandy.—To make ink of a superior quality, and fit for immediate use, prepare the following ingredients. Four ounces of blue galls, two ounces of chipped logwood, two of sulphate of iron, one ounce and a half of gum arabac, half an ounce of sulphate of copper, and half an ounce of brown sugar. Boil the galls and logwood in six pints of spring or distilled water, until nearly three pints of water are evaporated, then strain it through a piece of flannel. Powder the salts in a mortar, dissolve the gum in a little warm water, then mix the whole together, and shake it frequently for two or three days; during which time expose it to the air, and it will become blacker. Decant the liquor into stone bottles well corked, and it will be fit for use directly. Those who wish to avoid the trouble of such a process, will find an excellent substitute in Walkden's Ink Powder ready prepared, with directions how to use it. If a cup of sweet wort be added to two papers of the powder, it will give it the brightness of japan ink.

BLACK LEAD. The best preparation for cleaning cast-iron stoves is made of black lead, mixed with a little common gin, or the dregs of port wine, and laid on the stove with a piece of linen rag. Then with a clean brush, not too hard, and dipped in some dried black lead powder, rub the stove till it comes to a beautiful brightness. This will produce a much finer black varnish on the cast-iron, than either boiling the black lead with small beer and soap, or mixing it with white of egg, as is commonly practised.

BLACK PAPER, for drawing patterns, may easily be made in the following manner. Mix and smooth some lamp-black and sweet oil, with a piece of flannel. Cover a sheet or two of large writing paper with this mixture, then dab the paper dry with a rag of fine linen, and prepare it for future use by putting the black side on another sheet of paper, and fastening the corners together with a small pin. When wanted to draw, lay the pattern on the back of the black paper, and go over it with the point of a steel pencil. The black paper will then leave the impression of the pattern on the under sheet, on which you must now draw it with

ink. If you draw patterns on cloth or muslin, do it with a pen dipped in a bit of stone blue, a bit of sugar, and a little water, mixed smooth in a tea cup, in which it will be always ready for use.

BLACK PUDDINGS. The pig's blood must be stirred with a little salt till it is cold. Put a full quart of it to a quart of whole grits, and let it stand all night. Soak the crumb of a quartern loaf in rather more than two quarts of new milk made hot. In the meantime prepare the guts by washing, turning and scraping, with salt and water, and changing the water several times. Chop fine a little winter savoury and thyme, a good quantity of pennyroyal, pepper and salt, a few cloves, some allspice, ginger and nutmeg. Mix these all together, with three pounds of beef suet, and six eggs well beaten and strained. Have ready some hog's fat cut into large [33] bits; and as the skins are filling with the pudding, put in the fat at intervals. Tie up in links only half filled, and boil in a large kettle, pricking them as they swell, or they will burst. When boiled, lay them between clean cloths till cold, and hang them up in the kitchen. When to be used, scald them a few minutes in water; wipe, and put them into a Dutch oven. If there be not skins enough, put the stuffing into basins, and boil it covered with floured cloths. Slice and fry it when used.—Another way is, to soak all night a quart of bruised grits in as much boiling-hot milk as will swell them, and leave half a pint of liquid. Chop a quantity of pennyroyal, savoury and thyme; add salt and pepper, and allspice finely powdered. Mix the above with a quart of the blood, prepared as before directed; clean the skins thoroughly, half fill them with the stuffing, put in as much of the leaf fat of the pig as will make it pretty rich, and boil as before directed. A small quantity of leeks finely shred and well mixed, is a great improvement.—A superior article may be made as follows: boil a quart of half-grits in as much milk as will swell them to the utmost, drain them and add a quart of blood, a pint of rich cream, a pound of suet, some mace, nutmeg, allspice, and four cloves, all in fine powder. And two pounds of hog's leaf cut into dice, two leeks, a handful of parsley, ten leaves of sage, a large handful of pennyroyal, and a sprig of thyme and knotted marjoram, all finely minced; eight eggs well beaten, half a pound of bread crumbs scalded in a pint of milk, with pepper and salt. Soak and clean the skins in several waters, last of all in rose-water, and half fill them with the stuffing. Tie the skins in links, boil and prick them with a clean fork, to prevent their breaking, and cover them with a clean cloth till cold.

BLACKBERRY JAM. Put some red, but not ripe, blackberries into a jar, and cover it up closely. Set the jar in a kettle or deep stewpan of water over the fire, as a water bath; and when it has simmered five or six hours, force the juice through a sieve. To every pint of juice, add two pounds of powdered loaf-sugar, boiling and scumming it in the same manner as for any other jam or jelly. This simple article is said to afford effectual relief in cases of stone or gravel: a tea-spoonful to be taken every night, and repeated in the morning, if necessary. A good jam may also be made of ripe blackberries, in a similar manner; and both, like other jams, should be kept in jars, closely tied over with brandy paper.

BLACKBERRY WINE. Pick and clean a quantity of ripe blackberries; to every quart of fruit, add a quart of cold water which has first been boiled. Bruise them well, and let the whole stand twenty-four hours, stirring it occasionally during that time. Express all the juice and run it through a sieve or jelly bag, on a pound and a half of sugar to each gallon of liquid. Stir it till thoroughly dissolved, put it in a well seasoned barrel, add a little dissolved isinglass, and let it remain open till the next day; then bung it up. This makes a pleasant wine, which

may be bottled off in about two months.

BLACKING for shoes is made of four ounces of ivory black, three ounces of the coarsest sugar, a table-spoonful of sweet oil, and a pint of small beer, gradually mixed together cold.

BLACKING BALLS. Portable shoe-blacking, in the form of cakes or balls, is made in the following manner. Take four ounces of mutton suet, one ounce of bees-wax, one of [34] sweet oil, and a dram each of powdered sugar-candy and gum-arabac. Melt them well together over a slow fire; add a spoonful of turpentine, and lamp-black sufficient to give it a good black colour. While hot enough to run, make the composition into a ball, by pouring it into a tin mould; or let it stand till nearly cold, and then it may be moulded into any form by the hand.

BLADE-BONE OF PORK. Cut it from the bacon-hog, with a small quantity of meat upon it, and lay it on the gridiron. When nearly done pepper and salt it. Add a piece of butter, and a tea-spoonful of mustard; and serve it up quickly. This dish is much admired in Somersetshire. A blade-bone of mutton may be dressed in the same way.

BLAMANGE. Boil two ounces of isinglass half an hour, in a pint and half of water, and strain off the cream. Sweeten it, and add some peach water, or a few bitter almonds; let it boil up once, and put it into what forms you please. Be sure to let the blamange settle before you turn it into the forms, or the blacks will remain at the bottom of them, and be on the top of the blamange when taken out of the moulds. If not to be very stiff, a little less isinglass will do.—For Yellow Blamange, pour a pint of boiling water upon an ounce of isinglass, and the peel of one lemon. When cold, sweeten with two ounces of fine sugar: add a quarter of a pint of white wine, the yolks of four eggs, and the juice of one lemon. Stir all together, and let it boil five minutes: strain through a bag, and put into cups.

BLANKETS, if not in constant use, are liable to be moth-eaten. To prevent this, they should be folded and laid under feather beds that are in use, and occasionally shaken. When soiled, they should be washed, not scoured: and well dried before they are laid by, or they will breed moths.

BLEACHING OF STRAW. This is generally done by the fumes of sulphur, in a place enclosed for that purpose: but to render the straw very white, and encrease its flexibility in platting, it should be dipped in a solution of oxygenated muriatic acid, saturated with potash. Oxygenated muriate of lime will also answer the purpose. To repair straw bonnets, they must be carefully ripped to pieces; the plat should be bleached with the above solution, and made up afresh.

BLUE INK. Dissolve an ounce of finely powdered verdigris, and half an ounce of cream of tartar, in three ounces of water. This will make a fine blue writing ink, which has the singular property of giving to an iron nail, immersed in it for twenty-four hours, a beautiful green colour.

BOARDED FLOORS will preserve a beautiful appearance, if treated in the following manner. After washing them very clean with soda and warm water, and a brush, wash them with a large sponge and clean water, observing that no spot be left untouched. Be careful to

clean straight up and down, not crossing from board to board: then dry with clean cloths, rubbing hard up and down the same way. The floors should not be often wetted, but very thoroughly when done; and once a week dry-rubbed with hot sand, and a heavy brush, the right way of the boards. If oil or grease have stained the floor, make a strong lye of pearl-ashes and soft water, and add as much unslaked lime as it will take up. Stir it together, and then let it settle a few minutes; bottle it, and stop it close. When used, lower it with a little water, and scour the part with it. If the liquor lie long on the boards, it will extract their colour; it must therefore be done with care and expedition. Stone work may be freed from [35] stains in the same way.

BOCKINGS. Mix three ounces of buck-wheat flour with a tea-cupful of warm milk, and a spoonful of yeast. Let it rise before the fire about an hour; then mix four eggs well beaten, and as much milk as will make the batter the usual thickness for pancakes, and fry them in the same manner.

BOILING. Cleanliness here is of great consequence; and for this purpose all culinary vessels should be made of iron, or of other metals well tinned. The pernicious effects of copper or brass may be perceived by rubbing the hand round the inside of a pot or kettle made of either of those metals, and which has been scoured clean and fit for use; for though it may not discolour the hand, yet it will cause an offensive smell, and must in some degree affect every article which is put into it. If copper or brass be used, they should be well cleaned, and nothing suffered to remain in the vessels longer than is necessary for the purposes of cooking. In small families however, block-tin saucepans and boilers are much to be preferred, as lightest and safest. If proper care be taken of them, and they are well dried after being cleaned, they are also by far the cheapest; the purchase of a new tin saucepan being little more than the expense of tinning a copper one. Care should be taken to have the covers of boiling pots fit close, not only to prevent an unnecessary evaporation of the water, but that the smoke may not insinuate itself under the edge of the lid, and give the meat a bad taste. A trivet or fish drainer placed in the boiler to lay the meat on, and to raise it an inch and a half from the bottom, will prevent that side of it which comes next the bottom from being done too much, and the lower part of the meat will be as delicately done as any other. Instead of a trivet, four skewers stuck into the meat transversely will answer the purpose, or a soup plate whelmed the wrong side upwards. With good management it will take less fire for boiling than for roasting, but it should be kept to a regular pitch, so as to keep the pot gently boiling all the time. If it boils too fast, it will harden the meat, by extracting too much of the gravy; but if it be allowed to simmer only, or to boil gently, it will become rich and tender. The scum must be carefully taken off as soon as the water boils, or it will sink and discolour the meat. The oftener it is scummed, and the cleaner the top of the water is kept, the cleaner will be the meat; and if a little cold water be occasionally thrown in, it will bring up the remainder of the scum to the surface. Neither mixing milk with the water nor wrapping up the meat in a cloth are necessary, if the scum be attentively removed; and the meat will have a more delicate colour, and a finer flavour, if boiled in clear water only. The general rule for boiling is to allow a quarter of an hour to a pound of meat; but if it be boiled gently or simmered only, which is by far the superior way, twenty minutes to the pound will scarcely be found too much. At the same time care must be taken to keep the pot constantly boiling, and not to suffer the meat to remain in after it is done enough, or it will become

sodden, and lose its flavour. The quantity of water is regulated by the size of the meat; sufficient to cover it, but not to drown it; and the less water, the more savoury will the meat be, and the better the broth. It is usual to put all kinds of fresh meat into hot water, and salt meat into cold water; but if the meat has been salted only a short time it is better to put it in when the water boils, or it will draw out too much of the gravy. Lamb, veal, and pork require rather more boiling than other meat, to make them wholesome. The hind quarters of [36] most animals require longer time to dress than the fore quarters, and all kinds of provision require more time in frosty weather than in summer. Large joints of beef and mutton are better a little underdone; they make the richer hash; but meat that is fresh slain will remain tough and hard, in whatever way it may be cooked. All meat should be washed clean before it is put into the boiler, but salt meat especially. A ham of twenty pounds will take four hours and a half in boiling, and others in proportion. A dried tongue, after being soaked, will take four hours boiling: a tongue out of pickle, from two hours and a half to three hours, or more if very large: it must be judged by its feeling quite tender. Boiling is in general the most economical mode of cooking, if care be taken to preserve the broth, and apply it to useful purposes.

BOILED BACON. Soak it, and take off the rind before boiling. A pound of bacon boiled without the skin will weigh an ounce heavier than a pound boiled with it. Fat bacon should be put into hot water, and lean into cold water, when it is to be dressed. Young bacon will boil in about three quarters of an hour. Grate some toasted bread over it, and set it near the fire to brown it a little, before it is sent to table.

BOILED BEEF. When the water boils put in the meat, whether beef or mutton, and take off the scum as it rises. If the scum be suffered to sink, it will stick to the meat, and spoil its colour. Turnips, greens, potatoes, or carrots with the beef, and caper sauce with the mutton.

BOILED CUSTARD. Set a pint of cream over a slow fire, adding two ounces of sugar, and the rind of a lemon. Take it off the fire as soon as it begins to simmer; as the cream cools, add by degrees the yolks of eight eggs well beaten, with a spoonful of orange water. Stir it carefully over a slow fire till it almost boils, and strain it quickly through a piece of thin muslin. Put it into cups, and serve it up cold.

BOILED DUCK. Choose a fine fat duck, salt it two days, and boil it slowly in a cloth. Serve it with onion sauce, but melt the butter with milk instead of water.

BOILED EELS. The small ones are best, provided they are bright, and of a good colour. After they are skinned, boil them in a small quantity of water, with a quantity of parsley, which with the liquor should be sent to table with them. Serve chopped parsley and butter for sauce.

BOILED FOWL. For boiling, choose those that are not black-legged. Pick them nicely, singe, wash, and truss them. Flour them, and put them into boiling water: half an hour will be sufficient for one of middling size. Serve with parsley and butter; oyster, lemon, liver, or celery sauce. If for dinner, ham, tongue or bacon is usually served with them, and also greens.—When cooked with rice, stew the fowl very slowly in some clear mutton broth well skimmed, and seasoned with onion, mace, pepper and salt. About half an hour before it is ready, put in a quarter of a pint of rice well washed and soaked. Simmer it till it is quite

tender, strain it from the broth, and put the rice on a sieve before the fire. Keep the fowl hot, lay it in the middle of the dish, and the rice round it without the broth. The broth will be nice by itself, but the less liquor the fowl is done with the better. Gravy, or parsley and butter, for sauce.

BOILED HAM. Soak the ham in cold water the night before it is to be dressed, scrape it clean, and put it into the boiler with cold water. Skim the liquor while boiling; let it not boil fast, but simmer only, and add a little cold water occasionally for this purpose. When the [37] ham is done, take it up, pull off the skin carefully, and grate a crust of bread over it so as to cover it tolerably thick. Set it before the fire, or put it into the oven till the bread is crisp; garnish it with carrots, or any thing that is in season. A ham of twenty pounds will require five hours boiling, and others in proportion.

BOILED LEG OF PORK. Salt it eight or ten days; and when it is to be dressed, weigh it. Let it lie half an hour in cold water to make it white: allow a quarter of an hour for every pound, and half an hour over, from the time it boils up. Skim it as soon as it boils, and frequently after. Allow plenty of water, and save some of it for peas-soup. The leg should be small, and of a fine grain; and if boiled in a floured cloth, it will improve the colour and appearance. Serve it with peas-pudding and turnips.

BOILED SALMON. Clean it carefully, boil it gently, and take it out of the water as soon as done. Let the water be warm, if the fish be split: if underdone, it is very unwholesome. Serve with shrimp or anchovy sauce.

BOILED TURBOT. The turbot kettle must be of a proper size, and in good order. Set the fish in cold water sufficient to cover it completely, throw a handful of salt and a glass of vinegar into it, and let it gradually boil. Be very careful that no blacks fall into it; but skim it well, and preserve the beautiful colour of the fish. Serve it garnished with a complete fringe of curled parsley, lemon and horse-radish. The sauce must be the finest lobster, anchovy and butter, and plain butter, served plentifully in separate tureens.—If necessary, turbot will keep two or three days, and be in as high perfection as at first, if lightly rubbed over with salt, and carefully hung in a cold place.

BOILED TURKEY. A turkey will neither boil white nor eat tender, unless it has been killed three or four days. Pick it clean, draw it at the rump, cut off the legs, stick the end of the thighs into the body, and tie them fast. Flour the turkey, put it into the water while cold, let it boil gently half an hour or more, take off the scum, and cover the kettle close. Make the stuffing of grated bread and lemon peel, four ounces of shred suet, a few chopped oysters, two eggs, and a little cream. Fill the craw with stuffing, and make the rest into balls, which are to be boiled and laid round the dish. The stuffing may be made without oysters; or force-meat or sausage may be used, mixed with crumbs of bread and yolks of eggs. Celery sauce or white sauce is very proper.

BOILED VEAL. Dredge it with flour, tie it up in a cloth, and put it in when the water boils. A knuckle requires more boiling in proportion to its weight, than any other joint, to render the gristle soft and tender. Parsley and butter, bacon and greens, are commonly eaten with it.

BOILERS. Copper boilers and saucepans are apt to become leaky, when they have been joined or mended, or from bruises, which sometimes render them unfit for use. In this case a cement of pounded quicklime, mixed with ox's blood, applied fresh to the injured part, will be of great advantage, and very durable. A valuable cement for such purposes may also be made of equal parts of vinegar and milk mixed together so as to produce a curd: the whey is then put to the whites of four or five eggs after they have been well beaten, and the whole reduced to a thick paste by the addition of some quicklime finely sifted. This composition applied to cracks or fissures of any kind, and properly dried, will resist the effects of fire and water.

BOLOGNA SAUSAGES. Cut into small pieces four pounds of lean beef, and add to it a pound of diced suet, with the same quantity of diced bacon. Season with allspice, pepper, [38] bay salt, saltpetre, and a little powder of bay leaves. Mix the whole together, tie the meat up in skins about the thickness of the wrist, dry the sausages in the same manner as tongues, and eat them without boiling.

BOLOGNA SOUP. Bind close with packthread, fifteen pounds of brisket of beef, and put it into a pot with water sufficient to cover it. Then add three large carrots, some good turnips, four onions, a bunch of sweet herbs, and half a white cabbage sliced and fried in butter. The pot must be well scummed before the herbs are put in. It must boil very slowly for five or six hours; and when half boiled, prepare three or four pounds of loin of mutton, with all the fat taken off, and put it into the pot. Flavour the soup with whole pepper, and a head of celery; and to make it of a good colour, draw the gravy from a pound of lean beef over a slow fire, and add a ladleful to the soup, first carefully taking off all the fat. Having cut and dried the crust of a French roll, lay it in a stewpan with a little soup; and after stewing it over a slow fire, place it with a slice in the soup tureen. The beef must be untied, and served up with chopped parsley strewed over it; accompanied also with gravy sauce, a few capers, and some chopped carrots, thickened with the yolk of an egg. Add a little seasoning to the soup.

BOOTS. Persons who travel much, or are often exposed to the weather, must be sensible of the importance of being provided with boots that will resist the wet. The following is a composition for preserving leather, the good effects of which are sufficiently ascertained. One pint of drying oil, two ounces of yellow wax, two ounces of spirit of turpentine, and half an ounce of Burgundy pitch, should be carefully melted together over a slow fire. With this mixture, new shoes and boots are to be rubbed in the sun, or at some distance from the fire, with a sponge or brush. The operation is to be repeated as often as they become dry, and until they are fully saturated. In this manner the leather becomes impervious to the wet: the boots or shoes last much longer than those of common leather, acquire such softness and pliability that they never shrivel or grow hard, and in that state are the most effectual preservation against wet and cold. It is necessary to observe, however, that boots or shoes thus prepared ought not to be worn till they become perfectly dry and flexible: otherwise the leather will be too soft, and the boots unserviceable.

BOOT TOPS. Many of the compositions sold for the purpose of cleaning and restoring the colour of boot tops, are not found to answer, and are often injurious to the leather. A safe and easy preparation is made of a quart of boiled milk, which, when cold, is to be

mixed with an ounce of the oil of vitriol, and an ounce of the spirit of salts, shaken well together. An ounce of red lavender is then to be added, and the liquid applied to the leather with a sponge. Or, mix a dram of oxymuriate of potash with two ounces of distilled water; and when the salt is dissolved, add two ounces of muriatic acid. Shake together in another vial, three ounces of rectified spirits of wine, with half an ounce of the essential oil of lemon, and unite the contents of the two vials, keeping the liquid closely corked for use. It is to be applied with a clean sponge, and dried gently; after which the tops may be polished with a proper brush, so as to appear like new leather. This mixture will readily take out grease, or any kind of spots, from leather or parchment.

BOTTLES. The common practice of cleaning glass bottles with shot is highly improper; [39]
for if through inattention any of it should remain, when the bottles are again filled with wine or cider, the lead will be dissolved, and the liquor impregnated with its pernicious qualities. A few ounces of potash dissolved in water will answer the purpose much better, and clean a great number of bottles. If any impurity adhere to the sides, a few pieces of blotting paper put into the bottle, and shaken with the water, will very soon remove it. Another way is to roll up some pieces of blotting paper, steep them in soap and water, then put them into bottles or decanters with a little warm water, and shake them well for a few minutes: after this they will only require to be rinsed and dried.

BOTTLING LIQUORS. Here the first thing to be attended to is, to see that the bottles be perfectly clean and dry; if wet, they will spoil the liquor, and make it turn mouldy. Then, though the bottles should be clean and dry, yet if the corks be not new and sound, the liquor will be damaged; for if the air can by any means penetrate, the liquor will grow flat, and never rise. As soon as a cask of liquor begins to grow vapid, and to lose its briskness, while it is on the tap, it should be drawn off immediately into bottles; and in order to quicken it, put a piece of loaf sugar into every bottle, about the size of a walnut. To forward the ripening, wrap the bottles in hay, and set them in a warm place; straw will not answer the purpose. When ale is to be bottled, it will be an improvement to add a little rice, a few raisins, or a tea-spoonful of moist sugar to each bottle. In the summer time, if table beer is bottled as soon as it has done working, it will soon become brisk, and make a very pleasant and refreshing drink.

BOTTLED CURRANTS. See that the bottles be perfectly clean and dry, and let the fruit be gathered quite ripe, and when the weather is dry. The currants should be cut from the large stalks, with the smallest bit of stalk to each, and care taken not to wound the fruit, that none of the moisture may escape. It would be best indeed to cut them under the trees, and let them drop gently into the bottles. Stop up the bottles with cork and rosin, and trench them in the garden with the neck downwards: sticks should be placed opposite to where each sort of fruit begins. Cherries and damsons may be kept in the same way.

BOTTLED GOOSEBERRIES. Pick some smooth gooseberries before they are quite full grown, put them into gooseberry bottles lightly corked, and set them up to their necks in a copper of cold water. Put a little hay round the bottles to prevent their breaking, make a fire under them, and let the heat increase gradually; let them simmer ten minutes, but not boil. Take out the fire, and let them remain in the copper till cold. Then take them out, dry the bottles, rosin down the corks close, and set them in dry saw-dust with their necks

downward.

BRAISING. To braise any kind of meat, put it into a stewpan, and cover it with fat bacon. Then add six or eight onions, a bundle of herbs, carrots, celery, any bones or trimmings of meat or fowls, and some stock. The bacon must be covered with white paper, and the lid of the pan must be kept close. Set it on a slow stove; and according to what the meat is, it will require two or three hours. The meat is then to be taken out, the gravy nicely skimmed, and set on to boil very quick till it is thick. The meat is to be kept hot; and if larded, put into the oven for a few minutes. Then put the jelly over it, which is called glazing, and is used for ham, tongue, and various made-dishes. White wine is added to some glazing. [40] The glaze should be of beautiful clear yellow brown, and it is best put on with a nice brush.

BRAISED CHICKENS. Bone them, and fill them with forcemeat. Lay the bones and any other poultry trimmings into a stewpan, and the chickens on them. Put to them a few onions, a handful of herbs, three blades of mace, a pint of stock, and a glass or two of sherry. Cover the chickens with slices of bacon, and then white paper; cover the whole close, and put them on a slow stove for two hours. Then take them up, strain the braise, and skim off the fat carefully: set it on to boil very quick to a glaze, and lay it over the chicken with a brush. Before glazing, put the chicken into an oven for a few minutes, to give it a colour. Serve with a brown fricassee of mushrooms.

BRAISED MUTTON. Take off the chump end of a loin of mutton, cover it with buttered paper, and then with paste, as for venison. Roast it two hours, but let it not be browned. Have ready some French beans boiled, and drained on a sieve; and while you are glazing the mutton, give the beans one heat-up in gravy, and lay them on the dish with the meat over them.

BRAISED VEAL. Lard the best end of a neck of veal with bacon rolled in chopped parsley, salt, pepper and nutmeg. Put it into a tosser, and cover it with water. Add the scrag end of the neck, a little lean bacon or ham, an onion, two carrots, two heads of celery, and a glass of Madeira. Stew it quickly for two hours, or till it is tender, but not too much. Strain off the liquor: mix a little flour and butter in a stewpan till brown, and lay the veal in this, the upperside to the bottom of the pan. Let it be over the fire till it gets coloured: then lay it into the dish, stir some of the liquor in and boil it up, skim it nicely, and squeeze orange and lemon juice into it.

BRANDY CREAM. Boil two dozen of blanched almonds, and pounded bitter almonds, in a little milk. When cold, add to it the yolks of five eggs beating well in cream; sweeten, and put to it two glasses of good brandy. After it is well mixed, pour to it a quart of thin cream; set it over the fire, but not to boil. Stir it one way till it thickens, then pour into cups or low glasses, and when cold it will be ready. A ratafia drop may be added to each cup; and if intended to keep, the cream must be previously scalded.

BRANDY PUDDING. Line a mould with jar-raisins stoned, or dried cherries, then with thin slices of French roll; next to which put ratafias, or macaroons; then the fruit, rolls and cakes in succession, till the mould is full, sprinkling in at times two glasses of brandy. Beat four eggs, add a pint of milk or cream lightly sweetened, half a nutmeg, and the rind of half a lemon finely grated. Let the liquid sink into the solid part; then flour a cloth, tie it tight over,

and boil one hour; keep the mould the right side up. Serve with pudding sauce.

BRASS. Culinary vessels made of this metal, are constantly in danger of contracting verdigris. To prevent this, instead of wiping them dry in the usual manner, let them be frequently immersed in water, and they will be preserved safe and clean.

BRAWN. Young brawn is to be preferred, the horny part of which will feel moderately tender, and the flavour will be better; the rind of old brawn will be hard. For Mock Brawn, boil a pair of neat's feet very tender; take the meat off, and have ready a belly-piece of salt pork, which has been in pickle for a week. Boil this almost enough, take out the bones if there be any, and roll the feet and the pork together. Bind it tight together with a strong cloth and coarse tape, boil it quite tender, and hang it up in the cloth till cold. Keep it afterwards in souse till it is wanted. [41]

BREAD. Two very important reasons urge the propriety and necessity of using home-baked bread, in preference to baker's bread, wherever it can be done with tolerable convenience; these are, its superior quality, and its cheapness. A bushel of wheat, weighing sixty pounds, will make sixty-five pounds of household bread, after the bran has been taken out; and if the pollard be separated also, to make a finer article, a bushel of ground wheat will then make fifty-eight pounds of fine white bread, free from any foreign mixture, leaving from ten to fifteen pounds of bran and pollard, which may be applied to useful purposes. The calculation then will be easy, and the difference between purchasing and making bread will be seen at once. A bushel of ground wheat weighing sixty pounds will produce thirteen quartern loaves and a half of fine bread, after the bran and pollard have been taken out; add to the price of the wheat, nine-pence a bushel for grinding, three-pence for yeast, four-pence for salt and the expence of baking; and from this deduct six-pence at least for the value of the bran and pollard, and it gives the price of the quartern loaves made and baked at home. In general it will be found that there is a saving of one third of the expense, if the business be properly conducted. Then the wholesome and nutricious quality of the bread is incomparably superior; there is no addition of alum, ground potatoes, whiting, or any other ingredient to give weight or colour to the bread, as is too often the case with baker's bread; but all is nutricious, sound, and good. But supposing their bread to be equal in quality, there is still a considerable saving in the course of a year, especially in a large family; and if household bread be made instead of fine bread, every bushel of good heavy wheat will produce nearly fifteen quartern loaves. Besides this, rye, and even a little barley mixed with the wheat, will make very good bread, and render it cheaper still. Rye will add a sweetness to the bread, and make it cut firmer, so as to prevent the waste of crumbs, and is unquestionably an article of good economy. The addition of potatoes is by no means to be approved, though so often recommended; any of the grains already mentioned have in them ten times the nutrition of potatoes, and in the end will be found to be much cheaper. Making bread with skim milk, instead of water, where it can be done, is highly advantageous, and will produce a much better article than can be purchased at a baker's shop.—On the subject of making bread, little need be said, as every common maid-servant is or ought to be well acquainted with this necessary part of household work, or she is good for nothing. To make good bread however, the flour should be kept four or five weeks before it is baked. Then put half a bushel of it into a kneading trough, mix with it between four and five quarts of warm water or skim milk, and a pint and a half of good yeast, and stir it well together with the hand till it

become tough. Let it rise before the fire, about an hour and a half, or less if it rise fast; then, before it falls, add four quarts more of warm water, and half a pound of salt. Work it well, and cover it with a cloth. Put the fire into the oven; and by the time it is heated, the dough will be ready. Make the loaves about five pounds each, sweep out the oven very clean and quick, and put in the bread; shut it up close, and two hours and a half will bake it. In summer the water should be milk warm, in winter a little more, and in frosty weather as hot as the hand will bear, but not scalding, or the whole will be spoiled. Bread is better baked without tins, which gives to the crust an unnatural degree of hardness.—Those who are under the necessity of purchasing baker's bread, for want of other convenience, may detect the adulteration of alum by macerating a small piece of the crumb of new-baked bread in cold water, sufficient to dissolve it; and the taste of the alum, if it has been used, will acquire a sweet astringency. Or a heated knife may be thrust into a loaf before it has grown cold; and if it be free from that ingredient, scarcely any alteration will be visible on the blade; but, in the contrary case, its surface, after being allowed to cool, will appear slightly covered with an aluminous incrustation. [42]

BREAD CAKE. To make a common bread cake, separate from the dough, when making white bread, as much as is sufficient for a quartern loaf, and knead well into it two ounces of butter, two of Lisbon sugar, and eight of currants. Warm the butter in a tea-cupful of good milk. By adding another ounce of butter or sugar, or an egg or two, the cake may be improved, especially by putting in a tea-cupful of raw cream. It is best to bake it in a pan, rather than as a loaf, the outside being less hard.

BREAD CHEESECAKES. Slice a penny white loaf as thin as possible, pour over it a pint of boiling cream, and let it stand two hours. Beat up eight eggs, half a pound of butter, and a grated nutmeg. Put in half a pound of currants, well washed and dried, and a spoonful of brandy or white wine. Bake them in pattipans, or raised crusts.

BREAD PUDDING. Grate some white bread, pour over some boiling milk, and cover it close. When soaked an hour or two, beat it fine, and mix with it two or three eggs well beaten. Put it into a bason that will just hold it, tie a floured cloth over it, and put it into boiling water. Send it up with melted butter poured over: it may be eaten with salt or sugar. Prunes, or French plums, make a fine pudding instead of raisins, either with suet or bread pudding.—Another and richer. Pour half a pint of scalding milk, on half a pint of bread crumbs, and cover it up for an hour. Beat up four eggs, and when strained, add to the bread, with a tea-spoonful of flour, an ounce of butter, two ounces of sugar, half a pound of currants, an ounce of almonds beaten with orange-flower water, half an ounce of orange, of lemon, and of citron. Butter a bason that will exactly hold it, flour the cloth, tie it tight over, and boil the pudding an hour.

BREAD SAUCE. Boil a large onion quartered, with some black pepper and milk, till the onion is quite a pap. Pour the milk on white stale-bread grated, and cover it. In an hour put it into a saucepan, with a good piece of butter mixed with a little flour: boil the whole up together, and serve with it.

BREAD SOUP. Boil some pieces of bread crust in a quart of water, with a small piece of butter. Beat it with a spoon, and keep it boiling till the bread and water be well mixed:

then season it with a little salt.

BREAD AND BUTTER PUDDING. Spread some butter on slices of bread, and lay them in a dish, with currants between each layer. To make it rich, add some sliced citron, orange, or lemon. Pour over an unboiled custard of milk, two or three eggs, a few corns of pimento, and a very little ratifia, two hours at least before it is to be baked, and lade it over to soak the bread. A paste round the edge makes all puddings look better, but it is not necessary. [43]

BREAD AND RICE PUDDING. Boil a quarter of a pound of rice in some milk till it is quite soft, put it into a bason, and let it stand till the next day. Soak some sliced bread in cold milk, drain it off, mash it fine, and mix it with the rice. Beat up two eggs with it, add a little salt, and boil it an hour.

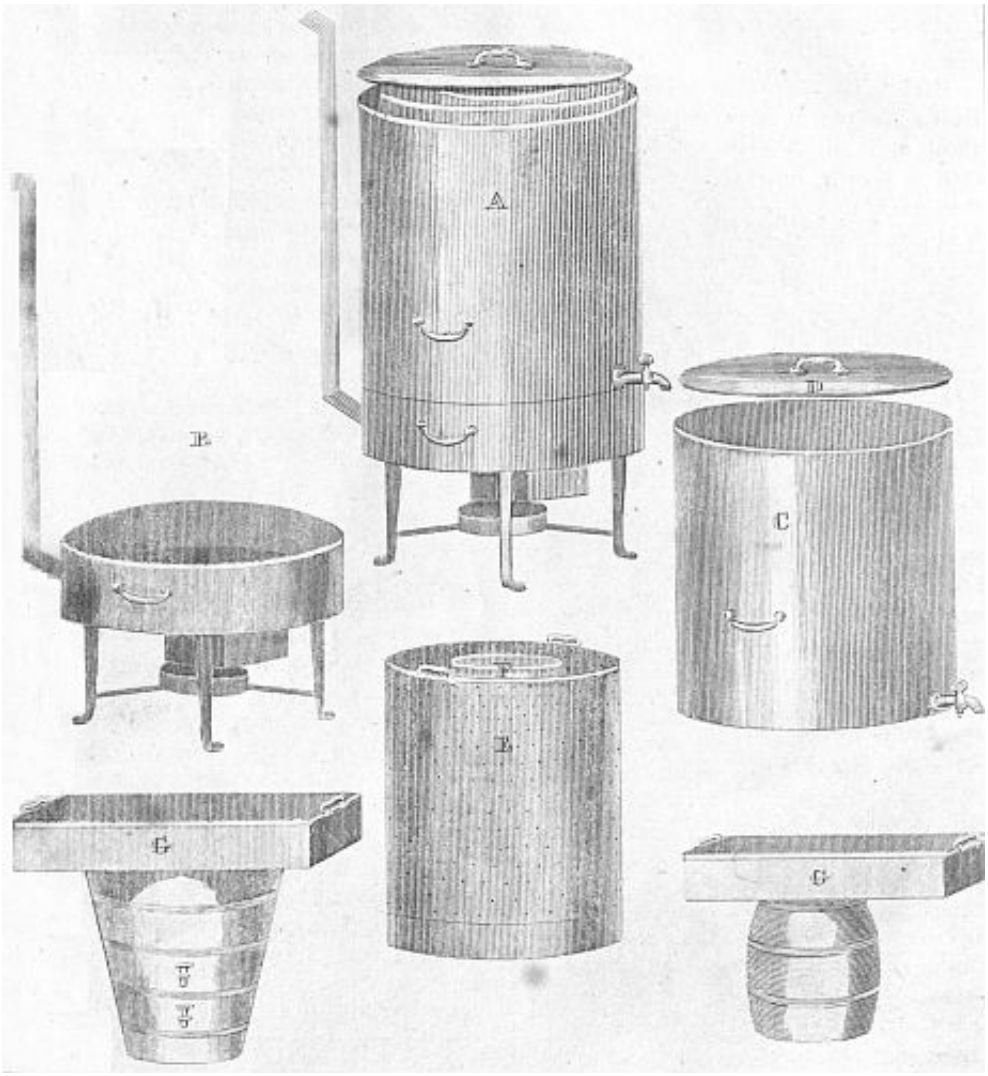
BREAKFAST CAKES. Take a pound and a half of flour, four ounces of butter, a spoonful of yeast, and half a pint of warm milk. Rub the butter into the flour, and mix the eggs, yeast, and milk together. Put the liquid into the middle of the flour, and let it stand to rise for two hours. Make it into cakes, let them stand to rise again, and wash them over with skimmed milk before they are put into the oven.

BREAST OF LAMB. Cut off the chine-bone from the breast, and set it on to stew with a pint of gravy. When the bones would draw out, put it on the gridiron to grill; and then lay it in a dish on cucumbers nicely stewed.

BREAST OF MUTTON. Pare off the superfluous fat, and roast and serve the meat with stewed cucumbers; or to eat cold, covered with chopped parsley. Or half-boil, and then grill it before the fire: cover it with bread crumbs and herbs, and serve with caper sauce. Or if boned, take away a good deal of the fat, and cover it with bread, herbs, and seasoning. Then roll and boil it; serve with chopped walnuts, or capers and butter.

BREAST OF VEAL. Before roasting it, take off the two ends to fry and stew, if the joint be large, or roast the whole together, and pour butter over it. If any be left, cut it into regular pieces, put them into a stewpan, and pour some broth over it. If no broth, a little water will do: add a bunch of herbs, a blade or two of mace, some pepper, and an anchovy. Stew till the meat be tender, thicken with flour and butter, and add a little ketchup. Serve the sweetbread whole upon it, which may either be stewed or parboiled, and then covered with crumbs, herbs, pepper and salt, and browned in a Dutch oven. The whole breast may be stewed in the same way, after cutting off the two ends. A boiled breast of veal, smothered with onion sauce, is also an excellent dish, if not old nor too fat.

BRENTFORD ROLLS. Mix with two pounds of flour, a little salt, two ounces of sifted sugar, four ounces of butter, and two eggs beaten with two spoonfuls of yeast, and about a pint of milk. Knead the dough well, and set it to rise before the fire. Make twelve rolls, butter tin plates, and set them before the fire to rise, till they become of a proper size, and bake them half an hour.



PATENT BREWING MACHINE.

BREWING. The practice of brewing malt liquor is but seldom adopted by private families in large towns and cities, owing probably to a want of conveniences for the purpose, and an aversion to the labour and trouble which it might occasion. But if the disagreeable filthiness attending the process in large public breweries were duly considered, together with the generally pernicious quality of the beer offered to sale, as well as the additional expense incurred by this mode of procuring it, no one who regards economy, or the health and comfort of his family, would be without home-brewed beer, so long as there were any means left of obtaining it. Beer as strong of malt and hops, when all the foreign ingredients are extracted, may be manufactured at home at less than one third of what it could cost at a [44]
public brewery, besides the satisfaction of drinking, what is known to be wholesome, and free from any deleterious mixture. Twelve shillings for malt and hops will provide a kilderkin of beer far superior to one that could be purchased under license for a pound, while the yeast and the grains are sufficient to repay all the labour and expense of brewing. On every account, therefore, it is desirable that the practice of domestic brewing were universally adopted. The health and comfort of the community would be increased; and by a larger consumption of malt, the growth of barley would be extended, and agriculture proportionably benefited. In order to this however, the enormous duty upon malt requires to be diminished or repealed. The farmer, unable to make three shillings a bushel of his barley, is suffering severely under this grinding taxation, as well as the consumer, who is compelled

to pay a duty of four shillings and six-pence for every bushel that is converted into malt.—The best seasons of the year for brewing are March and October, the weather in those months being generally free from the extremes of heat and cold, which are alike injurious to the process of fermentation. If this is not in all cases practicable, means should be used to cool the place where the liquor is set for working in the summer, and of warming it in the winter: otherwise the beer will be likely to turn sour or muddy. The beer which is brewed in March should not be tapped till October, nor that brewed in October till the following March; taking this precaution, that families of an equal number all the year round, will drink at least a third more in summer than in winter.—The most suitable water for brewing is soft river water, which having had the rays of the sun and the influence of the air upon it, will more easily penetrate and extract the virtues of the malt. Hard water possesses an astringent quality, which prevents the goodness of the malt from being freely communicated to the liquor. If two parcels of beer be brewed in all respects the same, except in the quality of the water, it will be found that the beer brewed with soft river water will exceed the other in strength above five degrees, in the course of twelve months' keeping. Where water is naturally of a hard quality, it may in some measure be softened by exposing it to the action of the sun and air, and infusing in it some pieces of soft chalk. Throwing into it a quantity of bran while it is boiling, and before it is poured on the malt, will likewise have a good effect.—Previous to commencing the process of brewing, it will be necessary to ascertain the quantity of malt and hops, which of course will be regulated by the demands of the family, the convenience of cellerage, and other circumstances. Supposing two or three sorts of liquor be required, six bushels of malt, and about three quarters of a pound of hops to each bushel, will make half a hogshead of ale, half a hogshead of table beer, and the same of small beer; or about nine gallons of each to the bushel. But if in a smaller brewing, only two sorts are required, or the whole be blended into one, then eighteen gallons of wholesome beverage may be produced at something less than three farthings a pint.—Having thus adjusted the proportion of malt and hops to the quantity of beer to be brewed, the next thing will be to heat water sufficient for the purpose. Meanwhile see that the brewing utensils be properly cleaned and scalded, and the pen-staff in the mash tub well fixed. Then put a quantity of boiling water into the mash-tub, in which it must stand till the greater part of the steam is gone off, or you can see your own shadow in it. It will then be necessary that one [45] person should pour the malt gently in, while another is carefully stirring it. A little malt should be reserved to strew over the mash in order to prevent evaporation, and then the tub may be covered over with sacks. If it be not sufficient to contain the whole at once, the mashing must be repeated, observing that the larger the quantity that is mashed at once, the longer it will require to stand before it is drawn off. The mash of ale must be allowed to steep three hours, table beer one hour, and small beer half an hour afterwards. By this mode of proceeding, the boilings will regularly succeed each other, which will greatly expedite the business. In the course of mashing, be careful to stir it thoroughly from the bottom, especially round the basket, that there may be no adhesion, in any part of the mash. Previous to running it off, be prepared with a pail to catch the first flush, as that is generally thick, and return it to the mash two or three times, till it run clear and fine. By this time the copper should be boiling, and a convenient tub placed close to the mash-tub. Put into it half the quantity of boiling water intended for drawing off the best wort; after which the copper must be filled up again, and proper attention paid to the fire. Meanwhile, keep slopping and

wetting the mash with the hot water out of the tub, in moderate quantities, every eight or ten minutes, till all the water is added to the mash. Then let off the remaining quantity, which will be boiling hot, and this will finish the process for strong beer. Boil up the copper as quick as possible for the second mash, whether intended for strong or small beer. Empty the boiling water into the tub by the side of the mash, as in the former instance, and renew the process. Great care is required in boiling the wort after it is drawn off, and the hops must be put in with the first boiling. In filling the copper with the wort, leave sufficient room for boiling, that there may be no waste in boiling over, and make a good fire under it. Quick boiling is a part of the business that requires particular attention, and great caution must be observed when the liquor begins to swell in waves in the copper. The furnace door must be opened, and the fire damped or regulated to suit the boiling of the wort. In order to ascertain the proper time for boiling the liquor, lade out some of it; and if a working be discovered, and the hops are sinking, the wort is boiled enough. Long and slow boiling injures and wastes the liquor. As soon as it is sufficiently boiled, run the liquor through a cloth or fine sieve into some coolers, to free it from the hops, and to get a proper quantity cooled immediately to set it to work. If the brewhouse be not sufficiently airy to cool a quantity soon, the liquor must be emptied into shallow tubs, and placed in a passage where there is a thorough draught of air, but where it is not exposed to rain or wet. The remainder in the copper may then be let into the first cooler, taking care to attend to the hops, and to make a clear passage through the strainer. The hops must be returned into the copper, after having run off four or five pailfuls of the liquor for the first cooling, and then it must be set to work in the following manner. Take four quarts of yeast, and divide half of it into small wooden bowls or basons, adding to it an equal quantity of wort nearly cold. As soon as it ferments to the top of the basons, put it into two pails; and when that works to the top, distribute it into two wide open tubs. Fill them half full with cool wort, and cover them over, till it comes to a fine white head. This will be accomplished in about three hours, and then both quantities may be put together into the [46]
working tub, with the addition of as much wort as is sufficiently cooled. If the weather be mild and open, it cannot be worked too cold. If the brewing be performed in frosty weather, the brewhouse must be kept warm; but hot wort must never be added to keep the liquor to a blood heat. Attention also must be paid to the quality of the yeast, or it may spoil all the beer. If it has been taken from foxed beer, or such as has been heated by ill management in the working, it will be likely to communicate the same bad quality. If the yeast be flat, and that which is fresh and lively cannot be procured, put to it a pint of warm sweetwort of the first letting off, when it is about half the degree of milk-warm. Shake the vessel that contains it, and it will soon gather strength, and be fit for use.—Tunning is the last and most simple operation in the business of brewing. The casks being well prepared, perfectly sweet and dry, and placed on the stand ready to receive the liquor, first skim off the top yeast, then fill the casks quite full, bung them down, and leave an aperture for the yeast to work through. If the casks stand on one end, the better way is to make a hole with a tap-borer near the summit of the stave, at the same distance from the top as the lower tap-hole is from the bottom. This prevents the slovenliness of working the beer over the head of the barrel; and the opening being much smaller than the bung-hole, the beer by being confined will sooner set itself into a convulsive motion, and work itself fine, provided proper attention be paid to filling up the casks five or six times a day.——Another method of brewing, rather more simple but not more excellent than the above, may be adopted by those whose conveniences

are more limited. For table beer, allow three bushels of malt to thirty-nine gallons of water, and a pound and a half of hops. Pour a third part of the hot water upon the malt, cover it up warm half an hour, then stir up the mash, and let it stand two hours and a half more. Set it to drain off gently; when dry, add half the remaining water, mash, and let it stand half an hour. Run that into another tub, and pour the rest of the water on the malt; stir it well, cover it up, and let it infuse a full hour. Run that off and mix all together. Put the hops into a little hot water to open the pores, then put the hops and water into the tub, run the wort upon them, and boil them together for an hour. Strain the liquor through a coarse sieve, and set it to cool. If the whole be not cool enough that day to add to it the yeast, a pail or two of wort may be prepared, and a quart of yeast added to it over night. Before tunning, all the wort should be put together, and thoroughly mixed. When it has done working, paste a piece of paper on the bung-hole, and after three days it may be fastened close. In less than a month the beer will be fit for use. See ALE, MALT, BEER.

BREWING UTENSILS. The most desirable object in the process of brewing is the fixing of the copper, so as to make the fire come directly under the bottom of it. Many coppers are injured, and rendered unserviceable, for want of proper attention to this particular. The method adopted by the most experienced bricklayers is to divide the heat of the fire by a stop; and if the door and the draft be in a direct line, the stop must be erected from the middle of each outline of the grating, and parallel with the centre sides of the copper. The stop is nothing more than a thin wall in the centre of the right and left sides of the copper, ascending half way to the top of it; on the top of which must be left a small cavity, four or five inches square, for a draft of that half part of the fire which is next to the [47] copper door, to pass through, and then the building must close all round to the finishing at the top. By this method of fixing the copper, the heat will communicate from the outward part of the fire round the outward half of the copper through the cavity; as also will the furthest part of the fire, which contracts a conjunction of the whole, and causes the flame to slide gently and equally all round the bottom of the copper. Considerable advantages result from this position of the copper. If the draught under it were suffered at once to ascend, without being thus divided, the hops would be scorched in the boiling, and liable to stick to the sides, which would considerably injure the flavour of the liquor, unless kept continually stirring. It will also save the consumption of fuel, and preserve the copper much longer than any other method, as there will be no difficulty in boiling half a copper full at a time without doing it any injury.—The next article of consideration in this case is the Mash-tub. This should be proportioned to the size of the copper, and the quantity of beer intended to be brewed. The grains should not be kept in the tub any longer than the day after brewing, as in hot weather especially the grains begin to turn sour as soon as they are cold; and if there be any sour scent in the brewhouse at the time the liquor is tunned, it will be apt to injure the flavour of the beer.—Tubs and Coolers require to be kept perfectly sweet and clean, and should not be used for any other purpose. In small houses, where many vessels are cumbersome and inconvenient, it is too common to use the same tubs for both washing and brewing; but this ought not to be done where it can be avoided; and where it is unavoidable, the utmost care is necessary to give them a double washing, scouring, and scalding. Coolers also require considerable care, or by the slightest taint they will soon contract a disagreeable flavour. This often proceeds from wet having infused itself into the wood, it being apt to lodge in the crevices of old vessels, and even infect them to such a degree, that it cannot be

removed, even after several washings and scaldings. One cause incidental to this evil is, using the brewhouse for the purposes of washing, which ought never to be permitted, where any other convenience can be had; for nothing can be more injurious than the remains of dirty suds, left in vessels intended for brewing only. Nor should water be suffered to stand too long in the coolers, as it will soak into them, and soon turn putrid, when the stench will enter the wood, and render them almost incurable. More beer is spoiled for want of attention to these niceties than can well be imagined, and the real cause is seldom known or suspected; but in some families, after all the care that is taken in the manufacture of the article, the beer is never palatable or wholesome.—Barrels should be well cleaned with boiling water; and if the bung-hole will admit, they should be scrubbed inside with a hard brush. If they have acquired a musty scent, take out the heads, and let them be well scrubbed with sand and fuller's earth. Then put in the head again, and scald it well; throw in a piece of unslaked lime, and close up the bung. When the cask has stood some time, rinse it well with cold water, and it will then be fit for use. New casks likewise require attention, for they are apt to give the liquor a bad taste, if they be not well scalded and seasoned several days successively before they are used; and old casks are apt to grow musty, if they stand any time out of use. To prevent this, a cork should be put into every one of them as soon as the cock or fosset is [48] taken out; the vent and the bung-hole must also be well closed. The best way to season new casks is to boil two pecks of bran or malt dust in a copper of water, and pour it in hot; then stop it up close, and let it stand two days. When the cask is washed and dried, it will be fit for use.

BREWING MACHINE. Where a family usually consume ten gallons of beer, or upwards, in a week, there is a Brewing Machine lately invented, which will be found singularly convenient and advantageous, and comparatively of little expense. The use of it in brewing curtails the labour, shortens the time in which the operation may be performed, greatly diminishes the quantity of fuel, and may be placed within very narrow limits, in the house of any tradesman in the most crowded city. Eighteen gallons of good beer may be brewed with this machine in the course of six hours, or a larger quantity with a machine of proportionate dimensions, in the same space of time. The process is so simple, that it may be comprehended by any person of ordinary capacity, and once seeing the operation performed will be sufficient. In the common mode of brewing, the principal difficulty consists in ascertaining the degrees of heat necessary to the production of good beer, without the use of a thermometer; but in the use of this machine, this difficulty is completely obviated.—The machine complete is represented by figure A; and B, C, D, E, F, represent its several parts. B is the bottom, made of strong sheet-iron, standing upon three legs. The hollow part of it contains the fire, put in at a door, the latch of which appears in front. The tube which projects upwards, is a stove pipe to carry off the smoke; and the circular pan that is seen between the legs, is a receptacle for the ashes or cinders that fall down through the grate above. C is a sheet-iron vessel, tinned on the inside, the bottom of which fits into the top of B; and the cock in C is to let off the wort, as will be seen hereafter. D is the lid of this vessel. E is made of sheet-iron, tinned inside and out, and full of holes to act as a strainer. It is to hold the malt first, and the hops afterwards; it goes into C, as may be seen in figure A. In the middle of E is a round space, F, made of the same metal, and rising up from the bottom, having itself no bottom. It has holes in it all the way up, like the outer surface of E.—In preparing for brewing, the machine is put together as in A, except placing on the lid. The first

thing is to put the malt, coarsely ground, into E, and no part into F, or into the circular space between C and E; otherwise E cannot act as a strainer, when the liquor is drawn off; and in this consists its principal use. Having put in the malt, then add the water which of course flows into any part of the vessel C. Stir the malt well with a stick, or with something that will separate it completely, so that no adhesion may be formed by the flour of the malt. This is very apt to be the case in the common mode of brewing, when water is poured hot upon the malt; but here the water is applied in a cold state, so that there is little trouble in separating the malt completely in the water. If the small machine be used, which is adapted to a bushel of malt, and the beer is to be fully equal in strength to London porter, then eighteen gallons to the bushel may be considered as the general estimate; and for this purpose the first mash is to receive twelve gallons of cold soft water, which will produce nine gallons of wort. Having stirred the malt very carefully, light the fire under it, and get the liquor quickly to 170 or 180 degrees of heat. This may be ascertained by lifting off the lid, and dipping the [49] thermometer from time to time into the centre F, and keeping it there a minute to give the quicksilver time to rise. While the mash is coming to this heat, stir the malt well three or four times. When the liquor has acquired its proper heat, put out the fire, and cover the whole of the machine with sacks, or something that will exclude the external air. In this state the mash remains for two hours: the cock is then turned, and nine gallons of wort will be drained off. Put the wort into a tub of some sort, and keep it warm. Then put into the machine twelve gallons more of water, rekindle the fire, and bring the heat to 170 degrees as soon as possible; when this is done, extinguish the fire, and let the mash now stand an hour. Draw off the second wort; and if only one sort of beer is wanted, add it to the first quantity. Now take out the grains, lift out E, clean it well, and also the inside of C. Replace E, put the hops into it, and the whole of the wort into the machine. Cover it with the lid, light the fire a third time, and bring the liquor to a boil as soon as possible. Let it boil a full hour with the lid off, and boil briskly all the time. The use of the centre F will now appear; for the machine being nearly full to the brim, the bubbling takes place in the centre F only, where there are no hops. There is a great boiling over in this centre, but the liquor sent up falls into E, and so there is no boiling over of C. When the full hour of brisk boiling has expired, put out the fire, draw off the liquor, leaving the hops of course in E. The liquor is now to go into shallow coolers; and when the heat is reduced to 70 degrees, take out about a gallon of the liquor, and mix it with half a pint of good yeast. Distribute it equally among the different parcels of wort, afterwards mix the whole together, and leave the liquor till it comes down to about sixty degrees of heat. The next removal is into the tun-tub, in which capacity C, without the addition of E, will serve very well. While the liquor is cooling, remove the spent hops from E, the stove pipe from B, the ash-receiver from the bottom. The machine remaining now as a tun-tub, draw off the liquor as soon as it is down to 60 degrees; or take it out of the coolers, pour it into the tun-tub, and put on the lid. If the weather be very cold, or the tun-tub be in a cold place, cover it with something to keep it warm. Here the fermentation takes place, sometimes sooner and sometimes later; but it generally shows itself by a head beginning to rise in about eight or ten hours; and at the end of eight and forty hours the head assumes a brownish appearance, and is covered with yeast instead of froth. The beer is then to be tunned into well-seasoned casks, sweet and sound, or all the expense and labour will be lost. The cask being fixed on the stand in the cellar, and the beer ready, skim off the yeast, and keep it in a deep earthen vessel. Draw off the beer into a pail, and with the help of a

wooden funnel fill the cask quite full. The beer will now begin to ferment again, and must be allowed to discharge itself from the bung-hole. When the working has ceased, the cask is again filled up with the surplus beer; and a handful of fresh hops being added, the bung is finally closed down. If the whole process has been properly attended to, such a cask of beer will be clear in a week; and as soon as clear it may be tapped. Small beer may be tapped in less time. On a larger scale, or with casks of a smaller size, two sorts may be made, ale and small beer, taking the first wort for the former, and the second for the latter.—The advantages attending the Patent Machine are very obvious; for though the process appears [50] to be minute, it is easily conducted, and but little time is required for the purpose. In the common method of brewing, the water must be carried from the copper to the mash-tub, while the machine serves for both purposes at once. With the common utensils the process is necessarily much slower, and the fuel consumed is nearly ten times as much; but the great convenience of all is the little room required and the place of brewing. In the common way there is wanted a copper fixed in brick-work, and for a family of any considerable size a brewhouse is indispensable. On the contrary, the machine is set up opposite any fire place, and the pipe enters the chimney, or is put into the fire place. There is no boiling over, no slopping about; and the operation may be performed upon a boarded floor, as well as upon a brick or stone floor. If there be no fire place in the room, the pipe can be projected through an opening in the window, or through the outside of any sort of building, not liable to suffer from the heat of the pipe. Even a garden walk, a court, or open field will answer the purpose, provided there be no rain, and the mash-tub be kept sufficiently warm. When the brewing is finished, the machine should be well scalded, rubbed dry, and kept in a dry place. The two coolers, G G, placed on different casks, have no necessary connection with the machine. They are made of wood or cast-iron, of a size to fit one within another to save room. The Patent Machine is sold by Messrs. Needham and Co. 202, Piccadilly, London. The price of one for brewing a bushel of malt is £8, for two bushels £13, for three £18, for four £24, for five £30, and for six £33. If the article be thought expensive, a few neighbouring families might unite in the purchase, and the money would very soon be more than saved in the economy of brewing.

BRIDE CAKE. Mix together a pound of dried flour, two drams of powdered mace, and a quarter of a pound of powdered loaf sugar. Add a quarter of a pint of cream, and half a pound of melted butter; a quarter of a pint of yeast, five eggs, with half of the whites beaten up with the yolks, and a gill of rose water. Having warmed the butter and cream, mix them together, and set the whole to rise before the fire. Pick and clean half a pound of currants, put them in warm and well dried.

BRIGHT BARS of polished stoves, may be restored to their proper lustre, by rubbing them well with some of the following mixture on a piece of broad-cloth. Boil slowly one pound of soft soap in two quarts of water, till reduced to one. Of this jelly take three or four spoonfuls, and mix it to a consistence with the addition of emery. When the black is removed, wipe them clean, and polish with glass, not sand-paper.

BRISKET OF BEEF, if intended to be stewed, should have that part of it put into a stewpot which has the hard fat upon it, with a small quantity of water. Let it boil up, and skim it well; then add carrots, turnips, onions, celery, and a few pepper corns. Stew it till it is quite tender; then take out the fat bones, and remove all the fat from the soup. Either serve

that and the meat in a tureen, or the soup alone, and the meat on a dish, garnished with vegetables. The following sauce with the beef, will be found to be very excellent.—Take half a pint of the soup, and mix it with a spoonful of ketchup, a glass of port wine, a tea-spoonful of made mustard, a little flour and salt, and a bit of butter. Boil all together a few minutes, and pour it round the meat. Chop capers, walnuts, red cabbage, pickled cucumbers, and [51] chives or parsley, small, and place them in separate heaps over it.

BROAD BEANS. Boil them tender, with a bunch of parsley, which must afterwards be chopped and put into melted butter, to serve with them. Bacon or pickled pork is usually boiled with the beans, but the meat will be of a better colour, if boiled separately.

BROCOLI. To dress brocoli, cut the heads with short stalks, and pare off the tough skin. Tie the small shoots into bunches, and boil them a shorter time than the heads. A little salt should be put into the water. Serve them up with or without toast.

BROILING. Cleanliness is extremely necessary in this mode of cookery; and for this purpose the gridiron, which is too frequently neglected, ought to be carefully attended to, keeping it perfectly clean between the bars, and bright on the top. When hot, wipe it well with a linen cloth; and before using it, rub the bars with mutton suet, to prevent the meat being marked by the gridiron. The bars should be made with a small gutter in them to carry off the gravy into a trough in front, to prevent the fat from dropping into the fire and making a smoke, which will spoil the flavour of the meat. Upright gridirons are therefore the best, as they can be set before the fire, without fear of smoke, and the gravy is preserved in the trough under them. A brisk and clear fire is also indispensable, that the bars of the gridiron may all be hot through before any thing be laid upon them, yet not so as to burn the meat, but to give it that colour and flavour which constitute the perfection of this mode of cooking. Never hasten any thing that is broiling, lest it be smoked and spoiled; but the moment it is done, send it up as hot as possible.

BROILED COD. Cut the fish in thick slices, dry and flour it well; rub the gridiron with chalk, set it on a clear fire, and lay on the slices of cod. Keep them high from the fire, turn them often, till they are quite done, and of a fine brown. Take them up carefully without breaking, and serve with lobster or shrimp sauce.

BROILED EELS. Skin and clean a large eel, cut it in pieces and broil it slowly over a good fire. Dust it well with dried parsley, and serve it up with melted butter.

BROILED FOWL. Cut a large fowl into four quarters, put them on a bird-spit, and tie that on another spit, and half roast. Or half roast the whole fowl, and finish it on the gridiron, which will make it less dry than if wholly broiled. Another way is to split the fowl down the back, pepper, salt, and broil it, and serve with mushroom sauce.

BROILED HERRINGS. Flour them first, broil them of a good colour, and serve with plain butter for sauce.

BROILED PIGEONS. After cleaning, split the backs, pepper and salt them, and broil them very nicely. Pour over them either stewed or pickled mushrooms in melted butter, and serve them up as hot as possible.

BROILED SALMON. Cut slices an inch thick, and season with pepper and salt. Lay each slice in half a sheet of white paper, well buttered; twist the ends of the paper, and broil the slices over a slow fire six or eight minutes. Serve them in the paper, with anchovy sauce.

BROKEN CHINA. To repair any article of this description, beat some lime into the finest powder, and sift it through muslin. Tie some of it into a thin muslin, put on the edges of the broken china some white of an egg, and dust on a little lime as quickly as possible; but [52] be careful to unite the broken parts very exactly.

BROTH. A very nourishing kind of broth for weakly persons may be made as follows. Boil two pounds of loin of mutton, with a large handful of chervil, in two quarts of water, till reduced to one. Any other herb or roots may be added. Remove part of the fat, and take half a pint three or four times a day. If a broth is wanted to be made quickly, take a bone or two of a neck or loin of mutton, pare off the fat and the skin, set it on the fire in a small tin saucepan that has a cover, with three quarters of a pint of water, the meat being first beaten, and cut in thin bits. Put in a bit of thyme and parsley, and if approved, a slice of onion. Let it boil very quick, skim it nicely; take off the cover, if likely to be too weak; otherwise keep it covered. Half an hour is sufficient for the whole process.

BROWN GRAVY. Cover the bottom of a stewpan with lean veal an inch thick, overlay it with slices of undressed gammon, two or three onions, two or three bay leaves, some sweet herbs, two blades of mace, and three cloves. Cover the stewpan, and set it over a slow fire; but when the juices come out, let the fire be a little quicker. When the meat is of a fine brown, fill the pan with good beef-broth, boil and skim it, then simmer it an hour. Add a little water, thickened with flour; boil it half an hour, and strain it. Gravy thus made will keep a week.

BROWN BREAD ICE. Grate some brown bread as fine as possible, soak a small proportion in cream two or three hours, sweeten and ice it.

BROWN BREAD PUDDING. Half a pound of stale brown bread grated, half a pound of currants, ditto of shred suet, sugar and nutmeg. Mix it up with four eggs, a spoonful of brandy, and twice as much cream. Boil it in a cloth or bason of proper size three or four hours.

BROWNING. Powder four ounces of double-refined sugar, put it into a very nice iron fryingpan, with one ounce of fresh butter. Mix it well over a clear fire; and when it begins to froth, hold it up higher: when of a very fine dark brown, pour in a small quantity of a pint of port, and the whole by very slow degrees, stirring it all the time. Put to the above half an ounce of Jamaica, and the same of black pepper, six cloves of shalots peeled, three blades of mace bruised, three spoonfuls of mushroom and the same of walnut ketchup, some salt, and the finely-pared rind of a lemon. Boil gently fifteen minutes, pour it into a bason till cold, take off the scum, and bottle it for use. This article is intended to colour and flavour made-up dishes.

BRUISES. When the contusion is slight, fomentations of warm vinegar and water, frequently applied, will generally relieve it. Cataplasms of fresh cow-dung applied to bruises, occasioned by violent blows or falls, will seldom fail to have a good effect. Nothing however

is more certainly efficacious than a porter plaster immediately applied to the part affected. Boil some porter in an earthen vessel over a slow fire till it be well thickened; and when cold spread it on a piece of leather to form the intended plaster.

BUBBLE AND SQUEAK. Boil, chop and fry some cabbage, with a little butter, pepper and salt. Lay on it slices of underdone beef, lightly fried.

BUGS. Dip a sponge or brush into a strong solution of vitriol, and rub it on the bedstead, or in the places where these vermin harbour, and it will destroy both them and their nits. If [53] the bugs appear after once using it, the application must be repeated, and some of the liquid poured into the joints and holes of the bedstead and headboard. Beds that have much woodwork require to be taken down and well examined, before they can be thoroughly cleared of these vermin, and the mixture should be rubbed into all the joints and crevices with a painter's brush. It should also be applied to the walls of the room to insure success; and if mixed with a little lime, it will produce a lively yellow. The boiling of any kind of woodwork or household furniture in an iron cauldron, with a solution of vitriol, will prevent the breeding of bugs, and preserve it from rottenness and decay. Sulphur made into a paste, or arsenic dissolved in water, and applied in the same manner, will also be found an effectual remedy for the bugs. But if these do not completely succeed, take half a pint of the highest rectified spirits of wine, and half a pint of spirits of turpentine; dissolve in this mixture half an ounce of camphor, and shake them well together. Dust the bed or the furniture, dip a sponge or brush into the mixture, wet them all over, and pour some of the liquid into the holes and crevices. If any should afterwards appear, wet the lacings of the bed, the foldings of the curtains near the rings, and other parts where it is at all likely the bugs may nestle and breed, and it will not fail to destroy them. The smell of this mixture is not unwholesome, and may be applied to the finest damask bed without any fear of soiling it. It should be well shaked together, but never used by candle-light, for fear of its taking fire.

BULLACE CHEESE. To every quart of full ripe bullace, add a quarter of a pound of loaf sugar finely powdered. Put them into a pot, and bake them in a moderate oven till they are soft. Rub them through a hair sieve; to every pound of pulp add half a pound of loaf sugar powdered, and in the meantime keep it stirring. Pour the pulp into preserving pots, tie brandy paper over; and keep them in a dry place. When it has stood a few months, it will cut out very bright and fine.

BUNS. To make a good plain bun, that may be eaten with or without toasting and butter, rub four ounces of butter into two pounds of flour, four ounces of sugar, a nutmeg, a few Jamaica peppers, and a dessert-spoonful of caraways. Put a spoonful or two of cream into a cup of yeast, and as much good milk as will make the above into a light paste. Set it to rise by the fire till the oven be ready, and bake the buns quickly on tins.—To make some of a richer sort, mix one pound and a half of dried flour with half a pound of sugar. Melt eighteen ounces of butter in a little warm water, add six spoonfuls of rose-water, and knead the above into a light dough, with half a pint of yeast. Then mix in five ounces of caraway comfits, and put some on them.

BURNS. In slight cases, the juice of onions, a little ink or brandy rubbed immediately on the part affected, will prevent blisters. The juice of burdock, mixed with an equal quantity of

olive oil, will make a good ointment for the purpose, and the fresh leaves of that plant may also be applied as a kind of plaster. Houseleek used by itself, or mixed with cream, will afford quick relief in external inflammations. A little spirit of turpentine, or linseed oil, mixed with lime water, if kept constantly to the part will remove the pain. But warm vinegar and water, frequently applied with a woollen cloth, is most to be depended on in these cases.

BURNT CREAM. Boil a pint of cream with a stick of cinnamon, and some lemon peel. Take it off the fire, and pour it very slowly into the yolks of four eggs, stirring it till half cold. [54] Sweeten it, take out the spice, and pour it into a dish. When cold, strew over it some white pounded sugar, and brown it with a salamander. Or, make a rich custard without sugar, and boil in it some lemon peel. When cold, sift over it plenty of white sugar, and brown the top with a salamander.

BUTTER. No one article of family consumption is of greater consequence than butter of a superior quality, and no one requires more care and management. It possesses various degrees of goodness, according to the food on which the cows are pastured, and the manner in which the dairy is conducted; but its sweetness is not affected by the cream being turned, of which it is made. When cows are in turnips, or eat cabbages, the taste is strong and disagreeable; and to remedy this, the following methods have been tried with advantage. When the milk is strained into the pans, put to every six gallons one gallon of boiling water. Or dissolve one ounce of nitre in a pint of spring water, and put a quarter of a pint to every fifteen gallons of milk. Or, in churning, keep back a quarter of a pint of sour cream, and put it into a well-scalded pot, into which the next cream is to be gathered. Stir that well, and do so with every fresh addition.—To make Butter, skim the milk in the summer, when the sun has not heated the dairy. At that season it should stand for butter twenty-four hours without skimming, and forty-eight in winter. Deposit the cream-pot in a very cold cellar, unless the dairy itself is sufficiently cold. If you cannot churn daily, shift the cream into scalded fresh pots; but never omit churning twice a week. If possible, place the churn in a thorough air; and if not a barrel one, set it in a tub of water two feet deep, which will give firmness to the butter. When the butter is come, pour off the buttermilk, and put the butter into a fresh scalded pan, or tubs, which have afterwards been in cold water. Pour water on it, and let it lie to acquire some hardness before it is worked; then change the water, and beat it with flat boards so perfectly, that not the least taste of buttermilk remain, and that the water which must be often changed, shall be quite clear. Then work some salt into it, weigh, and make it into forms; throw them into cold water, in an earthen pan with a cover. Nice cool butter will then be had in the hottest weather. It requires more working in hot than in cold weather; but care should be taken at all times not to leave a particle of buttermilk, or a sour taste, as is too often done.—To preserve Butter, take two parts of the best common salt, one part of fine loaf-sugar, and one of saltpetre; beat them well together. To sixteen ounces of butter, thoroughly cleansed from the milk, add one ounce of this mixture: work it well, and pot down the butter when it becomes firm and cold. Butter thus preserved is the better for keeping, and should not be used under a month. This article should be kept from the air, and is best in pots of well-glazed ware, that will hold from ten to fourteen pounds each. Put some salt on the top; and when that is turned to brine, if not enough to cover the butter entirely, add some strong salt and water. It then requires only to be covered from the dust, and will be good for winter use.—In purchasing Butter at market, recollect that if fresh, it ought to

smell like a nosegay, and be of an equal colour throughout. If sour in smell, it has not been sufficiently washed: if veiny and open, it is probably mixed with stale butter, or some of an inferior quality. To ascertain the quality of salt butter, put a knife into it, and smell it when drawn out: if there is any thing rancid or unpleasant, the butter is bad. Salt butter being made [55] at different times, the layers in casks will greatly vary; and it is not easy to ascertain its quality, except by unhooping the cask, and trying it between the staves.

BUTTER DISH. Roll butter in different forms, like a cake or a pine, and mark it with a tea-spoon. Or roll it in crimping rollers, work it through a cullender, or scoop it with a tea-spoon; mix it with grated beef, tongue, or anchovies. Garnish with a wreath of curled parsley, and it will serve as a little dish.

BUTTERMILK, if made of sweet cream, is a delicious and very wholesome article of food. Those who can relish sour buttermilk, will find it still more light, and it is reckoned very beneficial in consumptive cases. If not very sour, it is also as good as cream to eat with fruit; but it should be sweetened with white sugar, and mixed with a very little milk. It does equally well for cakes and rice puddings, and of course it is economical to churn before the cream is too stale for any thing but to feed pigs.—The celebrated Dr. Boerhaäve recommended the frequent use of sweet buttermilk in all consumptive cases, and that it should form the whole of the patient's drink, while biscuits and rusks, with ripe and dried fruits of various kinds, should chiefly be depended on as articles of food. For this purpose take the milk from the cow into a small churn; in about ten minutes begin churning, and continue till the flakes of butter swim about pretty thick, and the milk is discharged of all the oily particles, and appears thin and blue. Strain it through a sieve, and let the patient drink it as frequently as possible.

BUTTERMILK PUDDING. Warm three quarts of new milk, turn it with a quart of buttermilk, and drain the curd through a sieve. When dry pound in a marble mortar, with nearly half a pound of sugar, a lemon boiled tender, the crumb of a roll grated, a nutmeg grated, six bitter almonds, four ounces of warm butter, a tea-cupful of good cream, the yolks of five and whites of three eggs, a glass of sweet wine and a glass of brandy. When well incorporated, bake in small cups or bowls well buttered. If the bottom be not brown, use a salamander; but serve as quick as possible, and with pudding sauce.

BUTTERED CRABS. Pick out the inside when boiled, beat it up in a little gravy, with wine, pepper, salt, nutmeg, a few crumbs of bread, a piece of butter rolled in a little flour, and some vinegar or lemon juice. Serve it up hot.

BUTTERED EGGS. Beat four or five eggs, yolk and white together; put a quarter of a pound of butter in a bason, and then put that into boiling water. Stir it till melted, then put that butter and the eggs into a saucepan; keep a bason in your hand, just hold the saucepan in the other over a slow part of the fire, shaking it one way, as it begins to warm. Pour it into the bason and back again, then hold it over the fire, stirring it constantly in the saucepan, and pouring it into the bason, more perfectly to mix the egg and butter, until they shall be hot without boiling. Serve on toasted bread, or in a bason, to eat with salt fish or red herrings.

BUTTERED LOAF. Take three quarts of new milk, and add as much rennet as is sufficient to turn it; then break the curd, and drain off all the whey through a clean cloth.

Pound it in a stone mortar, add the white of one and the yolks of six eggs, a good handful of grated bread, half as much of fine flour, and a little salt. Mix them well together with the hand, divide the whole into four round loaves, and place them upon white paper. After they are well buttered, varnish them all over with a feather, dipped in the yolk of an egg stirred up [56] with a little beer. Set the loaves in a quick oven three quarters of an hour; while baking, take half a pound of new butter, add to it four spoonfuls of water, half a nutmeg grated, and sugar sufficient to sweeten it. Stir them together over the fire till they boil; when sufficiently thickened, draw the loaves from the oven, open their tops, pour in the butter and sugar, and send them up with sugar strewed over them.

BUTTERED LOBSTERS. Pick out the meat, cut and warm it, with a little weak brown gravy, nutmeg, salt, pepper, butter, and a little flour. If done white, a little white gravy and cream.

BUTTERED ORANGES. Grate off a little of the outside rind of four Seville oranges, and cut a round hole at the blunt end opposite the stalk, large enough to take out the pulp and seeds and juice. Then pick the seeds and skin from the pulp, rub the oranges with a little salt, and lay them in water for a short time. The bits cut out are to be saved. Boil the fruit in fresh water till they are tender, shifting the water to take out the bitterness. In the meantime make a thin syrup with fine sugar, put the oranges into it, and boil them up. As the quantity of syrup need not be enough to cover them, turn them round, that each part may partake of the syrup, and let them remain in it hot till they are wanted. About half an hour before serving, put some sugar to the pulp, and set it over the fire; mix it well, and let it boil. Then add a spoonful of white wine for every orange, give it a boil, put in a bit of fresh butter, and stir it over the fire to thicken. Fill the oranges with it, and serve them with some of the syrup in the dish, with the bits on the top.

BUTTERED ORANGE-JUICE. Mix the juice of seven Seville oranges with four spoonfuls of rose-water, and add the yolks of eight and the whites of four eggs well beaten. Strain the liquor on half a pound of sugar pounded, stir it over a gentle fire; and when it begins to thicken, add a piece of butter the size of a small walnut. Keep it over the fire a few minutes longer, then pour it into a flat dish, and serve it to eat cold. If no silver saucepan for the purpose, do it in a china bason in a saucepan of boiling water, the top of which will just receive the bason.

BUTTERED PRAWNS. Take them out of the husk; warm them with a little good gravy, a bit of butter and flour, a taste of nutmeg, pepper and salt. Simmer them together a minute or two, and serve with sippets; or with cream sauce, instead of brown. Shrimps are done in the same manner.

BUTTERED RICE. Wash and pick some rice, drain, and set it on the fire, with new milk sufficient to make it swell. When tender, pour off the milk, and add a bit of butter, a little sugar and pounded cinnamon. Shake and keep it from burning on the fire, and serve it up as a sweet dish. [57]

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CABBAGE. Wash and pick it carefully, and if very large, quarter it. Put it into a saucepan with plenty of boiling-water, and a large spoonful of salt; if any scum rises, take it off, and boil it till the stalk is tender. Keep the vegetable well covered with water all the time of boiling, and see that no smoke or dirt arises from stirring the fire. With careful management the cabbage will look as beautiful when dressed, as it did when growing. The flavour of an old cabbage may be much improved, by taking it up when half done, and putting it directly into another saucepan of fresh boiling water. When taken up, drain it in a cullender. It may be chopped and warmed with a piece of butter, pepper and salt, or sent to table whole with melted butter. Savoys and greens in general are dressed in the same way.

CAKES. In making and baking cakes the following particulars should be attended to. The currants should be nicely picked and washed, dried in a cloth, and set before the fire. If damp, they will make cakes or puddings heavy. Before they are added, a dust of dry flour should be scattered among them, and then shaken together, which will make the cake or pudding lighter. Eggs should be beaten a long time, whites and yolks apart, and always strained. Sugar should be rubbed to a powder on a clean board, and sifted through a fine hair or lawn sieve. Lemon peel requires to be pared very thin, and with a little sugar beaten to a paste in a marble mortar. It should then be mixed with a little wine or cream, so as to divide easily among the other ingredients. After all the articles are put into the pan, they should be long and thoroughly beaten, as the lightness of the cake depends much on their being well incorporated. Both black and white plumb cakes, being made with yeast, require less butter and eggs, and eat equally light and rich. If the leaven be only of flour, milk and water, and yeast, it becomes more tough, and is less easily divided, than if the butter be first put with those ingredients, and the dough afterwards set to rise by the fire. The heat of the oven is of great importance for cakes, especially large ones. If not pretty quick, the batter will not rise; and if too quick, put some white paper over the cake to prevent its being burnt. If not long enough lighted to have a body of heat, or it is become slack, the cake will be heavy. To know when it is soaked, take a broad-bladed knife that is very bright, and thrust it into the centre; draw it out instantly, and if the paste in any degree adheres, return the cake to the oven, and close it up. If the heat is sufficient to raise but not to soak the baking, a little fresh fuel should be introduced, after taking out the cakes and keeping them hot, and then returning them to the oven as quickly as possible. Particular care however should be taken to prevent this inconvenience, when large cakes are to be baked.

CAKE TRIFLE. Bake a rice cake in a mould; and when cold, cut it round with a sharp knife, about two inches from the edge, taking care not to perforate the bottom. Put in a thick custard, and some spoonfuls of raspberry jam; and then put on a high whip.

CALF'S FEET BROTH. Boil two feet in three quarts of water till reduced to half the quantity; strain it, and set it by. When to be used, take off the fat, put a large tea-cupful of the jelly into a saucepan, with half a glass of sweet wine, a little sugar and nutmeg, and heat it up till it be ready to boil. Then take a little of it, and beat it by degrees to the yolk of an egg, [58] adding a bit of butter the size of a nutmeg; stir it all together, but do not let it boil. Grate a

little fresh lemon peel into it.—Another way is to boil two calves' feet with two ounces of veal, and two of beef, the bottom of a penny loaf, two or three blades of mace, half a nutmeg, and a little salt, in three quarts of water, till reduced to half the quantity. Then strain it, and take off the fat.

CALF'S FEET JELLY. Boil two feet, well cleaned, in five pints of water till they are broken, and the water half wasted. Strain it, take off the fat when cold, and remove the jelly from the sediment. Put it into a saucepan, with sugar, raisin wine, lemon juice and lemon peel. When the flavour is rich, add the whites of five eggs well beaten, and their shells broken. Set the saucepan on the fire, but do not stir the jelly after it begins to warm. Let it boil twenty minutes after it rises to a head, then pour it through a flannel bag, first dipping the jelly bag in hot water to prevent waste, and squeezing it quite dry. Run the jelly repeatedly through the bag, until it is quite clear, and then put it into glasses or forms. The following method will greatly facilitate the clearing of the jelly. When the mixture has boiled twenty minutes, throw in a tea-cupful of cold water; let it boil five minutes longer, then take the saucepan off the fire covered close, and keep it half an hour. It will afterwards be so clear as to need only once running through the bag, and much waste will be prevented.—Another way to make jelly is to take three calf's feet, or two cow-heels, that have been only scalded, and boil them in four quarts of water, till it be half wasted. Remove the jelly from the fat and sediment, mix with it the juice of a Seville orange and twelve lemons, the peels of three ditto, the whites and shells of twelve eggs, brown sugar to taste, nearly a pint of raisin wine, one ounce of coriander seed, a quarter of an ounce of allspice, a bit of cinnamon, and six cloves, all bruised and previously mixed together. The jelly should boil fifteen minutes without stirring, and then be cleared through a flannel bag. Take a little of the jelly while running, mix it with a tea-cupful of water in which a piece of beet root has been boiled, and run it through the bag when all the rest is run out. The other jelly being cooled on a plate, this will serve to garnish it. Jelly made in this way will have a fine high colour and flavour. But in all cases, to produce good jelly, the feet should only be scalded to take off the hair. Those who sell them ready prepared generally boil them too long, and they become in consequence less nutricious. If scalded only, the liquor will require greater care in removing the fat; but the jelly will be far stronger, and of course allow more water. Jelly is equally good if made of cow-heels nicely cleaned, and will be much stronger than what is made from calf's feet.

CALF'S FEET PUDDING. Boil four feet quite tender, pick off the meat, and chop it fine. Add some grated bread, a pound of chopped suet, half a pint of milk, six eggs, a pound of currants, four ounces of citron, two ounces of candied peel, a grated nutmeg, and a glass of brandy. Butter the cloth and flour it, tie it close, and boil it three hours.

CALF'S HEAD BOILED. Clean it carefully and soak it in water, that it may look very nice, and take out the brains for sauce. Wash them well, tie them up in a cloth, with a little sage and parsley; put them into the pot at the same time with the head, and scum the water while boiling. A large head will take two hours, and when the part which joined the neck becomes tender it is done. Take up the brains and chop them with the sage and parsley, and [59]
an egg boiled hard. Put them into a saucepan with a bit of butter, pepper and salt, and warm them up. Peel the tongue, lay it in the middle of the dish, with the brain sauce round it. Strew over the head some grated bread and chopped parsley, and brown it by the fire in a separate dish, adding bacon, pickled pork, and greens.

CALF'S HEAD COLLARED. Scald the skin off a fine head, clean it nicely, and take out the brains. Boil it tender enough to remove the bones, and season it high with mace, nutmeg, salt, and white pepper. Put a layer of chopped parsley, then a quantity of thick slices of fine ham, or a beautiful coloured tongue skinned, and then the yolks of six nice yellow eggs stuck here and there about. Roll the head quite close, and tie it up tight, placing a cloth under the tape, as for other collars. Boil it, and then lay a weight upon it.

CALF'S HEAD FRICASSEED. Clean and half-boil part of a head; cut the meat into small bits, and put it into a tosser, with a little gravy made of the bones, some of the water it was boiled in, a bunch of sweet herbs, an onion, and a blade of mace. The cockscombs of young cockrels may be boiled tender, and then blanched, or a sweetbread will do as well. Season the gravy with a little pepper, nutmeg, and salt. Rub down some flour and butter, and give all a boil together. Then take out herbs and onion, and add a small cup of cream, but do not boil it in. Serve with small bits of bacon rolled up and forcemeat balls.

CALF'S HEAD HASHED. When half boiled, cut off the meat in slices, half an inch thick, and two or three inches long. Brown some butter, flour, and sliced onion; and throw in the slices with some good gravy, truffles and morels. Give it one boil, skim it well and set it in a moderate heat to simmer till very tender. Season at first with pepper, salt, and cayenne; and ten minutes before serving, throw in some shred parsley, and a very small bit of taragon and knotted marjoram cut as fine as possible. Send it up with forcemeat balls, and bits of bacon rolled round, adding the squeeze of a lemon.—Another way is to boil the head almost enough, and take the meat of the best side neatly off the bone with a sharp knife. Lay this into a small dish, wash it over with the yolks of two eggs, and cover it with crumbs, a few herbs nicely shred, a little pepper, salt, and grated nutmeg all mixed together first. Set the dish before the fire, and turn it now and then, that all parts of the head may be equally brown. In the mean time slice the remainder of the head, peel the tongue and slice it. Put a pint of good gravy into a pan with an onion, and a small bunch of herbs, consisting of parsley, basil, savoury, taragon, knotted marjoram, and a little thyme. Add a small quantity of salt and cayenne, a few truffles and morels, and two spoonfuls of ketchup. Then beat up half the brains, put it to the rest with a little butter and flour, and simmer the whole together. Beat the other part of the brains with shred lemon peel, a little nutmeg and mace, some shred parsley and an egg. Then fry it in small cakes of a beautiful yellow brown. Dip some oysters into the yolk of an egg, and do the same; and also some relishing forcemeat balls, made as for mock turtle. Garnish with these, and small bits of bacon just made hot before the fire.

CALF'S HEAD PIE. Stew a knuckle of veal till fit for eating, with two onions, a few isinglass shavings, a bunch of herbs, a blade of mace, and a few peppercorns, in three pints of water. Keep the broth for the pie. Take off a bit of the meat for the balls, and let the other [60]
be eaten; but simmer the bones in the broth till it is very good. Half boil the head, and cut it into square bits; put a layer of ham at the bottom, then some head, first fat and then lean, with balls and hard eggs cut in half, and so on till the dish be full; but great care must be taken not to place the pieces close, or the pie will be too solid, and there will be no space for the jelly. The meat must be first seasoned pretty well with pepper and salt, and a scrape or two of nutmeg. Put a little water and gravy into the dish, cover it with a tolerably thick crust, and bake it in a slow oven. When done, fill it up with gravy, and do not cut it till quite cold. Use a very sharp knife for this purpose, first cutting out a large piece, and going down

to the bottom of the dish: thinner slices may afterwards be cut. The different colours, and the clear jelly, will have a beautiful marbled appearance. A small pie may be made to eat hot, and will have a good appearance, if seasoned high with oysters, mushrooms, truffles and morels. The cold pie will keep several days, and slices of it will make a handsome side-dish. If the isinglass jelly be not found stiff enough, a calf's foot or a cow heel may be used instead. To vary the colour, pickled tongue may be cut in, instead of ham.

CALF'S HEAD ROASTED. Wash the head perfectly clean, stew it with oysters, tie it together and spit it, baste it well with butter and flour rubbed smooth. Stew together some of the oyster liquor, gravy, butter and salt, with a few sprigs of marjoram and savoury, adding a little claret, and pour the sauce over the dish.

CALF'S HEAD SOUP. After the head has been thoroughly cleaned, put it into a stewpan with a proper quantity of water, an onion, some sweet herbs, mace and cloves, and a little pearl barley. Boil it quite tender, put in some stewed celery, and season it with pepper. Pour the soup into a dish, place the head in the middle, and send it hot to table.

CALF'S HEAD STEWED. Wash and soak it for an hour, bone it, take out the brains, the tongue and the eyes. Make a forcemeat with two pounds of beef suet, as much lean veal, two anchovies boned and washed, the peel of a lemon, some grated nutmeg, and a little thyme. Chop them up together with some grated bread, and mix in the yolks of four eggs. Make part of this forcemeat into fifteen or twenty balls; boil five eggs hard, some oysters washed clean, and half a pint of fresh mushrooms, and mix with the rest of the forcemeat. Stuff that part of the head where the bones were taken out, tie it up carefully with packthread, put it into two quarts of gravy or good broth, with a blade of mace, cover it close, and stew it very slowly for two hours. While the head is doing, beat up the brains with some lemon-thyme and parsley chopped very fine, some grated nutmeg, and the yolk of an egg mixed with it. Fry half the brains in dripping, in little cakes, and fry the balls. When the head is done, keep it warm with the brain-cakes and balls; strain off the liquor in which the head was stewed, add to it some stewed truffles and morels, and a few pickled mushrooms. Put in the other half of the brains chopped, boil them up together, and let them simmer a few minutes. Lay the head into a hot dish, pour the liquor over it, and place the balls and the brain-cakes round it. For a small family, half the head will be sufficient. A lamb's head may be done in the same way.

CALF'S HEART. Chop fine some suet, parsley, sweet marjoram and a boiled egg. Add some grated bread, lemon peel, pepper, salt and mustard. Mix them together in a paste, and [61]
stuff the heart with it, after it has been well washed and cleaned. If done carefully, it is better baked than roasted. Serve it up quite hot, with gravy and melted butter.

CALF'S KIDNEY. Chop veal kidney, and some of the fat; likewise a little leek or onion, pepper, and salt. Roll the kidney up with an egg into balls, and fry it.—A calf's heart should be stuffed and roasted as a beef's heart; or sliced and made into a pudding, the same as for a steak or kidney pudding.

CALF'S LIVER. There are several ways of making this into a good dish. One is to broil it, after it has been seasoned with pepper and salt. Then rub a bit of cold butter over, and serve it up hot and hot.—If the liver is to be roasted, first wash and wipe it, then cut a long

hole in it, and stuff it with crumbs of bread, chopped anchovy, herbs, fat bacon, onion, salt, pepper, a bit of butter, and an egg. Sew up the liver, lard or wrap it in a veal caul, and put it to the fire. Serve it with good brown gravy, and currant jelly.—If the liver and lights are to be dressed together, half boil an equal quantity of each; then cut them in a middling-sized mince, add a spoonful or two of the water that boiled it, a bit of butter, flour, salt and pepper. Simmer them together ten minutes, and serve the dish up hot.

CALF'S SWEETBREADS. These should be half boiled, and then stewed in white gravy. Add cream, flour, butter, nutmeg, salt, and white pepper. Or do them in brown sauce seasoned. Or parboil, and then cover them with crumbs, herbs, and seasoning, and brown them in a Dutch oven. Serve with butter, and mushroom ketchup, or gravy.

CALVES. The general method of rearing calves consumes so much of the milk of the dairy, that it is highly necessary to adopt other means, or the calves must be sold to the butcher while they are young. A composition called linseed milk, made of linseed oil-cake powdered, and gradually mixed with skim-milk sweetened with treacle, has been tried with considerable effect. It must be made nearly as warm as new milk when taken from the cow. Hay tea mixed with linseed and boiled to a jelly, has likewise been tried with success. A species of water gruel, made in the following manner, is strongly recommended. Put a handful or two of oatmeal into some boiling water, and after it has thickened a little, leave it to cool till it is lukewarm; mix with it two or three pints of skim-milk, and give it to the calf to drink. At first it may be necessary to make the calf drink by presenting the fingers to it; but it will soon learn to drink of itself, and will grow much faster than by any other method. According to the old custom, a calf intended to be reared is allowed to suck for six or eight weeks; and if the cow give only a moderate quantity of milk, the value of it will amount to the price of the calf in half that time. By the method now recommended, only a little oatmeal or ground barley is consumed, and a small quantity of skim-milk. The calf is also more healthy and strong, and less subject to disease. Small whisps of hay should be placed round them on cleft sticks, to induce the calves to eat; and when they are weaned, they should be turned into short sweet grass; for if hay and water only are used, they are liable to swellings and the rot. The fatting of calves being an object of great importance, a greater variety of food is now provided for this purpose than formerly, and great improvements have been made in this part of rural economy. Grains, potatoes, malt dust, pollard, and turnips now constitute their common aliment. But in order to make them fine and fat, they must be kept as clean as possible, with fresh litter every day. Bleeding them twice before they are slaughtered, [62] improves the beauty and whiteness of the flesh, but it may be doubted whether the meat is equally good and nutricious. If calves be taken with the scouring, which often happens in a few days after being cast, make a medicine of powdered chalk and wheat meal, wrought into a ball with some gin; and it will afford relief. The shoote is another distemper to which they are liable, and is attended with a violent cholic and the loathing of food. The general remedy in this case is milk, well mulled with eggs; or eggs and flour mixed with oil, melted butter, linseed or anniseed. To prevent the sickness which commonly attends calves about Michaelmas time, take newly-churned butter, without salt, and form it into a cup the size of an egg; into this cup put three or four cloves of bruised garlic, and fill it up with tar. Having put the cup down the calf's throat, pour into its nostrils half a spoonful of the spirit of turpentine, rub a little tar upon its nose, and keep it within doors for an hour. Calves ought to

be housed a night before this medicine is given.

CALICO FURNITURE. When curtains or bed furniture of this description are to be taken down for the summer, shake off the loose dust, and lightly brush them with a small long-haired furniture brush. Wipe them afterwards very closely with clean flannels, and rub them with dry bread. If properly done, the curtains will look nearly as well as at first, and if the colour be not very light, they will not require washing for years. Fold them up in large parcels, and put them by carefully. While the furniture remains up, it should be preserved as much as possible from the sun and air, which injure delicate colours; and the dust may be blown off with bellows. Curtains may thus be kept clean, even to use with the linings after they have been washed or newly dipped.

CAMP VINEGAR. Slice a large head of garlic, and put it into a wide-mouthed bottle, with half an ounce of cayenne, two tea-spoonfuls of soy, two of walnut ketchup, four anchovies chopped, a pint of vinegar, and enough cochineal to give it the colour of lavender drops. Let it stand six weeks; then strain it off quite clear, and keep it in small bottles sealed up.

CAMPHOR JULEP. Dissolve a quarter of an ounce of camphor in half a pint of brandy. It may thus be kept fit for use; and a tea-spoonful taken in a wine glass of cold water will be found an agreeable dose.—Another way. To a quarter of an ounce of camphor, add a quart of boiling water, and a quart of cold. Let it stand six hours, and strain it off for use.

CAMPHOR OINTMENT. Put half an ounce of camphor into an ounce of the oil of almonds, mixed with an ounce of spermaceti. Scrape fine into it half an ounce of white wax, and melt it over some hot water.

CAMPHORATED OIL. Beat an ounce of camphor in a mortar, with two ounces of Florence oil, till the camphor is entirely dissolved. This liniment is highly useful in rheumatism, spasms, and other cases of extreme pain.

CANARIES. Those who wish to breed this species of birds, should provide them a large cage, with two boxes to build in. Early in April put a cock and hen together; and whilst they are pairing, feed them with soft meat, or a little grated bread, scalded rapeseed and an egg mixed together. At the same time a small net of fine hay, wool, cotton, and hair should be suspended in one corner of the cage, so that the birds may pull it out as they want it to build with. Tame canaries will sometimes breed three or four times in a year, and produce their [63]
young about a fortnight after they begin to sit. When hatched, they should be left to the care of the old ones, to nurse them up till they can fly and feed themselves; during which time they should be supplied with fresh victuals every day, accompanied now and then with cabbage, lettuce, and chick-weed with seeds upon it. When the young canaries can feed themselves, they should be taken from the old ones, and put into another cage. Boil a little rapeseed, bruise and mix it with as much grated bread, mace seed, and the yolk of an egg boiled hard; and supply them with a small quantity every day, that it may not become stale or sour. Besides this, give them a little scalded rapeseed, and a little rape and canary seed by itself. This diet may be continued till they have done moulting, or renewed at any time when they appear unhealthy, and afterwards they may be fed in the usual manner.

CANCER. It is asserted by a French practitioner, that this cruel disorder may be cured in three days, by the following simple application, without any surgical operation whatever. Knead a piece of dough about the size of a pullet's egg, with the same quantity of hog's lard, the older the better; and when they are thoroughly blended, so as to form a kind of salve, spread it on a piece of white leather, and apply it to the part affected. This, if it do no good, is perfectly harmless.—A plaster for an eating cancer may be made as follows. File up some old brass, and mix a spoonful of it with mutton suet. Lay the plaster on the cancer, and let it remain till the cure is effected. Several persons have derived great benefit from this application, and it has seldom been known to fail.

CANDIED ANGELICA. Cut angelica into pieces three inches long, boil it tender, peel and boil it again till it is green; dry it in a cloth, and add its weight in sugar. Sift some fine sugar over, and let them remain in a pan two days; then boil the stalks clear and green, and let them drain in a cullender. Beat another pound of sugar and strew over them, lay them on plates, and dry them well in an oven.

CANDIED FRUIT. Take the preserve out of the syrup, lay it into a new sieve, and dip it suddenly into hot water, to take off the syrup that hangs about it. Put it on a napkin before the fire to drain, and then do another layer in the sieve. Sift the fruit all over with double refined sugar previously prepared, till it is quite white. Set it on the shallow end of sieves in a lightly-warm oven, and turn it two or three times: it must not be cold till dry. Watch it carefully, and it will be beautiful.

CANDIED PEEL. Take out the pulps of lemons or oranges, soak the rinds six days in salt and water, and afterwards boil them tender in spring water. Drain them on a sieve, make a thin syrup of loaf sugar and water, and boil the peels in it till the syrup begins to candy about them. Then take out the peels, grate fine sugar over them, drain them on a sieve, and dry them before the fire.

CANDLES. Those made in cold weather are best; and if put in a cool place, they will improve by keeping; but when they begin to sweat and turn rancid, the tallow loses its strength, and the candles are spoiled. A stock for winter use should be provided in autumn, and for summer, early in the spring. The best candle-wicks are made of fine cotton; the coarser yarn consumes faster, and burns less steady. Mould candles burn the clearest, but dips afford the best light, their wicks being proportionally larger.

CAPER SAUCE. Add a table-spoonful of capers to twice the quantity of vinegar, mince [64]
one third of the capers very fine, and divide the others in half. Put them into a quarter of a pint of melted butter, or good thickened gravy, and stir them the same way as the melted butter, to prevent their oiling. The juice of half a Seville orange or lemon may be added. An excellent substitute for capers may be made of pickled green peas, nastursions, or gherkins, chopped into a similar size, and boiled with melted butter. When capers are kept for use, they should be covered with fresh scalded vinegar, tied down close to exclude the air, and to make them soft.

CAPILLAIRE. Take fourteen pounds of good moist sugar, three of coarse sugar, and six eggs beaten in well with the shells, boil them together in three quarts of water, and skim it carefully. Then add a quarter of a pint of orange-flower water, strain it off, and put it into

bottles. When cold, mix a spoonful or two of this syrup in a little warm or cold water.

CARACHEE. Mix with a pint of vinegar, two table-spoonfuls of Indian soy, two of walnut pickle, two cloves of garlic, one tea-spoonful of cayenne, one of lemon pickle, and two of sauce royal.

CARMEL COVER. Dissolve eight ounces of double refined sugar in three or four spoonfuls of water, and as many drops of lemon juice. Put it into a copper skillet; when it begins to thicken, dip the handle of a spoon in it, and put that into a pint bason of water. Squeeze the sugar from the spoon into it, and so on till all the sugar is extracted. Take a bit out of the water, and if it snaps and is brittle when cold, it is done enough. But let it be only three parts cold, then pour the water from the sugar, and having a copper form oiled well, run the sugar on it, in the manner of a maze, and when cold it may be put on the dish it is intended to cover. If on trial the sugar is not brittle, pour off the water, return it into the skillet, and boil it again. It should look thick like treacle, but of a light gold colour. This makes an elegant cover for sweetmeats.

CARP. This excellent fish will live some time out of water, and may therefore get wasted: it is best to kill them as soon as caught, to prevent this. Carp should either be boiled or stewed. Scale and draw it, and save the blood. Set on water in a stewpan, with a little Chili vinegar, salt, and horse-radish. When it boils, put in the carp, and boil it gently for twenty minutes, according to the thickness of the fish. Stew the blood with half a pint of port wine, some good gravy, a sliced onion, a little whole pepper, a blade of mace, and a nutmeg grated. Thicken the sauce with butter rolled in flour, season it with pepper and salt, essence of anchovy, and mushroom ketchup. Serve up the fish with the sauce poured over it, adding a little lemon juice. Carp are also very nice plain boiled, with common fish sauce.

CARPETS. In order to keep them clean, they should not frequently be swept with a whisk brush, as it wears them fast; not more than once a week, and at other times with sprinkled tea-leaves, and a hair brush. Fine carpets should be done gently on the knees, with a soft clothes' brush. When a carpet requires more cleaning, take it up and beat it well, then lay it down and brush it on both sides with a hand-brush. Turn it the right side upwards, and scour it clean with ox-gall and soap and water, and dry it with linen cloths. Lay it on the grass, or hang it up to dry thoroughly.

CARRAWAY CAKE. Dry two pounds of good flour, add ten spoonfuls of yeast, and twelve of cream. Wash the salt out of a pound of butter, and rub it into the flour; beat up eight eggs with half the whites, and mix it with the composition already prepared. Work it [65]
into a light paste, set it before the fire to rise, incorporate a pound of carraway comfits, and an hour will bake it.

CARRIER SAUCE. Chop six shalots fine, and boil them up with a gill of gravy, a spoonful of vinegar, some pepper and salt. This is used for mutton, and served in a boat.

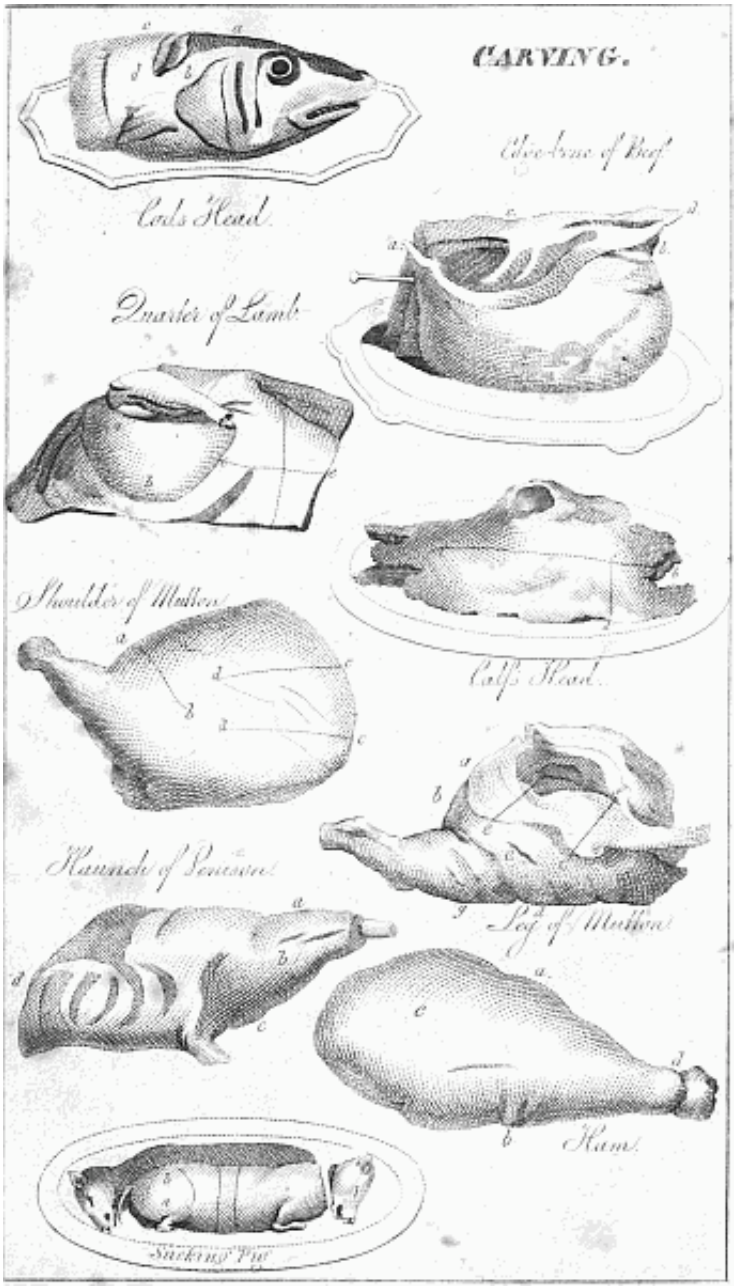
CARROLE OF RICE. Wash and pick some rice quite clean, boil it five minutes in water, strain and put it into a stewpan, with a bit of butter, a good slice of ham, and an onion. Stew it over a very gentle fire till tender; have ready a mould lined with very thin slices of bacon, mix the yolks of two or three eggs with the rice, and then line the bacon with it

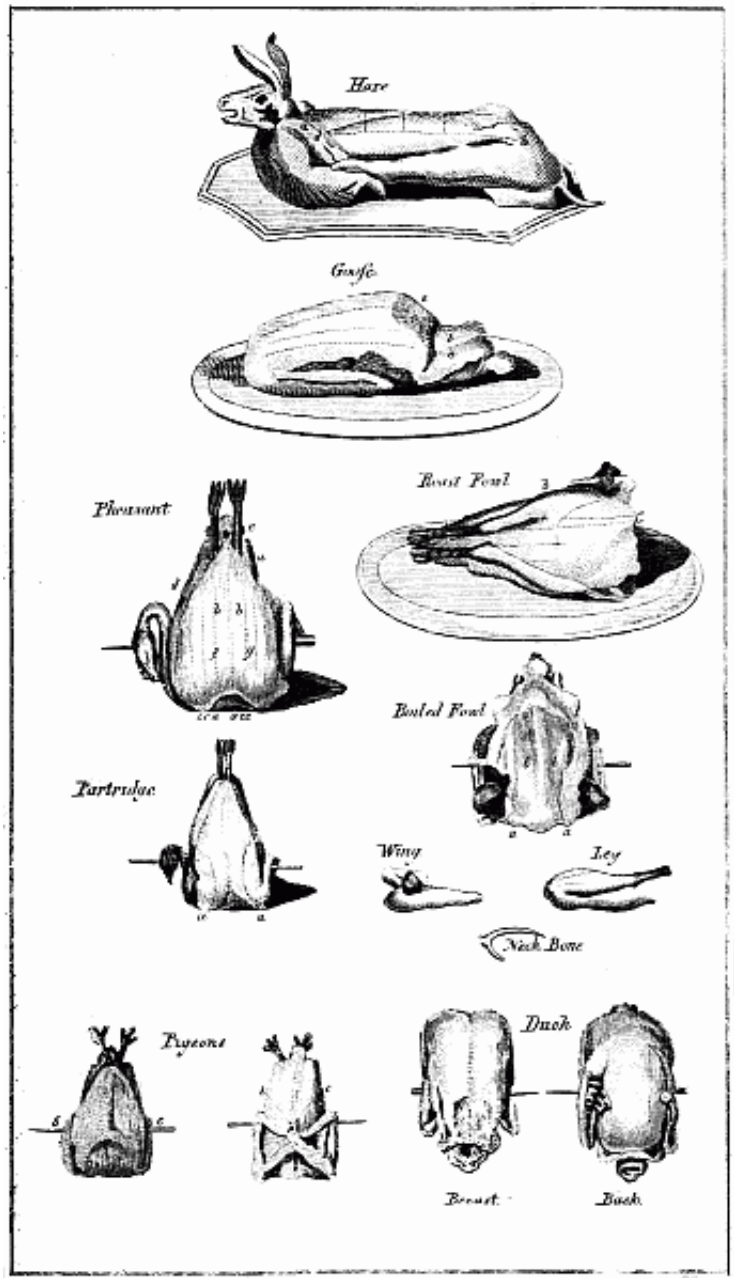
about half an inch thick. Put into it a ragout of chicken, rabbit, veal, or of any thing else. Fill up the mould, and cover it close with rice. Bake it in a quick oven an hour, turn it over, and send it to table in a good gravy, or curry sauce.

CARROTS. This root requires a good deal of boiling. When young, wipe off the skin after they are boiled; when old, scrape them first, and boil them with salt meat. Carrots and parsnips should be kept in layers of dry sand for winter use, and not be wholly cleared from the earth. They should be placed separately, with their necks upward, and be drawn out regularly as they stand, without disturbing the middle or the sides.

CARROT PUDDING. Boil a large carrot tender; then bruise it in a marble mortar, and mix with it a spoonful of biscuit powder, or three or four little sweet biscuits without seeds, four yolks and two whites of eggs, a pint of cream either raw or scalded, a little ratifia, a large spoonful of orange or rose-water, a quarter of a nutmeg, and two ounces of sugar. Bake it in a shallow dish lined with paste; turn it out, and dust a little fine sugar over it.

CARROT SOUP. Put some beef bones into a saucepan, with four quarts of the liquor in which a leg of mutton or beef has been boiled, two large onions, a turnip, pepper and salt, and boil them together for three hours. Have ready six large carrots scraped and sliced; strain the soup on them, and stew them till soft enough to pulp through a hair sieve or coarse cloth, with a wooden spoon; but pulp only the red part of the carrot, and not the yellow. The soup should be made the day before, and afterwards boiled with the pulp, to the thickness of peas-soup, with the addition of a little cayenne.


CARVING.
Calf's Head
Quarter of Lamb
Sirloin of Beef
Calf's Head
Shoulder of Mutton
Haunch of Venison
Leg of Mutton
Ham
Sucking Pig



CARVING. In nothing does ceremony more frequently triumph over comfort, than in the administration of 'the honours of the table.' Every one is sufficiently aware that a dinner, to be eaten in perfection, should be taken the very moment it is sent hot to table; yet few persons seem to understand, that he is the best carver who fills the plates of the greatest numbers of guests in the least portion of time, provided it be done with ease and elegance. In a mere family circle, where all cannot and ought not to be choosers, it is far better to fill the plates and send them round, rather than ask each individual what particular part they would prefer; and if in a larger company a similar plan were introduced, it would be attended with many advantages. A dexterous carver, would help half a dozen people in less time than is often wasted in making civil faces to a single guest. He will also cut fair, and observe an equitable distribution of the dainties he is serving out. It would save much time, if poultry, especially large turkeys and geese, were sent to table ready cut up. When a lady presides, the carving knife should be light, of a middling size, and of a fine edge. Strength is less [66] required than address, in the manner of using, it; and to facilitate this, the butcher should be ordered to divide the joints of the bones, especially of the neck, breast, and loin of mutton,

lamb, and veal; which may then be easily cut into thin slices attached to the adjoining bones. If the whole of the meat belonging to each bone should be too thick, a small slice may be taken off between every two bones. The more fleshy joints, as fillet of veal, leg or saddle of mutton and beef, are to be helped in thin slices, neatly cut and smooth; observing to let the knife pass down to the bone in the mutton and beef joints. The dish should not be too far off the carver, as it gives an awkward appearance, and makes the task more difficult. In helping fish, take care not to break the flakes; which in cod and very fresh salmon are large, and contribute much to the beauty of its appearance. A fish knife, not being sharp, divides it best on this account. Help a part of the roe, milt or liver, to each person. The heads of carp, part of those of cod and salmon, sounds of cod, and fins of turbot, are likewise esteemed niceties, and are to be attended to accordingly. In cutting up any wild fowl, duck, goose, or turkey, for a large party, if you cut the slices down from pinion to pinion, without making wings, there will be more prime pieces. But that the reader may derive the full advantage of these remarks, we shall descend to particulars, and illustrate the subject with a variety of interesting Plates, which will show at the same time the manner in which game and poultry should be trussed and dished.——COD'S HEAD. Fish in general requires very little carving, the fleshy parts being those principally esteemed. A cod's head and shoulders, when in season, and properly boiled, is a very genteel and handsome dish. When cut, it should be done with a fish trowel, and the parts about the backbone on the shoulders are the firmest and the best. Take off a piece quite down to the bone, in the direction *a*, *b*, *c*, *d*, putting in the spoon at *a*, *c*, and with each slice of fish give a piece of the sound, which lies underneath the backbone and lines it, the meat of which is thin, and a little darker coloured than the body of the fish itself. This may be got by passing a knife or spoon underneath, in the direction of *d*, *f*. About the head are many delicate parts, and a great deal of the jelly kind. The jelly part lies about the jaw, bones, and the firm parts within the head. Some are fond of the palate, and others the tongue, which likewise may be got by putting a spoon into the mouth.——EDGE BONE OF BEEF. Cut off a slice an inch thick all the length from *a* to *b*, in the figure opposite, and then help. The soft fat which resembles marrow, lies at the back of the bone, below *c;* the firm fat must be cut in horizontal slices at the edge of the meat *d*. It is proper to ask which is preferred, as tastes differ. The skewer that keeps the meat properly together when boiling is here shewn at *a*. This should be drawn out before it is served up; or, if it is necessary to leave the skewer in, put a silver one.——SIRLOIN OF BEEF may be begun either at the end, or by cutting into the middle. It is usual to enquire whether the outside or the inside is preferred. For the outside, the slice should be cut down to the bones; and the same with every following helping. Slice the inside likewise, and give with each piece some of the soft fat. The inside done as follows eats excellently. Have ready some shalot vinegar boiling hot: mince the meat large, and a good deal of the fat; sprinkle it with salt, and pour [67] the shalot vinegar and the gravy on it. Help with a spoon, as quickly as possible, on hot plates.——ROUND OR BUTTOCK OF BEEF is cut in the same way as fillet of veal, in the next article. It should be kept even all over. When helping the fat, observe not to hack it, but cut it smooth. A deep slice should be cut off the beef before you begin to help, as directed above for the edge-bone.——FILLET OF VEAL. In an ox, this part is round of beef. Ask whether the brown outside be liked, otherwise help the next slice. The bone is taken out, and the meat tied close, before dressing, which makes the fillet very solid. It should be cut thin, and very smooth. A stuffing is put into the flap, which completely covers it; you must cut

deep into this, and help a thin slice, as likewise of fat. From carelessness in not covering the latter with paper, it is sometimes dried up, to the great disappointment of the carver. ——Breast of Veal. One part, called the brisket, is thick and gristly; put the knife about four inches from the edge of this, and cut through it, which will separate the ribs from the brisket.——Calf's Head has a great deal of meat upon it, if properly managed. Cut slices from *a* to *b*, letting the knife go close to the bone. In the fleshy part, at the neck end *c*, there lies the throat sweetbread, which you should help a slice of from *c* to *d* with the other part. Many like the eye, which must be cut out with the point of a knife, and divided in two. If the jaw-bone be taken off, there will be found some fine lean. Under the head is the palate, which is reckoned a nicety; the lady of the house should be acquainted with all things that are thought so, that she may distribute them among her guests.——Shoulder of Mutton. This is a very good joint, and by many preferred to the leg; it being very full of gravy, if properly roasted, and produces many nice bits. The figure represents it as laid in the dish with its back uppermost. When it is first cut, it should be in the hollow part of it, in the direction of *a*, *b*, and the knife should be passed deep to the bone. The prime part of the fat lies on the outer edge, and is to be cut out in thin slices in the direction *e*. If many are at table, and the hollow part cut in the line *a*, *b*, is eaten, some very good and delicate slices may be cut out on each side the ridge of the blade-bone, in the direction *c*, *d*. The line between these two dotted lines, is that in the direction of which the edge or ridge of the blade-bone lies, and cannot be cut across.——Leg of Mutton. A leg of wether mutton, which is the best flavoured, may be known by a round lump of fat at the edge of the broadest part, as at *a*. The best part is in the midway, at *b*, between the knuckle and further end. Begin to help there, by cutting thin deep slices to *c*. If the outside is not fat enough, help some from the side of the broad end in slices from *e* to *f*. This part is most juicy; but many prefer the knuckle, which in fine mutton will be very tender though dry. There are very fine slices on the back of the leg: turn it up, and cut the broad end, not in the direction you did the other side, but longways. To cut out the cramp bone, take hold of the shank with your left hand, and cut down to the thigh bone at *d;* then pass the knife under the cramp bone in the direction, *d*, *g*.——Fore quarter of Lamb. Separate the shoulder from the scoven, which is the breast and ribs, by passing the knife under in the direction of *a*, *b*, *c*, *d;* keeping it towards you horizontally, to prevent cutting the meat too much off the bones. If grass lamb, the shoulder being large, put it into another dish. Squeeze the juice of half a Seville orange or lemon on the other part, and [68] sprinkle a little salt and pepper. Then separate the gristly part from the ribs in the line *e*, *c;* and help either from that or from the ribs, as may be chosen.——Haunch of Venison. Cut down to the bone in the line *a*, *b*, *c*, to let out the gravy. Then turn the broad end of the haunch toward you, put in the knife at *b*, and cut as deep as you can to the end of the haunch *d;* then help in thin slices, observing to give some fat to each person. There is more fat, which is a favourite part, on the left side of *c* and *d* than on the other: and those who help must take care to proportion it, as likewise the gravy, according to the number of the company.—Haunch of Mutton is the leg and part of the loin, cut so as to resemble a haunch of venison, and is to be helped at table in the same manner.——Saddle of Mutton. Cut long thin slices from the tail to the end, beginning close to the back bone. If a large joint, the slice may be divided. Cut some fat from the sides.——Ham may be cut three ways. The common method is, to begin in the middle, by long slices from *a* to *b*, from the centre through the thick fat. This brings to the prime at first, which is likewise accomplished

by cutting a small round hole on the top of the ham, as at *c*, and with a sharp knife enlarging that by cutting successive thin circles: this preserves the gravy, and keeps the meat moist. The last and most saving way is, to begin at the hock end, which many are most fond of, and proceed onwards. Ham that is used for pies, &c. should be cut from the under side, first taking off a thick slice.——SUCKING PIG. The cook usually divides the body before it is sent to table, and garnishes the dish with the jaws and ears. The first thing is, to separate a shoulder from the carcase on one side, and then the leg, according to the direction given by the dotted line *a*, *b*, *c*. The ribs are then to be divided into about two helpings, and an ear or jaw presented with them, and plenty of sauce. The joints may either be divided into two each, or pieces may be cut from them. The ribs are reckoned the finest part, but some people prefer the neck end, between the shoulders.——GOOSE. Cut off the apron in the circular line *a*, *b*, *c*, and pour into the body a glass of port wine, and a large tea-spoonful of mustard, first mixed at the sideboard. Turn the neck end of the goose towards you, and cut the whole breast in long slices from one wing to another; but only remove them as you help each person, unless the company is so large as to require the legs likewise. This way gives more prime bits than by making wings. Take off the leg, by putting the fork into the small end of the bone, pressing it to the body; and having passed the knife at *d*, turn the leg back, and if a young bird, it will easily separate. To take off the wing, put your fork into the small end of the pinion, and press it close to the body; then put in the knife at *d*, and divide the joint, taking it down in the direction *d*, *e*. Nothing but practice will enable people to hit the joint dexterously. When the leg and wing of one side are done, go on to the other; but it is not often necessary to cut up the whole goose, unless the company be very large. There are two side bones by the wing, which may be cut off; as likewise the back and lower side bones: but the best pieces are the breast and the thighs, after being divided from the drum-sticks. ——HARE. The best way of cutting it up is, to put the point of the knife under the shoulder at *a*, and so cut all the way down to the rump, on one side of the back-bone, in the line *a*, *b*. Do the same on the other side, so that the whole hare will be divided into three parts. Cut the back into four, which with the legs is the part most esteemed. The shoulder must be cut [69] off in a circular line, as *c*, *d*, *a*. Lay the pieces neatly on the dish as you cut them; and then help the company, giving some pudding and gravy to every person. This way can only be practised when the hare is young. If old, do not divide it down, which will require a strong arm: but put the knife between the leg and back, and give it a little turn inwards at the joint; which you must endeavour to hit, and not to break by force. When both legs are taken off, there is a fine collop on each side the back; then divide the back into as many pieces as you please, and take of the shoulders, which are by many preferred, and are called the sportman's pieces. When every one is helped, cut off the head; put your knife between the upper and lower jaw, and divide them, which will enable you to lay the upper one flat on your plate; then put the point of the knife into the centre, and cut the head into two. The ears and brains may be helped then to those who like them.——Carve RABBITS as directed the latter way for hare; cutting the back into two pieces, which with the legs are the prime. ——A FOWL. The legs of a boiled fowl are bent inwards, and tucked into the belly; but before it is served, the skewers are to be removed. Lay the fowl on your plate; and place the joints, as cut off, on the dish. Take the wing off in the direction of *a* to *b*, in the annexed engraving, only dividing the joint with your knife; and then with your fork lift up the pinion, and draw the wing towards the legs, and the muscles will separate in a more complete form

than if cut. Slip the knife between the leg and body, and cut to the bone; then with the fork turn the leg back, and the joint will give way if the bird is not old. When the four quarters are thus removed, take off the merrythought from *a*, and the neck bones; these last by putting in the knife at *c*, and pressing it under the long broad part of the bone in the line *c*, *b*. Then lift it up, and break it off from the part that sticks to the breast. The next thing is, to divide the breast from the carcase, by cutting through the tender ribs close to the breast, quite down to the tail. Then lay the back upwards, put your knife into the bone half-way from the neck to the rump, and on raising the lower end it will separate readily. Turn the rump from you, and very neatly take off the two sidebones, and the whole will be done. As each part is taken off, it should be turned neatly on the dish, and care should be taken that what is left goes properly from table. The breast and wings are looked upon as the best parts, but the legs are most juicy in young fowls. After all, more advantage will be gained by observing those who carve well, and a little practice, than by any written directions whatever.——A PHEASANT. The bird in the annexed engraving is as trussed for the spit, with its head under one of its wings. When the skewers are taken out, and the bird served, the following is the way to carve it. Fix a fork in the centre of the breast; slice it down in the line *a*, *b;* take off the leg on one side in the dotted line *b*, *d;* then cut off the wing on the same side in the line *c*, *d*. Separate the leg and wing on the other side, and then cut off the slices of breast you divided before. Be careful how you take off the wings; for if you should cut too near the neck, as at *g*, you will hit on the neck-bone, from which the wing must be separated. Cut off the merrythought in the line *f*, *g*, by passing the knife under it towards the neck. Cut the other parts as in a fowl. The breast, wings, and merrythought, are the most esteemed; but the leg has a higher flavour.——PARTRIDGE. The partridge is here represented as just taken [70] from the spit; but before it is served up, the skewers must be withdrawn. It is cut up in the same manner as a fowl. The wings must be taken off in the line *a*, *b*, and the merrythought in the line *c*, *d*. The prime parts of a partridge are the wings, breast, and merrythought; but the bird being small, the two latter are not often divided. The wing is considered as the best, and the tip of it reckoned the most delicate morsel of the whole.——PIGEONS. Cut them in half, either from top to bottom or across. The lower part is generally thought the best; but the fairest way is to cut from the neck to *a*, rather than from *c* to *b*, by *a*, which is the most fashionable. The figure represents the back of the pigeon; and the direction of the knife is in the line *c*, *b*, by *a*, if done the last way.

CASKS. New casks are apt to give beer a bad taste, if not well scalded and seasoned before they are used. Boil therefore two pecks of bran or malt dust in a copper of water, pour it hot into the cask, stop it close, and let it stand two days. Then wash it clean, and dry it fit for use. Old casks are apt to grow musty, if allowed to stand by neglected; they should therefore be closely stopped as soon as emptied. When tainted, put in some lime, fill up with water, and let them stand a day or two. If this be not sufficient, the head must be taken out, the inside well scoured, and the head replaced.

CATERPILLARS. These noxious insects, sustained by leaves and fruit, have been known in all ages and nations for their depredations on the vegetable world. In August and September they destroy cabbages and turnips in great abundance, and commit their ravages in fields and gardens whenever the easterly winds prevail. Various means have been devised for their destruction, and any of the following which may happen to be the most convenient,

may be employed with very good effect. Mix and heat three quarts of water and one quart of vinegar, put in a full pound of soot, and stir it with a whisk till the whole is incorporated. Sprinkle the plants with this preparation, every morning and evening, by dipping in a brush and shedding it over them; and in a few days all the cankers will disappear. Or sow with hemp all the borders where cabbages are planted, so as to enclose them, and not one of these vermin will approach. When gooseberry or currant bushes are attacked, a very simple expedient will suffice. Put pieces of woollen rags in every bush, the caterpillars will take refuge in them during the night, and in the morning quantities of them may thus be taken and destroyed. If this do not succeed, dissolve an ounce of alum in a quart of tobacco liquor; and as soon as the leaves of the plants or bushes appear in the least corroded, sprinkle on the mixture with a brush. If any eggs be deposited, they never come forward after this application; and if changed into worms they will sicken and die, and fall off. Nothing is more effectual than to dust the leaves of plants with sulphur put into a piece of muslin, or thrown upon them with a dredging box: this not only destroys the insects, but materially promotes the health of the plants. When caterpillars attack fruit trees, they may be destroyed by a strong decoction of equal quantities of rue, wormwood, and tobacco, sprinkled on the leaves and branches while the fruit is ripening. Or take a chafing-dish of burning charcoal, place it under the branches of the bush or tree, and throw on it a little brimstone. The vapour of the sulphur, and the suffocating fume arising from the charcoal, will not only destroy all the insects, but prevent the plants from being infested with them any more that season. Black [71]
cankers, which commit great devastation among turnips, are best destroyed by turning a quantity of ducks into the field infested by them. Every fourth year these cankers become flies, when they deposit their eggs on the ground, and thus produce maggots. The flies on their first appearance settle on the trees, especially the oak, elm, and maple: in this state they should be shaken down on packsheets, and destroyed. If this were done before they begin to deposit their eggs on the ground, the ravages of the canker would in a great measure be prevented.

CAUDLE. Make a fine smooth gruel of half grits, strain it after being well boiled, and stir it at times till quite cold. When to be used, add sugar, wine, lemon peel and nutmeg. A spoonful of brandy may be added, and a little lemon juice if approved. Another way is to boil up half a pint of fine gruel, with a bit of butter the size of a large nutmeg, a spoonful of brandy, the same of white wine, one of capillaire, a bit of lemon peel and nutmeg.—Another. Beat up the yolk of an egg with sugar, mix it with a large spoonful of cold water, a glass of wine, and nutmeg. Mix it by degrees with a pint of fine gruel, not thick, but while it is boiling hot. This caudle is very agreeable and nourishing. Some add a glass of beer and sugar, or a tea-spoonful of brandy.—A caudle for the sick and lying-in is made as follows. Set three quarts of water on the fire, mix smooth as much oatmeal as will thicken the whole, with a pint of cold water; and when the water boils pour in the thickening, and add twenty peppercorns in fine powder. Boil it up to a tolerable thickness; then add sugar, half a pint of good table beer, and a glass of gin, all heated up together.

CAULIFLOWERS. Choose those that are close and white, cut off the green leaves, and see that there be no caterpillars about the stalk. Soak them an hour in cold water, then boil them in milk and water, and take care to skim the saucepan, that not the least foulness may fall on the flower. The vegetable should be served very white, and not boiled too much.—

Cauliflower dressed in white sauce should be half boiled, and cut into handsome pieces. Then lay them in a stewpan with a little broth, a bit of mace, a little salt, and a dust of white pepper. Simmer them together half an hour; then add a little cream, butter, and flour. Simmer a few minutes longer, and serve them up.—To dress a cauliflower with parmesan, boil the vegetable, drain it on a sieve, and cut the stalk so that the flower will stand upright about two inches above the dish. Put it into a stewpan with a little white sauce, and in a few minutes it will be done enough. Then dish it with the sauce round, put parmesan grated over it, and brown it with a salamander.

CAULIFLOWERS RAGOUT. Pick and wash the cauliflowers very clean, stew them in brown gravy till they are tender, and season with pepper and salt. Put them in a dish, pour gravy on them, boil some sprigs of cauliflower white, and lay round.

CAYENNE. Those who are fond of this spice had better make it themselves of English capsicums or chillies, for there is no other way of being sure that it is genuine. Pepper of a much finer flavour may be obtained in this way, without half the heat of the foreign article, which is frequently adulterated and coloured with red lead. Capsicums and chillies are ripe and in good condition, during the months of September and October. The flavour of the chillies is superior to that of the capsicums, and will be good in proportion as they are dried as soon as possible, taken care that they be not burnt. Take away the stalks, put the pods [72] into a cullender, and set them twelve hours before the fire to dry. Then put them into a mortar, with one fourth their weight of salt; pound and rub them till they are as fine as possible, and put the powder into a well-stopped bottle. A hundred large chillies will produce about two ounces of cayenne. When foreign cayenne is pounded, it is mixed with a considerable portion of salt, to prevent its injuring the eyes: but English chillies may be pounded in a deep mortar without any danger, and afterwards passed through a fine sieve.

CELERY SAUCE. Cut small half a dozen heads of clean white celery, with two sliced onions. Put them into a stewpan, with a small piece of butter, and sweat them over a slow fire till quite tender. Add two spoonfuls of flour, half a pint of broth, salt and pepper, and a little cream or milk. Boil it a quarter of an hour, and pass it through a fine hair sieve with the back of a spoon. When celery is not in season, a quarter of a dram of celery seed, or a little of the essence, will impregnate half a pint of sauce with all the flavour of the vegetable. This sauce is intended for boiled turkey, veal, or fowls.

CELERY SOUP. Split half a dozen heads of celery into slips about two inches long, wash them well, drain them on a hair sieve, and put them into a soup pot, with three quarts of clear gravy. Stew it very gently by the side of the fire, about an hour, till the celery is tender. If any scum arise, take it off, and season with a little salt. When celery cannot be procured, half a dram of the seed, pounded fine, will give a flavour to the soup, if put in a quarter of an hour before it is done. A little of the essence of the celery will answer the same purpose.

CELLARS. Beer and ale that have been well brewed, are often injured or spoiled in the keeping, for want of paying proper attention to the state of the cellar. It is necessary however to exclude as much as possible all external air from these depositaries, as the state of the surrounding atmosphere has a most material influence upon the liquor, even after it has

been made a considerable time. If the cellar is liable to damps in the winter, it will tend to chill the liquor, and make it turn flat; or if exposed to the heat of summer, it will be sure to turn sour. The great object therefore is to have a cellar that is both cool and dry. Dorchester beer, generally in high esteem, owes much of its fineness to this circumstance. The soil in that county being very chalky, of a close texture and free from damps, the cellars are always cool and dry, and the liquors are found to keep in the best possible manner. The Nottingham ale derives much of its celebrity also from the peculiar construction of the cellars, which are generally excavated out of a rock of sand-stone to a considerable depth, of a circular or conical form, with benches formed all round in the same way, and on these the barrels are placed in regular succession.

CERATE. Half a pound of white wax, half a pound of calumine stone finely powdered, and a pint and a half of olive oil, will make an excellent cerate. Let the calumine be rubbed smooth with some of the oil, and added to the rest of the oil and wax, which should be previously melted together. Stir them together till they are quite cold.

CHARDOONS. To dress chardoons, cut them into pieces of six inches long, and tie them in a bunch. Boil them tender, then flour and fry them with a piece of butter, and when brown serve them up. Or tie them in bundles, and serve them on toast as boiled asparagus, with butter poured over. Another way is to boil them, and then heat them up in fricassee sauce. Or boil in salt and water, dry them, dip them into butter, fry, and serve them up with melted butter. Or having boiled, stew, and toss them up with white or brown gravy. Add a little cayenne, ketchup, and salt, and thicken with a bit of butter and flour. [73]

CHARLOTTE. Rub a baking-dish thick with butter, and line the bottom and sides with very thin slices of white bread. Put in layers of apples thinly sliced, strewing sugar between, and bits of butter, till the dish is full. In the mean time, soak in warm milk as many thin slices of bread as will cover the whole; over which lay a plate, and a weight to keep the bread close on the apples. To a middling sized dish use half a pound of butter in the whole, and bake slowly for three hours.

CHEAP SOUP. Much nutricious food might be provided for the poor and necessitous, at a very trifling expence, by only adopting a plan of frugality, and gathering up the fragments, that nothing be lost. Save the liquor in which every piece of meat, ham, or tongue has been boiled, however salt; for it is easy to use only a part of it, and to add a little fresh water. Then, by the addition of more vegetables, the bones of meat used in the family, the pieces of meat that come from table on the plates, and rice, Scotch barley, or oatmeal, there will be some gallons of useful soup saved. The bits of meat should only be warmed in the soup, and remain whole; the bones and sinewy parts should be boiled till they yield their nourishment. If the fragments are ready to put into the boiler as soon as the meat is served, it will save lighting the fire, and a second cooking. Take turnips, carrots, leeks, potatoes, leaves of lettuce, or any sort of vegetable that is at hand; cut them small, and throw in with the thick part of peas, after they have been pulped for soup, and grits, or coarse oatmeal, which have been used for gruel. Should the soup be poor of meat, the long boiling of the bones, and different vegetables, will afford better nourishment than the laborious poor can generally obtain; especially as they are rarely tolerable cooks, and have not fuel to do justice to what they buy. In almost every family there is some superfluity; and if it be prepared with

cleanliness and care, the benefit will be very great to the receiver, and the satisfaction no less to the giver. The cook or servant should never be allowed to wash away as useless, the peas or grits of which soup or gruel have been made, broken potatoes, the green heads of celery, the necks and feet of fowls, and particularly the shanks of mutton; all of which are capable of adding flavour and richness to the soup. The bones, heads, and fins of fish, containing a portion of isinglass, may also be very usefully applied, by stewing them in the water in which the fish is boiled, and adding it to the soup, with the gravy that is left in the dish. If strained, it considerably improves the meat soup, particularly for the sick; and when such are to be supplied, the milder parts of the spare bones and meat should be used, with very little of the liquor of the salt meats. If a soup be wanted for the weakly and infirm, put two cow heels and a breast of mutton into a large pan, with four ounces of rice, one onion, twenty corns of Jamaica pepper, and twenty black, a turnip, and carrot, and four gallons of water. Cover it with white paper, and bake it six hours.

CHEESE. This well-known article of domestic consumption, is prepared from curdled milk, cleared from the whey. It differs very much in quality and flavour, according to the pasture in which the cows feed, and the manner in which the article itself is made. The same land rarely produces very fine butter, and remarkably fine cheese; yet with proper [74] management, it may give one pretty good, where the other excels in quality. Cheese made on the same land, from new milk, skimmed or mixed milk, will differ greatly, not only in richness, but also in taste. Valuable cheese may be made from a tolerable pasture, by taking the whole of two meals of milk, and proportioning the thickness of the vat to the quantity, rather than having a wide and flat one, as the former will produce the mellowest cheese. The addition of a pound of fresh-made butter of a good quality, will cause the cheese made on poor land to be of a very different quality from that usually produced by it. A few cheeses thus made, when the weather is not extremely hot, and when the cows are in full feed, are well adapted to the use of the parlour. Cheese for common family use may very well be produced by two meals of skim, and one of new milk; or on good land, by the skim milk only. The principal ingredient in making cheese is the rennet, maw, or inner part of a calf's stomach, which is cleaned, salted, and hung up in paper bags to dry. The night before it is used, it is washed and soaked in a little water. When the milk is ready, being put into a large tub, warm a part of it to the degree of new milk; but if made too hot, the cheese will be tough. Pour in as much rennet as will curdle the milk, and then cover it over. Let it stand till completely turned; then strike the curd down several times with the skimming dish, and let it separate, still keeping it covered. There are two modes of breaking the curd, and there will be a difference in the taste of the cheese, according as either is observed. One is to gather it with the hands very gently towards the side of the tub, letting the whey pass through the fingers till it is cleared; and lading it off as it collects. The other is, to get the whey from it by early breaking the curd. The last method deprives it of many of its oily particles, and is therefore less proper. In pursuing the process, put the vat on a ladder over the tub, and fill it with curd by means of the skimmer. Press the curd close with the hand, add more as it sinks, and finally leave it two inches above the edge. Before the vat is filled, the cheesecloth must be laid at the bottom; and when full, drawn smooth over on all sides. In salting the cheese, two modes may be adopted; either by mixing it in the curd while in the tub, after the whey is out, or by putting it in the vat, and crumbling the curd all to pieces with it, after the first squeezing with the hand has dried it. These different methods prevail in the different parts of

the country. Put a board under and over the vat, and place it in the press: in two hours turn it out, and put in a fresh cheesecloth. Press it again for eight or nine hours, salt it all over, and turn it again in the vat. Let it stand in the press fourteen or sixteen hours, observing to put the cheeses last made undermost. Before putting them the last time into the vat, pare the edges if they do not look smooth. The vat should have holes at the sides, and at the bottom, to let all the whey pass through. Put on clean boards, and change and scald them. When cheese is made, care must be taken to preserve it sound and good. For this purpose wash it occasionally in warm whey, wipe it once a month, and keep it on a rack. If wanted to ripen soon, a damp cellar will bring it forward. When a whole cheese is cut, the inside of the larger quantity should be spread with butter, and the outside wiped, to preserve it. To keep those in daily use moist, let a clean cloth be wrung out from cold water, and wrapt round them when carried from the table. Dry cheese may be used to advantage to grate for serving with [75] macaroni or eating without; and any thing tending to prevent waste, is of some consequence in a system of domestic economy. To preserve cheeses from decay, lay them in an airy situation, and cover them with dried leaves of the yellow star of Bethlehem. The tender branches of the common birch, will prevent the ravages of mites. If cheese get hard, and lose its flavour, pour some sweet wine over four ounces of pearlash, till the liquor ceases to ferment. Filter the solution, dip into it some clean linen cloths, cover the cheese with them, and put in a cool dry place. Turn the cheese every day, repeat the application for some weeks, and the cheese will recover its former flavour and goodness.

CHEESECAKES. Strain the whey from the curd of two quarts of milk; when rather dry, crumble it through a coarse sieve. With six ounces of fresh butter, mix one ounce of blanched almonds pounded, a little orange-flower water, half a glass of raisin wine, a grated biscuit, four ounces of currants, some nutmeg and cinnamon in fine powder. Beat them up together with three eggs, and half a pint of cream, till quite light: then fill the pattipans three parts full.—To make a plainer sort of cheesecakes, turn three quarts of milk to curd; break it and drain off the whey. When quite dry, break it in a pan, with two ounces of butter, till perfectly smooth. Add a pint and a half of thin cream or good milk, a little sugar, cinnamon and nutmeg, and three ounces of currants.—Another way is to mix the curd of three quarts of milk, a pound of currants, twelve ounces of Lisbon sugar, a quarter of an ounce of cinnamon, the same of nutmeg, the peel of one lemon chopped as fine as possible, the yolks of eight and the whites of six eggs, a pint of scalded cream and a glass of brandy. Put a light thin puff paste in the pattipans, and three parts fill them.

CHEESE PUFFS. Strain some cheese curd from the whey, and beat half a pint of it fine in a mortar, with a spoonful and a half of flour, three eggs, but only one white. Add a spoonful of orange-flower water, a quarter of a nutmeg, and sugar to make it pretty sweet. Lay a little of this paste, in small round cakes, on a tin plate. If the oven be hot, a quarter of an hour will bake them. Serve the puffs with pudding sauce.

CHERRY BRANDY. Stone ten pounds of black cherries, bruise the stones in a mortar, and put them to a gallon of the best brandy. Let it stand a month close covered, pour it clear from the sediment, and bottle it. Morella cherries managed in this way will make a fine rich cordial.

CHERRY JAM. To twelve pounds of ripe fruit, Kentish or duke cherries, weigh one

pound of sugar. Break the stones of part, and blanch them; then put them to the fruit and sugar, and boil all gently till the jam comes clear from the pan. Pour it into china plates to come up dry to the table, and keep it in boxes with white paper between.

CHERRY PIE. This should have a mixture of other fruit; currants or raspberries, or both. Currant pie is also best with raspberries.

CHERRY WINE. Mash some ripe cherries, and press them through a hair sieve. Allow three pounds of lump sugar to two quarts of juice, stir them together till the sugar is dissolved, and fill a small barrel with the liquor. Add a little brandy, close down the bung when it has done hissing, let it stand six months and bottle it off.

CHERRIES IN BRANDY. Weigh some fine morellas, cut off half the stalk, prick them with a new needle, and drop them into a jar or wide-mouth bottle. Pound three quarters of the weight of sugar or white candy, and strew over; fill the bottle up with brandy, and tie a bladder over. [76]

CHERVIL SAUCE. The flavour of this fine herb, so long a favourite with the French cook, is a strong concentration of the combined taste of parsley and fennel, but more aromatic and agreeable than either, and makes an excellent sauce for boiled poultry or fish. Wash the chervil, and pick it very clean; put a tea-spoonful of salt into half a pint of boiling water, boil the chervil about ten minutes, drain it on a sieve, and mince it very fine. Put it into a sauce boat, mix with it by degrees some good melted butter, and send it up in the boat.

CHESHIRE CHEESE. In preparing this article, the evening's milk is not touched till the next morning, when the cream is taken off and warmed in a pan, heated with boiling water; one third part of the milk is heated in a similar manner. The cows being milked early in the morning, the new milk, and that of the preceding night thus prepared, are poured into a large tub along with the cream. A piece of rennet kept in lukewarm water since the preceding evening, is put into the tub in order to curdle the milk, and the curd is coloured by an infusion of marigolds or carrots being rubbed into it. It is then stirred together, covered up warm, and allowed to stand about half an hour till it is coagulated; when it is first turned over with a bowl to separate the whey from the curds, and broken soon after into small pieces. When it has stood some time, the whey is taken out, and a weight laid at the bottom of the tub to press out the remainder. As soon as it becomes more solid, it is cut into slices, and turned over several times to extract all the whey, and again pressed with weights. Being taken out of the tub, it is broken very small, salted, and put into a cheese vat. It is then strongly pressed and weighted, and wooden skewers are placed round the cheese, which are frequently drawn out. It is then shifted out of the vat with a cloth placed at the bottom; and being turned it is put into the vat again. The upper part is next broken by the hand down to the middle, salted, pressed, weighted, and skewered as before, till all the whey is extracted. The cheese is then reversed into another vat, likewise warmed with a cloth under it, and a tin hoop put round the upper part of the cheese. These operations take up the greater part of the forenoon; the pressing of the cheese requires about eight hours more, as it must be twice turned in the vat, round which thin wire skewers are passed, and shifted occasionally. The next morning it ought to be turned and pressed again; and on the following day the outside is salted, and a cloth binder tied round it. The outsides are sometimes rubbed with butter, in

order to give them a coat; and being turned and cleaned every day, they are left to dry two or three weeks.

CHICKENS. Fowls are chiefly considered as an article of luxury, and are generally sold at a high price; yet the rearing of them is seldom productive of much pecuniary advantage. They are liable to innumerable accidents in their early stages, which require incessant watchfulness and care; and if the grain on which they feed is to be purchased, the labour and expence are scarcely requited by the price they bear in the market. The Irish peasantry are in the habit of rearing a great number of fowls, by substituting the offal of potatoes instead of grain; but the flesh is neither so firm nor so good as that of chickens raised in England. It is much to be desired therefore, that encouragement could be given to the cottagers of this country for rearing a larger quantity of poultry, by means less expensive than the present, in order that the market might be supplied on better terms with an article of food so fine and [77] delicate, and in such general respect. Various artificial means have been used for brooding chickens, in order to increase their number, and to bring them forward at an earlier season, but none of them have been found to answer, though in Egypt immense quantities are raised every year by the heat of ovens, bringing the eggs to a state of maturity. A well-fed hen is supposed to lay about two hundred eggs in a year; but as she does not sit more than once or twice in that time, it is but a small quantity of chickens that can be hatched in the usual way, and it would be highly desirable if some other expedient could be devised.—The most expeditious way of fattening chickens is to mix a quantity of rice flour sufficient for present use, with milk and a little coarse sugar, and stir it over the fire till it comes to a thick paste. Feed the chickens with it while it is warm by putting as much into their coops as they can eat; and if a little beer be given them to drink, it will fatten them very soon. A mixture of oatmeal and treacle made into crumbs is also good food for chickens; and they are so fond of it, that they will grow and fatten much faster than in the common way. Poultry in general should be fed in coops, and kept very clean. Their common food is barley meal mixed with water: this should not be put in troughs, but laid upon a board, which should be washed clean every time fresh food is put upon it. The common complaint of fowls, called the pip, is chiefly occasioned by foul and heated water being given them. No water should be allowed, more than is mixed up with their food; but they should often be provided with some clean gravel in their coop.—The method of fattening poultry for the London market, is liable to great objection. They are put into a dark place, and crammed with a paste made of barley meal, mutton suet, treacle or coarse sugar, mixed with milk, which makes them ripe in about a fortnight; but if kept longer, the fever that is induced by this continual state of repletion, renders them red and unsaleable, and frequently kills them. Air and exercise are as indispensable to the health of poultry as to other animals; and without it, the fat will be all accumulated in the cellular membrane, instead of being dispersed throughout the system. A barn-door fowl is preferable to any other, only that it cannot be fatted in so short a time.

CHICKEN BROTH. Having boiled a chicken for panada, take off the skin and the rump, and put it into the water it was boiled in. Add one blade of mace, a slice of onion, and ten corns of white pepper. Simmer it till the broth be of a pleasant flavour, adding a little water if necessary. Beat a quarter of an ounce of sweet almonds with a tea-spoonful of water till it is quite fine, boil it in the broth, and strain it. When cold, remove the fat.

CHICKEN CURRIE. Cut up the chicken raw, slice onions, and fry both in butter with

great care, of a fine light brown; or if chickens that have been dressed are used, fry only the onions. Having cut the joints into two or three pieces each, lay them in a stewpan, with veal or mutton gravy, and a clove or two of garlic. Simmer till the chicken is quite tender. Half an hour before serving it up, rub smooth a spoonful or two of currie powder, a spoonful of flour, and an ounce of butter; and add this to the stew, with four large spoonfuls of cream, and a little salt. Squeeze in a small lemon, when the dish is going to table.—A more easy way to make currie is to cut up a chicken or young rabbit; if chicken, take off the skin. Roll each piece in a mixture of a large spoonful of flour, and half an ounce of currie powder. Slice [78] two or three onions, and fry them in butter, of a light brown; then add the meat, and fry all together till the meat begin to brown. Put all into a stewpan, cover it with boiling water, and simmer very gently two or three hours. If too thick, add more water half an hour before serving. If the meat has been dressed before, a little broth will be better than water, but the currie is richer when made of fresh meat. Slices of underdone veal, turkey, or rabbit, will make excellent currie. A dish of rice boiled dry should be served with it.

CHICKEN PANADA. Boil a chicken in a quart of water, till about three parts ready. Take off the skin, cut off the white meat when cold, and pound it to a paste in a marble mortar, with a little of the liquor it was boiled in. Season it with a little salt, a grate of nutmeg, and the least bit of lemon peel. Boil it gently for a few minutes till it be tolerably thick, but so it may be drank. The flesh of a chicken thus reduced to a small compass, will be found very nourishing.

CHICKEN PIE. Cut up two young fowls, season them with white pepper, salt, a little mace, nutmeg, and cayenne, all finely powdered. Put alternately in layers the chicken, slices of ham, or fresh gammon of bacon, forcemeat balls, and eggs boiled hard. If baked in a dish, add a little water, but none if in a raised crust. Prepare some veal gravy from the knuckle or scrag, with some shank-bones of mutton, seasoned with herbs, onions, mace, and white pepper, to be poured into the pie when it returns from the oven. If it is to be eaten hot, truffles, morels, and mushrooms may be added; but not if it is to be eaten cold. If baked in a raised crust, the gravy must be nicely strained, and then put in cold as jelly. To make the jelly clear, give it a boil with the whites of two eggs, after taking away the meat, and then run it through a fine lawn sieve.—Rabbits, if young and fleshy, will make as good a pie. Their legs should be cut short, and their breast-bones must not go in, but will help to make the gravy.

CHICKEN SAUCE. An anchovy or two boned and chopped, some parsley and onion chopped, and mixed together, with pepper, oil, vinegar, mustard, walnut or mushroom ketchup, will make a good sauce for cold chicken, veal, or partridge.

CHILI VINEGAR. Slice fifty English chilies, fresh and of a good colour, and infuse them in a pint of the best vinegar. In a fortnight, this will give a much finer flavour than can be obtained from foreign cayenne, and impart an agreeable relish to fish sauce.

CHIMNEY PIECES. To blacken the fronts of stone chimney-pieces, mix oil varnish with lamp black that has been sifted, and a little spirit of turpentine to thin it to the consistence of paint. Wash the stone very clean with soap and water, and sponge it with clear water. When perfectly dry, brush it over twice with this colour, leaving it to dry between the times, and it will look extremely well.

CHINA. Broken china may be repaired with cement, made of equal parts of glue, the white of an egg, and white-lead mixed together. The juice of garlic, bruised in a stone mortar, is also a fine cement for broken glass or china; and if carefully applied, will leave no mark behind it. Isinglass glue, mixed with a little finely sifted chalk, will answer the same purpose, if the articles be not required to endure heat or moisture.

CHINA CHILO. Mince a pint-basonful of undressed neck or leg of mutton, with some of the fat. Put into a stewpan closely covered, two onions, a lettuce, a pint of green peas, a tea-spoonful of salt, the same quantity of pepper, four spoonfuls of water, and two or three ounces of clarified butter. Simmer them together two hours, add a little cayenne if approved, and serve in the middle of a dish of boiled dry rice. [79]

CHINE OF BACON. One that has been salted and dried requires to be soaked several hours in cold water, and scraped clean. Then take a handful of beech, half as much parsley, a few sprigs of thyme, and a little sage, finely chopped together. Make some holes in the chine with the point of a knife, fill them with the herbs, skewer the meat up in a cloth, and boil it slowly about three hours. A dried pig's face is cooked in the same manner, adding a little salt, pepper, and bread crumbs to the stuffing.

CHOCOLATE. Those who use much of this article, will find the following mode of preparing it both useful and economical. Cut a cake of chocolate into very small pieces, and put a pint of water into the pot; when it boils, put in the chocolate. Mill it off the fire till quite melted, then on a gentle fire till it boil; pour it into a bason, and it will keep in a cool place eight or ten days or more. When wanted, put a spoonful or two into some milk; boil it with sugar, and mill it well. If not made too thick, this will form a very good breakfast or supper.

CHOCOLATE CREAM. Scrape into one quart of thick cream, an ounce of the best chocolate, and a quarter of a pound of sugar. Boil and mill it: when quite smooth, take it off the fire, and leave it to be cold. Then add the whites of nine eggs; whisk it, and take up the froth on sieves, as other creams are done. Serve up the froth in glasses, to rise above some of the cream.

CHOLIC. Young children are often afflicted with griping pains in the bowels; and if attended with costiveness, it will be necessary to give them very small doses of manna and rhubarb every half hour, till they produce the desired effect. When the stools are green, a few drams of magnesia, with one or two of rhubarb, according to the age of the patient, may be given with advantage; but the greatest benefit will be derived from clysters made of milk, oil and sugar, or a solution of white soap and water. A poultice of bread, milk and oil, may likewise be applied to the lower part of the belly, and frequently renewed with a little warm milk to give it a proper consistence. The cholic in adults arises from a variety of causes, not easily distinguished except by professional persons; and therefore it is absolutely necessary to abstain from all violent remedies, or it may be attended with fatal consequences. Nothing can be applied with safety but emollient clysters and fomentations, and to drink copiously of camomile tea, or any other diluting liquor, till the spasms be relieved, and the nature of the disease more clearly understood. Persons who are subject to the bilious cholic in particular, should abstain from acrid, watery and oily food, especially butter, fat meat, and hot liquors: and pursue a calm and temperate course of life.

CHOPPED HANDS. Wash in common water, and then in rose water, a quarter of a pound of hog's lard not salted; mix with it the yolks of two new laid eggs, and a large spoonful of honey. Add as much fine oatmeal, or almond paste, as will work it into a paste; and by frequently rubbing it on the hands, it will keep them smooth, and prevent their being chopped.

CHOPPED LIPS. Put into a new tin saucepan, a quarter of an ounce of benjamin, storax, and spermaceti, two pennyworth of alkanet root, a large juicy apple chopped, a bunch of black grapes bruised, a quarter of a pound of unsalted butter, and two ounces of bees wax. Simmer them together till all be dissolved, and strain it through a linen. When cold [80] melt it again, and pour it into small pots or boxes, or make it into cakes on the bottoms of tea-cups.

CHUMP OF VEAL. To dress it *à-la-daube*, cut off the chump end of the loin, take out the edge bone, stuff the hollow with good forcemeat, tie it up tight, and lay it in a stewpan with the bone that was taken out, a little faggot of herbs, an anchovy, two blades of mace, a few white peppercorns, and a pint of good veal broth. Cover the veal with slices of fat bacon, and lay a sheet of white paper over it. Cover the pan close, simmer it two hours, then take out the bacon, and glaze the veal. Serve it on mushrooms, with sorrel sauce, or any other that may be preferred.

CHURNING. In order to prepare for this important operation, the milk when drawn from the cow, and carefully strained through a cloth or hair sieve, should be put into flat wooden trays about three inches deep, and perfectly clean and cool. The trays are then to be placed on shelves, till the cream be completely separated; when it is to be nicely taken off with a skimming dish, without lifting or stirring the milk. The cream is then deposited in a separate vessel, till a proper quantity is collected for churning. In hot weather, the milk should stand only twenty-four hours, and be skimmed early in the morning before the dairy becomes warm, or in the evening after sun-set. In winter the milk may remain unskimmed for six and thirty or even eight and forty hours. The cream should be preserved in a deep pan during the summer, and placed in the coolest part of the dairy, or in a cellar where free air is admitted. The cream which rises first to the surface is richer in quality, and larger in quantity, than what rises afterwards. Thick milk produces a smaller proportion of cream than that which is thinner, though the former is of a richer quality: if therefore the thick milk be diluted with water, it will afford more cream, but its quality will be inferior. Milk carried about in pails, and partly cooled before it be strained and poured into the trays, never throws up such good and plentiful cream, as if it had been put into proper vessels immediately after it came from the cow. Those who have not an opportunity of churning every other day, should shift the cream daily into clean pans, in order to keep it cool; but the churning should take place regularly twice a week in hot weather, and in the morning before sun-rise, taking care to fix the churn in a free circulation of air. In the winter time, the churn must not be set so near the fire as to heat the wood, as by this means the butter will acquire a strong rancid flavour. Cleanliness being of the utmost importance, the common plunge-churn is preferable to any other; but if a barrel-churn be requisite in a large dairy, it must be kept thoroughly clean with salt and water. If a plunge-churn be used, it may be set in a tub of cold water during the time of churning, which will harden the butter in a considerable degree. The motion of the churn should be regular, and performed by one person, or the butter will in winter go back; and if

the agitation be violent and irregular, the butter will ferment in summer, and acquire a disagreeable flavour. The operation of churning may be much facilitated by adding a table-spoonful or two of distilled vinegar to a gallon of cream, but not till after the latter has undergone considerable agitation. In many parts of England, butter is artificially coloured in winter, though it adds nothing to its goodness. The juice of carrots is expressed through a sieve, and mixed with the cream when it enters the churn, to give it the appearance of May butter. Very little salt is used in the best Epping butter; but a certain proportion of acid, [81] either natural or artificial, must be used in the cream, in order to secure a successful churning. Some keep a small quantity of the old cream for that purpose; some use a little rennet, and others a few tea-spoonfuls of lemon juice. It has been ascertained however, by a variety of experiments, that it is more profitable to churn the cream, than to churn the whole milk, as is practised in some parts of the country. Cream butter is also the richest of the two, though it will not keep sweet so long.

CIDER. Particular caution is requisite in bottling this useful beverage, in order to its being well preserved. To secure the bottles from bursting, the liquor must be thoroughly fine before it be racked off. If one bottle break, it will be necessary to open the remainder, and cork them up again. Weak cider is more apt to burst the bottles, than that of a better quality. Good corks, soaked in hot water, will be more safe and pliant; and by laying the bottles so that the liquor may always keep the corks wet and swelled, will tend much to its preservation. For this purpose the ground is preferable to a frame, and a layer of sawdust better than the bare floor; but the most proper situation would be a stream of running water. In order to ripen bottled liquors, they are sometimes exposed to moderate warmth, or the rays of the sun, which in a few days will bring them to maturity.

CIDER CUP. To make a cooling drink, mix together a quart of cider, a glass of white wine, one of brandy, one of capillaire, the juice of a lemon, a bit of the peel pared thin, a sprig of borage or balm, a piece of toasted bread, and nutmeg grated on the top.

CINNAMON CAKES. Whisk together in a pan six eggs, and two table-spoonfuls of rose water. Add a pound of fine sugar sifted, a desert-spoonful of pounded cinnamon, and flour sufficient to make it into a paste. Roll it out, cut it into cakes, and bake them on writing paper.

CITRON PUDDING. Boil some Windsor beans quite soft, take off the skins, and beat a quarter of a pound of them into a paste. Then add as much butter, four eggs well beaten, with some sugar and brandy. Put a puff-paste in the dish, lay some slices of citron on it, pour in the pudding, garnish with bits of citron round the edge of the dish, and bake it in a moderate oven.

CLARIFIED BROTH. Put broth or gravy into a clean stewpan, break the white and shell of an egg, beat them together and add them to the broth. Stir it with a whisk; and when it has boiled a few minutes, strain it through a tammis or a napkin.

CLARIFIED BUTTER. To make clarified butter for potted things, put some butter into a sauceboat, and set it over the fire in a stewpan that has a little water in it. When the butter is dissolved, the milky parts will sink to the bottom, and care must be taken not to pour them over things to be potted.

CLARIFIED DRIPPING. Mutton fat taken from the meat before it is roasted, or any kind of dripping, may be sliced and boiled a few minutes; and when it is cold, it will come off in a cake. This will make good crust for any sort of meat pie, and may be made finer by boiling it three or four times.

CLARIFIED SUGAR. Break in large lumps as much loaf sugar as is required, and dissolve it in a bowl, allowing a pound of sugar to half a pint of water. Set it over the fire, and add the white of an egg well whipt. Let it boil up; and when ready to run over, pour in a little cold water to give it a check. But when it rises the second time, take it off the fire, and [82] set it by in a pan a quarter of an hour. The foulness will sink to the bottom, and leave a black scum on the top, which must be taken off gently with a skimmer. Then pour the syrup very quickly from the sediment, and set it by for sweetmeats.

CLARIFIED SYRUP. Break two pounds of double-refined sugar, and put it into a stewpan that is well tinned, with a pint of cold spring water. When the sugar is dissolved, set it over a moderate fire. Beat up half the white of an egg, put it to the sugar before it gets warm, and stir it well together. As soon as it boils take off the scum, and keep it boiling till it is perfectly clear. Run it through a clean napkin, put it into a close stopped bottle, and it will keep for months, as an elegant article on the sideboard for sweetening.

CLARY WINE. Boil fifteen gallons of water, with forty-five pounds of sugar, and skim it clean. When cool put a little to a quarter of a pint of yeast, and so by degrees add a little more. In the course of an hour put the smaller to the larger quantity, pour the liquor on clary flowers, picked in the dry: the quantity for the above is twelve quarts. If there be not a sufficient quantity ready to put in at once, more may be added by degrees, keeping an account of each quart. When the liquor ceases to hiss, and the flowers are all in, stop it up for four months. Rack it off, empty the barrel of the dregs, and add a gallon of the best brandy. Return the liquor to the cask, close it up for six or eight weeks, and then bottle it off.

CLEANLINESS. Nothing is more conducive to health than cleanliness, and the want of it is a fault which admits of no excuse. It is so agreeable to our nature, that we cannot help approving it in others, even if we do not practise it ourselves. It is an ornament to the highest as well as to the lowest station, and cannot be dispensed with in either: it ought to be cultivated everywhere, especially in populous towns and cities. Frequent washing not only improves the appearance, but promotes perspiration, by removing every impediment on the skin, while at the same time it braces the body, and enlivens the spirits. Washing the feet and legs in lukewarm water, after being exposed to cold and wet, would prevent the ill effects which proceed from these causes, and greatly contribute to health. Diseases of the skin, a very numerous class, are chiefly owing to the want of cleanliness, as well as the various kinds of vermin which infest the human body; and all these might be prevented by a due regard to our own persons. One common cause of putrid and malignant fevers is the want of cleanliness. They usually begin among the inhabitants of close and dirty houses, who breathe unwholesome air, take little exercise, and wear dirty clothes. There the infection is generally hatched, and spreads its desolation far and wide. If dirty people cannot be removed as a common nuisance, they ought at least to be avoided as infectious, and all who regard their own health should keep at a distance from their habitations. Infectious diseases are often communicated by tainted air: every thing therefore which gives a noxious exhalation, or tends

to spread infection, should be carefully avoided. In great towns no filth of any kind should be suffered to remain in the streets, and great pains should be taken to keep every dwelling clean both within and without. No dunghills or filth of any kind should be allowed to remain near them. When an infection breaks out, cleanliness is the most likely means to prevent its spreading to other places, or its returning again afterwards. It will lodge a long time in dirty clothes, and be liable to break out again; and therefore the bedding and clothing of the sick [83] ought to be carefully washed, and fumigated with brimstone. Infectious diseases are not only prevented, but even cured by cleanliness; while the slightest disorders, where it is neglected, are often changed into the most malignant. Yet it has so happened, that the same mistaken care which prevents the least admission of fresh air to the sick, has introduced the idea also of keeping them dirty; than which nothing can be more injurious to the afflicted, or more repugnant to common sense. In a room too, where cleanliness is neglected, a person in perfect health has a greater chance to become sick, than a sick person has to get well. It is also of great consequence, that cleanliness should be strictly regarded by those especially who are employed in preparing food; such as butchers, bakers, brewers, dairy maids, and cooks; as negligence in any of these may prove injurious to the public health. Good housekeepers will keep a careful eye on these things, and every person of reflection will see the necessity of cultivating general cleanliness as of great importance to the wellbeing of society.

CLEAR BROTH. To make a broth that will keep long, put the mouse round of beef into a deep pan, with a knuckle bone of veal, and a few shanks of mutton. Cover it close with a dish or coarse crust, and bake with as much water as will cover it, till the beef is done enough for eating. When cold, cover it close, and keep it in a cool place. When to be used, give it any flavour most approved.

CLEAR GRAVY. Slice some beef thin, broil a part of it over a very clear quick fire, just enough to give a colour to the gravy, but not to dress it. Put that and the raw beef into a very nicely tinned stewpan, with two onions, a clove or two, whole black pepper, berries of allspice, and a bunch of sweet herbs. Cover it with hot water, give it one boil, and skim it well two or three times. Then cover it, and simmer till it be quite strong.

CLOTHING. Those who regard their health should be careful to adapt their clothing to the state of the climate, and the season of the year. Whatever be the influence of custom, there is no reason why our clothing should be such as would suit an inhabitant of the torrid or the frigid zones, but of the state of the air around us, and of the country in which we live. Apparel may be warm enough for one season of the year, which is by no means sufficient for another; we ought therefore neither to put off our winter garments too soon, nor wear our summer ones too long. Every change of this sort requires to be made cautiously, and by degrees. In general, all clothes should be light and easy, and in no instance ought health and comfort to be sacrificed to pride and vanity. In the early part of life it is not necessary to wear many clothes: but in the decline of life, when many diseases proceed from a defect of perspiration, plenty of warm clothing is required. Attention should also be paid to the constitution, in this as well as in other cases. Some persons can endure either cold or heat better than others, and may therefore be less mindful of their clothing: the great object is to wear just so many garments as is sufficient to keep the body warm, and no more. Shoes in particular should be easy to the foot, and all tight bandages on every part of the body

carefully avoided.

CLOUTED CREAM. String four blades of mace on a thread, put them to a gill of new milk, and six spoonfuls of rose water. Simmer a few minutes, then by degrees strain the liquor to the yolks of two eggs well beaten. Stir the whole into a quart of rich cream, and set [84] it over the fire; keep it stirring till hot, but not boiling; pour it into a deep dish, and let it stand twenty-four hours. Serve it in a cream dish, to eat with fruits. Some prefer it without any flavour but that of cream; in which case use a quart of new milk and the cream, or do it as the Devonshire scalded cream. When done enough, a round mark will appear on the surface of the cream, the size of the bottom of the pan, which is called the ring; and when that is seen, remove the pan from the fire.

CLYSTER. A common clyster is made of plain gruel strained, and a table-spoonful of oil or salt. A pint is sufficient for a grown person.

COCK CHAFFERS. This species of the beetle, sometimes called the May bug, is a formidable enemy to the husbandman, and has been found to swarm in such numbers, as to devour every kind of vegetable production. The insect is first generated in the earth, from the eggs deposited by the fly in its perfect state. In about three months, the insects contained in these eggs break the shell, and crawl forth in the shape of a grub or maggot, which feeds upon the roots of vegetables, and continues in this state of secret annoyance for more than three years, gradually growing to the size of an acorn. It is the thick white maggot with a red head, so frequently found in turning up the soil. At the end of the fourth year, they emerge from the earth, and may be seen in great numbers in the mild evenings of May. The willow seems to be their favourite food; on this they hang in clusters, and seldom quit it till they have completely devoured its foliage. The most effectual way to destroy them, is to beat them off with poles, and then to collect and burn them. The smoke of burning heath, fern, or other weeds, will prevent their incursions in gardens, or expel them if they have entered.

COCK ROACHES. These insects, consisting of various species, penetrate into chests and drawers, and do considerable injury to linen, books, and other articles. They seldom appear till night, when they infest beds, and bite very severely, leaving an unpleasant smell. The best remedy is to fill an earthen dish with small beer, sweetened with coarse sugar, and set in the place infested. Lay a board against the pan, to form a kind of ladder, and the insects will ascend and fall into the liquor.

COCKLE KETCHUP. Open the cockles, scald them in their own liquor, and add a little water, if there be not enough; but it is better to have a sufficient quantity of cockles, than to dilute it with water. Strain the liquor through a cloth, and season it with savoury spices. If for brown sauce, add port, anchovies, and garlic: a bit of burnt sugar will heighten the colouring. If for white sauce, omit these, and put in a glass of sherry, some lemon juice and peel, mace, nutmeg, and white pepper.

COD FISH. In season from the beginning of December till the end of April. To be quite good, the fish should be thick at the neck, the flesh white and firm, the gills very red, and the eyes bright and fresh. When flabby, they are not good. The cod is generally boiled whole; but a large head and shoulders contain all that is relishing, the thinner parts being overdone and tasteless before the thick are ready. But the whole fish may often be purchased more

reasonably; and the lower half, if sprinkled and hung up, will be in high perfection one or two days. Or it may be made salter, and served with egg sauce, potatoes, and parsnips. Small cod is usually very cheap. If boiled fresh, it is watery; but eats well if salted and hung up for a day, to give it firmness. Then it should be stuffed and boiled, or it is equally good broiled. [85]

COD'S HEAD. The head and shoulders of the cod will eat much finer by having a little salt rubbed down the bone, and along the thick part, even if eaten the same day. Tie it up, put it on the fire in cold water sufficient to cover it, and throw a handful of salt into it. Great care must be taken to serve it up without the smallest speck of black, or scum. Garnish with plenty of double parsley, lemon, horse radish, and the milt, roe and liver, and fried smelts, if approved. If with smelts, no water must be suffered to hang about the fish, or the beauty and flavour of the smelts will be lost. Serve with plenty of oyster or shrimp sauce, anchovy and butter.

COD PIE. Take a piece of the middle of a small cod, and salt it well one night. Wash it the next day, season with pepper and salt, mixed with a very little nutmeg. Lay the meat in a dish, with the addition of a little good broth of any kind, and some bits of butter on it. Cover the dish with a crust, and bake it. When done, make a sauce of a spoonful of broth, a quarter of a pint of cream, a little flour and butter, and a dust of grated lemon and nutmeg. Give it one boil, and pour it into the pie. Oysters may be added, but parsley will do instead. Mackarel may be done in the same way, but must not be salted till they are used.

COD SOUNDS BOILED. Soak them in warm water half an hour, then scrape and clean them. If to be dressed white, boil them in milk and water. When tender, serve them up in a napkin, with egg sauce. The salt must not be much soaked out, unless for fricassee.

COD SOUNDS BROILED. Scald them in hot water, rub well with salt, pull off the dirty skin, and simmer them till tender. Then take them out, flour, and broil them. While this is doing, season a little brown gravy with pepper, salt, a tea-spoonful of soy, and a little mustard. Give it a boil with a little flour and butter, and pour it over the sounds.

COD SOUNDS RAGOUT. Having scalded, cleaned, and rubbed them well with salt, stew them in white gravy seasoned. Before they are served, add a little cream, butter and flour, gently boiling up. A bit of lemon peel, nutmeg, and the least pounded mace, will give it a good flavour.

COD SOUNDS LIKE CHICKENS. Carefully wash three large sounds, boil them in milk and water, but not too tender. When cold, put a forcemeat of chopped oysters, crumbs of bread, a bit of butter, nutmeg, pepper, salt, and the yolks of two eggs. Spread it thin over the sounds, roll up each in the form of a chicken, and skewer it. Then lard them as chickens, dust a little flour over, and roast them slowly in a tin oven. When done enough, pour over them a fine oyster sauce, and place them on the table as a side or corner dish.

CODLINS. This fruit may be kept for several months, if gathered of a middling size at midsummer, and treated in the following manner. Put them into an earthen pan, pour boiling water over them, and cover the pan with cabbage leaves. Keep them by the fire till ready to peel, but do not peel them; then pour off the water, and leave them cold. Place the codlins in a stone jar with a smallish mouth, and pour on the water that scalded them. Cover the pot

with bladder wetted and tied very close, and then over it coarse paper tied again. The fruit is best kept in small jars, such as will be used at once when opened.

CODLIN CREAM. Pare and core twenty good codlins; beat them in a mortar with a pint of cream, and strain it into a dish. Put to it sugar, bread crumbs, and a glass of wine; and stir it well. [86]

CODLIN TART. Scald the fruit, and take off the skin. Put a little of the liquor on the bottom of a dish, lay in the apples whole, and strew them over with Lisbon or fine sugar. When cold, put a paste round the edges, and over the fruit. Moisten the crust with the white of an egg, and strew some fine sugar over it; or cut the lid in quarters, without touching the paste on the edge of the dish. Remove the lid when cold, pour in a good custard, and sift it over with sugar. Another way is to line the bottom of a shallow dish with paste, lay in the scalded fruit, sweeten it, and lay little twists of paste over in bars.

COFFEE. Put two ounces of fresh-ground coffee, of the best quality, into a coffee pot, and pour eight coffee cups of boiling water on it. Let it boil six minutes, and return it; then put in two or three chips of isinglass, and pour on it one large spoonful of boiling water. Boil it five minutes more, and set the pot by the fire for ten minutes to keep it hot: the coffee will then be of a beautiful clearness. Fine cream should always be served with coffee, and either pounded sugar-candy, or fine Lisbon sugar. If for foreigners, or those who like it very strong, make only eight dishes from three ounces. If not fresh roasted, lay it before the fire until perfectly hot and dry; or put the smallest bit of fresh butter into a preserving pan, and when hot, throw the coffee into it, and toss it about until it be freshened, but let it be quite cold before it is ground.—But as coffee possesses a raw and astringent quality, which often disagrees with weak stomachs, and by being drank too warm is as frequently rendered unwholesome, the following is recommended as an improved method of preparing it. To an ounce of coffee, add a tea-spoonful of the best flour of mustard, to correct its acidity, and improve its fragrance; and in order to render it truly fine and wholesome, it should be made the evening before it is wanted. Let an ounce of fresh-ground coffee be put into a clean coffee pot well tinned, pour upon it a full pint of boiling water, set it on the fire, and after it has well boiled, let it stand by to settle. Next morning pour off the clear liquor, add to it a pint of new milk, warm it over the fire, and sweeten it to taste. Coffee made in this way, will be found particularly suitable to persons of a weak and delicate habit.—A substitute for foreign coffee may be prepared from the acorns of the oak, by shelling and dividing the kernels, drying and roasting them gradually in a close vessel, and keeping them constantly stirring. Grind it like other coffee, and either use it alone, or mix with it a small quantity of foreign coffee. The seeds of the flower de luce, or common waterflag, being roasted in the same manner as coffee, very much resembles it in colour and flavour. Coffee made of these seeds is extremely wholesome, in the proportion of an ounce to a pint of boiling water.

COFFEE CAKES. Melt some fresh butter in a pint of thin cream, and work up with it four pounds of dried flour. Add a pound of sugar, a pint of yeast, and half an ounce of carraways. Stir them all together, set it before the fire to rise, roll the paste out thin, cut it into small cakes, and bake them on buttered paper.

COFFEE CREAM. Boil a calf's foot in water till reduced to a pint of jelly, clear of

sediment and fat. Make a tea-cupful of strong fresh coffee, clear it perfectly bright with isinglass, and pour it to the jelly. Add a pint of very good cream, sweeten it with fine Lisbon sugar, boil it up once, and pour it into the dish. This article is much admired, but the jelly must not be stiff, and the coffee must be fresh. [87]

COFFEE MILK. Boil a dessert-spoonful of ground coffee, in nearly a pint of milk, a quarter of an hour. Then put in a shaving or two of isinglass to clear it; let it boil a few minutes, and set it on the side of the fire to grow fine. This makes a very fine breakfast; it should be sweetened with real Lisbon sugar of a good quality.

COLD CAUDLE. Boil a quart of spring water; when cold, add the yolk of an egg, the juice of a small lemon, six spoonfuls of sweet wine, sugar to taste, and syrup of lemons one ounce.

COLD FISH. Soles, cod, whitings, or smelts may be cut into bits, and put into scallop shells, with cold oyster, lobster, or shrimp sauce. Having added some bread crumbs, they may be put into a Dutch oven, and browned like scalloped oysters.

COLD MEAT. If it be a little underdone, the best way to warm it up is to sprinkle over a little salt, and put it into a Dutch oven at some distance before a gentle fire, that it may warm gradually. Watch it carefully, and keep turning it till it is quite hot and brown, and serve it up with gravy. This is preferable to hashing, as it will retain more of its original flavour. Roast beef or mutton, of course, are best for this purpose.

COLD SALLAD. Boil an egg quite hard, put the yolk into a sallad dish, mash it with a spoonful of water, then add a little of the best sallad oil or melted butter, a tea-spoonful of ready-made mustard, and some vinegar. Cut the sallad small and mix it together, adding celery, radishes, or other sallad herbs with it. Onions may be served in a saucer, rather than mixed in the bowl. An anchovy may be washed, cut small, and mixed with it; also a bit of beet root, and the white of an egg. Celery may be prepared in the same way.

COLDS. For a bad cold take a large tea-cupful of linseed, two pennyworth of stick liquorice, and a quarter of a pound of sun raisins. Put them into two quarts of water, and let it simmer over a slow fire till reduced one half. Then add a quarter of a pound of sugar-candy pounded, a table-spoonful of rum, and the same of lemon juice or vinegar. The rum and lemon juice are better added when the mixture is taken, or they are apt to grow flat. Take half a pint just warm at bed time.

COLLARED BEEF. Choose the thin end of the flank of fine mellow beef, but not too fat: lay it into a dish with salt and saltpetre, turn and rub it every day for a week, and keep it cool. Then take out every bone and gristle, remove the skin of the inside part, and cover it thick with the following seasoning cut small; a large handful of parsley, the same of sage, some thyme, marjoram and pennyroyal, pepper, salt, and allspice. Roll the meat up as tight as possible, and bind it round with a cloth and tape; then boil it gently for seven or eight hours. Put the beef under a good weight while hot, without undoing it: the shape will then be oval. Part of a breast of veal rolled in with the beef, looks and eats very well.

COLLARED EEL. Bone a large eel, but do not skin it. Mix up pepper, salt, mace, allspice, and a clove or two, in the finest powder, and rub over the whole inside: roll it tight,

and bind it with a coarse tape. Boil it in salt and water till done enough, then add vinegar, and when cold keep the collar in pickle. Serve it either whole or in slices. Chopped parsley, sage, a little thyme, knotted marjoram, and savoury, mixed with the spices, greatly improve the taste. [88]

COLLARED MACKAREL. Do them the same as eels, omitting the herbs.

COLLARED MUTTON. Take out the bones and gristle of a breast of mutton, lay the meat flat, and rub it over with egg. Mix some grated bread, pounded cloves and mace, pepper, salt, and lemon peel, and strew over it. Two or three anchovies, washed and boned, may be added. Roll the meat up hard, bind it with tape and boil it; or if skewered, it may either be roasted or baked.

COLLARED PORK. Bone a breast of pork, and season it with thyme, parsley and sage. Roll it hard, tie it up in a cloth, and boil it. Press it well, take it out of the cloth when cold, and keep it in the liquor it was boiled in.

COLLARED PORK'S HEAD. Clean it well, take out the brains, rub it with a handful of salt, and two ounces of saltpetre. Let it lie a fortnight in brine, then wash it, and boil it till the bones will easily come out. Lay it in a dish, take off the skin carefully, take out the bones, and peel the tongue. Mix a handful of sage, a little thyme, and four shalots chopped fine. Put the meat to it, and chop it into pieces about an inch square. Put a thin cloth into an earthen pot, lay in the meat, cover the cloth over, and press it down. Set the pot in the liquor again, boil it nearly an hour longer, then take it out, place a weight on the cover within side, and let it remain all night. Take it out, strip off the cloth, and eat the collar with mustard and vinegar.

COLLARED SALMON. Split such part of the fish as may be sufficient to make a handsome roll, wash and wipe it; and having mixed salt, white pepper, pounded mace, and Jamaica pepper, in quantity to season it very high, rub it inside and out well. Then roll it tight and bandage it, put as much water and one third vinegar as will cover it, adding bay leaves, salt, and both sorts of pepper. Cover it close, and simmer till it is done enough. Drain and boil the liquor, put it on when cold, and serve with fennel. It is an elegant dish, and extremely good.

COLLARED VEAL. Bone the breast and beat it, rub it with egg, and strew over it a seasoning of pounded mace, nutmeg, pepper and salt, minced parsley, sweet marjoram, lemon peel, crumbs of bread, and an anchovy. Roll it up tight in a cloth, and boil it two hours and a half in salt and water. Hang it up, or press it: make a pickle for it of the liquor it was boiled in, and half the quantity of vinegar.

COLLEGE PUDDINGS. Grate the crumb of a two-penny loaf, shred eight ounces of suet, and mix with eight ounces of currants, one of citron mixed fine, one of orange, a handful of sugar, half a nutmeg, three eggs beaten, yolk and white separately. Mix and make into the size and shape of a goose-egg. Put half a pound of butter into a fryingpan; and when melted and quite hot, stew them gently in it over a stove; turn them two or three times, till they are of a fine light brown. Mix a glass of brandy with the batter, and serve with pudding sauce.

COLOURING FOR JELLIES. For a beautiful Red, take fifteen grains of cochineal in

the finest powder, and a dram and a half of cream of tartar. Boil them in half a pint of water very slowly for half an hour, adding a bit of alum the size of a pea; or use beet root sliced, and some liquor poured over. For White, use cream; or almonds finely powdered, with a spoonful of water. For Yellow, yolks of eggs, or a little saffron steeped in the liquor and squeezed. For Green, spinach or beet leaves bruised and pressed, and the juice boiled to take off the rawness. Any of these will do to stain jellies, ices, or cakes. [89]

COLOURING FOR SOUPS. Put four ounces of lump sugar, a gill of water, and half an ounce of fine butter into a small tosser, and set it over a gentle fire. Stir it with a wooden spoon, till of a light brown. Then add half a pint of water; let it boil and skim it well. When cold, bottle and cork it close. Add to either soup or gravy as much of this as will give it a proper colour.

COMMON CAKE. Mix three quarters of a pound of flour with half a pound of butter, four ounces of sugar, four eggs, half an ounce of carraways, and a glass of raisin wine. Beat it well, and bake it in a quick oven.—A better sort of common cake may be made of half a pound of butter, rubbed into two pounds of dried flour; then add three spoonfuls of yeast that is not bitter, and work it to a paste. Let it rise an hour and a half; then mix in the yolks and whites of four eggs beaten separately, a pound of Lisbon sugar, about a pint of milk to make it of a proper thickness, a glass of sweet wine, the rind of a lemon, and a tea-spoonful of powdered ginger. A pound of currants, or some carraways may be added, and let the whole be well beaten together.

COMMON PLANTS. The virtues of a great number of ordinary plants and weeds being but little understood, they are generally deemed useless; but they have properties nevertheless which might be rendered useful, if carefully and judiciously applied. The young shoots and leaves of chick-weed, for example, may be boiled and eaten like spinach, are equally wholesome, and can scarcely be distinguished from it. The juice expressed from the stem and leaves of goose-grass, taken to the amount of four ounces, night and morning for several weeks, is very efficacious in scorbutic complaints, and other cutaneous eruptions. The smell of garlic is an infallible remedy against the vapours, faintings, and other hysteric affections. The common poppy is an antidote to the stings of venomous insects, and a remedy for inflammation of the eyes: it also cures the pleurisy, and spitting of blood. Sage taken in any form tends to cleanse and enrich the blood: it makes a good cordial, and is highly useful in cases of nervous debility. It is often given in fevers with a view to promote perspiration, and with the addition of a little lemon juice it makes a grateful and cooling beverage.

COOL TANKARD. Put into a quart of mild ale a glass of white wine, one of brandy, one of capillaire, the juice of a lemon, and a little piece of the rind. Add a sprig of borage or balm, a bit of toasted bread, and nutmeg grated on the top.

COPPER. Many serious accidents have been occasioned by the use of copper in kitchen requisites. The eating of fruit especially that has been prepared in a copper stewpan, where some of the oxide was insensibly imbibed, has been known to produce death; or if coffee grounds are suffered to remain long in a copper coffee-pot, and afterwards mixed with fresh coffee, for the sake of economy, the effects will be highly injurious, if not fatal. The best

antidote in such cases, when they unhappily occur, is to take immediately a large spoonful of powdered charcoal, mixed with honey, butter, or treacle; and within two hours afterwards, an emetic or a cathartic to expel the poison.

COPPERS. In domestic economy, the necessity of keeping copper vessels always clean, is generally acknowledged; but it may not perhaps be so generally known, that fat and oily substances, and vegetable acids, do not attack copper while hot; and therefore, that if no liquor were suffered to remain and grow cold in copper vessels, they might be used for every culinary purpose with perfect safety. The object is to clean and dry the vessels well before they turn cold. [90]

COPYING LETTERS. Dissolve a little sugar in the ink, and write with it as usual. When a copy is required, moisten a piece of unsized paper lightly with a sponge, and apply it to the writing; then smooth the wet paper over with a warm iron, such as is used in a laundry, and the copy is immediately produced without the use of a machine.

COPYING PRINTS. Moisten a piece of paper with a solution of soap and alum, lay it on the print or picture, and pass it under a rolling press. Another method is to have a small frame in the form of a basin stand, enclosing a square of glass on the pot, on which the print is laid with the paper upon it; and then placing a candle under the glass, the print may be traced with a pencil, or pen and ink. Impressions may also be transferred by mixing a little vermillion with linseed oil so as to make it fluid; then with a pen dipped in it, trace every line of the print accurately. Turn the print with its face downwards on a sheet of white paper, wet the back of the print, lay another sheet upon it, and press it till the red lines are completely transferred.

CORKS. Economy in corks is very unwise: in order to save a mere trifle in the purchase, there is a danger of losing some valuable article which it is intended to preserve. None but velvet taper corks should be used for liquors that are to be kept for any length of time; and when a bottle of ketchup or of anchovy is opened, the cork should be thrown away, and a new one put in that will fit it very tight. If a cork is forced down even with the mouth of the bottle, it is too small, and should be drawn, that a larger one may be put in.

CORK CEMENT. Liquors and preserves, intended to be kept a long time, are often spoiled by the clumsy and ineffectual manner in which they are fastened down. Bottles therefore should be secured with the following cement, spread upon the cork after it is cut level with the top of the bottle. Melt in an earthen or iron pot half a pound of black rosin, half a pound of sealing wax, and a quarter of a pound of bees wax. When it froths up, and before all is melted and likely to boil over, stir it with a tallow candle, which will settle the froth till all is melted and fit for use.

CORNS. Apply to warts and corns, a piece of soft brown paper moistened with saliva, and a few dressings will remove them. A convenient plaster may also be made of an ounce of pitch, half an ounce of galbanum dissolved in vinegar, one scruple of ammoniac, and a dram and a half of diachylon mixed together.

COSTIVENESS. From whatever cause it may arise, frequent exercise in the open air, and abstinence from heating liquors, will be found very beneficial. To those who are afflicted

with this complaint, it is particularly recommended that they should visit the customary retreat every morning at a stated hour, that nature may in this respect, by perseverance, acquire a habit of regularity. In obstinate cases, three drams of carbon may be taken two or three times a day, mixed with three ounces of lenitive electuary, and two drams of carbonate of soda, as circumstances may require. Half an ounce of Epsom salts, dissolved in a tumbler or two of cold water, and drank at intervals, will have a very salutary effect.

COTTENHAM CHEESE. Though this is so much noted for its superior flavour and delicacy, it does not appear to be owing to any particular management of the dairy, but rather to the fragrance of the herbage on which the cows feed in that part of the country. [91]

COUGHS. The extract of malt will be found an excellent remedy for coughs or colds. Pour as much hot water over half a bushel of pale ground malt as will just cover it; the water must not be boiling. In forty-eight hours drain off the liquor entirely, but without squeezing the grains. Put the former into a large sweetmeat pan, or saucepan, that there may be room to boil as quick as possible, without boiling over. When it begins to thicken, stir it constantly, till it becomes as thick as treacle. Take a dessert-spoonful of it three times a day.—Another remedy for a bad cough may be prepared as follows. Mix together a pint of simple mint water, two table-spoonfuls of sallad oil, two tea-spoonfuls of hartshorns, sweetened with sugar, and take two large spoonfuls of the mixture two or three times a day.

COURT PLAISTER. Dissolve half an ounce of isinglass in an ounce of water, and boil it till the water is nearly all consumed; then add gradually a dram of Friar's balsam, and stir them well together. Dip a brush in the hot mixture, and spread it on a piece of clean silk.

COWS. In the management of cows intended for the dairy, a warm stable or cowhouse is of great importance. Cows kept at pasture will require from one to two acres of land each to keep them during the summer months; but if housed, the produce of one fourth part will be sufficient. Their dung, which would otherwise be wasted on the ground by the action of the sun and weather, is hereby easily preserved, and given to the soil where it is most wanted, and in the best condition. The treading on the grass and pasture, which diminishes its value, is prevented; the expence of division-fences is avoided, and the time and trouble of driving them about is all saved. They are also kept more cool, are less tormented by flies than if pastured, acquire good coats and full flesh, though they consume a much smaller quantity of food. They are in all respects more profitably kept in the house, than out of doors; but they must be regularly and gradually trained to it, or they will not thrive. Cows should always be kept clean, laid dry, and have plenty of good water to drink. They should never be suffered to drink at stagnant pools, or where there are frogs, spawn, or filth of any kind; or from common sewers or ponds that receive the drainings of stables, or such kind of places; all which are exceedingly improper. One of the most effectual means of rendering their milk sweet and wholesome, as well as increasing its quantity, is to let them drink freely of water in which the most fragrant kind of clover or lucern has been steeped: and if they are curried in the same manner as horses, they will not only receive pleasure from it, but give their milk more freely. In Holland, where the greatest attention is paid to all kinds of domestic animals, the haunches of dairy cows are washed morning and evening with warm water previous to milking, and after calving are clothed with sacking. The floors of their cowhouses are paved with brick, with a descent in the middle, where a gutter carries off the

drain, and the place is kept perfectly clean with a broom and pails of water. The filthy state in which cows are confined in the vicinity of London, and other large cities, and the manner in which they are literally crammed, not with wholesome food, but with such things as are calculated to produce an abundance of milk, cannot be too severely reprobated as injurious to the public health. It is also notorious, that vessels of hot and cold water are always kept in these cowhouses for the accommodation of mercenary retailers, who purchase a quantity of milk at a low price, and then mix it with such a proportion of water as they think necessary [92] to reduce it to a proper standard; when it is hawked about at an exorbitant price. The milk is not pure in its original state, and being afterwards adulterated, it is scarcely fit for any purpose in a family. The first object in the article of food, is wholesomeness; and grass growing spontaneously on good meadow-land is in general deemed most proper for cows intended to supply the dairy. The quantity of milk produced by those which feed on sainfoin is however nearly double to that of any other provender: it is also richer in quality, and will yield a larger quantity of cream: of course the butter will be better coloured and flavoured than any other. Turnips and carrots form an excellent article, and cannot be too strongly recommended, especially as a winter food; but they should be cleaned and cut; and parsnips, with the tops taken off will produce abundance of milk, of a superior quality; and cows will eat them freely though they are improper for horses. Of all vegetable productions, perhaps the cabbage is the most exuberant for this purpose, and ought by all means to be encouraged. The drum-headed cabbage, and the hardy variety of a deep green colour with purple veins, and of the same size with the drum-head, are particularly useful in the feeding of cows, and afford an increase of milk far superior to that produced by turnips. They are also excellent for the fattening of cattle, which they will do six weeks sooner than any other vegetables, though the cabbage plant is generally supposed to impart a disagreeable flavour to butter and cheese made from the milk of cows fed upon it, yet this may easily be prevented by putting a gallon of boiling water to six gallons of milk, when it is standing in the trays; or by dissolving an ounce of saltpetre in a quart of spring water, and mixing about a quarter of a pint of it with ten or twelve gallons of milk as it comes from the cow. By breaking off the loose leaves, and giving only the sound part to the cows, this disagreeable quality may also be avoided, as other cattle will eat the leaves without injury. When a cow has been milked for several years, and begins to grow old, the most advantageous way is to make her dry. To effect this, bruise six ounces of white rosin, and dissolve it in a quart of water. The cow having been housed, should then be bled and milked; and after the mixture has been administered, she should be turned into good grass. She is no longer to be milked, but fattened on rich vegetables. Cows intended for breeding, should be carefully selected from those which give plenty of milk. During three months previously to calving, if in the spring, they should be turned into sweet grass; or if it happen in the winter, they ought to be well fed with the best hay. The day and night after they have calved, they should be kept in the house, and lukewarm water only allowed for their drink. They may be turned out the next day, if the weather be warm, but regularly taken in for three or four successive nights; or if the weather be damp and cold, it is better to girt them round with sacking, or keep them wholly within. Cows thus housed should be kept in every night, till the morning cold is dissipated, and a draught of warm water given them previously to their going to the field. If the udder of a milking cow becomes hard and painful, it should be fomented with warm water and rubbed with a gentle hand. Or if the teats are sore, they should be soaked in

warm water twice a day; and either be dressed with soft ointment, or done with spirits and water. If the former, great cleanliness is necessary: the milk at these times is best given to the pigs. Or if a cow be injured by a blow or wound, the part affected should be suppled several times a day with fresh butter; or a salve prepared of one ounce of Castile soap dissolved in a pint and a half of fresh milk over a slow fire, stirring it constantly, to form a complete mixture. But if the wound should turn to an obstinate ulcer, take Castile soap, gum ammoniac, gum galbanum, and extract of hemlock, each one ounce; form them into eight boluses, and administer one of them every morning and evening. To prevent cows from sucking their own milk, as some of them are apt to do, rub the teats frequently with strong rancid cheese, which will prove an effectual remedy. [93]

COW HEELS. These are very nutricious, and may be variously dressed. The common way is to boil, and serve them in a napkin, with melted butter, mustard, and a large spoonful of vinegar. Or broil them very tender, and serve them as a brown fricassee. The liquor will do to make jelly sweet or relishing and likewise to give richness to soups or gravies. Another way is to cut them into four parts, to dip them into an egg, and then dredge and fry them. They may be garnished with fried onions, and served with sauce as above. Or they may be baked as for mock turtle.

COWSLIP MEAD. Put thirty pounds of honey into fifteen gallons of water, and boil till one gallon is wasted; skim it, and take it off the fire. Have a dozen and a half of lemons ready quartered, pour a gallon of the liquor boiling hot upon them, and the remainder into a tub, with seven pecks of cowslip pips. Let them remain there all night; then put the liquor and the lemons to eight spoonfuls of new yeast, and a handful of sweet-briar. Stir all well together, and let it work for three or four days; then strain and tun it into a cask. Let it stand six months, and bottle it for keeping.

COWSLIP WINE. To every gallon of water, weigh three pounds of lump sugar; boil them together half an hour, and take off the scum as it rises. When sufficiently cool, put to it a crust of toasted bread dipped in thick yeast, and let the liquor ferment in the tub thirty six hours. Then put into the cask intended for keeping it, the peel of two and the rind of one lemon, for every gallon of liquor; also the peel and the rind of one Seville orange, and one gallon of cowslip pips. Pour the liquor upon them, stir it carefully every day for a week, and for every five gallons put in a bottle of brandy. Let the cask be close stopped, and stand only six weeks before it be bottled off.

CRABS. The heaviest are best, and those of a middling size the sweetest. If light they are watery: when in perfection the joints of the legs are stiff, and the body has a very agreeable smell. The eyes look dead and loose when stale. The female crab is generally preferred: the colour is much brighter, the claws are shorter, and the apron in front is much broader. To dress a hot crab, pick out the meat, and clear the shell from the head. Put the meat into the shell again, with a little nutmeg, salt, pepper, a bit of butter, crumbs of bread, and three spoonfuls of vinegar. Then set the crab before the fire, or brown the meat with a salamander. It should be served on a dry toast.—To dress a cold crab, empty the shell, mix the flesh with a small quantity of oil, vinegar, salt, white pepper and cayenne. Return the mixture, and serve it up in the shell.

CRACKNELS. Mix with a quart of flour, half a nutmeg grated, the yolks of four eggs beaten, and four spoonfuls of rose water. Make the whole into a stiff paste, with cold water. Then roll in a pound of butter, and make the paste into the shape of cracknels. Boil them in a [94] kettle of water till they swim, and then put them into cold water. When hardened, lay them out to dry, and bake them on tin plates.

CRACKNUTS. Mix eight ounces of fine flour, with eight ounces of sugar, and melt four ounces of butter in two spoonfuls of raisin wine. With four eggs beaten and strained, make the whole into a paste, and add carraway seed. Roll the paste out as thin as paper, cut it into shapes with the top of a glass, wash them with the white of an egg, and dust them over with fine sugar.

CRAMP. Persons subject to this complaint, being generally attacked in the night, should have a board fixed at the bottom of the bed, against which the foot should be strongly pressed when the pain commences. This will seldom fail to afford relief. When it is more obstinate, a brick should be heated, wrapped in a flannel bag at the bottom of the bed, and the foot placed against it. The brick will continue warm, and prevent a return of the complaint. No remedy however is more safe or more certain than that of rubbing the affected part, to restore a free circulation. If the cramp attack the stomach or bowels, it is attended with considerable danger: medicine may relieve but cannot cure. All hot and stimulating liquors must be carefully avoided, and a tea-cupful of lukewarm gruel or camomile tea should be frequently given, with ten or fifteen drops of deliquidated salt of tartar in each.

CRANBERRIES. If for puddings and pies, they require a good deal of sugar. If stewed in a jar, it is the same: but in this way they eat well with bread, and are very wholesome. If pressed and strained, after being stewed, they yield a fine juice, which makes an excellent drink in a fever.

CRANBERRY GRUEL. Mash a tea-cupful of cranberries in a cup of water, and boil a large spoonful of oatmeal in two quarts of water. Then put in the jam, with a little sugar and lemon peel; boil it half an hour, and strain it off. Add a glass of brandy or sweet wine.

CRANBERRY JELLY. Make a very strong isinglass jelly. When cold, mix it with a double quantity of cranberry juice, pressed and strained. Sweeten it with fine loaf sugar, boil it up, and strain it into a shape.—To make cranberry and rice jelly, boil and press the fruit, strain the juice, and by degrees mix it into as much ground rice as will, when boiled, thicken to a jelly. Boil it gently, keep it stirring, and sweeten it. Put it in a bason or form, and serve it up with milk or cream.

CRAY FISH. Make a savoury fish-jelly, and put some into the bottom of a deep small dish. When cold, lay the cray-fish with their back downwards, and pour more jelly over them. Turn them out when cold, and it will make a beautiful dish. Prawns may be done in the same way.

CREAM. Rich cream for tea or coffee is prepared in the following manner. Put some new milk into an earthen pan, heat it over the fire, and set it by till the next day. In order to preserve it a day or two longer, it must be scalded, sweetened with lump sugar, and set in a

cool place. If half a pint of fresh cream be boiled in an earthen pot with half a pound of sugar, and corked up close in phials when cold, it will keep for several weeks, and be fit for the tea-table.

CREAM FOR PIES. Boil a pint of new milk ten minutes, with a bit of lemon peel, a laurel leaf, four cloves, and a little sugar. Mix the yolks of six eggs and half a tea-spoonful of flour, strain the milk to them, and set it over a slow fire. Stir it to a consistence, but do not let [95] it curdle: when cold it may be spread over any kind of fruit pies.

CREAM FOR WHEY BUTTER. Set the whey one day and night, and skim it till a sufficient quantity is obtained. Then boil it, and pour it into a pan or two of cold water. As the cream rises, skim it till no more comes, and then churn it. Where new-milk cheese is made daily, whey butter for common and present use may be made to advantage.

CREAM CHEESE. To make this article, put into a pan five quarts of strippings, that is, the last of the milk, with two spoonfuls of rennet. When the curd is come, strike it down two or three times with the skimming dish just to break it. Let it stand two hours, then spread a cheese cloth on a sieve, lay the curd on it, and let the whey drain. Break the curd a little with the hand, and put it into a vat with a two-pound weight upon it. Let it stand twelve hours, take it out, and bind a fillet round. Turn it every day till dry, from one board to another; cover them with nettles or clean dock-leaves, and lay them between two pewter plates to ripen. If the weather be warm, the cheese will be ready in three weeks.—Another way. Prepare a kettle of boiling water, put five quarts of new milk into a pan, five pints of cold water, and five of hot. When of a proper heat, put in as much rennet as will bring it in twenty minutes, likewise a bit of sugar. When the curd is come, strike the skimmer three or four times down, and leave it on the curd. In an hour or two lade it into the vat without touching it; put a two-pound weight on it when the whey has run from it, and the vat is full.—To make another sort of cream cheese, put as much salt to three pints of raw cream as will season it. Stir it well, lay a cheese cloth several times folded at the bottom of a sieve, and pour the curd upon it. When it hardens, cover it with nettles on a pewter plate.—What is called Rush Cream Cheese is made as follows. To a quart of fresh cream put a pint of new milk, warm enough to give the cream a proper degree of warmth; then add a little sugar and rennet. Set it near the fire till the curd comes; fill a vat made in the form of a brick, of wheat straw or rushes sewed together. Have ready a square of straw or rushes sewed flat, to rest the vat on, and another to cover it; the vat being open at top and bottom. Next day take it out, change it often in order to ripen, and lay a half pound weight upon it.—Another way. Take a pint of very thick sour cream from the top of the pan for gathering butter, lay a napkin on two plates, and pour half into each. Let them stand twelve hours, then put them on a fresh wet napkin in one plate, and cover with the same. Repeat this every twelve hours, till the cheese begins to look dry. Then ripen it with nut leaves, and it will be ready in ten days. Fresh nettles, or two pewter plates, will ripen cream cheese very well.

CREAM PUDDING. Slice the crumb of a penny loaf into a quart of cream, scald it over the fire, and break it with a spoon. Add to it six eggs, with three of the whites only, half a pound of fine raisins, a quarter of a pound of sugar, a little rose water and nutmeg. Beat it all up together, stir in a little marrow if approved, and bake it in a dish with paste.

CREAMS. To make an excellent cream, boil half a pint of cream and half a pint of milk with two bay leaves, a bit of lemon peel, a few almonds beaten to paste, with a drop of water, a little sugar, orange flower water, and a tea-spoonful of flour rubbed down with a little cold milk. When the cream is cold, add a little lemon juice, and serve it up in cups or lemonade glasses.—For a superior article, whip up three quarters of a pint of very rich [96] cream to a strong froth, with some finely-scraped lemon peel, a squeeze of the juice, half a glass of sweet wine, and sugar to make it pleasant, but not too sweet. Lay it on a sieve or in a form, next day put it on a dish, and ornament it with very light puff paste biscuits, made in tin shapes the length of a finger, and about two thick. Fine sugar may be sifted over, or it may be glazed with a little isinglass. Macaroons may be used to line the edges of the dish.

CRESS VINEGAR. Dry and pound half an ounce of the seed of garden cresses, pour upon it a quart of the best vinegar, and let it steep ten days, shaking it up every day. Being strongly flavoured with the cresses, it is suitable for salads and cold meat. Celery vinegar is made in the same manner.

CRICKETS. The fume of charcoal will drive them away: or a little white arsenic mixed with a roasted apple, and put into the holes and cracks where the crickets are, will effectually destroy them. Scotch snuff dusted upon the holes where they come out, will also have the same effect.

CRIMP COD. Boil a handful of salt in a gallon of pump water, and skim it clean. Cut a fresh cod into slices an inch thick, and boil it briskly in the brine a few minutes; take the slices out very carefully, and lay them on a fish plate to drain. Dry and flour them, and lay them at a distance upon a clear fire to broil. Serve with lobster or shrimp sauce.

CRIMP SALMON. When the salmon is scaled and cleaned, take off the head and tail, and cut the body through into large slices. Throw them into a pan of pump water, sprinkle on a handful of bay salt, stir it about, and then take out the fish. Set on a deep stewpan, boil the head and tail whole, put in some salt, but no vinegar. When they have boiled ten minutes, skim the water clean, and put in the slices. When boiled enough, lay the head and tail in the dish, and the slices round; or either part may be dressed separately.

CRISP PARSLEY. Pick and wash some young parsley, shake it in a dry cloth to drain the water from it, spread it on a sheet of white paper, in a Dutch oven before the fire, and turn it frequently until it is quite crisp. This is a much better way of preparing it than by frying, which is seldom well done; and it will serve as a neat garnish for fish or lamb chops.

CROSS BUNS. Warm before the fire two pounds and a half of fine flour; add half a pound of sifted loaf sugar, some coriander seeds, cinnamon and mace finely pounded. Melt half a pound of butter in half a pint of milk; after it has cooled, stir in three table-spoonfuls of thick yeast, and a little salt. Work the whole into a paste, make it into buns, and cut a cross on the top. Put them on a tin to rise before the fire, brush them over with warm milk, and bake in a moderate oven.

CROWS. These birds are extremely useful to the farmer, in devouring multitudes of locusts, caterpillars, and other insects, which are highly injurious to the crops; but at certain seasons they have become so numerous, and committed such depredations on the corn

fields, that an act of parliament has been passed for their destruction. The most successful method is to prepare a kind of table between the branches of a large tree, with some carrion and other meat, till the crows are accustomed to resort to the place for food. Afterwards the meat may be poisoned; and the birds still feeding on it, will be destroyed. The drug called *nux vomica* is best adapted to the purpose.

CRUMPETS. Warm before the fire two pounds of fine flour, with a little salt, and mix it [97] with warm milk and water till it becomes stiff. Work up three eggs with three spoonfuls of thick yeast, and a cupful of warm milk and water; put it to the batter, and beat them well together in a large bowl, with as much milk and water as will make the batter thick. Set it before the fire to rise, and cover it close. Set on the fryingpan, rub it over with a bit of butter tied up in muslin, and pour in as much batter at a time as is sufficient for one crumpet. Let it bake slowly till it comes to a pale yellow; and when cold, the crumpets may be toasted and buttered.

CUCUMBERS. The best way of cultivating this delicious vegetable is as follows. When the plants have been raised on a moderate hot bed, without forcing them too much, they should be set in the open ground against a south wall in the latter end of May, and trained upon the wall like a fruit tree. When they have run up about five feet, they will send forth blossoms, and the fruit will soon appear. Cucumbers of the slender prickly sort are to be preferred, and they should not be watered too much while growing, as it will injure the fruit. The flesh of cucumbers raised in this way, will be thicker and firmer, and the flavour more delicious, than those planted in the usual manner, where the runners are suffered to trail upon the ground. Melons may also be treated in the same manner, and the quality of both will be greatly improved.—When cucumbers are to be prepared for the table, pare and score them in several rows, that they may appear as if slightly chopped. Add some young onions, pepper and salt, a glass of white wine, the juice of a lemon, and some vinegar. Or cut them in thin slices, with pepper, salt, vinegar, and sliced onions. Or send them to table whole, with a sliced onion in a saucer.

CUCUMBER KETCHUP. Pare some large old cucumbers, cut them in slices, and mash them; add some salt, and let them stand till the next day. Drain off the liquor, boil it with lemon peel, mace, cloves, horse-radish, shalots, white pepper, and ginger. Strain it; and when cold put it into bottles, with the mace, cloves and peppercorns, but not the rest. A little of this ketchup will give an agreeable taste to almost any kind of gravy sauce.

CUCUMBER VINEGAR. Pare and slice fifteen large cucumbers, and put them into a stone jar, with three pints of vinegar, four large onions sliced, two or three shalots, a little garlic, two large spoonfuls of salt, three tea-spoonfuls of pepper, and half a tea-spoonful of cayenne. Keep the vinegar in small bottles, to add to sallad, or to eat with meat.

CULLIS. To make cullis for ragouts, cut in pieces two pounds of lean veal, and two ounces of ham. Add two cloves, a little nutmeg and mace, some parsley roots, two carrots sliced, some shalots, and two bay leaves. Put them into an earthen jar on a hot hearth, or in a kettle of boiling water. Cover them close, let them simmer for half an hour, observing that they do not burn; then put in beef broth, stew it, and strain it off.

CUMBERLAND PUDDING. To make what is called the Duke of Cumberland's

pudding, mix six ounces of grated bread, the same quantity of currants well cleaned and picked, the same of beef suet finely shred, the same of chopped apples, and also of lump sugar. Add six eggs, half a grated nutmeg, a dust of salt, and the rind of a lemon minced as fine as possible; also a large spoonful each of citron, orange, and lemon cut thin. Mix them thoroughly together, put the whole into a basin, cover it close with a floured cloth, and boil it three hours. Serve it with pudding sauce, add the juice of half a lemon, boiled together. [98]

CURD PUDDING. Rub the curd of two gallons of milk well drained through a sieve. Mix it with six eggs, a little cream, two spoonfuls of orange-flower water, half a nutmeg, flour and crumbs of bread each three spoonfuls, currants and raisins half a pound of each. Boil the pudding an hour in a thick well-floured cloth.

CURD PUFFS. Turn two quarts of milk to curd, press the whey from it, rub it through a sieve, and mix four ounces of butter, the crumb of a penny loaf, two spoonfuls of cream, half a nutmeg, a little sugar, and two spoonfuls of white wine. Butter some small cups or pattipans, and fill them three parts. Orange-flower water is an improvement. Bake the puffs with care, and serve with sweet sauce in a boat.

CURD STAR. Set on the fire a quart of new milk, with two or three blades of mace; and when ready to boil, put to it the yolks and whites of nine eggs well beaten, and as much salt as will lie upon a six-pence. Let it boil till the whey is clear; then drain it in a thin cloth, or hair sieve. Season it with sugar, and a little cinnamon, rose water, orange-flower water, or white wine. Put it into a star form, and let it stand some hours before it be turned into a dish: then pour round it some thick cream or custard.

CURDS AND CREAM. Put three or four pints of milk into a pan a little warm, and then add rennet or gallina. When the curd is come, lade it with a saucer into an earthen shape perforated, of any form you please. Fill it up as the whey drains off, without breaking or pressing the curd. If turned only two hours before wanted, it is very light; but those who like it harder may have it so, by making it earlier, and squeezing it. Cream, milk, or a whip of cream, sugar, wine, and lemon, may be put into the dish, or into a glass bowl, to serve with the curd.—Another way is to warm four quarts of new milk, and add a pint or more of buttermilk strained, according to its sourness. Keep the pan covered till the curd be sufficiently firm to cut, three or four times across with a saucer, as the whey leaves it. Put it into a shape, and fill up until it be solid enough to take the form. Serve with plain cream, or mixed with sugar, wine and lemon.

CURDS AND WHEY. According to the Italian method, a more delicate and tender curd is made without the use of common rennet. Take a number of the rough coats that line the gizzards of turkeys and fowls, clean them from the pebbles they contain, rub them well with salt, and hang them up to dry. When to be used, break off some bits of the skin, and pour on some boiling water. In eight or nine hours the liquor may be used as other rennet.

CURING BUTTER. It is well known, that butter as it is generally cured, does not keep for any length of time, without spoiling or becoming rancid. The butter with which London is supplied, may be seen at every cheesemonger's in the greatest variety of colour and quality; and it is too often the case, that even the worst butter is compounded with better sorts, in order to procure a sale. These practices ought to be discountenanced, and no butter

permitted to be sold but such as is of the best quality when fresh, and well cured when salted, as there is hardly any article more capable of exciting disgust than bad butter. To remedy this evil, the following process is recommended, in preparing butter for the firkin. Reduce separately to fine powder in a dry mortar, two pounds of the whitest common salt, [99] one pound of saltpetre, and one pound of lump sugar. Sift these ingredients one upon another, on two sheets of paper joined together, and then mix them well with the hands, or with a spatula. Preserve the whole in a covered jar, placed in a dry situation. When required to be used, one ounce of this composition is to be proportioned to every pound of butter, and the whole is to be well worked into the mass. The butter may then be put into pots or casks in the usual way. The above method is practised in many parts of Scotland, and is found to preserve the butter much better than by using common salt alone. Any housekeeper can make the experiment, by proportioning the ingredients to the quantity of butter; and the difference between the two will readily be perceived. Butter cured with this mixture appears of a rich marrowy consistency and fine colour, and never acquires a brittle hardness, nor tastes salt, as the other is apt to do. It should be allowed to stand three weeks or a month before it is used, and will keep for two or three years, without sustaining the slightest injury. Butter made in vessels or troughs lined with lead, or in glazed earthenware pans, which glaze is principally composed of lead, is too apt to be contaminated by particles of that deleterious metal. It is better therefore to use tinned vessels for mixing the preservative with the butter, and to pack it either in wooden casks, or in jars of the Vauxhall ware, which being vitrified throughout, require no inside glazing.

CURING HAMS. When hams are to be cured, they should hang a day or two; then sprinkle them with a little salt, and drain them another day. Pound an ounce and a half of saltpetre, the same quantity of bay salt, half an ounce of sal-prunelle, and a pound of the coarsest sugar. Mix these well, and rub them into each ham every day for four days, and turn it. If a small one, turn it every day for three weeks: if a large one, a week longer, but it should not be rubbed after four days. Before it is dried, drain and cover it with bran, and smoke it ten days.—Or choose the leg of a hog that is fat and well fed, and hang it up a day or two. If large, put to it a pound of bay salt, four ounces of saltpetre, a pound of the coarsest sugar, and a handful of common salt, all in fine powder, and rub the mixture well into the ham. Lay the rind downwards, and cover the fleshy part with the salts. Baste it frequently with the pickle, and turn it every day for a month. Drain and throw bran over it, then hang it in a chimney where wood is burnt, and turn it now and then for ten days.—Another way is, to hang up the ham, and sprinkle it with salt, and then to rub it daily with the following mixture. Half a pound of common salt, the same of bay salt, two ounces of saltpetre, and two ounces of black pepper, incorporated with a pound and a half of treacle. Turn it twice a day in the pickle for three weeks; then lay it into a pail of water for one night, wipe it quite dry, and smoke it two or three weeks.—To give hams a high flavour, let them hang three days, when the weather will permit. Mix an ounce of saltpetre with a quarter of a pound of bay salt, the same quantity of common salt, and also of coarse sugar, and a quart of strong beer. Boil them together, pour the liquor immediately upon the ham, and turn it twice a day in the pickle for three weeks. An ounce of black pepper, and the same quantity of allspice, in fine powder, added to the above will give a still higher flavour. Wipe and cover it with bran, smoke it three or four weeks; and if there be a strong fire, it should be sewed up in a coarse wrapper.—To give a ham a still higher flavour, sprinkle it with salt, after it has [100]

hung two or three days, and let it drain. Make a pickle of a quart of strong beer, half a pound of treacle, an ounce of coriander seed, two ounces of juniper berries, an ounce of pepper, the same quantity of allspice, an ounce of saltpetre, half an ounce of sal-prunelle, a handful of common salt, and a head of shalot, all pounded or cut fine. Boil these together for a few minutes, and pour them over the ham. This quantity is sufficient for a ham of ten pounds. Rub and turn it every day for a fortnight; then sew it up in a thin linen bag, and smoke it three weeks. Drain it from the pickle, and rub it in bran, before drying. In all cases it is best to lay on a sufficient quantity of salt at first, than to add more afterwards, for this will make the ham salt and hard. When it has lain in pickle a few days, it would be advantageous to boil and skim the brine, and pour it on again when cold. Bacon, pig's face, and other articles may be treated in the same manner.

CURRANT CREAM. Strip and bruise some ripe currants, strain them through a fine sieve, and sweeten the juice with refined sugar. Beat up equal quantities of juice and cream, and as the froth rises put it into glasses.

CURRANT FRITTERS. Thicken half a pint of ale with flour, and add some currants. Beat it up quick, make the lard boil in the frying-pan, and put in a large spoonful of the batter at a time, which is sufficient for one fritter.

CURRANT GRUEL. Make a pint of water gruel, strain and boil it with a table-spoonful of clean currants till they are quite plump. Add a little nutmeg and sugar, and a glass of sweet wine. This gruel is proper for children, or persons of a costive habit.

CURRANT JAM. Whether it be made of black, red, or white currants, let the fruit be very ripe. Pick it clean from the stalks, and bruise it. To every pound put three quarters of a pound of loaf sugar, stir it well, and boil it half an hour.

CURRANT JELLY. Strip the fruit, whether red or black, and put them into a stone jar, to boil on a hot hearth, or over the fire in a saucepan of water. Strain off the liquor, and to every pint add a pound of loaf sugar in large lumps. Put the whole into a china or stone jar, till nearly dissolved; then put it into a preserving pan, and skim it while simmering on the fire. When it will turn to jelly on a plate, keep it in small jars or glasses.

CURRANT PIE. Put a paste round the dish, fill it with fruit and good moist sugar, add a little water, and cover it with paste. Place a tea-cup in the dish, bottom upwards, to prevent the juice from boiling over. Baked currants are better mixed with raspberries or damsons.

CURRANT SAUCE. To make the old sauce for venison, boil an ounce of dried currants in half a pint of water a few minutes. Then add a small tea-cupful of bread crumbs, six cloves, a glass of port wine, and a bit of butter. Stir it till the whole is smooth.

CURRANT SHRUB. Strip some white currants, and prepare them in a jar as for jelly. Strain the juice, of which put two quarts to one gallon of rum, and two pounds of lump sugar. Strain the whole through a jelly bag.

CURRANT WINE. To every three pints of fruit, carefully picked and bruised, add one quart of water. In twenty-four hours strain the liquor, and put to every quart a pound of good Lisbon sugar. If for white currants use lump sugar. It is best to put the whole into a

large pan; and when in three or four days the scum rises, take that off before the liquor be put into the barrel. Those who make from their own gardens, may not have fruit sufficient to [101] fill the barrel at once; but the wine will not be hurt by being made in the pan at different times, in the above proportions, and added as the fruit ripens; but it must be gathered in dry weather, and an account taken of what is put in each time.—Another way. Put five quarts of currants, and a pint of raspberries, to every two gallons of water. Let them soak all night, then squeeze and break them well. Next day rub them well on a fine wire sieve, till all the juice is obtained, and wash the skins again with some of the liquor. To every gallon put four pounds of good Lisbon sugar, tun it immediately, lay the bung lightly on, and leave it to ferment itself. In two or three days put a bottle of brandy to every four gallons, bung it close, but leave the vent peg out a few days. Keep it three years in the cask, and it will be a fine agreeable wine; four years would make it still better.—Black Currant Wine is made as follows. To every three quarts of juice add the same quantity of water, and to every three quarts of the liquor put three pounds of good moist sugar. Tun it into a cask, reserving a little for filling up. Set the cask in a warm dry room, and the liquor will ferment of itself. When the fermentation is over, take off the scum, and fill up with the reserved liquor, allowing three bottles of brandy to forty quarts of wine. Bung it close for nine months, then bottle it; drain the thick part through a jelly bag, till that also be clear and fit for bottling. The wine should then be kept ten or twelve months.

CURRIES. Cut fowls or rabbits into joints; veal, lamb or sweetbreads into small pieces. Put four ounces of butter into a stewpan; when melted, put in the meat, and two sliced onions. Stew them to a nice brown, add half a pint of broth, and let it simmer twenty minutes. Mix smooth in a basin one table-spoonful of currie powder, one of flour, and a tea-spoonful of salt, with a little cold water. Put the paste into the stewpan, shake it well about till it boils, and let it simmer twenty minutes longer. Just before it is dished up, squeeze in the juice of half a lemon, and add a good table-spoonful of melted butter.

CURRIE BALLS. Take some bread crumbs, the yolk of an egg boiled hard, and a bit of fresh butter about half the size; beat them together in a mortar, season with a little currie powder, roll the paste into small balls, and boil them two or three minutes. These will serve for mock turtle, veal, poultry, and made dishes.

CURRIE OF COD. This should be made of sliced cod, that has either been crimped, or sprinkled with salt for a day, to make it firm. Fry it of a fine brown with onions, and stew it with a good white gravy, a little currie powder, a bit of butter and flour, three or four spoonfuls of rich cream, salt, and cayenne, if the powder be not hot enough.

CURRIE OF LOBSTERS. Take them from the shells, lay them into a pan with a small piece of mace, three or four spoonfuls of veal gravy, and four of cream. Rub smooth one or two tea-spoonfuls of currie powder, a tea-spoonful of flour, and an ounce of butter. Simmer them together an hour, squeeze in half a lemon, and add a little salt. Currie of prawns is made in the same way.

CURRIE POWDER. Dry and reduce the following articles to a fine powder. Three ounces of coriander seed, three ounces of turmeric, one ounce of black pepper, and one of ginger; half an ounce of lesser cardamoms, and a quarter of an ounce each of cinnamon,

cummin seed, and cayenne. Thoroughly pound and mix them together, and keep it in a well-stopped bottle. [102]

CURRIE SAUCE. Stir a small quantity of currie powder in some gravy, melted butter, or onion sauce. This must be done by degrees, according to the taste, taking care not to put in too much of the currie powder.

CURRIE SOUP. Cut four pounds of a breast of veal into small pieces, put the trimmings into a stewpan with two quarts of water, twelve peppercorns, and the same of allspice. When it boils, skim it clean; and after boiling an hour and a half, strain it off. While it is boiling, fry the bits of veal in butter, with four onions. When they are done, add the broth to them, and put it on the fire. Let it simmer half an hour, then mix two spoonfuls of currie powder, and the same of flour, with a little cold water and a tea-spoonful of salt, and add these to the soup. Simmer it gently till the veal is quite tender, and it is ready. Or bone a couple of fowls or rabbits, and stew them in the same manner. Instead of black pepper and allspice, a bruised shalot may be added, with some mace and ginger.

CUSTARDS. To make a cheap and excellent custard, boil three pints of new milk with a bit of lemon peel, a bit of cinnamon, two or three bay leaves, and sweeten it. Meanwhile rub down smooth a large spoonful of rice flour in a cup of cold milk, and mix with it the yolks of two eggs well beaten. Take a basin of the boiling milk and mix with the cold, then pour it to the boiling, stirring it one way till it begin to thicken, and is just going to boil up; then pour it into a pan, stir it some time, add a large spoonful of peach water, two spoonfuls of brandy, or a little ratafia. Marbles boiled in custard, or any thing likely to burn, will prevent it from catching if shaked about in the saucepan.—To make a richer custard, boil a pint of milk with lemon peel and cinnamon. Mix a pint of cream, and the yolks of five eggs well beaten. When the milk tastes of the seasoning, sweeten it enough for the whole; pour into the cream, stirring it well; then give the custard a simmer, till it come to a proper thickness. Stir it wholly one way, season it as above, but do not let it boil. If the custard is to be very rich, add a quart of cream to the eggs instead of milk.

CUSTARD PASTE. Six ounces of butter, three spoonfuls of cream, the yolks of two eggs, and half a pound of flour, are to be mixed well together. Let it stand a quarter of an hour, work it well, and roll it out thin.

CUSTARD PUDDING. Mix by degrees a pint of good milk with a large spoonful of flour, the yolks of five eggs, some orange-flower water, and a little pounded cinnamon. Butter a bason that will just hold it, pour in the batter, and tie a floured cloth over. Put it in when the water boils, turn it about a few minutes to prevent the egg settling on one side, and half an hour will boil it. Put currant jelly over the pudding, and serve it with sweet sauce.

CUTLETS MAINTENON. Cut slices of veal three quarters of an inch thick, beat them with a rolling-pin, and wet them on both sides with egg. Dip them into a seasoning of bread crumbs, parsley, thyme, knotted marjoram, pepper, salt, and a little grated nutmeg. Then put them into white papers folded over, and broil them. Have ready some melted butter in a boat, with a little mushroom ketchup.—Another way is to fry the cutlets, after they have been prepared as above. Dredge a little flour into the pan, and add a piece of butter; brown it, pour in a little boiling water, and boil it quick. Season with pepper, salt, and ketchup, and

pour over them.—Or, prepare as before, and dress the cutlets in a Dutch oven. Pour over them melted butter and mushrooms. Neck steaks especially are good broiled, after being seasoned with pepper and salt; and in this way they do not require any herbs. [103]

CUTTING GLASS. If glass be held in one hand under water, and a pair of scissors in the other, it may be cut like brown paper; or if a red hot tobacco pipe be brought in contact with the edge of the glass, and afterwards traced on any part of it, the crack will follow the edge of the pipe.

CUTTING OF TEETH. Great care is required in feeding young children during the time of teething. They often cry as if disgusted with food, when it is chiefly owing to the pain occasioned by the edge of a silver or metal spoon pressing on their tender gums. The spoon ought to be of ivory, bone, or wood, with the edges round and smooth, and care should be taken to keep it sweet and clean. At this period a moderate looseness, and a copious flow of saliva, are favourable symptoms. With a view to promote the latter, the child should be suffered to gnaw such substances as tend to mollify the gums, and by their pressure to facilitate the appearance of the teeth. A piece of liquorice or marshmallow root will be serviceable, or the gums may be softened and relaxed by rubbing them with honey or sweet oil.

D.

DAIRY. In a publication intended for general usefulness, the management of the dairy, the source of so many comforts, demands some attention, in addition to the information conveyed under various other articles, connected with this interesting part of female economy. A dairy house then ought to be so situated that the windows or lattices may front the north, and it should at all times be kept perfectly cool and clean. Lattices are preferable to glazed lights, as they admit a free circulation of air; and if too much wind draws in, oiled paper may be pasted over the lattice, or a frame constructed so as to slide backwards and forwards at pleasure. Dairies cannot be kept too cool in the summer: they ought therefore to be erected, if possible, near a spring of running water. If a pump can be fixed in the place, or a stream of water conveyed through it, it will tend to preserve a continual freshness and purity of the air. The floor should be neatly paved with red brick, or smooth stone, and laid with a proper descent, so that no water may stagnate: it should be well washed every day, and all the utensils kept with the strictest regard to cleanliness. Neither the cheese, rennet, or cheesepress, must be suffered to contract any taint; nor should the churns be scalded in the dairy, as the steam arising from the hot water tends greatly to injure the milk. The utensils of the dairy should all be made of wood: lead, copper, and brass are poisonous, and cast iron gives a disagreeable taste to the productions of the dairy. Milk leads in particular should be utterly abolished, and well-glazed earthen pans used in their stead. Sour milk has a corroding tendency, and the well known effects of the poison of lead are, bodily debility, palsy, and death. The best of all milk vessels are flat wooden trays about three inches deep, and wide

enough to contain a full gallon of milk. These may be kept perfectly clean with good care, and washing and scalding them well with salt and water. As soon as the operation of [104] churning is performed, the butter should be washed immediately in several waters, till thoroughly cleansed from the milk, which should be forced out with a flat wooden ladle, or skimming dish, provided with a short handle. This should be quickly performed, with as little working of the butter as possible; for if it be too much beaten and turned, it will become tough and gluey, which greatly debases its quality. To beat it up with the hand is an indelicate practice, as the butter cannot fail to imbibe the animal effluvia: a warm hand especially will soften it, and make it appear greasy. If the heat of the weather should render it too soft to receive the impression of the mould, it may be put into small vessels, and allowed to swim in a trough of cold water, provided the butter do not come in contact with the water, which would diminish some of its best qualities. A little common salt must be worked up in the butter at the time of making it, and care must be taken not to handle it too much. Meat hung in a dairy will taint the air, and spoil the milk.—See BUTTER, CHEESE, CHURNING, &c.

DAMP BEDS. Of all other means of taking cold, damp beds are the most dangerous, and persons who keep them in their houses are guilty of a species of murder, though it unfortunately happens that no housewife is willing to acknowledge that *her* beds were ever damp. There is however no other effectual way of preventing the dreadful effects so often experienced in this way, than by keeping the beds in constant use, or causing them frequently to be slept in till they are wanted by a stranger. In inns, where the beds are used almost every night, nothing more is necessary than to keep the rooms well aired, and the linen quite dry. If a bed be suspected of dampness, introduce a glass goblet between the sheets with its bottom upwards, immediately after the warming pan is taken out. After a few minutes, if any moisture adheres to the inside of the glass, it is a certain sign that the bed is damp: but if only a slight steam appears, all is safe. If a goblet be not at hand, a looking glass will answer the purpose. The safest way in all such cases is to take off the sheets, and sleep between the blankets.

DAMP HOUSES. Nothing is more common than for persons to hazard their lives by inhabiting a dwelling almost as soon as the plasterer or the painter has performed his work, and yet this ought to be guarded against with the utmost care. The custom of sitting in a room lately washed, and before it is thoroughly dried, is also highly injurious to health. Colds occasioned by these means often bring on asthmas and incurable consumptions.

DAMP WALLS. When a house has undergone repairs, the walls are apt to become damp, as well as when it has been new built. To prevent the ill effects, powder some glass fine, mix it with slacked lime, dry the mixture well in an iron pot, and pass it through a flour sieve. Then boil some tar with a little grease for a quarter of an hour, and make a cement of the whole together. Care must be taken to prevent any moisture from mixing with the cement, which must be used as soon as made. Lay it on the damp part of the wall like common plaster about a foot square at a time, or it will quickly become too hard for use: if the wall be very wet, a second coating will be required. Common hair mortar may then be laid on, with the addition of a little Paris plaster, which will prevent the walls in future from becoming damp.

DAMSON CHEESE. Pick the damsons clean, bake them slowly, till they may be

rubbed through a cullender, leaving nothing but the skins and stones. Boil the pulp and juice three hours over a slow fire, with some moist sugar, and keep it stirring to prevent burning. Blanch the kernels, and mix them with the jam a few minutes before it be taken off the fire. Put it into cups, tie it down with writing paper dipped in brandy, and the cheese will keep several years, if kept in a dry place.

DAMSON PUDDING. Line a bason with tolerably thin paste, fill with the fruit, and cover the paste over it. Tie a cloth tight over, and boil till the fruit is done enough.

DAMSON WINE. Take a considerable quantity of damsons and common plums inclining to ripeness; slit them in halves, so that the stones may be taken out, then mash them gently, and add a little water and honey. Add to every gallon of the pulp a gallon of spring water, with a few bay leaves and cloves: boil the mixture, and add as much sugar as will sweeten it, skim off the froth, and let it cool. Now press the fruit, squeezing out the liquid part; strain all through a fine cloth, and put the water and juice together in a cask. Having allowed the whole to stand and ferment for three or four days, fine it with white sugar, flour, and whites of eggs. Draw it off into bottles, then cork it well: in twelve days it will be ripe, and will taste like weak port, having a flavour of canary.

DAMSONS PRESERVED. To keep damsons for winter pies, put them in small stone jars, or wide-mouthed bottles; set them up to their necks in a boiler of cold water, and scald them. Next day, when perfectly cold, fill up the bottles with spring water, and close them down.—Another way is to boil one third as much sugar as fruit over a slow fire, till the juice adheres to the fruit, and forms a jam. Keep it in small jars in a dry place. If too sweet, mix with it some of the fruit done without sugar.—Or choose some pots of equal size top and bottom, sufficient to hold eight or nine pounds each. Put in the fruit about a quarter up, strew in a quarter of the sugar, then another quantity of fruit, and so on till all of both are in. The proportion of sugar is to be three pounds to nine pounds of fruit. Set the jars in the oven, and bake the fruit quite through. When cold, put a piece of clean-scraped stick into the middle of the jar, and let the upper part stand above the top. Cover the fruit with writing paper, and pour melted mutton-suet over, full half an inch thick. Keep the jars in a cool dry place, and use the suet as a cover, which may be drawn up by the stick, if a forked branch be left to prevent its slipping out.

DAVENPORT FOWLS. Hang up young fowls for a night. Take the liver, hearts, and tenderest parts of the gizzards, and shred them small, with half a handful of young clary, an anchovy to each fowl, an onion, and the yolks of four eggs boiled hard, seasoning the whole with pepper, salt, and mace. Stuff the fowls with this mixture, and sew up the vents and necks quite close, that the water may not get in. Boil them in salt and water till almost done; then drain them, and put them into a stewpan with butter enough to brown them. Serve them with fine melted butter, and a spoonful of ketchup of either sort, in the dish.

DEBILITY. A general relaxation of the nervous system is the source of numerous disorders, and requires a treatment as various as the causes on which it depends. In general, gentle heat possesses both stimulating and strengthening properties, and this is best communicated by a warm bath, which instead of relaxing will invigorate the whole frame. Diet must also be attended to; and weakly persons should be careful to eat light and

nourishing food, and plenty of nutricious vegetables. New laid eggs, soup, strong meat-broth, and shell-fish are also very nourishing. Clothing should be accommodated to the [106] climate and changes of weather, so as to preserve as much as possible a middle temperature between cold and heat. Invalids of this description require longer and less disturbed rest than persons in perfect health and vigour; labour and exercise adapted to their habits and strength, a clean but not too soft bed, an airy and capacious apartment, and particularly a calm and composed mind, which last possesses a most powerful influence in preserving health and life, for without tranquility, all other means will be ineffectual.

DERBYSHIRE BREAD. Rub four ounces of butter into four pounds of flour, add four eggs well beaten, a pint of milk, and a large spoonful of yeast. Mix them into a paste, make it into rolls, and let them stand half an hour to rise before the fire. Put them into the oven, dip them in milk the next day, and then let them stand by the fire in a Dutch oven about twenty minutes. The rolls will then be very good, and keep a fortnight.

DEVONSHIRE JUNKET. Put warm milk into a bowl, and turn it with rennet. Then without breaking the curd, put on the top some scalded cream, sugar and cinnamon.

DIET BREAD. Beat nine eggs, and add their weight in sifted sugar, and half as much flour. Mix them well together, grate in the rind of a lemon, and bake it in a hoop.

DIET DRINK. Infuse in five gallons of small beer, twelve ounces of red dock-roots, the pith taken out; three ounces of chicary roots, two handfuls of sage, balm, brooklime, and dandelion; two ounces of senna, two of rhubarb, four ounces of red saunders, and a few parsley and carraway seeds. Or boil a pound of the fine raspings of guaiacum, with six gallons of sweetwort, till reduced to five; and when it is set to work, put in the above ingredients. If a little salt of wormwood be taken with it, this diet drink will act as a diuretic, as well as a purgative.

DINNERS. The FIRST COURSE for large dinner parties, generally consists of various soups, fish dressed many ways, turtle, mock turtle, boiled meats and stewed: tongue, ham, bacon, chawls of bacon, boiled turkey and fowls: rump, sirloin, and ribs of beef roasted: leg, saddle, and other roast mutton: roast fillet, loin, neck, breast, and shoulder of veal: leg of lamb, loin, fore-quarter, chine, lamb's head and mince: mutton stuffed and roasted, steaks variously prepared, ragouts and fricassees: meat pies raised, and in dishes: patties of meat, fish, and fowl: stewed pigeons, venison, leg of pork, chine, loin, spare-rib, rabbits, hare, puddings, boiled and baked: vegetables, boiled and stewed: calf's head different ways, pig's feet and ears different ways.—Dishes for the SECOND COURSE, birds, and game of all sorts: shell-fish, cold and potted: collared and potted fish, pickled ditto, potted birds, ribs of lamb roasted, brawn, vegetables, stewed or in sauce: French beans, peas, asparagus, cauliflower, fricassee, pickled oysters, spinach, and artichoke bottoms: stewed celery, sea kale, fruit tarts, preserved-fruit tarts, pippins stewed, cheesecakes, various sorts: a collection of sweet dishes, creams, jellies, mince pies, and all the finer sorts of puddings: omlet, macaroni, oysters in scallops, stewed or pickled.—For removes of soup and fish, one or two joints of meat or fowl are served; and for one small course, the article suited to the second must make a part. Where vegetables, fowls, or any other meat are twice dressed, they add to the appearance of the table the first time; and three sweet articles may form the second

appearance, without greater expence. In some houses, one dish at a time is sent up with the vegetables, or sauces proper to it, and this in succession hot and hot. In others, a course of soups and fish: then meats and boiled fowls, turkey, &c. Made dishes and game follow; and lastly, sweet dishes; but these are not the common modes. It ought also to be remarked, that cooks in general do not think of sending up such articles as are in the house, unless ordered; though by so doing, the addition of something collared or pickled, some fritters, fried patties, or quick-made dumplings, would be useful when there happen to be accidental visitors: and at all times it is proper to improve the appearance of the table rather than let things spoil below, by which an unnecessary expence is incurred.—Any of the following articles may be served as a relish, with the cheese, after dinner. Baked or pickled fish done high, Dutch pickled herrings: sardinias, which eat like anchovy, but are larger: anchovies, potted char, ditto lampreys: potted birds made high, caviare and sippets of toast: salad, radishes, French pie, cold butter, potted cheese, anchovy toast.

DISTRESS FOR RENT. In these days of general complaint and general distress, when so many families and individuals are suffering from the extortions of tax-gatherers, and the severity of landlords, it is proper that householders and occupiers of land should be furnished with a little information on the subject of their legal rights and liabilities, in order to guard against injustice, or the fatal consequences of illegal proceedings. It must therefore be observed, that rent is recoverable by action of debt at common law; but the general remedy is distress, by taking the goods and chattels out of the possession of the tenant, to procure satisfaction for rent. A distress for rent therefore must be made for nonpayment, or rent in arrears, and cannot be made on the day in which the rent becomes due. Neither can distress be made after the rent has been tendered; or if it be tendered while the distress is making, the landlord must deliver up the distress. Any goods or effects that are damaged by the proceedings of the landlord, must be made good by him.—When distress is levied, it should be for the whole of the rent in arrears; not a part at one time and the remainder at another, if there was at first a sufficiency; but if the landlord should mistake the value of the things, he may make a second distress to supply the deficiency. He must be careful to demand neither more nor less than is due; he must also shew the certainty of the rent, and when it was due; otherwise the demand will not be good, nor can he obtain a remedy.—A landlord may distrain whatever he finds on the premises, whether it be the property of his tenant or not, except such things as are for the maintenance and benefit of trade; such as working tools and implements, sacks of corn, or meal in a mill. Neither fixtures in a house nor provisions can be distrained, nor any other article which cannot be restored in as good a state as when it was taken; but wearing apparel may be distrained when they are not in use. Money out of a bag cannot be distrained, because it cannot be known again; but money sealed up in a bag may. A horse in a cart cannot be distrained, without also taking the cart; and if a man be in the cart, these cannot be taken. A horse bringing goods to market, goods brought to market to be sold, goods for exportation on a wharf or in a warehouse, goods in the hands of a factor, goods delivered to a carrier to be conveyed for hire, wool in a neighbour's barn, are all considered as goods in the hands of a third person, and cannot therefore be distrained by a landlord for rent. But goods left at an inn or other place of conveyance, a chaise or horse [108] standing in a stable, though the property of a third person, may be distrained for rent. A distress must not be made after dark, nor on the Sabbath day.—Where a landlord means to distrain for rent, it is not necessary to demand his rent first, unless the tenant is on the

premises on the day of payment, and ready to pay it. But if goods are distrained, and no cause given for so doing, the owner may rescue them, if not impounded. Distraining part of the goods for rent in arrear, in the name of the whole goods, will be deemed a lawful seizure. But if distress and sale be made for rent when it can be proved that no rent is due or in arrear, the person so injured may recover double the value of such goods distrained, with full costs of suit. If goods be impounded, though they have been distrained without a cause, a tenant cannot touch them, because they are then in the hands of the law; but if not impounded or taken away, he is at liberty to rescue them.—If distress be made for rent, and the goods are not replevied within five days after the distress is made, and notice left on the premises stating the cause of such distress, the person distraining may have the goods appraised by two persons, sworn by the constable of the place for that purpose, and may after such appraisement sell them to the best advantage. The rent may then be taken, including all expences, and the overplus left in the hands of the constable for the owner's use. If a landlord commit an unlawful act or any other irregularity, in making distress for rent which is justly due, the distress itself will not on that account be deemed unlawful; but full damages may be demanded by the injured party, with full costs of suit; either in an action of trespass, or on the case. But if full recompense be tendered to the tenant for such trespass before the action is commenced, he is bound to accept it, or the action will be discharged.—If a tenant clandestinely remove his goods, to prevent the landlord from distraining them for rent, he may seize the goods within thirty days, wherever they shall be found; and if not actually sold previous to the seizure, he may dispose of them in order to recover his rent. Any tenant or assistant removing goods to prevent a distress, is liable to double the value of the goods, which the landlord may recover by action at law. If under the value of fifty pounds, complaint may be made in writing to two neighbouring magistrates, who will enforce the payment by distress, or commit the offenders to the house of correction for six months. If any person after the distress is made, shall presume to remove the goods distrained, or take them away from the person distraining, the party aggrieved may sue for the injury, and recover treble costs and damages against the offender.—A landlord may not break a lock, nor open a gate; but if the outer door of the house be open he may enter, and break open the inner doors. But where goods are fraudulently removed, and locked up to prevent their being seized, the landlord may break open every place where they are and seize them. If in a dwelling house, an oath must first be made before a magistrate, that is was suspected the goods were lodged there. The most eligible way is to remove the goods immediately, and to give the tenant notice where they are removed to; but it is usual to leave them under the protection of a person on the premises for five whole days, after which it is lawful to sell them. In making the distress, it is necessary to give the bailiff a written order for that purpose, which the landlord may do himself without any stamp, only specifying the person's name, place of abode, and rent in arrears for which the goods and chattels are to be seized. After this an inventory is to be made of the articles, a copy of which is to be given to the [109] tenant, accompanied with a notice that unless the arrears of rent and charges of distress be paid, or the goods replevied at the expiration of five days from the day of distress, the said goods will be appraised and sold according to law. If the landlord chooses to indulge the tenant with a longer time to raise the money, a memorandum must be taken of the tenant, stating that possession is lengthened at his request, or the landlord will be liable to an action for exceeding the time of his original notice.—See TENANTS.

DOUBLE RENT. If a tenant has received a written notice, and he refuse to quit, after such notice has been regularly served, and will not give possession at the time required, he is liable to pay at the rate of double the annual value of the land or tenement so detained, for so long time as the same are detained in his possession, and the payment may be recovered by action of debt. Or if the tenant shall give notice of his intention to quit the premises, and do not deliver up possession according to such notice, he is liable to the payment of double rent, as in the other case.—The following is the form of a notice to a tenant to quit, or to pay double rent. 'Mr. A. B. I hereby give you notice to deliver up possession and quit, on or before next Michaelmas day, the house and premises which you now hold of me, situate in the parish of in the county of and in default of your compliance therewith, I do and will insist on your paying me for the same, the yearly rent of being double the annual rent, for such time as you shall detain the key, and keep possession, over the said notice. Witness my hand this day of 182 . C. D. Landlord of the said premises.

Witness E. F.'—

If, after notice of double rent be expired, a single rent is accepted, such acceptance will prevent the penalty, until notice is again given, and the time expired.

DOWN. This valuable part of goose coating, which contributes so much to the comfort and even the luxury of life, comes to maturity when it begins to fall off of itself; and if removed too soon, it is liable to be attacked by worms. Lean geese furnish more than those that are fat, and the down is more valuable. Neither the feathers nor the down of geese which have been dead some time are fit for use: they generally smell bad, and become matted. None but what is plucked from living geese, or which have just been killed, ought to be exhibited for sale; and in this case the down should be plucked soon, or before the geese are entirely cold.

DRAUGHT FOR A COUGH. Beat a fresh-laid egg, and mix it with a quarter of a pint of new milk warmed, but do not heat it after the egg is put in. Add a large spoonful of capillaire, the same of rose water, and a little nutmeg scraped. Take it the first and last thing, and it will be found a fine soft draught for those who are weakly, or have a cold.—Another remedy. Take a handful of horehound, a handful of rue, a handful of hyssop, and the same quantity of ground ivy and of tormentil, with a small quantity of long plantain, pennyroyal, and five finger. Boil them in four quarts of water till reduced to two quarts. Strain it off, then add two pounds of loaf sugar; simmer it a little, add a quart of brandy and bottle it for use. A wine glassful of this to be taken occasionally.

DRIED BACON. When two flitches are to be cured, divide the hog, cut off the hams, and take out the chine. It is common to remove the spare-ribs, but the bacon will be preserved better from being rusty, if they are left in. Salt the bacon six days, then drain it from that first pickle: mix a proper quantity of salt with half a pound of bay-salt, three ounces [110]
of saltpetre, and a pound of coarse sugar, to each hog. Rub the salts well in, and turn it every day for a month. Drain and smoke it for a few days, or dry it with bran or flour, and hang it in the kitchen, or on a rack suspended from the ceiling.—Good bacon may be known, if you are going to purchase it, by the rind being thin, the fat firm, and of a red tinge,

the lean tender, of a good colour, and adhering to the bone. If there are yellow streaks in it, it is going, if not already rusty.

DRIED CHERRIES. Stone six pounds of Kentish cherries, and put them into a preserving pan with two pounds of loaf sugar pounded and strewed among them. Simmer them till they begin to shrivel, then strain them from the juice, lay them on a hot hearth or in an oven, when either is cool enough to dry without baking them. The same syrup will do another six pounds of fruit.—To dry cherries without sugar, stone, and set them over the fire in a preserving pan. Simmer them in their own liquor, and shake them in the pan. Put them by in common china dishes: next day give them another scald, and when cold put them on sieves to dry, in an oven moderately warm. Twice heating, an hour each time, will be sufficient. Place them in a box, with a paper between each layer.—A superior way of preserving cherries is to allow one pound of double-refined sugar to every five pounds of fruit, after they are stoned; then to put both into a preserving pan with very little water, till they are scalding hot. Take the fruit out immediately and dry them; return them into the pan again, strewing the sugar between each layer of cherries. Let it stand to melt, then set the pan on the fire, and make it scalding hot as before; take it off, and repeat this thrice with the sugar. Drain them from the syrup, and lay them singly to dry on dishes, in the sun or on a stove. When dry, put them into a sieve, dip it into a pan of cold water, and draw it instantly out again, and pour them on a fine soft cloth; dry them, and set them once more in the sun, or on a stove. Keep them in a box, with layers of white paper, in a dry place. This is the best way to give plumpness to the fruit, as well as colour and flavour.

DRIED HADDOCK. Choose them of two or three pounds weight; take out the gills, eyes, and entrails, and remove the blood from the backbone. Wipe them dry, and put some salt into the bodies and sockets. Lay them on a board for a night, then hang them up in a dry place, and after three or four days they will be fit to eat. Skin and rub them with egg, and strew crumbs over them. Lay them before the fire, baste with butter till they are quite brown, and serve with egg sauce.—Whitings, if large, are excellent in this way; and where there is no regular supply of fish, it will be found a great convenience.

DRIED SALMON. Cut the fish down, take out the inside and roe. After scaling it, rub it with common salt, and let it hang twenty-four hours to drain. Pound three or four ounces of saltpetre, according to the size of the fish, two ounces of bay salt, and two ounces of coarse sugar. Mix them well, rub it into the salmon, and lay it on a large dish for two days; then rub it with common salt, wipe it well after draining, and in twenty-four hours more it will be fit to dry. Hang it either in a wood chimney, or in a dry place, keeping it open with two small sticks.—Dried salmon is broiled in paper, and only just warmed through. Egg sauce and mashed potatoes may be eaten with it; or it may be boiled, especially the part next the head. An excellent dish of dried salmon may also be made in the following manner. Prepare some [111] eggs boiled hard and chopped large, pull off some flakes of the fish, and put them both into half a pint of thin cream, with two or three ounces of butter rubbed in a tea-spoonful of flour. Skim and stir it till boiling hot, make a wall of mashed potatoes round the inner edge of a dish, and pour the above into it.

DRINK FOR THE SICK. Pour a table-spoonful of capillaire, and the same of good vinegar, into a tumbler of fresh cold water. Tamarinds, currants, fresh or in jelly, scalded

currants or cranberries, make excellent drinks; with a little sugar or not, as most agreeable. Or put a tea-cupful of cranberries into a cup of water, and mash them. In the meantime boil two quarts of water with one large spoonful of oatmeal, and a bit of lemon peel; then add the cranberries, and as much fine Lisbon sugar as shall leave a smart flavour of the fruit. Add a quarter of a pint of sherry, or less, as may be proper: boil all together for half an hour, and strain off the drink.

DRIPPING, if carefully preserved, will baste every thing as well as butter, except fowls and game; and for kitchen pies nothing else should be used. The fat of a neck or loin of mutton makes a far lighter pudding than suet.

DRIPPING CRUST. Rub a pound of clarified dripping into three pounds of fine flour, and make it into a paste with cold water. Or make a hot crust with the same quantity, by melting the dripping in water, and mixing it hot with the flour.

DROP CAKES. Rub half a pound of butter into a pound of fine flour; mix it with half a pound of sugar, and the same of currants. Mix it into a paste, with two eggs, a large spoonful of rose water, brandy, and sweet wine; and put it on plates ready floured.

DROPSY. Gentle exercise and rubbing the parts affected, are highly proper in this complaint, and the tepid bath has often procured considerable relief. The patient ought to live in a warm dry place, not expose himself to cold or damp air, and wear flannel next the skin. Vegetable acids, such as vinegar, the juice of lemons and oranges, diluted with water, should be drank in preference to wine or spirits, either of which are generally hurtful. The diet should be light and nourishing, easy of digestion, and taken in moderation. Horseradish, onions and garlic, may be used instead of foreign spices; but tea, coffee, and punch, are alike improper.

DROWNING. If a person unfortunately fall into the water, and is supposed to be drowned, he should be carefully undressed as soon as he is taken out; then laid on a bed or mattrass in a warm apartment, with the head and upper part a little raised, and the nostrils cleaned with a feather dipped in oil. Let the body be gently rubbed with common salt, or with flannels dipped in spirits; the pit of the stomach fomented with hot brandy, the temples stimulated with spirits of hartshorn, and bladders of lukewarm water applied to different parts of the body, or a warming-pan wrapped in flannel gently moved along the back. A warm bath, gradually increased to seventy-five degrees, would be highly proper; or the body may be carried to a brewhouse, and covered up with warm grains for an hour or two. An attempt should be made to inflate the lungs, either by the help of a pair of bellows, or a person's blowing with his mouth through the nostril, which in the first instance is much better. If the patient be very young, or the animation do not appear altogether suspended, he may be placed in bed between two persons to promote natural warmth, or covered with blankets or warm flannels. Stimulating clysters of warm water and salt, or six ounces of brandy, should be speedily administered. The means should be persevered in for several hours, as [112] there are instances of persons recovering after all hope was given up, and they had been abandoned by their attendants. As soon as the first symptoms of life are discernible, care must be taken to cherish the vital action by the most gentle and soothing means. Fomentations of aromatic plants may then be applied to the pit of the stomach, bladders of

warm water placed to the left side, the soles of the feet rubbed with salt, and a little white wine dropped on the tongue. The patient should then be left in a quiet state till able to drink a little warm wine, or tea mixed with a few drops of vinegar. The absurd practice of rolling persons on casks, lifting the feet over the shoulders, and suffering the head to remain downwards, in order to discharge the water, has occasioned the loss of many lives, as it is now fully and clearly established, that the respiration being impeded is in this case the sole cause of the suspension of life; and which being restored, the vital functions soon recover their tone. No attempt must be made to introduce liquor of any kind into the mouth, till there are strong signs of recovery.

DUCKS. In rearing this species of poultry, they should be accustomed to feed and rest in one place, to prevent their straggling too far to lay. Places near the water to lay in are advantageous, and these might consist of small wooden houses, with a partition in the middle, and a door at each end. They generally begin to lay in the month of February. Their eggs should be daily taken away except one, till they seem inclined to set, and then they should be left with a sufficient quantity of eggs under them. They require no attention while setting, except to give them food at the time they come out to seek it; and water should be placed at a convenient distance, that their eggs may not be spoiled by their long absence in seeking it. Twelve or thirteen eggs will be sufficient. In an early season it is best to place them under a hen, that the ducks may have less time for setting, for in cold weather they cannot so well be kept from the water, and would scarcely have strength to bear it. They should be placed under cover, especially in a wet season; for though water is the natural element of ducks, yet they are apt to be killed by the cramp before they are covered with feathers to defend them. Ducks will eat any thing; and when to be fatted, they should have plenty of food, however coarse it may be, and in three weeks they will be ready.

DUCK PIE. Bone a full-grown young duck and a fowl. Wash and season them with pepper and salt, and a small proportion of mace and allspice in the finest powder. Put the fowl within the duck, and in the former a calf's tongue, boiled very tender and peeled. Press the whole close, and draw the legs inwards, that the body of the fowl may be quite smooth. The space between the sides of the crust may be filled with fine forcemeat, the same as for savoury pies. Bake it in a slow oven, either in a raised crust or pie dish, with a thick ornamented crust. Large Staffordshire pies are made as above, but with a goose outwards, then a turkey, a duck next, then a fowl; and either tongue, small birds, or forcemeat in the middle.

DUCK SAUCE. Put a rich gravy into the dish, and slice the breast. Cut a lemon, put on it some pepper and salt, squeeze it on the breast, and pour a spoonful of gravy over the meat, before it is sent round.—See ROAST DUCK.

DUN BIRDS. Roast and baste them with butter, and sprinkle a little salt before they are taken up. Pour a good gravy over them, and serve with shalot sauce in a boat. [113]

DUNELM OF VEAL. Stew a few small mushrooms in their own liquor and a bit of butter, a quarter of an hour. Mince them fine, and put them with their liquor to some cold minced veal. Add a little pepper and salt, some cream, and a bit of butter rubbed in less than half a tea-spoonful of flour. Simmer the mince three or four minutes, and serve it on thin

sippets of bread. Cold fowl may be treated in the same manner.

DUTCH BEEF. Take a lean piece of beef, rub it well with treacle or brown sugar, and let it be turned often. In three days wipe it, and salt it with common salt and saltpetre beaten fine: rub these well in, and turn it every day for a fortnight. Roll it tight in a coarse cloth, and press it under a large weight: hang it to dry in a wood smoke, but turn it upside down every day. Boil it in pump water, and press it: it will then grate or cut into shivers, like Dutch beef.

DUTCH FLUMMERY. Boil two ounces of isinglass in a pint and half of water very gently half an hour; add a pint of white wine, the juice of three lemons, and the thin rind of one. Rub a few lumps of sugar on another lemon to obtain the essence, and add with them a sufficient quantity of sugar to sweeten. Beat up the yolks of seven eggs, mix it with the above, and give them together one scald. Keep the flummery stirring all the time, pour it into a bason, stir it till half cold, let it settle, and then put it into a melon shape.

DUTCH PUDDING. Melt a pound of butter in half a pint of milk; mix it into two pounds of flour, eight eggs, and four spoonfuls of yeast. Add a pound of currants, and a quarter of a pound of sugar beaten and sifted, and bake it an hour in a quick oven. This is a very good pudding hot, and equally so as a cake when cold. If for the latter, carraways must be used instead of currants.

DUTCH RICE PUDDING. Soak four ounces of rice in warm water half an hour; drain away the water, put the rice into a stewpan, with half a pint of milk, and half a stick of cinnamon, and simmer it till tender. When cold, add four eggs well beaten, two ounces of butter melted in a tea-cupful of cream; and add three ounces of sugar, a quarter of a nutmeg, and a good piece of lemon peel. Put a light puffpaste into a mould or dish, or grated tops and bottoms, and bake in a quick oven.

DUTCH WAFFLES. These form a delicious article in the shape of puff cakes, which are instantly prepared and exhibited for sale in stalls or tents, in the fairs of Holland, where they are eaten hot as they come from the plate or baking pan, with fine sugar strewed over them. Mix together three pounds of fine flour, a dozen eggs, a pound of melted butter, half a pint of ale, some milk, and a little yeast. Beat it well, till it forms a thick paste, and let it stand three or four hours before the fire to rise. Lay it in small pieces on a hot iron or fryingpan, with a pair of buttered tongs, till it is lightly browned. Eat the waffles with fine sugar sifted over, or a little sack and melted butter.

DYEING. Nankeen dye is made of equal parts of arnetto and common potash, dissolved in boiling water. To dye cotton, silk, woollen, or linen of a beautiful yellow, the plant called weld, or dyer's weed, is used for that purpose. Blue cloths dipped in a decoction of it will become green. The yellow colour of the Dutch pink is obtained from the juice of the stones and branches of the weld. Black dye is obtained from a strong decoction of logwood, copperas, and gum arabic. Oak saw-dust, or the excrescences on the roots of young oaks, may be used as a substitute for galls, both in making ink and black dye.

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EARTHENWARE. An ounce of dry lean cheese grated fine, and an equal quantity of quicklime mixed well together in three ounces of skim milk, will form a good cement for any articles of broken earthenware, when the rendering of the joint visible is reckoned of no consequence. A cement of the same nature may be made of quicklime tempered with the curd of milk, but the curd should either be made of whey or buttermilk. This cement, like the former, requires to be applied immediately after it is made, and it will effectually join any kind of earthenware or china.

EARWIGS. These insects are often destructive in gardens, especially where carnations, nuts, or filberts, pears and apples are reared. Their depredations on the flowers may be prevented by putting the bowl of a tobacco-pipe on the sticks which support them, into which they will creep in the day time, and may be destroyed. Green leaves of elder laid near fruit trees, or flower roots, will prevent their approach. Large quantities may be taken by placing short cuts of reed, bean or wheat straw, among the branches of fruit trees, and laying some on the ground near the root. Having committed their depredations in the night, they take refuge in these in the day time; the reed or straw may be taken away and burnt, and more put in its stead.—If unfortunately one of these disagreeable insects have crept into the ear, from their running so frequently about our garments, let the afflicted person lay his head upon a table, while some friend carefully drop into the ear a little sweet oil, or oil of almonds. A drop or two will be sufficient to destroy the insect, and remove the pain. An earwig may be extracted by applying a piece of apple to the ear, which will entice the insect to come out.

EDGEBONE OF BEEF. Skewer it up tight, and tie a broad fillet round it, to keep the skewers in their places. Put it in with plenty of cold water, and carefully catch the scum as it rises. When all the scum is removed, place the boiler on one side of the fire, to keep simmering slowly till it is done. A piece weighing ten pounds will take two hours, and larger in proportion. The slower it boils the better it will look, and the tenderer it will be: if allowed to boil quick at first, no art can make it tender afterwards. Dress plenty of carrots, as cold carrots are a general favourite with cold beef.

EEL BROTH. Clean half a pound of small eels, and set them on the fire with three pints of water, some parsley, a slice of onion, and a few peppercorns. Let them simmer till the eels are broken, and the broth good. Add salt, and strain it off. The above should make three half pints of broth, nourishing and good for weakly persons.

EEL PIE. Cut the eels in lengths of two or three inches, season with pepper and salt, and place them in a dish with some bits of butter, and a little water. Cover the dish with a paste, and bake it.

EEL SOUP. Put three pounds of small eels to two quarts of water, a crust of bread, three blades of mace, some whole pepper, an onion, and a bunch of sweet herbs. Cover them close, stew till the fish is quite broken, and then strain it off. Toast some bread, cut it into dice, and pour the soup on it boiling hot. Part of a carrot may be put in at first. This soup will be as rich as if made of meat. A quarter of a pint of rich cream, with a tea-spoonful

of flour rubbed smooth in it, is a great improvement.

EGGS. In new-laid eggs there is a small division of the skin at the end of the shell, which is filled with air, and is perceptible to the eye. On looking through them against the sun or a candle, they will be tolerably clear; but if they shake in the shell, they are not fresh. Another way to distinguish fresh eggs, is to put the large end to the tongue; if it feels warm, it is new and good. Eggs may be bought cheapest in the spring, when the hens first begin to lay, before they set: in Lent and at Easter they become dear. They may be preserved fresh for some time by dipping them in boiling water, and instantly taking them out, or by oiling the shell, either of which will prevent the air from passing through. They may also be kept on shelves with small holes to receive one in each, and be turned every other day; or close packed in a keg, and covered with strong lime water. A still better way of preserving eggs in a fresh state is to dip them in a solution of gum-arabic in water, and then imbed them in powdered charcoal. The gum-arabic answers the purpose of a varnish for the eggs, much better than any resinous gum, as it can easily be removed by washing them in water, and is a much cheaper preparation than any other. If eggs are greased the oily matter becomes rancid, and infallibly hastens the putrefaction of the eggs. But being varnished with gum water, and imbedded in charcoal, they will keep for many years, and may be removed from one climate to another. [115]

EGGS AND BACON. Lay some slices of fine streaked bacon in a clean dish, and toast them before the fire in a cheese-toaster, turning them when the upper side is browned; or if it be wished to have them mellow and soft, rather than curled and crisp, parboil the slices before they are toasted and do them lightly. Clear dripping or lard is to be preferred to butter for frying the eggs, and be sure that the fryingpan is quite clean before it is put in. When the fat is hot, break two or three eggs into it. Do not turn them; but while they are frying, keep pouring some of the fat over them with a spoon. When the yolk just begins to look white, which it will in about two minutes, they are enough, and the white must not be suffered to lose its transparency. Take up the eggs with a tin slice, drain the fat from them, trim them neatly, and send them up with the bacon round them.

EGGS AND ONIONS. Boil some eggs hard, take out the yolks whole, and cut the whites in slices. Fry some onions and mushrooms, put in the whites, and keep them turning. Pour off the fat, flour the onions, and add a little gravy. Boil them up, then put in the yolks, with a little pepper and salt. Simmer the whole about a minute, and serve it up.

EGGS FOR SALLAD. Boil a couple of eggs for twelve minutes, and put them into a bason of cold water, to render the yolks firm and hard. Rub them through a sieve with a wooden spoon, and mix them with a spoonful of water, or fine double cream, and add two table-spoonfuls of oil or melted butter. When these are well mixed, add by degrees a tea-spoonful of salt, or powdered lump sugar, and the same of made mustard. Add very gradually three table-spoonfuls of vinegar, rub it with the other ingredients till thoroughly incorporated, and cut up the white of the egg to garnish the top of the sallad. Let the sauce remain at the bottom of the bowl, and do not stir up the sallad till it is to be eaten. This sauce is equally good with cold meat, cold fish, or for cucumbers, celery, and radishes.

EGGS FOR THE SICK. Eggs very little boiled or poached, when taken in small

quantities, convey much nourishment. The yolk only, when dressed, should be eaten by invalids. An egg divided, and the yolk and white beaten separately, then mixed with a glass of wine, will afford two very wholesome draughts, and prove lighter than when taken together. An egg broken into a cup of tea, or beaten and mixed with a bason of milk, makes a breakfast more supporting than tea only. [116]

EGGS FOR TURTLE. Beat in a mortar three yolks of eggs that have been boiled hard. Make it into a paste with the yolk of a raw one, roll it into small balls, and throw them into boiling water for two minutes to harden.

EGG BALLS. Boil the eggs hard, and put them in cold water. Take out the yolks, and pound them fine in a mortar, wetting them with raw yolks, about one to three. Season them with salt and white pepper, dry them with flour, and roll them into small balls, as they swell very much in boiling. When dressed, boil them in gravy for a minute.

EGG PIE. Boil twelve eggs hard, and chop them with one pound of marrow, or beef suet. Season with a little cinnamon and nutmeg finely beaten, adding one pound of currants clean washed and picked, two or three spoonfuls of cream, a little sweet wine, and rose water. Mix all together, and fill the pie: when it is baked, stir in half a pound of fresh butter, and the juice of a lemon.

EGG MINCE PIES. Boil six eggs hard, shred them small, and double the quantity of shred suet. Then add a pound of currants washed and picked, or more if the eggs were large; the peel of one lemon shred very fine, and the juice; six spoonfuls of sweet wine, mace, nutmeg, sugar, a very little salt; orange, lemon, and citron, candied. Cover the pies with a light paste.

EGG SAUCE. Boil the eggs hard, chop them fine, and put them into melted butter. If thrown into cold water after being boiled, the yolks will become firmer, will be easier to cut, and the surface be prevented from turning black. Egg sauce will be found an agreeable accompaniment to roast fowl, or salt fish.

EGG WINE. Beat up an egg, and mix it with a spoonful of cold water. Set on the fire a glass of white wine, half a glass of water, with sugar and nutmeg. When it boils, pour a little of it to the egg by degrees, till the whole is mixed, and stir it well. Then return the whole into the saucepan, put it on a gentle fire, stir it one way for about a minute. If it boil, or the egg be stale, it will curdle. The wine may be made without warming the egg; it is then lighter on the stomach, though not so pleasant to the taste. Serve it with toast.

ELDER. The fœtid smell of the common elder is such, especially of the dwarf elder, that if the leaves and branches be strewed among cabbage and cauliflower plants, or turnips, it will secure them from the ravages of flies and caterpillars; and if hung on the branches of trees, it will protect them from the effects of blight. Or if put into the subterraneous paths of the moles, it will drive them from the garden. An infusion of the leaves in water, and sprinkled over rose-buds and other flowers, will preserve them from the depredations of the caterpillar.

ELDER ROB. Clear some ripe elder-berries from the stalks, bake them in covered jars for two hours, and squeeze the juice through a strainer. To four quarts of juice put one

pound of sugar, and stir it over the fire till reduced to one quart. When cold, tie it down with a bladder, and keep it in a dry place. It is very good for sore throats and fevers.

ELDER SYRUP. Pick off the elder berries when fully ripe, bake them in a stone jar, strain them through a coarse sieve, and put the juice into a clean kettle. To every quart of [117] juice add a pound of fine soft sugar, boil and skim it well: when it is clear, pour it into a jar, cool it, and cover it down. Half a pint of this syrup added to a gallon of new made wine, will give it a very rich flavour, or it may be used for other purposes.

ELDER WINE. Pick the berries from the stalk, and to every quart allow two quarts of water. Boil them half an hour, run the liquor and break the fruit through a hair sieve, and to every quart of juice put three quarters of a pound of moist sugar. Boil the whole a quarter of an hour, with some peppercorns, ginger, and a few cloves. Pour it into a tub, and when of a proper warmth, into the barrel, with toast and yeast to work, which there is more difficulty to make it do than most other liquors. When it ceases to hiss, put a quart of brandy to eight gallons, and stop it up. Bottle it in the spring, or at Christmas.—To make white elder wine, very much like Frontiniac, boil eighteen pounds of white powder sugar with six gallons of water, and two whites of eggs well beaten. Skim it clean, and but in a quarter of a peck of elder flowers from the tree that bears white berries, but do not keep them on the fire. Stir it when nearly cold, and but in six spoonfuls of lemon juice, four or five spoonfuls of yeast, and beat it well into the liquor. Stir it every day, put into the cask six pounds of the best raisins stoned, and tun the wine. Stop it close, and bottle it in six months. When well kept, this wine will pass for Frontiniac.

ELDER FLOWER WINE. To six gallons of spring water put six pounds of sun raisins cut small, and a dozen pounds of fine sugar: boil the whole together for about an hour and a half. When the liquor is cold, put in half a peck of ripe elder flowers, with about a gill of lemon juice, and half the quantity of ale yeast. Cover it up, and after standing three days, strain it off. Pour it into a cask that is quite clean, and that will hold it with ease. When this is done, add a quart of Rhenish wine to every gallon of liquor, and let the bung be lightly put in for twelve or fourteen days. Then stop it down fast, and put it in a cool dry place for four or five months, till it is quite settled and fine: then bottle it off.

ENGLISH BAMBOO. About the middle of May, cut some large young shoots of elder; strip off the outward peel, and soak them all night in some strong salt and water. Dry them separately in a cloth, and have in readiness the following pickle. To a quart of vinegar put an ounce of white pepper, an ounce of sliced ginger, a little mace and pimento, all boiled together. Put the elder shoots into a stone jar, pour on the liquor boiling hot, stop it up close, and set it by the fire two hours, turning the jar often to keep it hot. If not green when cold, strain off the liquor, pour it on boiling again, and keep it hot as before.—Or if it be intended to make Indian pickle, the addition of these shoots will be found to be a great improvement. In this case it will only be necessary to pour boiling vinegar and mustard seed on them, and to keep them till the jar of pickles shall be ready to receive them. The cluster of elder flowers before it opens, makes a delicious pickle to eat with boiled mutton. It is prepared by only pouring vinegar over the flowers.

ENGLISH BRANDY. English or British brandy may be made in smaller quantities,

according to the following proportions. To sixty gallons of clear rectified spirits, put one pound of sweet spirit of nitre, one pound of cassia buds ground, one pound of bitter almond meal, (the cassia and almond meal to be mixed together before they are put to the spirits) two ounces of sliced orris root, and about thirty or forty prune stones pounded. Shake the [118] whole well together, two or three times a day, for three days or more. Let them settle, then pour in one gallon of the best wine vinegar; and add to every four gallons, one gallon of foreign brandy.

ENGLISH CHAMPAIGNE. Take gooseberries before they are ripe, crush them with a mallet in a wooden bowl; and to every gallon of fruit, put a gallon of water. Let it stand two days, stirring it well. Squeeze the mixture with the hands through a hop sieve, then measure the liquor, and to every gallon put three pounds and a half of loaf sugar. Mix it well in the tub, and let it stand one day. Put a bottle of the best brandy into the cask, which leave open five or six weeks, taking off the scum as it rises. Then stop it up, and let it stand one year in the barrel before it is bottled.

ENGLISH SHERRY. Boil thirty pounds of lump sugar in ten gallons of water, and clear it of the scum. When cold, put a quart of new alewort to every gallon of liquor, and let it work in the tub a day or two. Then put it into a cask with a pound of sugar candy, six pounds of fine raisins, a pint of brandy, and two ounces of isinglass. When the fermentation is over, stop it close: let it stand eight months, rack it off, and add a little more brandy. Return it to the cask again, and let it stand four months before it is bottled.

ENGLISH WINES. During the high price of foreign wine, home-made wines will be found particularly useful; and though sugar is dear, they may be prepared at a quarter of the expence. If carefully made, and kept three or four years, a proportionable strength being given, they would answer the purpose of foreign wines for health, and cause a very considerable reduction in the expenditure. Sugar and water are the principal basis of home-made wine; and when these require to be boiled, it is proper to beat up the whites of eggs to a froth, and mix them with the water when cold, in the proportion of one egg to a gallon. When the sugar and water are boiled, the liquor should be cooled quickly; and if not for wines that require fermenting, it may be put into the cask when cold. If the wine is to be fermented, the yeast should be put into it when it is milk-warm; but must not be left more than two nights to ferment, before it is put into the cask. Particular care should be taken to have the cask sweet and dry, and washed inside with a little brandy, before the wine is tunned, but it should not be bunged up close till it has done fermenting. After standing three or four months, it will be necessary to taste the wine, to know whether it be fit to draw off. If not sweet enough, some sugar should be added, or draw it off into another cask, and put in some sugar-candy: but if too sweet, let it stand a little longer. When the wine is racked, the dregs may be drained through a flannel bag; and the wine, if not clear enough for the table, may be used for sauce.

ESSENCE OF ALLSPICE. Take a dram of the oil of pimento, and mix it by degrees with two ounces of strong spirit of wine. A few drops will give the flavour of allspice to a pint of gravy, or mulled wine.

ESSENCE OF ANCHOVY. Put into a marble mortar ten or twelve fine mellow

anchovies, that have been well pickled, and pound them to a pulp. Put this into a clean well-tinned saucepan, then put a table-spoonful of cold water into the mortar, shake it round, and pour it to the pounded anchovies. Set them by the side of a slow fire, frequently stirring them together till they are melted, which they will be in the course of five minutes. Now stir in a quarter of a dram of good cayenne, and let it remain by the fire a few minutes longer. Rub it [119] through a hair sieve with the back of a wooden spoon, and keep it stopped very closely: if the air gets to it, it is spoiled directly. Essence of anchovy is made sometimes with sherry, or madeira, instead of water, or with the addition of mushroom ketchup.

ESSENCE OF CAYENNE. Put half an ounce of cayenne pepper into half a pint of wine or brandy, let it steep a fortnight, and then pour off the clear liquor. This article is very convenient for the extempore seasoning and finishing of soups and sauces, its flavour being instantly and equally diffused.

ESSENCE OF CELERY. Steep in a quarter of a pint of brandy, or proof spirit, half an ounce of celery seed bruised, and let it stand a fortnight. A few drops will immediately flavour a pint of broth, and are an excellent addition to pease, and other soups.

ESSENCE OF CLOVES. Mix together two ounces of the strongest spirit of wine, and a dram of the oil of cloves. Nutmeg, cinnamon, and mace are prepared in the same manner.

ESSENCE OF FLOWERS. Select a quantity of the petals of any flowers which have an agreeable fragrance, lay them in an earthen vessel, and sprinkle a little fine salt upon them. Then dip some cotton into the best Florence oil, and lay it thin upon the flowers; continue a layer of petals, and a layer of cotton, till the vessel is full. It is then to be closed down with a bladder, and exposed to the heat of the sun. In about a fortnight a fragrant oil may be squeezed away from the whole mass, which will yield a rich perfume.

ESSENCE OF GINGER. Grate three ounces of ginger, and an ounce of thin lemon peel, into a quart of brandy, or proof spirit, and let it stand for ten days, shaking it up each day. If ginger is taken to produce an immediate effect, to warm the stomach, or dispel flatulence, this will be found the best preparation.

ESSENCE OF LAVENDER. Take the blossoms from the stalks in warm weather, and spread them in the shade for twenty-four hours on a linen cloth; then bruise and put them into warm water, and leave them closely covered in a still for four or five hours near the fire. After this the blossoms may be distilled in the usual way.

ESSENCE OF LEMON PEEL. Wash and brush clean the lemons, and let them get perfectly dry. Take a lump of fine sugar, and rub them till all the yellow rind is taken up by the sugar; scrape off the surface of the sugar into a preserving pot, and press it hard down. Cover it very close, and it will keep for some time. By this process is obtained the whole of the fine essential oil, which contains the flavour.

ESSENCE OF MUSHROOMS. This delicate relish is made by sprinkling a little salt over some mushrooms, and mashing them three hours after. Next day strain off the liquor, put it into a stewpan, and boil it till reduced one half. It will not keep long, but is preferable to any of the ketchups. An artificial bed of mushrooms would supply this article all the year round.

ESSENCE OF OYSTERS. Take fine fresh Milton oysters, wash them in their own liquor, skim it, and pound them in a marble mortar. To a pint of oysters add a pint of sherry, boil them up, and add an ounce of salt, two drams of pounded mace, and one of cayenne. Let it just boil up again, skim it, and rub it through a sieve. When cold, bottle and cork it well, and seal it down. This composition very agreeably heightens the flavour of white sauces, and white made-dishes. If a glass of brandy be added to the essence, it will keep a considerable time longer than oysters are out of season. [120]

ESSENCE OF SHALOT. Peel, mince, and pound in a mortar, three ounces of shalots, and infuse them in a pint of sherry for three days. Then pour off the clear liquor on three ounces more of shalots, and let the wine remain on them ten days longer. An ounce of scraped horseradish may be added to the above, and a little thin lemon peel. This will impart a fine flavour to soups, sauces, hashes, and various other dishes.

ESSENCE OF SOAP. For washing or shaving, the essence of soap is very superior to what is commonly used for these purposes, and a very small quantity will make an excellent lather. Mix two ounces of salt of tartar with half a pound of soap finely sliced, put them into a quart of spirits of wine, in a bottle that will contain twice the quantity. Tie it down with a bladder, prick a pin through it for the air to escape, set it to digest in a gentle heat, and shake up the contents. When the soap is dissolved, filter the liquor through some paper to free it from impurities, and scent it with burgamot or essence of lemon.

ESSENCE OF TURTLE. Mix together one wine-glassful of the essence of anchovy, one and a half of shalot wine, four wine-glassfuls of Basil wine, two ditto of mushroom ketchup, one dram of lemon acid, three quarters of an ounce of lemon peel very thinly pared, and a quarter of an ounce of curry powder, and let them steep together for a week. The essence thus obtained will be found convenient to flavour soup, sauce, potted meats, savoury patties, and various other articles.

EVACUATIONS. Few things are more conducive to health than keeping the body regular, and paying attention to the common evacuations. A proper medium between costiveness and laxness is highly desirable, and can only be obtained by regularity in diet, sleep, and exercise. Irregularity in eating and drinking disturbs every part of the animal economy, and never fails to produce diseases. Too much or too little food will have this effect: the former generally occasions looseness, and the latter costiveness; and both have a tendency to injure health. Persons who have frequent recourse to medicine for preventing costiveness, seldom fail to ruin their constitution. They ought rather to remove the evil by diet than by drugs, by avoiding every thing of a hot or binding nature, by going thinly clothed, walking in the open air, and acquiring the habit of a regular discharge by a stated visit to the place of retreat. Habitual looseness is often owing to an obstructed perspiration: persons thus afflicted should keep their feet warm, and wear flannel next the skin. Their diet also should be of an astringent quality, and such as tends to strengthen the bowels. For this purpose, fine bread, cheese, eggs, rice milk, red wine, or brandy and water would be proper.—Insensible perspiration is one of the principal discharges from the human body, and is of such importance to health, that few diseases attack us while it goes on properly; but when obstructed, the whole frame is soon disordered, and danger meets us in every form. The common cause of obstructed perspiration, or taking cold, is the sudden changes of the

weather; and the best means of fortifying the body is to be abroad every day, and breathe freely in the open air. Much danger arises from wet feet and wet clothes, and persons who are much abroad are exposed to these things. The best way is to change wet clothes as soon as possible, or to keep in motion till they be dry, but by no means to sit or lie down. Early habits may indeed inure people to wet clothes and wet feet without any danger, but persons of a delicate constitution cannot be too careful. Perspiration is often obstructed by other [121] means, but it is in all cases attended with considerable danger. Sudden transitions from heat to cold, drinking freely of cold water after being heated with violent exercise, sitting near an open window when the room is hot, plunging into cold water in a state of perspiration, or going into the cold air immediately after sitting in a warm room, are among the various means by which the health of thousands is constantly ruined; and more die of colds than are killed by plagues, or slain in battle.

EVE'S PUDDING. Grate three quarters of a pound of bread; mix it with the same quantity of shred suet, the same of apples, and also of currants. Mix with these the whole of four eggs, and the rind of half a lemon shred fine. Put it into a shape, and boil it three hours. Serve with pudding sauce, the juice of half a lemon, and a little nutmeg.

EXERCISE. Whether man were originally intended for labour or not, it is evident from the human structure, that exercise is not less necessary than food, for the preservation of health. It is generally seen among the labouring part of the community, that industry places them above want, and activity serves them instead of physic. It seems to be the established law of the animal creation, that without exercise no creature should enjoy health, or be able to find subsistence. Every creature, except man, takes as much of it as is necessary: he alone deviates from this original law, and suffers accordingly. Weak nerves, and glandular obstructions, which are now so common, are the constant companions of inactivity. We seldom hear the active or laborious complain of nervous diseases: indeed many have been cured of them by being reduced to the necessity of labouring for their own support. This shews the source from which such disorders flow, and the means by which they may be prevented. It is evident that health cannot be enjoyed where the perspiration is not duly carried on; but that can never be the case where exercise is neglected. Hence it is that the inactive are continually complaining of pains of the stomach, flatulencies, and various other disorders which cannot be removed by medicine, but might be effectually cured by a course of vigorous exercise. But to render this in the highest degree beneficial, it should always be taken in the open air, especially in the morning, while the stomach is empty, and the body refreshed with sleep. The morning air braces and strengthens the nerves, and in some measure answers the purpose of a cold bath. Every thing that induces people to sit still, except it be some necessary employment, ought to be avoided; and if exercise cannot be had in the open air, it should be attended to as far as possible within doors. Violent exertions however are no more to be recommended than inactivity; for whatever fatigues the body, prevents the benefit of exercise, and tends to weaken rather than strengthen it. Fast walking, immediately before or after meals, is highly pernicious, and necessarily accelerates the circulation of the blood, which is attended with imminent danger to the head or brain. On the other hand, indolence not only occasions diseases, and renders men useless to society, but it is the parent of vice. The mind, if not engaged in some useful pursuit, is constantly in search of ideal pleasures, or impressed with the apprehension of some imaginary evil; and from

these sources proceed most of the miseries of mankind. An active life is the best guardian of virtue, and the greatest preservative of health. [122]

F.

FACSIMILES. To produce a facsimile of any writing, the pen should be made of glass enamel, the point being small and finely polished, so that the part above the point may be large enough to hold as much or more ink than a common writing pen. A mixture of equal parts of Frankfort black, and fresh butter, is now to be smeared over sheets of paper, and is to be rubbed off after a certain time. The paper thus smeared is to be pressed for some hours, taking care to have sheets of blotting paper between each of the sheets of black paper. When fit for use, writing paper is put between sheets of blackened paper, and the upper sheet is to be written on, with common ink, by the glass or enamel pen. By this method, not only the copy is obtained on which the pen writes, but also two or more, made by means of the blackened paper.

FAMILY PIES. To make a plain trust for pies to be eaten hot, or for fruit puddings, cut some thin slices of beef suet, lay them in some flour, mix it with cold water, and roll it till it is quite soft. Or make a paste of half a pound of butter or lard, and a pound and a half of flour. Mix it with water, work it up, roll it out twice, and cover the dish with it.

FAMILY WINE. An excellent compound wine, suited to family use, may be made of equal parts of red, white, and black currants, ripe cherries and raspberries, well bruised, and mixed with soft water, in the proportion of four pounds of fruit to one gallon of water. When strained and pressed, three pounds of moist sugar are to be added to each gallon of liquid. After standing open for three days, during which it is to be stirred frequently, it is to be put into a barrel, and left for a fortnight to work, when a ninth part of brandy is to be added, and the whole bunged down. In a few months it will be a most excellent wine.

FATTING FOWLS. Chickens or fowls may be fatted in four or five days, by setting some rice over the fire with skimmed milk, as much as will serve for one day. Let it boil till the rice is quite swelled, and add a tea-spoonful of sugar. Feed them three times a day, in common pans, giving them only as much as will quite fill them at once. Before they are fed again, set the pans in water, that no sourness may be conveyed to the fowls, as that would prevent their fattening. Let them drink clean water, or the milk of the rice; but when rice is given them, after being perfectly soaked, let as much of the moisture as possible be drawn from it. By this method the flesh will have a clean whiteness, which no other food gives; and when it is considered how far a pound of rice will go, and how much time is saved by this mode, it will be found nearly as cheap as any other food, especially if it is to be purchased. The chicken pen should be cleaned every day, and no food given for sixteen hours before poultry is to be killed.

FAWN. A fawn, like a sucking pig, should be dressed almost as soon as it is killed.

When very young, it is trussed, stuffed, and spitted the same as a hare. But they are better eating when of the size of a house lamb, and then roasted in quarters: the hind quarter is most esteemed. The meat must be put down to a very quick fire, and either basted all the time it is roasting, or be covered with sheets of fat bacon. When done, baste it with butter, and dredge it with a little salt and flour, till a nice froth is set upon it. Serve it up with venison sauce. If a fawn be half roasted as soon as received, and afterwards made into a hash, it will be very fine. [123]

FEAR. Sudden fear, or an unexpected fright, often produces epileptic fits, and other dangerous disorders. Many young people have lost their lives or their senses by the foolish attempts of producing violent alarm, and the mind has been thrown into such disorders as never again to act with regularity. A settled dread and anxiety not only dispose the body to diseases, but often render those diseases fatal, which a cheerful mind would overcome; and the constant dread of some future evil, has been known to bring on the very evil itself. A mild and sympathizing behaviour towards the afflicted will do them more good than medicine, and he is the best physician and the best friend who administers the consolation of hope.

FEATHERS. Where poultry is usually sold ready picked, the feathers which occasionally come in small quantities are neglected; but care should be taken to put them into a clean tub, and as they dry to change them into paper bags, in small quantities. They should hang in a dry kitchen to season; fresh ones must not be added to those in part dried, or they will occasion a musty smell, but they should go through the same process. In a few months they will be fit to add to beds, or to make pillows, without the usual mode of drying them in a cool oven, which may be pursued if they are wanted before five or six months.

FEATHERS CLEANED. In order to clear feathers from animal oil, dissolve a pound of quick lime in a gallon of clear water; and pour off the clear lime-water for use, at the time it is wanted. Put the feathers to be cleaned in a tub, and add to them a sufficient quantity of the clear lime-water, so as to cover them about three inches. The feathers, when thoroughly moistened, will sink down, and should remain in the lime-water for three or four days; after which, the foul liquor should be separated from them by laying them on a sieve. They are afterwards to be washed in clean water, and dried on nets, the meshes being about the same fineness as those of cabbage nets. They must be shaken from time to time on the nets; as they dry, they will fall through the meshes, and are to be collected for use. The admission of air will be serviceable in the drying, and the whole process may be completed in about three weeks. The feathers, after being thus prepared, want nothing farther than beating, to be used either for beds, bolsters, pillows, or cushions.

FEET. To prevent corns from growing on the feet, wear easy shoes, and bathe the feet often in lukewarm water, with a little salt and potash dissolved in it. The corn itself may be completely destroyed by rubbing it daily with a little caustic solution of potash, till a soft and flexible skin is formed. For chilblains, soak the feet in warm bran and water and rub them well with flour of mustard. This should be done before the chilblains begin to break.

FENNEL SAUCE. Boil fennel and parsley, tied together in a bunch; chop it small, and stir it up with melted butter. This sauce is generally eaten with mackarel.

FEVER DRINK. To make a refreshing drink in a fever, put into a stone jug a little tea

sage, two sprigs of balm, and a small quantity of wood sorrel, having first washed and dried them. Peel thin a small lemon, and clear from the white; slice it, and put in a bit of the peel. Then pour in three pints of boiling water, sweeten, and cover it close.—Another drink. Wash extremely well an ounce of pearl barley; shift it twice, then put to it three pints of water, an ounce of sweet almonds beaten fine, and a bit of lemon peel. Boil the liquor [124] smooth, put in a little syrup of lemons, and capillaire.—Another way is to boil three pints of water with an ounce and a half of tamarinds, three ounces of currants, and two ounces of stoned raisins, till nearly a third is consumed. Strain it on a bit of lemon peel, which should be removed in the course of an hour, or it will infuse a bitter taste.

FILLET OF VEAL. Stuff it well under the udder, at the bone, and quite through to the shank. Put it into the oven, with a pint of water under it, till it comes to a fine brown. Then put it in a stewpan with three pints of gravy, and stew it quite tender. Add a tea-spoonful of lemon pickle, a large spoonful of browning, one of ketchup, and a little cayenne; thicken it with a bit of butter rolled in flour. Put the veal in a dish, strain the gravy over it, and lay round it forcemeat balls. Garnish with pickle and lemon.

FINE CAKE. To make an excellent cake, rub two pounds of fine dry flour with one of butter, washed in plain and then in rose water. Mix with it three spoonfuls of yeast, in a little warm milk and water. Set it to rise an hour and a half before the fire, and then beat into it two pounds of currants, carefully washed and picked, and one pound of sifted sugar. Add four ounces of almonds, six ounces of stoned raisins chopped fine, half a nutmeg, cinnamon, allspice, and a few cloves, the peel of a lemon shred very fine, a glass of wine, one of brandy, twelve yolks and whites of eggs beat separately, with orange, citron, and lemon. Beat them up well together, butter the pan, and bake in a quick oven.—To make a still finer cake, wash two pounds and a half of fresh butter in water first, and then in rose water, and beat the butter to a cream. Beat up twenty eggs, yolks and whites, separately, half an hour each. Have ready two pounds and a half of the finest flour well dried and kept hot, likewise a pound and a half of loaf sugar pounded and sifted, an ounce of spice in very fine powder, three pounds of currants nicely cleaned and dry, half a pound of almonds blanched, and three quarters of a pound of sweetmeats cut small. Let all be kept by the fire, and mix the dry ingredients. Pour the eggs strained to the butter, mix half a glass of sweet wine with a full glass of brandy, and pour it to the butter and eggs, mixing them well together. Add the dry ingredients by degrees, and beat them together thoroughly for a great length of time. Having prepared and stoned half a pound of jar raisins, chopped as fine as possible, mix them carefully, so that there shall be no lumps, and add a tea-cupful of orange flower water. Beat the ingredients together a full hour at least. Have a hoop well buttered, or a tin or copper cake-pan; take a white paper, doubled and buttered, and put in the pan round the edge, if the cake batter fill it more than three parts, for space should be allowed for rising. Bake it in a quick oven: three hours will be requisite.

FINE CRUST. For orange cheesecakes, or sweetmeats, when intended to be particularly nice, the following fine crust may be prepared. Dry a pound of the finest flour and mix with it three ounces of refined sugar. Work up half a pound of butter with the hand till it comes to a froth, put the flour into it by degrees, adding the yolks of three and the whites of two eggs, well beaten and strained. If too thin, add a little flour and sugar to make it fit to roll. Line some pattipans, and fill them: a little more than fifteen minutes will bake

them. Beat up some refined sugar with the white of an egg, as thick as possible, and ice the articles all over as soon as they are baked. Then return them to the oven to harden, and [125] serve them up cold, with fresh butter. Salt butter will make a very fine flaky crust, but if for mince pies, or any sweet things, it should first be washed.

FIRE ARMS. The danger of improperly loading fire arms chiefly arises from not ramming the wadding close to the powder; and then when a fowling-piece is discharged, it is very likely to burst in pieces. This circumstance, though well known, is often neglected, and various accidents are occasioned by it. Hence when a screw barrel pistol is to be loaded, care should be taken that the cavity for the powder be entirely filled with it, so as to leave no space between the powder and the ball. For the same reason, if the bottom of a large tree is to be shivered with gunpowder, a space must be left between the charge and the wadding, and the powder will tear it asunder. But considering the numerous accidents that are constantly occurring, from the incautious use of fire arms, the utmost care should be taken not to place them within the reach of children or of servants, and in no instance to lay them up without previously drawing the charge.

FIRE IRONS. To preserve them from rust, when not in use, they should be wrapped up in baize, and kept in a dry place. Or to preserve them more effectually, let them be smeared over with fresh mutton suet, and dusted with unslaked lime, pounded and tied up in muslin. Irons so prepared will keep many months. Use no oil for them at any time, except a little salad oil, there being water in all other, which would soon produce rust.

FIRMITY. To make Somersetshire firmity, boil a quart of fine wheat, and add by degrees two quarts of new milk. Pick and wash four ounces of currants, stir them in the jelly, and boil them together till all is done. Beat the yolks of three eggs, and a little nutmeg, with two or three spoonfuls of milk, and add to the boiling. Sweeten the whole, and serve it in a deep dish, either warm or cold.

FISH. In dressing fish of any kind for the table, great care is necessary in cleaning it. It is a common error to wash it too much, and by this means the flavour is diminished. If the fish is to be boiled, after it is cleaned, a little salt and vinegar should be put into the water, to give it firmness. Codfish, whiting, and haddock, are far better if a little salted, and kept a day; and if the weather be not very hot, they will be good two days. When fish is cheap and plentiful, and a larger quantity is purchased than is immediately wanted, it would be proper to pot or pickle such as will bear it, or salt and hang it up, or fry it a little, that it may serve for stewing the next day. Fresh water fish having frequently a muddy smell and taste, should be soaked in strong salt and water, after it has been well cleaned. If of a sufficient size, it may be scalded in salt and water, and afterwards dried and dressed. Fish should be put into cold water, and set on the fire to do very gently, or the outside will break before the inner part is done. Crimp fish is to be put into boiling water; and when it boils up, pour in a little cold water to check extreme heat, and simmer it a few minutes. The fish plate on which it is done, may be drawn up, to see if it be ready, which may be known by its easily separating from the bone. It should then be immediately taken out of the water, or it will become woolly. The fish plate should be set crossways over the kettle, to keep hot for serving; and a clean cloth over the fish, to prevent its losing its colour. Small fish nicely fried, covered with egg and crumbs, make a dish far more elegant than if served plain. Great attention is required in [126]

garnishing fish, by using plenty of horseradish, parsley, and lemon. When well done, and with very good sauce, fish is more attended to than almost any other dish. The liver and roe should be placed on the dish in order that they may be distributed in the course of serving.—If fish is to be fried or broiled, it must be dried in a nice soft cloth, after it is well cleaned and washed. If for frying, smear it over with egg, and sprinkle on it some fine crumbs of bread. If done a second time with the egg and bread, the fish will look so much the better. Put on the fire a stout fryingpan, with a large quantity of lard or dripping boiling hot, plunge the fish into it, and let it fry tolerably quick, till the colour is of a fine brown yellow. If it be done enough before it has obtained a proper degree of colour, the pan must be drawn to the side of the fire. Take it up carefully, and either place it on a large sieve turned upwards, and to be kept for that purpose only, or on the under side of a dish to drain. If required to be very nice, a sheet of writing paper must be placed to receive the fish, that it may be free from all grease; it must also be of a beautiful colour, and all the crumbs appear distinct. The same dripping, adding a little that is fresh, will serve a second time. Butter gives a bad colour, oil is the best, if the expense be no objection. Garnish with a fringe of fresh curled parsley. If fried parsley be used, it must be washed and picked, and thrown into fresh water; when the lard or dripping boils, throw the parsley into it immediately from the water, and instantly it will be green and crisp, and must be taken up with a slice.—If fish is to be broiled, it must be seasoned, floured, and laid on a very clean gridiron, which when hot, should be rubbed with a bit of suet, to prevent the fish from sticking. It must be broiled over a very clear fire, that it may not taste smoky; and not too near, that it may not be scorched.

FISH GRAVY. Skin two or three eels, or some flounders; gut and wash them very clean, cut them into small pieces, and put them into a saucepan. Cover them with water, and add a little crust of toasted bread, two blades of mace, some whole pepper, sweet herbs, a piece of lemon peel, an anchovy or two, and a tea-spoonful of horse-radish. Cover the saucepan close, and let it simmer; then add a little butter and flour, and boil with the above.

FISH PIE. To make a fine fish pie, boil two pounds of small eels. Cut the fins quite close, pick off the flesh, and return the bones into the liquor, with a little mace, pepper, salt, and a slice of onion. Then boil it till it is quite rich, and strain it. Make forcemeat of the flesh, with an anchovy, a little parsley, lemon peel, salt, pepper, and crumbs, and four ounces of butter warmed. Lay it at the bottom of the dish: then take the flesh of soles, small cod, or dressed turbot, and rub it with salt and pepper. Lay this on the forcemeat, pour on the gravy, and bake it. If cod or soles are used, the skin and fins must be taken off.

FISH SAUCE. Put into a very nice tin saucepan a pint of port wine, a gill of mountain, half a pint of fine walnut ketchup, twelve anchovies with the liquor that belongs to them, a gill of walnut pickle, the rind and juice of a large lemon, four or five shalots, a flavour of cayenne, three ounces of scraped horse-radish, three blades of mace, and two tea-spoonfuls of made mustard. Boil it all gently, till the rawness goes off, and put it into small bottles for use. Cork them very close and seal the top.—Or chop two dozen of anchovies not washed, and ten shalots, and scrape three spoonfuls of horseradish. Then add ten blades of mace, [127] twelve cloves, two sliced lemons, half a pint of anchovy liquor, a quart of hock or Rhenish wine, and a pint of water. Boil it down to a quart, and strain it off. When cold, add three large spoonfuls of walnut ketchup, and put the sauce into small bottles well corked.—To make fish sauce without butter, simmer very gently a quarter of a pint of vinegar, and half a

pint of soft water, with an onion. Add four cloves, and two blades of mace, slightly bruised, and half a tea-spoonful of black pepper. When the onion is quite tender, chop it small with two anchovies, and set the whole on the fire to boil for a few minutes, with a spoonful of ketchup. Prepare in the mean time the yolks of three fresh eggs, well beaten and strained, and mix the liquor with them by degrees. When all are well mixed, set the saucepan over a gentle fire, keeping a bason in one hand, to toss the sauce to and fro in, and shake the saucepan over the fire, that the eggs may not curdle. Do not let it boil, only make the sauce hot enough to give it the thickness of melted butter.—Fish sauce à la Craster, is made in the following manner. Thicken a quarter of a pound of butter with flour, and brown it. Add a pound of the best anchovies cut small, six blades of pounded mace, ten cloves, forty corns of black pepper and allspice, a few small onions, a faggot of sweet herbs, consisting of savoury, thyme, basil, and knotted marjoram, also a little parsley, and sliced horse-radish. On these pour half a pint of the best sherry, and a pint and a half of strong gravy. Simmer all gently for twenty minutes, then strain it through a sieve, and bottle it for use. The way of using it is, to boil some of it in the butter while melting.

FLANNELS. In order to make flannels keep their colour and not shrink, put them into a pail, and pour on boiling water. Let them lie till cold, before they are washed.

FLAT BEER. Much loss is frequently sustained from beer growing flat, during the time of drawing. To prevent this, suspend a pint or more of ground malt in it, tied up in a large bag, and keep the bung well closed. The beer will not then become vapid, but rather improve the whole time it is in use.

FLAT CAKES. Mix two pounds of flour, one pound of sugar, and one ounce of carraways, with four or five eggs, and a few spoonfuls of water. Make all into a stiff paste, roll it out thin, cut it into any shape, and bake on tins lightly floured. While baking, boil to a thin syrup a pound of sugar in a pint of water. When both are hot, dip each cake into the syrup, and place them on tins to dry in the oven for a short time. When the oven is a little cooler, return them into it, and let them remain there four or five hours. Cakes made in this way will keep good for a long time.

FLAT FISH. Flounders, plaice, soles, and other kinds of flat fish, are good boiled. Cut off the fins, draw and clean them well, dry them with a cloth, and boil them in salt and water. When the fins draw out easily, they are done enough. Serve them with shrimp, cockle, or mustard sauce, and garnish with red cabbage.

FLATULENCY. Wind in the stomach, accompanied with pain, is frequently occasioned by eating flatulent vegetables, or fat meat, with large draughts of beverage immediately afterwards, which turn rancid on the stomach; and of course, these ought to be avoided. Hot tea, turbid beer, and feculent liquors will have the same effect. A phlegmatic constitution, or costiveness, will render the complaint more frequent and painful. Gentle laxatives and a careful diet are the best remedy; but hot aromatics and spirituous liquors should be avoided. [128]

FLEAS. Want of cleanliness remarkably contributes to the production of these offensive insects. The females of this tribe deposit their eggs in damp and filthy places, within the crevices of boards, and on rubbish, when they emerge in the form of fleas in about a month. Cleanliness, and frequent sprinkling of the room with a simple decoction of wormwood, will

soon exterminate the whole breed of these disagreeable vermin; and the best remedy to expel them from bed clothes is a bag filled with dry moss, the odour of which is to them extremely offensive. Fumigation with brimstone, or the fresh leaves of pennyroyal sewed in a bag, and laid in the bed, will also have the desired effect. Dogs and cats may be effectually secured from the persecutions of these vermin, by occasionally anointing their skin with sweet oil, or oil of turpentine; or by rubbing into their coats some Scotch snuff. But if they be at all mangy, or their skin broken, the latter would be very painful and improper.

FLIES. If a room be swarming with these noisome insects, the most ready way of expelling them is to fumigate the apartment with the dried leaves of the gourd. If the window be opened, the smoke will instantly drive them out: or if the room be close, it will suffocate them. But in the latter case, no person should remain within doors, as the fume is apt to occasion the headache. Another way is to dissolve two drams of the extract of quassia in half a pint of boiling water; and, adding a little sugar or syrup, pour the mixture upon plates. The flies are extremely partial to this enticing food, and it never fails to destroy them. Camphor placed near any kind of provision will protect it from the flies.

FLIP. To make a quart of flip, put the ale on the fire to warm, and beat up three or four eggs, with four ounces of moist sugar. Add a tea-spoonful of grated nutmeg or ginger, and a quartern of good old rum or brandy. When the ale is nearly boiling, put it into one pitcher, and the rum and eggs into another: turn it from one pitcher to another, till it is as smooth as cream.

FLOATING ISLAND. Mix three half pints of thin cream with a quarter of a pint of raisin wine, a little lemon juice, orange flower water, and sugar. Put it into a dish for the middle of the table, and lay on with a spoon the following froth ready prepared. Sweeten half a pound of raspberry or currant jelly, add to it the whites of four eggs beaten, and beat up the jelly to a froth, until it will take any form you please. It should be raised high, to represent a castle or a rock.—Another way. Scald a codlin before it be ripe, or any other sharp apple, and pulp it through a sieve. Beat the whites of two eggs with sugar, and a spoonful of orange flower water; mix in the pulp by degrees, and beat all together till it produces a large quantity of froth. Serve it on a raspberry cream, or colour the froth with beet root, raspberry, or currant jelly, and set it on a white cream, which has already been flavoured with lemon, sugar, and raisin wine. The froth may also be laid on a custard.

FLOOR CLOTHS. The best are such as are painted on a fine cloth, well covered with colour, and where the flowers do not rise much above the ground, as they wear out first. The durability of the cloth will depend much on these two particulars, but more especially on the time it has been painted, and the goodness of the colours. If they have not been allowed sufficient space for becoming thoroughly hardened, a very little use will injure them: and as they are very expensive articles, care is necessary in preserving them. It answers to keep [129] them some time before they are used, either hung up in a dry airy place, or laid down in a spare room. When taken up for the winter, they should be rolled round a carpet roller, and care taken not to crack the paint by turning in the edges too suddenly. Old carpets answer quite well, painted and seasoned some months before they are laid down. If intended for passages, the width must be directed when they are sent to the manufactory, as they are cut before painting.

FLOOR CLOTHS CLEANED. Sweep them first, then wipe them with a flannel; and when the dust and spots are removed, rub with a wax flannel, and dry them with a plain one. Use but little wax, and rub only with the latter to give a little smoothness, or it will make the floor cloth slippery, and endanger falling. Washing now and then with milk, after the above sweeping and dry rubbing, will give as good an appearance, and render the floor cloths less slippery.

FLOUNDERS. These are both sea and river fish: the Thames produces the best. They are in season from January to March, and from July to September. Their flesh should be thick and firm, and their eyes bright: they very soon become flabby and bad. Before they are dressed, they should be rubbed with salt inside and out, and lie two hours to acquire firmness. Then dip them in eggs, cover with grated bread, and fry them.

FLOUR. Good wheat flour may be known by the quantity of glutinous matter it contains, and which will appear when kneaded into dough. For this purpose take four ounces of fine flour, mix it with water, and work it together till it forms a thick paste. The paste is then to be well washed and kneaded with the hands under the water, and the water to be renewed till it ceases to become white by the operation. If the flour be sound, the paste which remains will be glutinous and elastic, and brittle after it has been baked.—Adulterated meal and flour are generally whiter and heavier than the good, and may be detected in a way similar to that already mentioned, under the article ADULTERATIONS. Or pour boiling water on some slices of bread, and drop on it some spirits of vitriol. Put them in the flour; and if it contain any quantity of whiting, chalk, or lime, a fermentation will ensue. Vitriol alone, dropped on adulterated bread or flour, will produce a similar effect.—American flour requires nearly twice as much water to make it into bread as is used for English flour, and therefore it is more profitable. Fourteen pounds of American flour will make twenty-one pounds and a half of bread, while the best sort of English flour produces only eighteen pounds and a half.

FLOUR CAUDLE. Into five large spoonfuls of pure water, rub smooth one dessert-spoonful of fine flour. Set over the fire five spoonfuls of new milk, and put into it two pieces of sugar. The moment it boils, pour into it the flour and water, and stir it over a slow fire twenty minutes. It is a nourishing and gently astringent food, and excellent for children who have weak bowels.

FLOWER GARDEN. The pleasures of the garden are ever various, ever new; and in every month of the year some attention is demanded, either in rearing the tender plant, in preparing the soil for its reception, or protecting the parent root from the severity of the winter's blast. Ranunculuses, anemones, tulips, and other bulbous roots, if not taken up, will be in great danger from the frost, and their shoots in the spring will either be impaired, or totally destroyed.——JANUARY. Cover the flower beds with wheat straw, to protect them from the cold; but where the shoots begin to appear, place behind them a reed edge, sloping three feet forward. A mat is to be let down from the top in severe weather, and taken up when it is mild. This will preserve them, without making them weak or sickly. The beds and boxes of seedling flowers should also be covered, and the fence removed when the weather is mild. Clean the auricula plants, pick off dead leaves, and scrape away the surface of the mould. Replenish them with some that is fine and fresh, set the pots up to the brim in the mould of a dry bed, and place behind them a reed edging. Cover carnation plants from wet,

and defend them from mice and sparrows.——FEBRUARY. Make hotbeds for annual flowers, of the dung reserved for that purpose, and sow them upon a good thickness of mould, laid regularly over the dung. Transplant perennial flowers, and hardy shrubs, Canterbury bells, lilacs, and the like. Break up and new lay the gravel walks. Weed, rake, and clean the borders; and where the box of the edging is decayed, make it up with a fresh plantation. Sow auricula and polyanthus seeds in boxes, made of rough boards six inches deep, with holes at the bottom to run off the water. Fill the boxes with light mould, scatter the seeds thinly over the surface, sift some more mould over them about a quarter of an inch thick, and place them where they may enjoy the morning sun. Plant out carnations into pots for flowering.——MARCH. Watch the beds of tender flowers, and throw mats over them, supported by hoops, in hard weather. Continue transplanting all the perennial fibrous rooted flowers, such as golden-rods, and sweet-williams. Dig up the earth with a shovel about those which were planted in autumn, and clean the ground between them. All the pots of flowering plants must now be dressed. Pick off dead leaves, remove the earth at the top, and put fresh instead; then give them a gentle watering, and set them in their places for flowering. Be careful that the roots are not wounded, and repeat the watering once in three days. The third week in March is the time to sow sweet peas, poppies, catchflies, and all the hardy annual plants. The last week is proper for transplanting evergreens, and a showery day should be chosen for the purpose. Hotbeds should now be made, to receive the seedlings of annual flowers raised in the former bed.——APRIL. Tie up to sticks the stalks of tall flowers, cut the sticks about two feet long, thrust them eight inches into the ground, and hide them among the leaves. Clean and rake the ground between them. Take off the slips of auriculas, and plant them out carefully for an increase. Transplant perennial flowers and evergreens, as in the former months; take up the roots of colchichams, and other autumnal bulbous plants. Sow French honeysuckles, wallflowers, and other hardy plants, upon the natural ground, and the more tender sorts on hotbeds. Transplant those sown last month, into the second hotbed. Sow carnations and pinks on the natural ground, and on open borders.——MAY. When the leaves of sowbreads are decayed, take up the roots, and lay them by carefully till the time of planting. Take up the hyacinth roots which have done flowering, and lay them sideways in a bed of dry rich mould, leaving the stems and leaves to die away: this will greatly strengthen the roots. Roll the gravel walks carefully and frequently, and keep the grass clean mowed. Clean all the borders from weeds, take off the straggling branches from the large flowering plants, and train them up in a handsome shape. Plant out French and [131] African marigolds from the hotbeds, with other autumnals, the last week of this month, choosing a cloudy warm day. Tie up the stalks of carnations, pot the tender annuals, such as balsams and amaranths, and set them in a hotbed frame, till summer is more advanced for planting them in the open ground.——JUNE. Choose the evening of a mild showery day, and plant out into the open ground, the tender annuals hitherto kept in pots in the hotbed frame. They must be carefully loosened from the sides of the pot, and taken out with all the mould about them; a large hole must be opened for each, to set them upright in it; and when settled in the ground by gentle watering, they must be tied up to sticks. Let pinks, carnations, and sweet-williams, be laid this month for an increase. Let the layers be covered lightly, and gently watered every other day. Spring flowers being now over, and their leaves faded, the roots must be taken up, and laid by for planting again at a proper season. Snow-drops, winter-aconite, and such sorts, are to be thus managed. The hyacinth roots, laid flat in the

ground, must now be taken up, and the dead leaves clipped off; and when cleared from the mould, they must be spread upon a mat in an airy room to dry, and laid by for future planting. Tulip roots also must now be taken up, as the leaves decay: anemones and ranunculuses are treated in the same manner. Cut in three or four places, the cups or poles of the carnations that are near blowing, that they may show regularly. At the same time inoculate some of the fine kind of roses.——JULY. Clip box edgings, cut and trim hedges, look over all the borders, clear them from weeds, and stir up the mould between the plants. Roll the gravel frequently, and mow the grass plats. Inoculate roses and jasmines that require this kind of propagation, and any of the other flowering shrubs. Gather the seeds of flowers intended to be propagated, and lay them upon a shelf in an airy room in the pods. When they are well hardened, tie them up in paper bags, but do not take them out of the pods till they are wanted. Lay pinks and sweet-williams in the earth as formerly, cut down the stalks of those plants which have done flowering, and which are not kept for seed. Tie up with sticks such as are coming into flower, as for the earlier kinds. Sow lupins, larkspurs, and similar sorts, on dry warm borders, to stand the winter, and flower early next year. ——AUGUST. Dig up a mellow border, and draw lines at five inches distance, lengthways and across. In the centre of these squares, plant the seedling polyanthuses, one in each square. In the same manner plant out the seedling auriculas. Shade them till they have taken root, and water them once a day. See whether the layers of sweet-williams, carnations, and such like, have taken root; transplant such as are rooted, and give frequent gentle waterings to the others in order to promote it. Cut down the stalks of plants that have done flowering, saving the seed that may be wanted, as it ripens, and water the tender annuals every evening. Sow anemones and ranunculuses, tulip, and narcissus seed. Dig up a border for early tulip roots, and others for hyacinths, anemones, and ranunculuses. Sow annuals to stand through the winter, and shift auriculas into fresh pots.——SEPTEMBER. During this month, preparation should be made for the next season. Tear up the annuals that have done flowering, and cut down such perennials as are past their beauty. Bring in other perennials [132] from the nursery beds, and plant them with care at regular distances. Take up the box edgings where they have outgrown their proper size, and part and plant them afresh. Plant tulip and other flower roots, slip polyanthuses, and place them in rich shady borders. Sow the seeds of flower de luce and crown imperial, as also of auriculas and polyanthuses, according to the method before recommended. Part off the roots of flower de luce, piony, and others of a similar kind. In the last week transplant hardy flowering shrubs, and they will be strong the next summer.——OCTOBER. Let all the bulbous roots for spring flowering be put into the ground; narcissus, maragon, tulips, and such ranunculuses and anemones as were not planted sooner. Transplant columbines, monkshood, and all kinds of fibrous rooted perennials. Place under shelter the auriculas and carnations that are in pots. Dig up a dry border, and if not dry enough, dig in some sand, and set in the pots up to the brim. Place the reed fence sloping behind them, and fasten a mat to its top, that may be let down in bad weather. Take off the dead leaves of the auriculas, before they are thus planted. Bring into the garden some fresh flowering shrubs, wherever they may be wanted, and at the end of the month prune some of the hardier kind.——NOVEMBER. Prepare a good heap of pasture ground, with the turf among it, to rot into mould for the borders. Transplant honeysuckles and spireas, with other hardy flowering shrubs. Rake over the beds of seedling flowers, and strew some peas straw over to keep out the frost. Cut down the stems of perennials which

have done flowering, pull up annuals that are spent, and rake and clear the ground. Place hoops over the beds of ranunculuses and anemones, and lay mats or cloths in readiness to draw over them, in case of hard rains or frost. Clean up the borders in all parts of the garden, and take care to destroy not only the weeds, but all kinds of moss. Look over the seeds of those flowers which were gathered in summer, to see that they are dry and sweet; and prepare a border or two for the hardier kind, by digging and cleaning.——DECEMBER. During frost or cold rain, draw the mats and cloths over the ranunculuses; give the anemones a little air in the middle of every tolerable day; and as soon as possible, uncover them all day, but draw on the mats at night. Throw up the earth where flowering shrubs are to be planted in the spring, and turn it once a fortnight. Dig up the borders that are to receive flower roots in the spring, and give them the advantage of a fallow, by throwing up the ground in a ridge. Scatter over it a very little rotten dung from a melon bed, and afterwards turn it twice during the winter. Examine the flowering shrubs, and prune them. Cut away all the dead wood, shorten luxuriant branches, and if any cross each other, take away one. Leave them so that the air may have a free passage between them. Sift a quarter of an inch of good fresh mould over the roots of perennial flowers, whose stalks have been cut down, and then rake over the borders. This will give the whole an air of culture and good management, which is always pleasing.

FLOWER POTS. As flowers and plants should enjoy a free circulation of air to make them grow well, sitting rooms are not very well adapted to the purpose, unless they could be frequently ventilated by opening the doors and windows. In every severe frost or damp weather, moderate fires should be made in the rooms where the plants are placed, and the shutters closed at night. Placing saucers under the pots, and pouring water continually into [133] them, is highly improper: it should be poured on the mould, that it may filter through it, and thereby refresh the fibres of the plant. Many kinds of annuals, sown in March and the beginning of April, may be transplanted into pots about the end of May, and should be frequently watered till they have taken root. If transplanted in the summer season, the evening is the proper time, and care must be taken not to break the fibres of the root. When the plants are attacked by any kind of crawling insects, the evil may be prevented by keeping the saucers full of water, so as to form a river round the pot, and rubbing some oil round the side. Oil is fatal to most kinds of insects, and but few of them can endure it.

FLOWER SEEDS. When the seeds begin to ripen they should be supported with sticks, to prevent their being scattered by the wind; and in wet weather they should be removed to a dry place, and rubbed out when convenient. August is in general the proper time for gathering flower seeds, but many kinds will ripen much sooner. To ascertain whether the seed be fully ripe, put a little of it into water: if it be come to maturity, it will sink to the bottom, and if not it will swim upon the surface. To preserve them for vegetation, it is only necessary to wrap the seed up in cartridge paper, pasted down and varnished over with gum, or the white of an egg. Some kinds of seeds are best enclosed in sealing wax.

FLUMMERY. Steep in cold water, for a day and a night, three large handfuls of very fine white oatmeal. Pour it off clear, add as much more water, and let it stand the same time. Strain it through a fine hair sieve, and boil it till it is as thick as hasty pudding, stirring it well all the time. When first strained, put to it one large spoonful of white sugar, and two of orange flower water. Pour it into shallow dishes, and serve it up with wine, cider, and milk;

or it will be very good with cream and sugar.

FOMENTATIONS. Boil two ounces each of camomile flowers, and the tops of wormwood, in two quarts of water. Pour off the liquor, put it on the fire again, dip in a piece of flannel, and apply it to the part as hot as the patient can bear it. When it grows cold, heat it up again, dip in another piece of flannel, apply it as the first, and continue changing them as often as they get cool, taking care not to let the air get to the part affected when the flannel is changed.—To relieve the toothache, pain in the face, or any other acute pain, the following anodyne fomentation may be applied. Take two ounces of white poppy heads, and half an ounce of elder flowers, and boil them in three pints of water, till it is reduced one third. Strain off the liquor, and foment the part affected.

FOOD. In the early ages of the world, mankind were chiefly supported by berries, roots, and such other vegetables as the earth produced of itself, according to the original grant of the great Proprietor of all things. In later ages, especially after the flood, this grant was enlarged; and man had recourse to animals, as well as to vegetables artificially raised for their support, while the art of preparing food has been brought to the highest degree of perfection. Vegetables are however, with a few exceptions, more difficult of digestion than animal food; but a due proportion of both, with the addition of acids, is the most conducive to health, as well as agreeable to the palate. Animal as well as vegetable food may be rendered unwholesome by being kept too long; and when offensive to the senses, they become alike injurious to health. Diseased animals, and such as die of themselves, ought [134] never to be eaten. Such as are fed grossly, stalled cattle and pigs, without any exercise, do not afford food so nourishing or wholesome as others. Salt meat is not so easily digested as fresh provisions, and has a tendency to produce putrid diseases, especially the scurvy. If vegetables and milk were more used, there would be less scurvy, and fewer inflammatory fevers. Our food ought neither to be too moist, nor too dry. Liquid food relaxes and renders the body feeble: hence those who live much on tea, and other watery diet, generally become weak, and unable to digest solid food. They are also liable to hysterics, with a train of other nervous affections. But if the food be too dry, it disposes the body to inflammatory disorders, and is equally to be avoided. Families would do well to prepare their own diet and drink, as much as possible, in order to render it good and wholesome. Bread in particular is so necessary a part of daily food, that too much care cannot be taken to see that it be made of sound grain duly prepared, and kept from all unwholesome ingredients. Those who make bread for sale, seek rather to please the eye than to promote health. The best bread is that which is neither too coarse nor too fine, well fermented, and made of wheat flour, or wheat and rye mixed together. Good fermented liquors, neither too weak nor too strong, are to be preferred. If too weak, they require to be drunk soon, and then they produce wind and flatulencies in the stomach. If kept too long, they turn sour, and then become unwholesome. On the other hand, strong liquor, by hurting the digestion, tends to weaken and relax: it also keeps up a constant fever, which exhausts the spirits, inflames the blood, and disposes the body to numberless diseases. Beer, cider, and other family liquors, should be of such strength as to keep till they are ripe, and then they should be used. Persons of a weak and relaxed habit should avoid every thing hard of digestion: their diet requires to be light and nourishing, and they should take sufficient exercise in the open air. Those who abound with blood, should abstain from rich wines and highly nourishing food,

and live chiefly on vegetables. Corpulent persons ought frequently to use radish, garlic, or such things as promote perspiration. Their drink should be tea, coffee, or the like; they ought also to take much exercise, and but little sleep. Those who are of a thin habit, should follow the opposite course. Such as are troubled with sour risings in the stomach, should live chiefly on animal food; and those who are afflicted with hot risings and heartburn, should have a diet of acid vegetables. Persons of low spirits, and subject to nervous disorders, should avoid all flatulent food, whatever is hard of digestion, or apt to turn sour on the stomach. Their diet should be light, cool, and of an opening nature; not only suited to the age and constitution, but also to the manner of life. A sedentary person should live more sparingly than one who labours hard without doors, and those who are afflicted with any particular disease ought to avoid such aliment as has a tendency to increase it. Those afflicted with the gravel ought to avoid every thing astringent; and the scorbutic of every description, salted or smoked provisions. In the first period of life, the food should be light, but nourishing, and frequently taken. For infants in particular, it ought to be adapted to their age, and the strength of their digestive powers. No food whatever that has been prepared for many hours should be given them, especially after being warmed up; for it creates flatulence, heartburn, and a variety of [135] other disorders. Sudden changes from liquid to solid food should be avoided, as well as a multiplicity of different kinds; and all stimulating dishes and heating liquors, prepared for adults, should be carefully withheld from children. The common but indecent practice of introducing chewed victuals into their mouth, is equally disgusting and unwholesome. Solid food is most proper for the state of manhood, but it ought not to be too uniform. Nature has provided a great variety for the use of man, and given him an appetite suited to that variety: the constant use of one kind of food therefore is not good for the constitution, though any great or sudden change in diet ought as well to be avoided. The change should be gradual, as any sudden transition from a low to a rich and luxurious mode of living, may endanger health, and even life itself. The diet suited to the last period of life, when nature is on the decline, approaches nearly to that of the first: it should be light and nourishing, and more frequently taken than in vigorous age. Old people are generally afflicted with wind, giddiness, and headachs, which are frequently occasioned by fasting too long, and even many sudden deaths arise from the same cause. The stomach therefore should never be allowed in any case to be too long empty, but especially in the decline of life. Proper attention to diet is of the utmost importance, not only to the preservation of health, but in the cure of many diseases, which may be effected by diet only. Its effects indeed are not always so quick as those of medicine, but they are generally more lasting, and are obtained with greater ease and certainty. Temperance and exercise are the two best physicians in the world; and if they were duly regarded, there would be little occasion for any other.

FOOD FOR BIRDS. An excellent food for linnets, canaries, and other singing birds, may be prepared in the following manner. Knead together one pound of split peas ground to flour, half a pound each of coarse sugar and fine grated bread, two ounces of unsalted butter, and the yolks of two eggs. Brown the paste gently in a fryingpan, and when cold mix with it two ounces of mace seed, and two pounds of bruised hemp seed, separated from the husk. This paste given to birds in small quantities will preserve them in health, and prompt them to sing every month in the year.

FORCEMEAT. This article, whether in the form of stuffing balls, or for patties, makes a

considerable part of good cooking, by the flavour it imparts to whatsoever dish it may be added. Yet at many tables, where every thing else is well done, it is common to find very bad stuffing. Exact rules for the quantity cannot easily be given; but the following observations may be useful, and habit will soon give knowledge in mixing it to the taste. The selection of ingredients should of course be made, according to what they are wanted for, observing that of the most pungent, the smallest quantity should be used. No one flavour should greatly preponderate; yet if several dishes be served the same day, there should be a marked variety in the taste of the forcemeat, as well as of the gravies. It should be consistent enough to cut with a knife, but neither dry nor heavy. The following are the articles of which forcemeat may be made, without giving it any striking flavour. Cold fowl or veal, scraped ham, fat bacon, beef suet, crumbs of bread, salt, white pepper, parsley, nutmeg, yolk and white of eggs well beaten to bind the mixture. To these, any of the following may be added, to vary the taste, and give it a higher relish. Oysters, anchovy, taragon, savoury, pennyroyal, [136] knotted marjoram, thyme, basil, yolks of hard eggs, cayenne, garlic, shalot, chives, Jamaica pepper in fine powder, or two or three cloves.

FORCEMEAT BALLS. To make fine forcemeat balls for fish soups, or stewed fish, beat together the flesh and soft parts of a lobster, half an anchovy, a large piece of boiled celery, the yolk of a hard egg, a little cayenne, mace, salt, and white pepper. Add two table-spoonfuls of bread crumbs, one of oyster liquor, two ounces of warmed butter, and two eggs well beaten. Make the whole into balls, and fry them in butter, of a fine brown.

FORCEMEAT FOR FOWLS. Shred a little ham or gammon, some cold veal or fowl, beef suet, parsley, a small quantity of onion, and a very little lemon peel. Add salt, nutmeg, or pounded mace, bread crumbs, and either white pepper or cayenne. Pound it all together in a mortar, and bind it with one or two eggs beaten and strained. The same stuffing will do for meat, or for patties. For fowls, it is usually put between the skin and the flesh.

FORCEMEAT FOR GOOSE. Chop very fine about two ounces of onion, and an ounce of green sage. Add four ounces of bread crumbs, the yolk and white of an egg, a little pepper and salt; and if approved, a minced apple. This will do for either goose or duck stuffing.

FORCEMEAT FOR HARE. Chop up the liver, with an anchovy, some fat bacon, a little suet, some sweet herbs, and an onion. Add salt, pepper, nutmeg, crumbs of bread, and an egg to bind all together.

FORCEMEAT FOR SAVOURY PIES. The same as for fowls, only substituting fat or bacon, instead of suet. If the pie be of rabbit or fowls, the livers mixed with fat and lean pork, instead of bacon, will make an excellent stuffing. The seasoning is to be the same as for fowls or meat.

FORCEMEAT FOR TURKEY. The same stuffing will do for boiled or roast turkey as for veal, or to make it more relishing, add a little grated ham or tongue, an anchovy, or the soft part of a dozen oysters. Pork sausage meat is sometimes used to stuff turkies or fowls, or fried, and sent up as garnish.

FORCEMEAT FOR TURTLE. A pound of fine fresh suet, one ounce of cold veal or

chicken, chopped fine; crumbs of bread, a little shalot or onion, white pepper, salt, nutmeg, mace, pennyroyal, parsley, and lemon thyme, finely shred. Beat as many fresh eggs, yolks and whites separately, as will make the above ingredients into a moist paste. Roll it into small balls, and boil them in fresh lard, putting them in just as it boils up. When of a light brown take them out, and drain them before the fire. If the suet be moist or stale, a great many more eggs will be necessary. Balls made in this way are remarkably light; but being greasy, some people prefer them with less suet and eggs.

FORCEMEAT FOR VEAL. Scrape two ounces of undressed lean veal, free from skin and sinews; two ounces of beef or veal suet, and two of bread crumbs. Chop fine two drams of parsley, one of lemon peel, one of sweet herbs, one of onion, and add half a dram of mace or allspice reduced to a fine powder. Pound all together in a mortar, break into it the yolk and white of an egg, rub it all up well together, and season it with a little pepper and salt. This may be made more savoury, by the addition of cold boiled tongue, anchovy, shalot, cayenne, or curry powder.

FOREHAND OF PORK. Cut out the bone, sprinkle the inside with salt, pepper, and dried sage. Roll the pork tight, and tie it up; warm a little butter to baste it, and then flour it. [137] Roast it by a hanging jack, and about two hours will do it.

FOREQUARTER OF LAMB. Roast it either whole, or in separate parts. If left to be cold, chopped parsley should be sprinkled over it. The neck and breast together are called a scoven.

FOWLS. In purchasing fowls for dressing, it is necessary to see that they are fresh and good. If a cock bird is young, his spurs will be short; but be careful to observe that they have not been cut or pared, which is a trick too often practised. If fresh, the vent will be close and dark. Pullets are best just before they begin to lay, and yet are full of egg. If hens are old, their combs and legs will be rough: if young, they will be smooth. A good capon has a thick belly and a large rump: there is a particular fat at his breast, and the comb is very pale. Black-legged fowls being moist, are best for roasting.

FRECKLES. The cosmetics generally recommended for improving the skin and bloom of the face are highly pernicious, and ought by no means to be employed. Temperance in diet and exercise, with frequent washing and bathing, are the best means of preserving a healthful countenance. But those who desire to soften and improve the skin, may use an infusion of horseradish in milk, or the expressed juice of houseleek mixed with cream, which will be useful and inoffensive. Freckles on the face, or small discolourations on other parts of the skin, are constitutional in some cases; and in others, they are occasioned by the action of the sun upon the part, and frequent exposures to the morning air. For dispersing them, take four ounces of lemon juice, one dram of powdered borax, and two drams of sugar: mix them together, and let them stand a few days in a glass bottle till the liquid is fit for use, and then rub it on the face. But for chaps and flaws in the skin, occasioned by cold, rub on a little plain unscented pomatum at bed-time, and let it remain till morning. Or, which is much better, anoint the face with honey water, made to the consistence of cream, which will form a kind of varnish on the skin, and protect it from the effects of cold.

FRENCH BEANS. String, and cut them into four parts; if smaller, they look so much the

better. Lay them in salt and water; and when the water boils, put them in with some salt. As soon as they are done, serve them immediately, to preserve their colour. Or when half done, drain off the water, and add two spoonfuls of broth strained. In finishing them, put in a little cream, with flour and butter.

FRENCH BREAD. With a quarter of a peck of fine flour, mix the yolks of three and the whites of two eggs, beaten and strained; a little salt, half a pint of good yeast that is not bitter, and as much lukewarm milk as will work it into a thin light dough. Stir it about, but do not knead it. Divide the dough into three parts, put them into wooden dishes, set them to rise, then turn them out into the oven, which must be quick, and rasp the bread when done.

FRENCH DUMPLINGS. Grate a penny loaf, add half a pound of currants, three quarters of a pound of beef suet finely shred, and half a grated nutmeg. Beat up the yolks of three eggs with three spoonfuls of cream, as much white wine, and a little sugar. Mix all together, work it up into a paste, make it into dumplings of a convenient size, and tie them up in cloths. Put them into boiling water, and let them boil three quarters of an hour.

FRENCH PIE. Lay a puff paste round the edge of the dish, and put in either slices of veal, rabbits or chickens jointed; with forcemeat balls, sweetbreads cut in pieces, artichoke bottoms, and a few truffles. [138]

FRENCH PORRIDGE. Stir together some oatmeal and water, and pour off the latter. Put fresh in, stir it well, and let it stand till the next day. Strain it through a fine sieve, and boil the water, which must be small in quantity, adding some milk while it is doing. With the addition of toast, this is much in request abroad, for the breakfast of weakly persons.

FRENCH PUDDING. Grate six ounces of brown bread, and shred half a pound of suet. Add four eggs well beaten, half a pound of currants picked and washed, a quarter of a pound of sugar, and a little nutmeg. Mix all together, tie the pudding up close in a cloth, and boil it two hours. Serve it up with a sauce of melted butter, a little sugar and sweet wine.

FRENCH ROLLS. Rub one ounce of butter into a pound of flour; mix one egg beaten, a little yeast that is not bitter, and as much milk as will make the dough tolerably stiff. Beat it well, but do not knead it: let it rise, and bake it on tins.

FRENCH SALAD. Mince up three anchovies, a shalot, and some parsley. Put them into a bowl with two table-spoonfuls of vinegar, one of oil, and a little salt and mustard. When well mixed, add by degrees some cold roast or boiled meat in very thin slices: put in a few at a time, not exceeding two or three inches long. Shake them in the seasoning, and then put more: cover the bowl close, and let the salad be prepared three hours before it is to be eaten. Garnish with parsley, and a few slices of the fat.

FRICANDEAU OF BEEF. Take a nice piece of lean beef; lard it with bacon seasoned with pepper, salt, cloves, mace, and allspice. Put it into a stewpan with a pint of broth, a glass of white wine, a bundle of parsley, all sorts of sweet herbs, a clove of garlic, a shalot or two, four cloves, pepper and salt. When the meat is become tender, cover it close. Skim the sauce well, strain it, set it on the fire, and let it boil till reduced to a glaze. Glaze the larded side with this, and serve the meat on sorrel sauce.

FRICANDEAU OF VEAL. Cut a large piece from the fat side of the leg, about nine inches long and half as thick and broad. Beat it with the rolling pin, take off the skin, and trim the rough edges. Lard the top and sides, cover it with fat bacon, and then with white paper. Lay it into a stewpan with any pieces of undressed veal or mutton, four onions, a sliced carrot, a faggot of sweet herbs, four blades of mace, four bay leaves, a pint of good veal or mutton broth, and four or five ounces of lean ham or gammon. Cover the pan close, and let it stew slowly for three hours; then take up the meat, remove all the fat from the gravy, and boil it quick to a glaze. Keep the fricandeau quite hot, and then glaze it. Serve it with the remainder of the glaze in the dish, and sorrel sauce in a tureen.—The following is a cheaper way of making a good fricandeau of veal. With a sharp knife cut the lean part of a large neck from the best end, scooping it from the bones a hand's length, and prepare it in the manner above directed. Three or four bones only will be necessary, and they will make the gravy; but if the prime part of the leg is cut off, it spoils the whole.—Another way is to take two large round sweetbreads, and prepare them like veal. Make a rich gravy with truffles, morels, mushrooms, and artichoke bottoms, and serve it round.

FRICASSEE OF CHICKENS. Boil rather more than half, in a small quantity of water, and let them cool. Cut them up, simmer in a little gravy made of the liquor they were boiled [139] in, adding a bit of veal or mutton, onion, mace, lemon peel, white pepper, and a bunch of sweet herbs. When quite tender, keep them hot, while the following sauce is prepared. Strain off the liquor, return it into the saucepan with a little salt, a scrape of nutmeg, and a little flour and butter. Give it one boil, and when ready to serve, beat up the yolk of an egg, add half a pint of cream, and stir them over the fire, but do not let it boil. It will be quite as good however without the egg. Without the addition of any other meat, the gravy may be made of the trimmings of the fowls, such as the necks, feet, small wing bones, gizzards, and livers.

FRICASSEE OF RABBITS. Skin them, cut them in pieces, soak in warm water, and clean them. Then stew them in a little fresh water, with a bit of lemon peel, a little white wine, an anchovy, an onion, two cloves, and a sprig of sweet herbs. When tender take them out, strain off the liquor, put a very little of it into a quarter of a pint of thick cream, with a piece of butter, and a little flour. Keep it constantly stirring till the butter is melted; then put in the rabbit, with a little grated lemon peel, mace, and lemon juice. Shake all together over the fire, and make it quite hot. If more agreeable, pickled mushrooms may be used instead of lemon.—To make a brown fricassee, prepare the rabbits as above, and fry them in butter to a nice brown. Put some gravy or beef broth into the pan, shake in some flour, and keep it stirring over the fire. Add some ketchup, a very little shalot chopped, salt, cayenne, and lemon juice, or pickled mushrooms. Boil it up, put in the rabbit, and shake it round till it is quite hot.

FRYING. This is often a very convenient and expeditious mode of cooking; but though one of the most common, it is as commonly performed in a very imperfect manner, and meets with less attention than the comfort of a good meal requires. A fryingpan should be about four inches deep, with a perfectly flat and thick bottom, and perpendicular sides. When used it should be half filled with fat, for good frying is in fact, boiling in fat. To make sure that the pan is quite clean, rub a little fat over it, then make it warm, and wipe it out with a clean cloth. Great care must be taken in frying, never to use any oil, butter, lard, or

drippings, but what is quite clean, fresh, and free from salt. Any thing dirty spoils the appearance, any thing bad tasted or stale spoils the flavour, and salt prevents its browning. Fine olive oil is the most delicate for frying, but it is very expensive, and bad oil spoils every thing that is dressed with it. For general purposes, and especially for fish, clean fresh lard is not near so expensive as oil or clarified butter, and does almost as well, except for collops and cutlets. Butter often burns before any one is aware, and what is fried with it will get a dark and dirty appearance. Dripping, if nicely clean and fresh, is almost as good as any thing: if not clean, it may easily be clarified. Whatever fat be used, let it remain in the pan a few minutes after frying, and then pour it through a sieve into a clean bason. If not burnt, it will be found much better than it was at first; but the fat in which fish has been fried, will not serve any other purpose. To fry fish, parsley, potatoes, or any thing that is watery, the fire must be very clear, and the fat quite hot, which will be the case when it has done hissing. Fish will neither be firm nor crisp, nor of a good colour, unless the fat be of a proper heat. To determine this, throw a little bit of bread into the pan: if it fries crisp, the fat is ready: if it burns the bread, it is too hot. Whatever is fried before the fat is hot enough, will be pale and [140] sodden, and offend the palate and the stomach, as well as the eye. The fat also must be thoroughly drained from the fry, especially from such things as are dressed in bread crumbs, or the flavour will be impaired. The dryness of fish depends much upon its having been fried in fat of a due degree of heat, they are then crisp and dry in a few minutes after being taken out of the pan: when they are not, lay them on a soft cloth before the fire, and turn them till they are dry.

FRIED CARP. Scale, draw, and wash them clean; dry them in flour, and fry them in hog's lard to a light brown. Fry some toast, cut three-corner ways, with the roes; lay the fish on a coarse cloth to drain, and serve them up with butter, anchovy sauce, and the juice of a lemon. Garnish with the bread, roe, and lemon.

FRIED EELS. There is a greater difference in the goodness of eels than of any other fish. The true silver-eel, so called from the bright colour of the belly, is caught in the Thames. The Dutch eels sold at Billingsgate are very bad; those taken in great floods are generally good, but in ponds they have usually a strong rank flavour. Except the middle of summer, they are always in season. If small, they should be curled round and fried, being first dipped into eggs and crumbs of bread.

FRIED EGGS. Boil six eggs for three minutes, put them in cold water, and take off the shells, without breaking the whites. Wrap the eggs up in a puff paste, smear them over with egg, and grate some bread over them. Put into a stewpan a sufficient quantity of lard or butter to swim the eggs; and when the lard is hot, put in the eggs, and fry them of a good colour. Lay them on a cloth to drain.

FRIED HERBS. Clean and drain a good quantity of spinach leaves, two large handfuls of parsley, and a handful of green onions. Chop the parsley and onions, and sprinkle them among the spinach. Stew them together with a little salt, and a bit of butter the size of a walnut. Shake the pan when it begins to grow warm, and let it lie closely covered over a slow stove till done enough. It is served with slices of broiled calves' liver, small rashers of bacon, and fried eggs. The latter on the herbs, and the other in a separate dish. This is the mode of dressing herbs in Staffordshire.

FRIED MACKAREL. Stuff the fish with grated bread, minced parsley and lemon peel, pepper and salt, nutmeg, and the yolk of an egg, all mixed together. Serve with anchovy and fennel sauce. Or split the fish open, cut off their heads, season and hang them up four or five hours, and then broil them. Make the sauce of fennel and parsley chopped fine, and mixed with melted butter.

FRIED OYSTERS. To prepare a garnish for boiled fish, make a batter of flour, milk, and eggs. Season it a very little, dip the oysters into the batter, and fry them of a fine yellow brown. A little nutmeg should be put into the seasoning, and a few crumbs of bread into the flour.

FRIED PARSLEY. Pick some young parsley very clean, and put it into a fryingpan with a bit of butter. Stir it with a knife till it becomes crisp, and use it for garnishing. Or rub the picked parsley in a cloth to clean it, and set it before the fire in a Dutch oven till it is crisp. This is better than fried parsley, and may be rubbed on steaks, calf's liver, or any other dish of the kind.

FRIED PATTIES. Mince a bit of cold veal, and six oysters; mix them with a few crumbs of bread, salt, pepper, and nutmeg, and a very small bit of lemon peel. Add the liquor of the [141] oysters, warm all together in a tosser, but it must not boil, and then let it grow cold. Prepare a good puff-paste, roll it thin, and cut it into round or square pieces. Put some of the mixture between two of them, twist the edges to keep in the gravy, and fry them of a fine brown. If baked, it becomes a fashionable dish. All patties should be washed over with egg before they are baked.

FRIED POTATOES. Slice them thin, and fry them in butter till they are brown; then lay them in a dish, and pour melted butter over them. Potatoes may likewise be fried in butter, and served up with powder sugar strewed over them. Any kind of fruit may be fried in the same manner, and all batter should be fried in hog's lard.

FRIED RABBIT. Cut it into joints, and fry it in butter of a nice brown. Send it to table with fried or dried parsley, and gravy or liver sauce.

FRIED SMELTS. Wipe them clean, take away the gills, rub them over with a feather dipped in egg, and strew on some grated bread. Fry them in hog's lard over a clear fire, and put them in when the fat is boiling hot. When they are of a fine brown, take them out and drain off the fat. Garnish with fried parsley and lemon.

FRIED SOLES. Divide two or three soles from the backbone, and take off the head, fins, and tail. Sprinkle the inside with salt, roll them up tight from the tail and upwards, and fasten with small skewers. Small fish do not answer, but if large or of a tolerable size, put half a fish in each roll. Dip them into yolks of eggs, and cover them with crumbs. Egg them over again, and then put more crumbs. Fry them of a beautiful colour in lard, or in clarified butter. Or dip the soles in egg, and cover them with fine crumbs of bread. Set on a fryingpan of the proper size, and put into it a good quantity of fresh lard or dripping. Let it boil, and immediately put the fish into it, and do them of a fine brown. Soles that have been fried, eat good cold with oil, vinegar, salt and mustard.

FRIED TENCH. Scale and clean the fish well, dry and lay them before the fire, dust

them with flour, and fry them in dripping or hog's lard. Serve with crisped parsley, and plain butter. Perch, trout, and grayling may be done the same.

FRIED TURBOT. Cut a small turbot across in ribs, dry and flour it, put it into a fryingpan, and cover it with boiling lard. Fry it brown, and drain it. Clean the pan, put in a little wine, an anchovy, salt, nutmeg, and a little ginger. Put in the fish, and stew it till the liquor is half wasted. Then take it out, put in some butter rolled in flour, with a minced lemon, and simmer them to a proper thickness. Rub a hot dish with a piece of shalot, lay the turbot in the dish, and pour the sauce over it.

FRIED VENISON. Cut the meat into slices, fry it of a bright brown, and keep it hot before the fire. Make gravy of the bones, add a little butter rolled in flour, stir it in the pan till it is thick and brown, and put in some port and lemon juice. Warm the venison in it, put in the dish, and pour the sauce over it. Send up currant jelly in a glass.

FRITTERS. Make them of pancake batter, dropped in small quantities into the pan: or put apple into batter, pared and sliced, and fry some of it with each slice. Currants, or very thinly-sliced lemon, make an agreeable change. Fritters for company should be served on a folded napkin in the dish. Any sort of sweetmeat, or ripe fruit, may be made into fritters.

FRONTINIAC. Boil twelve pounds of loaf sugar, and six pounds of raisins cut small, in six gallons of water. When the liquor is almost cold, put in half a peck of elder flowers; and the next day six spoonfuls of the syrup of lemons, and four of yeast. Let it stand two days, put it into a barrel that will just hold it, and bottle it after it has stood about two months. [142]

FROST AND BLIGHTS. When a fruit tree is in full blossom, the best way to preserve it from frost and blights is to twine a rope upon its branches, and bring the end of it into a pail of water. If a light frost happen in the night, the tree will not be affected by it; but an ice will be formed on the surface of the water, in which the end of the rope is immersed. This experiment may easily be tried on wall fruit, and has been found to answer. If trees be infected with an easterly blight, the best way is to fumigate them with brimstone strewed on burning charcoal: this will effectually destroy the insects, and preserve the fruit. Afterwards it will be proper to dash them with water, or wash the branches with a woollen cloth, and clear them of all glutinous matter and excrescences of every kind, which would harbour the insects; but the washing should be performed in the early part of a warm day, that the moisture may be exhaled before the cold of the evening approaches.

FROSTED POTATOES. If soaked three hours in cold water, before they are to be prepared as food, changing the water every hour, these valuable roots will recover their salubrious quality and flavour. While in cold water, they must stand where a sufficiency of artificial heat may prevent freezing. If much frozen, allow a quarter of an ounce of saltpetre to every peck of potatoes, and dissolve it in the water. But if so much penetrated by the frost as to render them unfit for culinary purposes, they may be made into starch, and will yield a large quantity of flour for that purpose.

FROTH FOR CREAMS. Sweeten half a pound of the pulp of damsons, or any other scalded fruit. Put to it the whites of four eggs beaten, and beat up the pulp with them till it will stand up, and take any form. It should be rough, to imitate a rock, or the billows of the

ocean. This froth looks and eats well, and may be laid on cream, custard, or trifle, with a spoon.

FRUIT. The method of preserving any kind of fruit all the year, is to put them carefully into a wide-mouthed glass vessel, closed down with oiled paper. The glasses are to be placed in a box filled with a mixture of four pounds of dry sand, two pounds of bole-armeniac, and one pound of saltpetre, so that the fruit may be completely covered. The fruit should be gathered by the hand before it be thoroughly ripe, and the box kept in a dry place.

FRUIT BISCUITS. To the pulp of any scalded fruit, put an equal weight of sugar sifted, and beat it two hours. Then make it into little white-paper forms, dry them in a cool oven, and turn them the next day. They may be put into boxes in the course of two or three days.

FRUIT FOR CHILDREN. To prepare fruit for children, far more wholesome than in puddings or pies, put some sliced apples, plums or gooseberries, into a stone jar, and sprinkle among them a sufficient quantity of fine moist sugar. Set the jar on a hot hearth, or in a saucepan of boiling water, and let it remain till the fruit is well done. Slices of bread, or boiled rice, may either be stewed with the fruit, or added when eaten.

FRUIT PASTE. Put any kind of fruit into a preserving pan, stir it till it will mash quite soft, and strain it. To one pint of juice, add a pound and a half of fine sugar; dissolve the [143]
sugar in water, and boil it till the water is dried up. Then mix it with the juice, boil it once, pour it into plates, and dry it in a stove. When wanted for use, cut it in strips, and make paste knots for garnishing.

FRUIT PUDDINGS. Make up a thick batter of milk and eggs, with a little flour and salt; put in any kind of fruit, and either bake or boil it. Apples should be pared and quartered, gooseberries and currants should be picked and cleaned, before they are put into the batter. Or make a thick paste, roll it out, and line a bason with it, after it has been rubbed with a little butter. Then fill it with fruit, put on a lid, tie it up close in a cloth, and boil it for two hours. The pudding will be lighter, if only made in a bason, then turned out into a pudding cloth, and boiled in plenty of water.

FRUIT STAINS. If stains of fruit or wine have been long in the linen, rub the part on each side with yellow soap. Then lay on a thick mixture of starch in cold water, rub it well in, and expose the linen to the sun and air till the stain comes out. If not removed in three or four days, rub off the mixture, and renew the process. When dry, it may be sprinkled with a little water.—Many other stains may be taken out by only dipping the linen into sour buttermilk, and drying it in a hot sun. Then wash it in cold water and dry it, two or three times a day.

FRUIT FOR TARTS. To preserve fruit for family desserts, whether cherries, plums, or apples, gather them when ripe, and put them in small jars that will hold about a pound. Strew over each jar six ounces of fine pounded sugar, and cover each with two bladders, separately tied down. Set the jars in a large stewpan of water up to the neck, and let it boil three hours gently. Keep these and all other sorts of fruit free from damp.

FRUIT TREES. When they have the appearance of being old or worn out, and are covered with moss and insects, they may be revived and made fruitful by dressing them well with a brush, dipped in a solution of strong fresh lime. The outer rind, with all its

incumbrance, will then fall off; a new and clean one will be formed, and the trees put on a healthy appearance.

FRUITS IN JELLY. Put half a pint of calf's foot jelly into a bowl; when stiff, lay in three peaches, and a bunch of grapes with the stalk upwards. Cover over with vine leaves, and fill up the bowl with jelly. Let it stand till the next day, and then set it to the brim in hot water. When it gives way from the bowl, turn the jelly out carefully, and send it to table. Any kind of fruit may be treated in the same way.

FUEL. Coals constitute a principal article of domestic convenience, especially during the severity of winter. At that season they often become very scarce, and are sold at an extravagant price. To remedy this evil in some measure, take two-thirds of soft clay, free from stones, and work it into three or four bushels of small coals previously sifted: form this composition into balls or cakes, about three or four inches thick, and let them be thoroughly dried. When the fire burns clear, place four or five of these cakes in the front of the grate, where they will soon become red, and yield a clear and strong heat till they are totally consumed. The expense of a ton of this composition is but trifling, when compared with that of a chaldron of coals, as it may be prepared at one-fourth of the cost, and will be of greater service than a chaldron and a half of the latter. Coal dust worked up with horse dung, cow [144] dung, saw dust, tanner's waste, or any other combustible matter that is not too expensive, will also be found a saving in the article of fuel. Nearly a third of the coals consumed in large towns and cities might be saved, if the coal ashes were preserved, instead of being thrown into the dust bins, and afterwards mixed with an equal quantity of small coal, moistened with water. This mixture thrown behind the fire, with a few round coals in front, would save the trouble of sifting the ashes, and make a cheerful and pleasant fire.——THE BEST MODE OF LIGHTING A FIRE.—Fill the grate with fresh coals quite up to the upper bar but one; then lay on the wood in the usual manner, rather collected in a mass than scattered. Over the wood place the cinders of the preceding day, piled up as high as the grate will admit, and placed loosely in rather large fragments, in order that the draft may be free: a bit or two of fresh coal may be added to the cinders when once they are lighted, but no small coal must be thrown on at first. When all is prepared, light the wood, when the cinders in a short time being thoroughly ignited, the gas rising from the coals below, which will now be affected by the heat, will take fire as it passes through them, leaving a very small portion of smoke to go up the chimney. One of the advantages of this mode of lighting a fire is, that small coal is better suited to the purpose than large, except a few pieces in front to keep the small from falling out of the grate. A fire lighted in this way will burn all day, without any thing being done to it. When apparently quite out, on being stirred, you have in a few minutes a glowing fire. When the upper part begins to cake, it must be stirred, but the lower must not be touched.

FUMIGATION. To prevent infection from fever, take a handful each of rue, sage, mint, rosemary, and lavender, all fresh gathered. Cut them small, put them into a stone jar, pour on a pint of the best white-wine vinegar, cover the jar close, and let it stand eight days in the sun, or near the fire. Then strain it off, and dissolve in it an ounce of camphor. This liquid sprinkled about the chamber, or fumigated, will much revive the patient, and prevent the attendants from receiving the infection. Or mix a spoonful of salt in a cup, with a little powdered magnesia: pour on the mixture at different times a spoonful of strong vitriolic acid, and the vapour arising from it will destroy the putrid effluvia.

FURNITURE LININGS. These articles require to be first washed, and afterwards dyed of a different colour, in order to change and improve their appearance.—For a Buff or salmon colour, according to the depth of the hue, rub down on a pewter plate two pennyworth of Spanish arnatto, and then boil it in a pail of water a quarter of an hour. Put into it two ounces of potash, stir it round, and instantly put in the lining. Stir it all the time it is boiling, which must be five or six minutes; then put it into cold spring water, and hang the articles up singly without wringing. When almost dry, fold the lining, and mangle it.—For Pink, the calico must be washed extremely clean, and thoroughly dried. Then boil it in two gallons of soft water, and four ounces of alum; take it out, and dry it in the air. Meanwhile boil in the alum water two handfuls of wheat bran till quite slippery, and then strain it. Take two scruples of cochineal, and two ounces of argall finely pounded and sifted, and mix it with the liquor a little at a time. Put the calico into the liquor, keep it stirring and boiling, till the liquor is nearly wasted. Then take out the calico, wash it first in chamber lye, and [145] afterwards in cold water. Rinse it in water-starch strained, dry it quick without hanging it in folds, and let it be well mangled. It would be better still to have it callendered.—Blue. The calico must be washed clean and dried. Then mix some of Scott's liquid blue in as much water as will be sufficient to cover the things to be dyed, and add some starch to give it a light stiffness. Dry a small piece of the lining to see whether the colour is deep enough; and if approved, put it in and wash it in the dye. Dry the articles singly, and mangle or callender them.

FURS. To preserve them from the moth, comb them occasionally while in use. When not wanted, mix among them bitter apples from the druggists, in small muslin bags, sewing them in several folds of linen, carefully turned in at the edges. Keep the furs in a cool place, free from damp.

G.

GAD FLY. Cows and oxen are often so distressed by the darts of the gad fly, that they rush into the water for refuge till night approaches. The only remedy is to wash the backs of the cattle in the spring with strong tobacco-water, which would greatly prevent the generating of these vermin. When sheep are struck with the fly, the way is to clip off the wool, to rub the parts affected with powdered lime or wood ashes, and afterwards to anoint them with currier's oil, which will heal the wounds, and secure the animals from future attack. Or dissolve half an ounce of corrosive sublimate in two quarts of soft water, and add a quarter of a pint of spirits of turpentine. Cut off the wool as far as it is infected, pour a few drops of the mixture in a circle round the maggots produced by the flies, and afterwards rub a little of it among them, and the maggots will immediately be destroyed.

GAME. Game ought not to be thrown away even after it has been kept a long time, for when it seems to be spoiled it may often be made fit for eating, by carefully cleaning and washing it with vinegar and water. If there is danger of birds not keeping, the best way is to

crop and draw them. Pick them clean, wash them in two or three waters, and rub them with salt. Plunge them into a kettle of boiling water one by one, and draw them up and down by the legs, that the water may pass through them. Let them remain in the water five or six minutes, and then hang them up in a cool place. When drained, season the insides well with pepper and salt, and wash them before they are roasted. The most delicate birds, even grouse, may thus be preserved. Those that live by suction cannot be done this way, as they are never drawn; and perhaps the heat might make them worse, as the water could not pass through them; but they will bear a high flavour. Lumps of charcoal put about birds and meat will preserve them from taint, and restore what is spoiling.

GAME SAUCE. Wash and pare a head of celery, cut it into thin slices, boil it gently till it becomes tender; then add a little beaten mace, pepper, salt, and nutmeg. Thicken it with flour and butter, boil it up, pour some of it in the dish, and some in a boat. Lemon pickle or lemon juice may be added to it. [146]

GAMMON. Take off the rind of the ham and gammon, and soak it in water; cover the fat part with writing paper, roast, and baste it with canary. When done, sprinkle it over with crumbs of bread and parsley. Serve it with brown gravy, after it is well browned, and garnish it with raspings of bread.

GARDEN HEDGES. A well trained hawthorn fence is the strongest, but as it is apt to get thin and full of gaps at the bottom, the barberry is to be preferred, especially on high banks with a light soil. It may be raised from the berries as easily as hawthorn, and will grow faster, if the suckers be planted early. The barberry puts up numerous suckers from the roots; it will therefore always grow close at the bottom, and make an impenetrable fence. In trimming any kind of close hedge, care should be taken to slope the sides, and make it pointed at the top: otherwise, the bottom being shaded by the upper part, will make it grow thin and full of gaps. The sides of a young hedge may be trimmed, to make it bush the better; but it should not be topped till it has arrived at a full yard in height, though a few of the points may be taken off. The bottom of hawthorn hedges may be conveniently thickened, by putting in some plants of common sweet briar, or barberry.

GARDEN RHUBARB. To cultivate the common garden rhubarb, it should not only have a depth of good soil, but it should be watered in dry weather, and well covered with straw or dung in the winter season. It will then become solid when taken out of the ground; and if cut into large slices, and hung up in a warm kitchen, it will soon be fit for use. The plants may be taken up when the leaves are decayed, either in spring or in autumn, while the weather is dry; and when the roots are cleared from dirt, without washing, they should be dried in the sun for a few days before they are hung up. The better way would be to wrap them up separately in whited brown paper, and dry them on the hob of a common stove. Lemon and orange peel will dry remarkably well in the same manner.

GARGLES. Common gargles may be made of figs boiled in milk and water, with a little sal-ammoniac; or sage-tea, with honey and vinegar mixed together. A sore throat may be gargled with it two or three times a day.

GEESE. The rearing of this species of poultry incurs but little expense, as they chiefly support themselves on commons or in lanes, where they can get at water. The largest are

esteemed the best, as also are the white and the grey: the pied and dark coloured are not so good. Thirty days are generally the time that the goose sets, but in warm weather she will sometimes hatch sooner. Give them plenty of food, such as scalded bran and light oats. As soon as the goslings are hatched, keep them housed for eight or ten days, and feed them with barley meal, bran, and curds. Green geese should begin to fatten at six or seven weeks old, and be fed as above. Stubble geese require no fattening, if they have the run of good fields and pasture.—If geese are bought at market, for the purpose of cooking, be careful to see that they are fresh and young. If fresh, the feet will be pliable: if stale, dry and stiff. The bill and feet of a young one will be yellow, and there will be but few hairs upon them: if old, they will be red. Green geese, not more than three or four months old, should be scalded: a stubble goose should be picked dry.

GEORGE PUDDING. Boil very tender a handful of whole rice in a small quantity of milk, with a large piece of lemon peel. Let it drain; then mix with it a dozen apples, boiled to a pulp as dry as possible. Add a glass of white wine, the yolks of five eggs, two ounces of orange and citron cut thin, and sweeten it with sugar. Line a mould or bason with a very good paste, beat the five whites of the eggs to a very strong froth, and mix it with the other ingredients. Fill the mould, and bake it of a fine brown colour. Serve it bottom upwards with the following sauce: two glasses of wine, a spoonful of sugar, the yolks of two eggs, and a piece of sugar the size of a walnut. Simmer without boiling, and pour to and from the saucepan till the sauce is of a proper thickness, and then put it in the dish. [147]

GERMAN PUDDINGS. Melt three ounces of butter in a pint of cream, and let it stand till nearly cold. Then mix two ounces of fine flour, and two ounces of sugar, four yolks and two whites of eggs, and a little rose or orange flower water. Bake in little buttered cups half an hour. They should be served the moment they are done, and only when going to be eaten, or they will not be light. Turn the puffs out of the cups, and serve with white wine and sugar.

GERMAN PUFFS. Mix together two ounces of blanched almonds well beaten, a spoonful of rose water, one white and two yolks of eggs, a spoonful of flour, half a pint of cream, two ounces of butter, and sugar to taste. Butter some cups, half fill them, and put them in the oven. Serve with white wine sauce, butter, and sugar. This is esteemed a good middle dish for dinner or supper.

GIBLETS. Let the giblets be picked clean and washed, the feet skinned, the bill cut off, the head split in two, the pinion bones broken, the liver and gizzard cut in four, and the neck in two pieces. Put them into a pint of water, with pepper and salt, an onion, and sweet herbs. Cover the saucepan close, and stew them on a slow fire till they are quite tender. Take out the onion and herbs, and put them into a dish with the liquor.

GIBLET PIE. Clean and skin the giblets very carefully, stew them with a small quantity of water, onion, black pepper, and a bunch of sweet herbs, till nearly done. Let them grow cold: and if not enough to fill the dish, lay at the bottom two or three slices of veal, beef, or mutton. Add the liquor of the stew; and when the pie is baked, pour into it a large teacupful of cream. Sliced apples added to the pie are a great improvement. Duck giblets will do; but goose giblets are much to be preferred.

GIBLET SOUP. Scald and clean three or four sets of goose or duck giblets, and stew

them slowly with a pound or two of gravy beef, scrag of mutton, or the bone of a knuckle of veal, an ox tail, or some shanks of mutton. Add a large bunch of sweet herbs, a tea-spoonful of white pepper, a large spoonful of salt, and three onions. Put in five pints of water, cut each of the gizzards into four pieces, and simmer till they become quite tender. Skin the stew carefully, add a quarter of a pint of cream, two tea-spoonfuls of mushroom powder, and an ounce of butter mixed with a dessert-spoonful of flour. Let it boil a few minutes, then put it into a tureen, add a little salt, and serve up the soup with the giblets. Instead of cream, it may be seasoned with a large spoonful of ketchup, some cayenne, and two glasses of sherry.

GILDED FRAMES. These valuable articles cannot be preserved from fly stains, without covering them with strips of paper, and suffering them to remain till the flies are gone. [148] Previous to this, the light dust should be blown from the gilding, and a feather or a clean brush lightly passed over it. Linen takes off the gilding, and deadens its brightness; it should therefore never be used for wiping it. Some means should be used to destroy the flies, as they injure furniture of every kind, and the paper likewise. Bottles hung about with sugar and vinegar, or beer, will attract them; or fly water, put into little shells placed about the room, but out of the reach of children.

GILLIFLOWER WINE. To three gallons of water put six pounds of the best raw sugar; boil the sugar and water together for the space of half an hour, and keep skimming it as the scum rises. Let it stand to cool, beat up three ounces of syrup of betony with a large spoonful of ale yeast, and put it into the liquor. Prepare a peck of gilliflowers, cut from the stalks, and put them in to infuse and work together for three days, the whole being covered with a cloth. Strain it, and put it into a cask; let it settle for three or four weeks, and then bottle it.

GINGER BEER. To every gallon of spring water add one ounce of sliced white ginger, one pound of lump sugar, and two ounces of lemon juice. Boil the mixture nearly an hour, and take off the scum; then run it through a hair sieve into a tub, and when cool, add yeast in the proportion of half a pint to nine gallons. Keep it in a temperate situation two days, during which it may be stirred six or eight times. Then put it into a cask, which must be kept full, and the yeast taken off at the bunghole with a spoon. In a fortnight, add half a pint of fining to nine gallons of the liquor, which will clear it by ascent, if it has been properly fermented. The cask must still be kept full, and the rising particles taken off at the bunghole. When fine, which may be expected in twenty-four hours, bottle and cork it well; and in summer it will be ripe and fit to drink in a fortnight.

GINGER DROPS. Beat two ounces of fresh candied orange in a mortar, with a little sugar, till reduced to a paste. Then mix an ounce of the powder of white ginger, with a pound of loaf sugar. Wet the sugar with a little water, and boil all together to a candy, and drop it on white paper the size of mint drops. These make an excellent stomachic.

GINGER WINE. To seven gallons of water put nineteen pounds of moist sugar, and boil it for half an hour, taking off the scum as it rises. Then take a small quantity of the liquor, and add to it nine ounces of the best ginger bruised. Put it all together, and when nearly cold, chop nine pounds of raisins very small, and put them into a nine gallon cask, with one ounce of isinglass. Slice four lemons into the cask, taking out all the seeds, and pour the liquor over

them, with half a pint of fresh yeast. Leave it unstopped for three weeks, and in about three months it will be fit for bottling. There will be one gallon of the sugar and water more than the cask will hold at first: this must be kept to fill up as the liquor works off, as it is necessary that the cask should be kept full, til it has done working. The raisins should be two thirds Malaga, and one third Muscadel. Spring and autumn are the best seasons for making this wine.—Another. Boil nine quarts of water with six pounds of lump sugar, the rinds of two or three lemons very thinly pared, and two ounces of bruised white ginger. Let it boil half an hour, and skim it well. Put three quarters of a pound of raisins into the cask; and when the liquor is lukewarm, turn it, adding the juice of two lemons strained, with a spoonful and a half [149] of yeast. Stir it daily, then put in half a pint of brandy, and half an ounce of isinglass shavings. Stop it up, and bottle it in six or seven weeks. The lemon peel is not to be put into the barrel.

GINGERBREAD. Mix with two pounds of flour, half a pound of treacle, and half a pound of butter, adding an ounce of ginger finely powdered and sifted, and three quarters of an ounce of caraway seeds. Having worked it very much, set it to rise before the fire. Then roll out the paste, cut it into any shape, and bake it on tins. If to be made into sweetmeats, add some candied orange-peel, shred into small pieces.—Another sort. To three quarters of a pound of treacle, put one egg beaten and strained. Mix together four ounces of brown sugar, half an ounce of sifted ginger, and a quarter of an ounce each of cloves, mace, allspice, and nutmeg, beaten as fine as possible; also a quarter of an ounce of coriander and caraway seeds. Melt a pound of butter, and mix with the above, adding as much flour as will knead it into a pretty stiff paste. Roll it out, cut it into cakes, bake them on tin plates in a quick oven, and a little time will do them. Gingerbread buttons or drops may be made of a part of the paste.—A plain sort of gingerbread may be prepared as follows. Mix three pounds of flour with half a pound of butter, four ounces of brown sugar, and half an ounce of pounded ginger. Make it into a paste, with a pound and a quarter of warm treacle. Or make the gingerbread without butter, by mixing two pounds of treacle with the following ingredients. Four ounces each of orange, lemon, citron, and candied ginger, all thinly sliced; one ounce each of coriander seeds, caraways, and pounded ginger, adding as much flour as will make it into a soft paste. Lay it in cakes on tin plates, and bake it in a quick oven. Keep it dry in a covered earthen vessel, and the gingerbread will be good for some months. If cakes or biscuits be kept in paper, or a drawer, the taste will be disagreeable. A tureen, or a pan and cover, will preserve them long and moist; or if intended to be crisp, laying them before the fire, or keeping them in a dry canister, will make them so.

GINGERBREAD NUTS. Carefully melt half a pound of butter, and stir it up in two pounds of treacle. Add an ounce of pounded ginger, two ounces of preserved lemon and orange peel, two ounces of preserved angelica cut small, one of coriander seed pounded, and the same of caraway whole. Mix them together, with two eggs, and as much flour as will bring it to a fine paste. Make it into nuts, put them on a tin plate, and bake them in a quick oven.

GLASS. Broken glass may be mended with the same cement as china, or if it be only cracked, it will be sufficient to moisten the part with the white of an egg, strewing it over with a little powdered lime, and instantly applying a piece of fine linen. Another cement for glass is prepared from two parts of litharge, one of quick lime, and one of flint glass, each separately and finely powdered, and the whole worked up into a paste with drying oil. This compound

is very durable, and acquires a greater degree of hardness when immersed in water.

GLASSES. These frail and expensive articles may be rendered less brittle, and better able to bear sudden changes of temperature, by first plunging them into cold water, then gradually heating the water till it boils, and suffering it to cool in the open air. Glasses of every description, used for the table, will afterwards bear boiling water suddenly poured into them, without breaking. When they have been tarnished by age or accident, their lustre may be restored by strewing on them some fuller's earth, carefully powdered and cleared of sand and dirt, and then rubbing them gently with a linen cloth, or a little putty. [150]

GLOVES. Leather gloves may be repaired, cleaned, and dyed of a fine yellow, by steeping a little saffron in boiling water for about twelve hours; and having lightly sewed up the tops of the gloves, to prevent the dye from staining the insides, wet them over with a sponge or soft brush dipped in the liquid. A teacupful will be sufficient for a single pair.

GLOUCESTER CHEESE. This article is made of milk immediately from the cow; and if it be too hot in the summer, a little skim milk or water is added to it, before the rennet is put in. As soon as the curd is come it is broken small, and cleared of the whey. The curd is set in the press for about a quarter of an hour, in order to extract the remainder of the liquid. It is then put into the cheese tub again, broken small, and scalded with water mixed with a little whey. When the curd is settled, the liquor is poured off; the curd is put into a vat, and worked up with a little salt when about half full. The vat is then filled up, and the whole is turned two or three times in it, the edges being pared, and the middle rounded up at each turning. At length, the curd being put into a cloth, it is placed in the press, then laid on the shelves, and turned every day till it becomes sufficiently firm to bear washing.

GLOUCESTER JELLY. Take rice, sago, pearl barley, hartshorn shavings, and eringo root, each one ounce. Simmer with three pints of water till reduced to one, and then strain it. When cold it will be a jelly; of which give, dissolved in wine, milk, or broth, in change with other nourishment.

GNATS. The stings of these troublesome insects are generally attended with a painful swelling. One of the most effectual remedies consists of an equal mixture of turpentine and sweet oil, which should immediately be applied to the wounded part, and it will afford relief in a little time. Olive oil alone, unsalted butter, or fresh lard, if rubbed on without delay, will also be found to answer the same purpose. They may be destroyed by fumigation, the same as for flies.

GOLD. To clean gold, and restore its lustre, dissolve a little sal ammoniac in common wine. Boil the gold in it, and it will soon recover its brilliance. To clean gold or silver lace, sew it up in a linen cloth, and boil it with two ounces of soap in a pint of water: afterwards wash the lace in clear water. When the lace happens to be tarnished, the best liquor for restoring its lustre is spirits of wine, which should be warmed before it is applied. This application will also preserve the colour of silk or embroidery.

GOLD RINGS. If a ring sticks tight on the finger, and cannot easily be removed, touch it with mercury, and it will become so brittle that a slight blow will break it.

GOOSE FEATHERS. These being deemed particularly valuable, the birds in some

counties are plucked four or five times in a year. The first operation is performed in the spring for feathers and quills, and is repeated for feathers only, between that period and Michaelmas. Though the plucking of geese appears to be a barbarous custom, yet experience has proved, that if carefully done, the birds thrive better, and are more healthy, when stripped of their feathers, than if they were left to drop them by moulting. Geese [151] intended for breeding in farm yards, and which are called old geese, may be plucked three times a year, at an interval of seven weeks, but not oftener. Every one should be thirteen or fourteen weeks old before they are subject to this operation, or they are liable to perish in cold summers; and if intended for the table, they would become poor and lose their quality, were they stripped of their feathers at an earlier period.

GOOSE PIE. Quarter a goose, season it well, put it in a baking dish, and lay pieces of butter over it. Put on a raised crust, and bake it in a moderate oven. To make a richer pie, forcemeat may be added, and slices of tongue. Duck pie is made in the same manner.

GOOSE SAUCE. Put into melted butter a spoonful of sorrel juice, a little sugar, and some scalded gooseberries. Pour it into boats, and send it hot to table.

GOOSEBERRY FOOL. Put the fruit into a stone jar, with some good Lisbon sugar. Set the jar on a stove, or in a saucepan of water over the fire: if the former, a large spoonful of water should be added to the fruit. When it is done enough to pulp, press it through a cullender. Have ready a sufficient quantity of new milk, and a tea-cupful of raw cream, boiled together, or an egg instead of the latter. When cold, sweeten it pretty well with fine Lisbon sugar, and mix the pulp with it by degrees.

GOOSEBERRY HOPS. Gather the largest green gooseberries of the walnut kind, and slit the tops into four quarters, leaving the stalk end whole. Pick out the seeds, and with a strong needle and thread fasten five or six together, by running the thread through the bottoms, till they are of the size of a hop. Lay vine leaves at the bottom of a tin preserving-pan, cover them with the hops, then a layer of leaves, and so on: lay a good many on the top, and fill the pan with water. Stop it down so close that no steam can escape, set it by a slow fire till scalding hot, and then take it off to cool. Repeat the operation till the gooseberries, on being opened, are found to be of a good green. Then drain them on sieves, and make a thin syrup of a pound of sugar to a pint of water, well boiled and skimmed. When the syrup is half cold, put in the fruit; give it a boil up, and repeat it thrice. Gooseberry hops look well and eat best dried, and in this case they may be set to dry in a week. But if to be kept moist, make a syrup in the above proportions, adding a slice of ginger in the boiling. When skimmed and clear, give the gooseberries one boil, and pour the syrup cold over them. If found too sour, a little sugar may be added, before the hops that are for drying receive their last boil. The extra syrup will serve for pies, or go towards other sweetmeats.

GOOSEBERRY JAM. Gather some ripe gooseberries, of the clear white or green sort, pick them clean and weigh them. Allow three quarters of a pound of lump sugar to a pound of fruit, and half a pint of water. Boil and skim the sugar and water, then put in the fruit, and boil it gently till it is quite clear. Break the gooseberries into jam, and put into small pots.—Another. Gather some ripe gooseberries in dry weather, of the red hairy sort, and pick off the heads and tails. Put twelve pounds of them into a preserving pan, with a pint of currant

juice, drawn as for jelly. Boil them pretty quick, and beat them with a spoon; when they begin to break, add six pounds of white Lisbon sugar, and simmer them slowly to a jam. They require long boiling, or they will not keep; but they make an excellent jam for tarts and puffs. When the jam is put into jars, examine it after two or three days; and if the syrup and [152] fruit separate, the whole must be boiled again. In making white gooseberry jam, clarified sugar should be used; and in all cases great care must be taken to prevent the fruit from burning to the bottom of the pan.

GOOSEBERRY PUDDING. Stew some gooseberries in a jar over a hot hearth, or in a saucepan of water, till reduced to a pulp. Take a pint of the juice pressed through a coarse sieve, and mix it with three eggs beaten and strained. Add an ounce and a half of butter, sweeten it well, put a crust round the dish, and bake it. A few crumbs of roll should be mixed with the above to give it a little consistence, or four ounces of Naples biscuits.

GOOSEBERRY TRIFLE. Scald as much fruit as when pulped through a sieve, will cover the bottom of a dish intended to be used. Mix with it the rind of half a lemon grated fine, sweetened with sugar. Put any quantity of common custard over it, and a whip on the top, as for other trifles.

GOOSEBERRY VINEGAR. Boil some spring water; and when cold, put to every three quarts, a quart of bruised gooseberries in a large tub. Let them remain two or three days, stirring often; then strain through a hair bag, and to each gallon of liquor add a pound of the coarsest sugar. Put it into a barrel, with yeast spread upon a toast, and cover the bung hole with a piece of slate. The greater the quantity of sugar and fruit, the stronger the vinegar.

GOOSEBERRY WINE. When the weather is dry, gather gooseberries about the time they are half ripe. Pick them clean as much as a peck into a convenient vessel, and bruise them with a piece of wood, taking as much care as possible to keep the seeds whole. Now having put the pulp into a canvas bag, press out all the juice; and to every gallon of the gooseberries, add about three pounds of fine loaf sugar. Mix the whole together by stirring it with a stick, and as soon as the sugar is quite dissolved, pour it into a cask which will exactly hold it. If the quantity be about eight or nine gallons, let it stand a fortnight: if twenty gallons, forty days, and so on in proportion. Set it in a cool place; and after standing the proper time, draw it off from the lees. Put it into another clean vessel of equal size, or into the same, after pouring out the lees and making it clean. Let a cask of ten or twelve gallons stand for about three months, and twenty gallons for five months, after which it will be fit for bottling off.

GOOSEBERRIES PRESERVED. Gather some dry gooseberries of the hairy sort, before the seeds become large, and take care not to cut them in taking off the stalks and buds. If gathered in the damp, or the gooseberry skins are the least broken in the preparation, the fruit will mould. Fill some jars or wide-mouthed bottles, put the corks loosely in, and set the bottles up to the neck in a kettle of water. When the fruit looks scalded, take them out; and when perfectly cold, cork them down close, and rosin the top. Dig a trench sufficiently deep to receive all the bottles, and cover them with the earth a foot and a half. When a frost comes on, a little fresh litter from the stable will prevent the ground from hardening, so that the fruit may more easily be dug up.—Green gooseberries may also be preserved for winter use, without bedding them in the earth. Scald them as above, and

when cold, fill the bottles up with cold water. Cork and rosin them down, and keep them in a dry place.—Another way. Having prepared the gooseberries as above, prepare a kettle of [153] boiling water, and put into it as much roche alum as will harden the water, or give it a little roughness when dissolved: but if there be too much it will spoil the fruit. Cover the bottom of a large sieve with gooseberries, without laying one upon another; and hold the sieve in the water till the fruit begins to look scalded on the outside. Turn them gently out of the sieve on a cloth on the dresser, cover them with another cloth, putting some more to be scalded, till the whole are finished. Observe not to put one quantity upon another, or they will become too soft. The next day pick out any bad or broken ones, bottle the rest, and fill up the bottles with the alum water in which they were scalded. If the water be left in the kettle, or in a glazed pan, it will spoil; it must therefore be quickly put into the bottles. Gooseberries prepared in this way, and stopped down close, will make as fine tarts as when fresh from the trees.—Another way. In dry weather pick some full grown but unripe gooseberries, top and tail them, and put them into wide-mouthed bottles. Stop them lightly with new velvet corks, put them into the oven after the bread is drawn, and let them stand till they are shrunk one fourth. Take them out of the oven, fasten the corks in tight, cut off the tops, and rosin them down close. Set them in a dry place; and if well secured from the air, they will keep the year round. Currants and damsons may be preserved in the same way.

GOOSEGRASS OINTMENT. Melt some hog's lard, add as much clivers or goosegrass as the lard will moisten, and boil them together over a slow fire. Keep the mixture stirring till it becomes a little brown, and then strain it through a cloth. When cold, take the ointment from the water, and put it up in gallipots.

GOUT. Gouty patients are required to abstain from all fermented and spirituous liquors, and to use wine very moderately; carefully to avoid all fat, rancid, and salted provisions, and high seasoned dishes of every description. The constant use of barley bread is recommended, with large doses of powdered ginger boiled in milk for breakfast. Absorbent powders of two scruples of magnesia, and three or four grains each of rhubarb and purified kali, should be taken during the intervals of gouty fits, and repeated every other morning for several weeks. The feet should be kept warm, sinapisms frequently applied to them, and the part affected should be covered with flannel.

GOUT CORDIAL. Take four pounds of sun raisins sliced and stoned, two ounces of senna, one ounce of fennel seed, one of coriander, half an ounce of cochineal, half an ounce of saffron, half an ounce of stick liquorice, and half a pound of rhubarb: infuse them all in two gallons of brandy, and let it stand for ten days. Stir it occasionally, then strain it off, and bottle it. Take a small wine-glass full, when the gout is in the head or stomach; and if the pain be not removed, take two large spoonfuls more.—Or take six drams of opium, half an ounce of soap of tartar, half an ounce of castile soap, one dram of grated nutmeg, three drams of camphor, two scruples of saffron, and nine ounces of sweet spirit of sal-ammoniac. Put them all into a wine flask in a sand-heat for ten days, shaking it occasionally till the last day or two: then pour it off clear, and keep it stopped up close for use. Take thirty or forty drops in a glass of peppermint two hours after eating; it may also be taken two or three times in the day or night if required.

GRANARIES. These depositaries are very liable to be infested with weasels, and [154]

various kinds of insects. To prevent their depredations, the floors of granaries should be laid with poplars of Lombardy.

GRAPES. To preserve this valuable fruit, prepare a cask or barrel, by carefully closing up its crevices to prevent access of the external air. Place a layer of bran, which has been well dried in an oven; upon this place a layer of bunches of grapes, well cleaned, and gathered in the afternoon of a dry day, before they are perfectly ripe. Proceed then with alternate layers of bran and grapes till the barrel is full, taking care that the bunches of grapes do not touch each other, and to let the last layer be of bran; then close the barrel so that the air may not be able to penetrate. Grapes thus packed will keep for a twelvemonth. To restore their freshness, cut the end of each bunch, and put that of white grapes into white wine, and that of black grapes into red wine, as flowers are put into water to keep them fresh. It is customary in France to pack grapes for the London market in saw dust, but it must be carefully dried with a gentle heat, or the turpentine and other odours of the wood will not fail to injure the fruit. Oak saw dust will answer the purpose best.

GRAPE WINE. To every gallon of ripe grapes put a gallon of soft water, bruise the grapes, let them stand a week without stirring, and draw the liquor off fine. To every gallon of liquor allow three pounds of lump sugar, put the whole into a vessel, but do not stop it till it has done hissing; then stop it close, and in six months it will be fit for bottling.—A better wine, though smaller in quantity, will be made by leaving out the water, and diminishing the quantity of sugar. Water is necessary only where the juice is so scanty, or so thick, as in cowslip, balm, or black currant wine, that it could not be used without it.

GRAVEL. The gout or rheumatism has a tendency to produce this disorder; it is also promoted by the use of sour liquor, indigestible food, especially cheese, and by a sedentary life. Perspiration should be assisted by gentle means, particularly by rubbing with a warm flannel; the diet regulated by the strictest temperance, and moderate exercise is not to be neglected. For medicine, take the juice of a horseradish, made into a thin syrup by mixing it with sugar; a spoonful or two to be taken every three or four hours.

GRAVEL WALKS. To preserve garden walks from moss and weeds, water them frequently with brine, or salt and water, both in the spring and in autumn. Worms may be destroyed by an infusion of walnut-tree leaves, or by pouring into the holes a ley made of wood ashes and lime. If fruit trees are sprinkled with it, the ravages of insects will be greatly prevented.

GRAVIES. A few general observations are necessary on the subject of soups and gravies. When there is any fear of gravy meat being spoiled before it be wanted, it should be well seasoned, and lightly fried, in order to its keeping a day or two longer; but the gravy is best when the juices are fresh. When soups or gravies are to be put by, let them be changed every day into fresh scalded pans. Whatever liquor has vegetables boiled in it, is apt to turn sour much sooner than the juices of meat, and gravy should never be kept in any kind of metal. When fat remains on any soup, a tea-cupful of flour and water mixed quite smooth, and boiled in, will take it off. If richness or greater consistence be required, a good lump of butter mixed with flour, and boiled in the soup or gravy, will impart either of these qualities. Long boiling is necessary to obtain the full flavour; and gravies and soups are best made the

day before they are wanted. They are also much better when the meat is laid in the bottom of the pan, and stewed with herbs, roots, and butter, than when water is put to the meat at first; and the gravy that is drawn from the meat, should almost be dried up before the water is added. The sediment of gravies that have stood to be cold, should not be used in cooking. When onions are strong, boil a turnip with them, if for sauce; and this will make them mild and pleasant. If soups or gravies are too weak, do not cover them in boiling, that the watery particles may evaporate. A clear jelly of cow heels is very useful to keep in the house, being a great improvement to soups and gravies. Truffles and morels thicken soups and sauces, and give them a fine flavour. The way is to wash half an ounce of each carefully, then simmer them a few minutes in water, and add them with the liquor to boil in the sauce till quite tender. As to the materials of which gravy is to be made, beef skirts will make as good as any other meat. Beef kidney, or milt, cut into small pieces, will answer the purpose very well; and so will the shank end of mutton that has been dressed, if much be wanted. The shank bones of mutton, if well soaked and cleaned, are a great improvement to the richness of the gravy. Taragon gives the flavour of French cookery, and in high gravies it is a great improvement; but it should be added only a short time before serving. To draw gravy that will keep for a week, cut some lean beef thin, put it into a fryingpan without any butter, cover it up, and set it on the fire, taking care that it does not burn. Keep it on the fire till all the gravy that comes out of the meat is absorbed, then add as much water as will cover the meat, and keep it stewing. Put in some herbs, onions, spice, and a piece of lean ham. Let it simmer till it is quite rich, and keep it in a cool place; but do not remove the fat till the gravy is to be used.

GRAVY FOR FOWL. When there is no meat to make gravy of, wash the feet of the fowl nicely, and cut them and the neck small. Simmer them with a little bread browned, a slice of onion, a sprig of parsley and thyme, some salt and pepper, and the liver and gizzard, in a quarter of a pint of water, till half wasted. Take out the liver, bruise it, and strain the liquor to it. Then thicken it with flour and butter, and a tea-spoonful of mushroom ketchup will make the gravy very good.

GRAVY FOR WILD FOWL. Set on a saucepan with half a pint of veal gravy, adding half a dozen leaves of basil, a small onion, and a roll of orange or lemon peel. Let it boil up for a few minutes, and strain it off. Put to the clear gravy the juice of a Seville orange, half a teaspoonful of salt, the same of pepper, and a glass of red wine. Shalot and cayenne may be added. This is an excellent sauce for all kinds of wild water-fowl, and should be sent up hot in a boat, as some persons like wild fowl very little done, and without any sauce. The common way of gashing the breast, and squeezing in a lemon, cools and hardens the flesh, and compels every one to eat it that way, whether they approve of it or not.

GRAVY FOR MUTTON. To make mutton taste like venison, provide for it the following gravy. Pick a very stale woodcock or snipe, and cut it to pieces, after having removed the bag from the entrails. Simmer it in some meat gravy, without seasoning; then strain it, and serve it with the mutton.

GRAVY SOUP. Wash and soak a leg of beef; break the bone, and set it on the fire with a gallon of water, a large bunch of sweet herbs, two large onions sliced and fried to a fine brown, but not burnt; add two blades of mace, three cloves, twenty berries of allspice, and [156]

forty black peppers. Stew the soup till it is rich, and then take out the meat, which may be eaten at the kitchen table, with a little of the gravy. Next day take off the fat, which will serve for basting, or for common pie crust. Slice some carrots, turnips, and celery, and simmer them till tender. If not approved, they can be taken out before the soup is sent to table, but the flavour will be a considerable addition. Boil vermicelli a quarter of an hour, and add to it a large spoonful of soy, and one of mushroom ketchup. A French roll should be made hot, then soaked in the soup, and served in the tureen.

GRAVY WITHOUT MEAT. Put into a bason a glass of small beer, a glass of water, some pepper and salt, grated lemon peel, a bruised clove or two, and a spoonful of walnut pickle, or mushroom ketchup. Slice an onion, flour and fry it in a piece of butter till it is brown. Then turn all the above into a small tosser, with the onion, and simmer it covered for twenty minutes. Strain it off for use, and when cold take off the fat.

GRAYLINE. Having scaled and washed the fish, then dry them. Dust them over with flour, and lay them separately on a board before the fire. Fry them of a fine colour with fresh dripping; serve them with crimp parsley, and plain butter. Perch and tench may be done the same way.

GREASE EXTRACTED. The ashes of burnt bones finely powdered, or calcined hartshorn, heated over the fire in a clean vessel, and laid on each side of the grease spot, if on books or paper, with a weight laid upon it to assist the effect, will completely remove it; or the powder may be wrapped in thin muslin, and applied in the same manner. When prints get foul and dirty, they may readily be cleaned in the same manner as linen is bleached, by being exposed to the sun and air, and frequently wetted with clean water. If this do not fully succeed, the print may be soaked in hot water; and if pasted on canvas, it should first be taken off by dipping it in boiling water, which will loosen it from the canvas. The dirt occasioned by flies, may be gently taken off with a wet sponge, after the print has been well soaked. Spots of white-wash may be removed by spirit of sea salt diluted with water.—If grease spots appear in leather, a different process must be pursued. A paste made of mealy potatoes, dry mustard, and spirits of turpentine, mixed together, and applied to the spot, will extract the grease from leather, if rubbed off after it has been allowed sufficient time to dry. A little vinegar may be added, to render the application more effectual.

GREEN FRUIT. Green peaches, plums, or other fruit, should be put into a preserving pan of spring water, covered with vine leaves, and set over a clear fire. When they begin to simmer take them off, and take the fruit out carefully with a slice. Peel and preserve them as other fruit.

GREEN GAGES. In order to preserve them for pies and tarts, choose the largest when they begin to soften. Split them without paring; and having weighed an equal quantity of sugar, strew a part of it over the fruit. Blanch the kernels with a small sharp knife. Next day pour the syrup from the fruit, and boil it gently six or eight minutes with the other sugar; skim it, and add the plums and kernels. Simmer it till clear, taking off any scum that rises; put the fruit singly into small pots, and pour the syrup and kernels to it. If the fruit is to be candied, the syrup must not be added: for the sake of variety, it may be proper to do some each way. [157]

GREEN GOOSE PIE. Bone two young green geese, of a good size; but first take away

every plug, and singe them nicely. Wash them clean, and season them well with salt, pepper, mace, and allspice. Put one inside the other, and press them quite close, drawing the legs inward. Put a good deal of butter over them, and bake them either with or without a crust: if the latter, a cover to the dish must fit close to keep in the steam.

GREEN PEAS. Peas should not be shelled till they are wanted, nor boiled in much water. Put them in when the water boils, with a little salt, and a lump of sugar. When they begin to dent in the middle, they are done enough. Strain them through a cullender, put a piece of butter in the dish, and stir them till it is melted. Garnish with boiled mint.

GREEN PEAS PRESERVED. If it be wished to keep them for winter use, shell the peas, and put them into a kettle of water when it boils. Warm them well, without boiling, and pour them into a cullender. When the water drains off, turn them out on a dresser covered with a cloth, and put over another cloth to dry them perfectly. Deposit them in wide-mouth bottles, leaving only room to pour clarified mutton suet upon them an inch thick, and also for the cork. Rosin it down, and keep it in the cellar or in the earth, the same as other green fruit. When the peas are to be used, boil them tender, with a piece of butter, a spoonful of sugar, and a little mint.—Another way. Shell the peas, scald and dry them as above. Put them on tins or earthen dishes in a cool oven once or twice to harden, and keep them in paper bags hung up in the kitchen. When they are to be used, let them be an hour in water; then set them on with cold water, a piece of butter, and a sprig of dried mint, and boil them.

GREEN PEAS SOUP. In shelling the peas, divide the old from the young. Stew the old ones to a pulp, with an ounce of butter, a pint of water, a leaf or two of lettuce, two onions, pepper and salt. Put to the liquor that stewed them some more water, the hearts and tender stalks of the lettuces, the young peas, a handful of spinach cut small, salt and pepper to relish, and boil them till quite soft. If the soup be too thin, or not rich enough, add an ounce or two of butter, mixed with a spoonful of rice or flour, and boil it half an hour longer. Before serving, boil in the soup some green mint shred fine. When the peas first come in, or are very young, the stock may be made of the shells washed and boiled, till they are capable of being pulped. More thickening will then be wanted.

GREEN PEAS STEWED. Put into a stewpan a quart of peas, a lettuce and an onion both sliced, and no more water than hangs about the lettuce from washing. Add a piece of butter, a little pepper and salt, and stew them very gently for two hours. When to be served, beat up an egg, and stir it into them, or a bit of flour and butter. Chop a little mint, and stew in them. Gravy may be added, or a tea-spoonful of white powdered sugar; but the flavour of the peas themselves is much better.

GREEN SAUCE. Mix a quarter of a pint of sorrel juice, a glass of white wine, and some scalded gooseberries. Add sugar, and a bit of butter, and boil them up, to serve with green geese or ducklings.

GRIDIRON. The bars of a gridiron should be made concave, and terminate in a trough to catch the gravy, and keep the fat from dropping into the fire and making a smoke, which will spoil the broiling. Upright gridirons are the best, as they can be used at any fire, without fear of smoke, and the gravy is preserved in the trough under them. The business of the gridiron may be done by a Dutch oven, when occasion requires. [158]

GRIEF. In considering what is conducive to health or otherwise, it is impossible to overlook this destructive passion, which like envy is 'the rottenness of the bones.' Anger and fear are more violent, but this is more fixed: it sinks deep into the mind, and often proves fatal. It may generally be conquered at the beginning of any calamity; but when it has gained strength, all attempts to remove it are ineffectual. Life may be dragged out for a few years, but it is impossible that any one should enjoy health, whose mind is bowed down with grief and trouble. In this case some betake themselves to drinking, but here the remedy only aggravates the disease. The best relief, besides what the consolations of religion may afford, is to associate with the kind and cheerful, to shift the scene as much as possible, to keep up a succession of new ideas, apply to the study of some art or science, and to read and write on such subjects as deeply engage the attention. These will sooner expel grief than the most sprightly amusements, which only aggravate instead of relieving the anguish of a wounded heart.

GRILL SAUCE. To half a pint of gravy add an ounce of fresh butter, and a table-spoonful of flour, previously well rubbed together; the same of mushroom or walnut ketchup, two tea-spoonfuls of lemon juice, one of made mustard, one of caper, half a one of black pepper, a little lemon peel grated fine, a tea-spoonful of essence of anchovies, a very small piece of minced shalot, and a little chili vinegar, or a few grains of cayenne. Simmer them all together for a few minutes, pour a little of it over the grill, and send up the rest in a sauce tureen.

GRILLED MUTTON. Cut a breast of mutton into diamonds, rub it over with egg, and strew on some crumbs of bread and chopped parsley. Broil it in a Dutch oven, baste it with butter, and pour caper sauce or gravy into the dish.

GROUND RICE MILK. Boil one spoonful of ground rice, rubbed down smooth, with three half pints of milk, a little cinnamon, lemon peel, and nutmeg. Sweeten it when nearly done.

GROUND RICE PUDDING. Boil a large spoonful of ground rice in a pint of new milk, with lemon peel and cinnamon. When cold, add sugar, nutmeg, and two eggs well beaten. Bake it with a crust round the dish. A pudding of Russian seed is made in the same manner.

GROUSE. Twist the head under the wing, and roast them like fowls, but they must not be overdone. Serve with a rich gravy in the dish, and bread sauce. The sauce recommended for wild fowl, may be used instead of gravy.

GRUBS. Various kinds of grubs or maggots, hatched from beetles, are destructive of vegetation, and require to be exterminated. In a garden they may be taken and destroyed by cutting a turf, and laying it near the plant which is attacked, with the grass side downwards. But the most effectual way is to visit these depredators at midnight, when they may be easily found and destroyed.

GUDGEONS. These delicate fish are taken in running streams, where the water is clear. They come in about midsummer, and are to be had for five or six months. They require to be dressed much the same as smelts, being considered as a species of fresh-water smelts. [159]

GUINEA FOWL. Pea and guinea fowl eat much like pheasants, and require to be

dressed in the same way.

GUINEA HENS. These birds lay a great number of eggs; and if their nest can be discovered, it is best to put them under common hens, which are better nurses. They require great warmth, quiet, and careful feeding with rice swelled in milk, or bread soaked in it. Put two peppercorns down their throat when first hatched.

GUNPOWDER. Reduce to powder separately, five drams of nitrate of potass, one dram of sulphur, and one of new-burnt charcoal. Mix them together in a mortar with a little water, so as to make the compound into a dough, which roll out into round pieces of the thickness of a pin, upon a slab. This must be done by moving a board backwards and forwards until the dough is of a proper size. When three or four of these strings or pieces are ready, put them together, and with a knife cut the whole off in small grains. Place these grains on a sheet of paper in a warm place, and they will soon dry. During granulation, the dough must be prevented from sticking, by using a little of the dry compound powder. This mode of granulation, though tedious, is the only one to be used for so small a quantity, for the sake of experiment. In a large way, gunpowder is granulated by passing the composition through sieves.

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HADDOCKS. These fish may be had the greater part of the year, but are most in season during the first three months. In choosing, see that the flesh is firm, the eyes bright, and the gills fresh and red. Clean them well, dry them in a cloth, and rub them with vinegar to prevent the skin from breaking. Dredge them with flour, rub the gridiron with suet, and let it be hot when the fish is laid on. Turn them while broiling, and serve them up with melted butter, or shrimp sauce.

HAIR. Frequent cutting of the hair is highly beneficial to the whole body; and if the head be daily washed with cold water, rubbed dry, and exposed to the air, it will be found an excellent preventive of periodical headachs. Pomatums and general perfumery are very injurious; but a mixture of olive oil and spirits of rosemary, with a few drops of oil of nutmeg, may be used with safety. If a lead comb be sometimes passed through the hair, it will assume a darker colour, but for health it cannot be recommended.

HAIR POWDER. To know whether this article be adulterated with lime, as is too frequently the case, put a little of the powder of sal-ammoniac into it, and stir it up with warm water. If the hair powder has been adulterated with lime, a strong smell of alkali will arise from the mixture.

HAIR WATER. To thicken the hair, and prevent its falling off, an excellent water may be prepared in the following manner. Put four pounds of pure honey into a still, with twelve handfuls of the tendrils of vines, and the same quantity of rosemary tops. Distil as cool and as slowly as possible, and the liquor may be allowed to drop till it begins to taste sour.

HAMS. When a ham is to be dressed, put it into water all night, if it has hung long; and let it lie either in a hole dug in the earth, or on damp stones sprinkled with water, two or three days, to mellow it. Wash it well, and put it into a boiler with plenty of water; let it simmer four, five, or six hours, according to the size. When done enough, if before the time of serving, cover it with a clean cloth doubled, and keep the dish hot over some boiling water. Take off the skin, and rasp some bread over the ham. Preserve the skin as whole as possible, to cover the ham when cold, in order to prevent its drying. Garnish the dish with carrot when sent to table. If a dried ham is to be purchased, judge of its goodness by sticking a sharp knife under the bone. If it comes out with a pleasant smell, the ham is good: but if the knife be daubed, and has a bad scent, do not buy it. Hams short in the hock are best, and long-legged pigs are not fit to be pickled. [160]

HAM SAUCE. When a ham is almost done with, pick all the meat clean from the bone, leaving out any rusty part. Beat the meat and the bone to a mash, put it into a saucepan with three spoonfuls of gravy, set it over a slow fire, and stir it all the time, or it will stick to the bottom. When it has been on some time, put to it a small bundle of sweet herbs, some pepper, and half a pint of beef gravy. Cover it up, and let it stew over a gentle fire. When it has a good flavour of the herbs, strain off the gravy. A little of this sauce will be found an improvement to all gravies.

HANDS. When the hands or feet are severely affected with the cold, they should not immediately be exposed to the fire, but restored to their usual tone and feeling, by immersing them in cold water, and afterwards applying warmth in the most careful and gradual manner. Persons subject to chopped hands in the winter time, should be careful to rub them quite dry after every washing; and to prevent their being injured by the weather, rub them with a mixture of fresh lard, honey, and the yolks of eggs; or a little goose fat will answer the purpose.

HARD DUMPLINGS. Make a paste of flour and water, with a little salt, and roll it into balls. Dust them with flour, and boil them nearly an hour. They are best boiled with a good piece of meat, and for variety, a few currants may be added.

HARES. If hung up in a dry cool place, they will keep a great time; and when imagined to be past eating, they are often in the highest perfection. They are never good if eaten when fresh killed. A hare will keep longer and eat better, if not opened for four or five days, or according to the state of the weather. If paunched when it comes from the field, it should be wiped quite dry, the heart and liver taken out, and the liver scalded to keep for stuffing. Repeat this wiping every day, rub a mixture of pepper and ginger on the inside, and put a large piece of charcoal into it. If the spice be applied early, it will prevent that musty taste which long keeping in the damp occasions, and which also affects the stuffing. If an old hare is to be roasted, it should be kept as long as possible, and well soaked. This may be judged of, in the following manner. If the claws are blunt and rugged, the ears dry and tough, and the haunch thick, it is old. But if the claws are smooth and sharp, the ears easily tear, and the cleft in the lip is not much spread, it is young. If fresh and newly killed, the body will be stiff, and the flesh pale. To know a real leveret, it is necessary to look for a knob or small bone near the foot on its fore leg: if there be none, it is a hare.

HARE PIE. Cut up the hare, and season it; bake it with eggs and forcemeat, in a dish or raised crust. When cold take off the lid, and cover the meat with Savoury Jelly: see the article.

HARE SAUCE. This usually consists of currant jelly warmed up; or it may be made of half a pint of port, and a quarter of a pound of sugar, simmered together over a clear fire for about five minutes. It may also be made of half a pint of vinegar, and a quarter of a pound of sugar, reduced to a syrup.

HARE SOUP. Take an old hare unfit for other purposes, cut it into pieces, and put it into a jar; add a pound and a half of lean beef, two or three shank bones of mutton well cleaned, a slice of lean bacon or ham, an onion, and a bunch of sweet herbs. Pour on two quarts of boiling water, cover the jar close with bladder and paper, and set it in a kettle of water. Simmer till the hare is stewed to pieces, strain off the liquor, boil it up once, with a chopped anchovy, and add a spoonful of soy, a little cayenne, and salt. A few fine forcemeat balls, fried of a good brown, should be served in the tureen.

HARRICO OF MUTTON. Remove some of the fat, and cut the middle or best end of the neck into rather thin steaks. Flour and fry them in their own fat, of a fine light brown, but not enough for eating. Then put them into a dish while you fry the carrots, turnips, and onions; the carrots and turnips in dice, the onions sliced. They must only be warmed, and not browned. Then lay the steaks at the bottom of a stewpan, the vegetables over them, and pour on as much boiling water as will just cover them. Give them one boil, skim them well, and then set the pan on the side of the fire to simmer gently till all is tender. In three or four hours skim them; add pepper and salt, and a spoonful of ketchup.

HARRICO OF VEAL. Take the best end of a small neck, cut the bones short, but leave it whole. Then put it into a stewpan, just covered with brown gravy; and when it is nearly done, have ready a pint of boiled peas, six cucumbers pared and sliced, and two cabbage-lettuces cut into quarters, all stewed in a little good broth. Add them to the veal, and let them simmer ten minutes. When the veal is in the dish, pour the sauce and vegetables over it, and lay the lettuce with forcemeat balls round it.

HARTSHORN JELLY. Simmer eight ounces of hartshorn shavings with two quarts of water, till reduced to one. Strain and boil it with the rinds of four China oranges, and two lemons pared thin. When cool, add the juice of both, half a pound of sugar, and the whites of six eggs beaten to a froth. Let the jelly have three or four boils without stirring, and strain it through a jelly bag.

HASHED BEEF. Put into a stewpan, a pint and a half of broth or water, a large table-spoonful of mushroom ketchup, with the gravy saved from the beef. Add a quarter of an ounce of onion sliced very fine, and boil it about ten minutes. Put a large table-spoonful of flour into a basin, just wet it with a little water, mix it well together, then stir it into the broth, and boil it five or ten minutes. Rub it through a sieve, return it to the stewpan, put in the hash, and let it stand by the side of the fire till the meat is warm. A tea-spoonful of parsley chopped very fine, and put in five minutes before it is served up, will be an agreeable addition; or to give a higher relish, a glass of port wine, and a spoonful of currant jelly. Hashes and meats dressed a second time, should only simmer gently, till just warmed

through.

HASHED DUCK. Cut a cold duck into joints, and warm it in gravy, without boiling, and add a glass of port wine. [162]

HASHED HARE. Season the legs and wings first, and then broil them, which will greatly improve the flavour. Rub them with cold butter and serve them quite hot. The other parts, warmed with gravy, and a little stuffing, may be served separately.

HASHED MUTTON. Cut thin slices of dressed mutton, fat and lean, and flour them. Have ready a little onion boiled in two or three spoonfuls of water; add to it a little gravy, season the meat, and make it hot, but not to boil. Serve up the hash in a covered dish. Instead of onion, a clove, a spoonful of currant jelly, and half a glass of port wine, will give an agreeable venison flavour, if the meat be fine. For a change, the hash may be warmed up with pickled cucumber or walnut cut small.

HASHED VENISON. Warm it with its own gravy, or some of it without seasoning; but it should only be warmed through, and not boiled. If no fat be left, cut some slices of mutton fat, set it on the fire with a little port wine and sugar, and simmer it dry. Then put it to the hash, and it will eat as well as the fat of venison.

HASTY DISH OF EGGS. Beat up six eggs, pour them into a saucepan, hold it over the fire till they begin to thicken, and keep stirring from the bottom all the time. Then add a piece of butter the size of a walnut, stir it about till the eggs and water are thoroughly mixed, and the eggs quite dry. Put it on a plate, and serve it hot.

HASTY FRITTERS. Melt some butter in a saucepan, put in half a pint of good ale, and stir a little flour into it by degrees. Add a few currants, or chopped apples; beat them up quick, and drop a large spoonful at a time into the pan, till the bottom is nearly covered. Keep them separate, turn them with a slice; and when of a fine brown, serve them up hot, with grated sugar over them.

HASTY PUDDING. Boil some milk over a clear fire, and take it off. Keep putting in flour with one hand, and stirring it with the other, till it becomes quite thick. Boil it a few minutes, pour it into a dish, and garnish with pieces of butter. To make a better pudding, beat up an egg and flour into a stiff paste, and mince it fine. Put the mince into a quart of boiling milk, with a little butter and salt, cinnamon and sugar, and stir them carefully together. When sufficiently thickened, pour it into a dish, and stick bits of butter on the top. Or shred some suet, add grated bread, a few currants, the yolks of four eggs and the whites of two, with some grated lemon peel and ginger. Mix the whole together, and make it into balls the size and shape of an egg, with a little flour. Throw them into a skillet of boiling water, and boil them twenty minutes; but when sufficiently done, they will rise to the top. Serve with cold butter, or pudding sauce.

HATS. Gentlemen's hats are often damaged by a shower of rain, which takes off the gloss, and leaves them spotted. To prevent this, shake out the wet as much as possible, wipe the hat carefully with a clean handkerchief, observing to lay the beaver smooth. Then fix the hat in its original shape, and hang it to dry at a distance from the fire. Next morning, brush it several times with a soft brush in the proper direction, and the hat will have sustained but

little injury. A flat iron moderately heated, and passed two or three times gently over the hat, will raise the gloss, and give the hat its former good appearance.

HAUNCH OF MUTTON. Keep it as long as it can be preserved sweet, and wash it [163]
with warm milk and water, or vinegar if necessary. When to be dressed especially, observe to wash it well, lest the outside should contract a bad flavour from keeping. Lay a paste of coarse flour on strong paper, and fold the haunch in it; set it a great distance from the fire, and allow proportionate time for the paste. Do not remove it till nearly forty minutes before serving, and then baste it continually. Bring the haunch nearer the fire before the paste is taken off, and froth it up the same as venison. A gravy must be made of a pound and a half of a loin of old mutton, simmered in a pint of water to half the quantity, and no seasoning but salt. Brown it with a little burnt sugar, and send it up in the dish. Care should be taken to retain a good deal of gravy in the meat, for though long at the fire, the distance and covering will prevent its roasting out. Serve with currant-jelly sauce.

HAUNCH OF VENISON. If it be the haunch of a buck, it will take full three hours and a half roasting; if a doe, about half an hour less. Venison should be rather under than overdone. Sprinkle some salt on a sheet of white paper, spread it over with butter, and cover the fat with it. Then lay a coarse paste on strong white paper, and cover the haunch; tie it with fine packthread, and set it at a distance from a good fire. Baste it often: ten minutes before serving take off the paste, draw the meat nearer the fire, and baste it with butter and a good deal of flour, to make it froth up well. Gravy for it should be put into a boat, and not into the dish, unless there is none in the venison. To make the gravy, cut off the fat from two or three pounds of a loin of old mutton, and set it in steaks on a gridiron for a few minutes just to brown one side. Put them into a saucepan with a quart of water, keep it closely covered for an hour, and simmer it gently. Then uncover it, stew it till the gravy is reduced to a pint, and season it with salt only. Currant-jelly sauce must be served in a boat. Beat up the jelly with a spoonful or two of port wine, and melt it over the fire. Where jelly runs short, a little more wine must be added, and a few lumps of sugar. Serve with French beans. If the old bread sauce be still preferred, grate some white bread, and boil it with port wine and water, and a large stick of cinnamon. When quite smooth, take out the cinnamon, and add some sugar.

HAY STACKS. In making stacks of new hay, care should be taken to prevent its heating and taking fire, by forming a tunnel completely through the centre. This may be done by stuffing a sack full of straw, and tying up the mouth with a cord; then make the rick round the sack, drawing it up as the rick advances, and taking it out when finished.

HEAD ACHE. This disorder generally arises from some internal cause, and is the symptom of a disease which requires first to be attended to; but where it is a local affection only, it may be relieved by bathing the part affected with spirits of hartshorn, or applying a poultice of elder flowers. In some cases the most obstinate pain is removed by the use of vervain, both internally in the form of a decoction, and also by suspending the herb round the neck. Persons afflicted with headache should beware of costiveness: their drink should be diluting, and their feet and legs kept warm. It is very obvious, that as many disorders arise from taking cold in the head, children should be inured to a light and loose covering in their infancy, by which means violent headaches might be prevented in mature age: and the maxim [164]

of keeping the feet warm and the head cool, should be strictly attended to.

HEAD AND PLUCK. Whether of lamb or mutton, wash the head 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 them small, and add a little flour. Put it into a saucepan with some gravy, or a little of the liquor it was boiled in, a spoonful of ketchup, a small quantity of lemon juice, cream, pepper, and salt. Boil the head very white and tender, lay it in the middle of the dish, and the mince meat round it. Fry the other part of the liver with some small bits of bacon, lay them on the mince meat, boil the brains the same as for a calf's head, beat up an egg and mix with them, fry them in small cakes, and lay them on the rim of the dish. Garnish with lemon and parsley.

HEART BURN. Persons subject to this disorder, ought to drink no stale liquors, and to abstain from flatulent food. Take an infusion of bark, or any other stomachic bitter; or a tea-spoonful of the powder of gum arabic dissolved in a little water, or chew a few sweet almonds blanched. An infusion of anise seeds, or ginger, have sometimes produced the desired effect.

HEDGE HOG. Make a cake of any description, and bake it in a mould the shape of a hedge hog. Turn it out of the mould, and let it stand a day or two. Prick it with a fork, and let it remain all night in a dish full of sweet wine. Slit some blanched almonds, and stick about it, and pour boiled custard in the dish round it.

HERB PIE. Pick two handfuls of parsley from the stems, half the quantity of spinach, two lettuces, some mustard and cresses, a few leaves of borage, and white beet leaves. Wash and boil them a little, drain and press out the water, cut them small; mix a batter of flour, two eggs well beaten, a pint of cream, and half a pint of milk, and pour it on the herbs. Cover with a good crust, and bake it.

HERB TEA. If betony be gathered and dried before it begins to flower, it will be found to have the taste of tea, and all its good qualities, without any of its bad ones: it is also considered as a remedy for the headache. Hawthorn leaves dried, and one third of balm and sage, mixed together, will make a wholesome and strengthening drink. An infusion of ground ivy, mixed with a few flowers of lavender, and flavoured with a drop of lemon juice, will make an agreeable substitute for common tea. Various other vegetables might also be employed for this purpose; such as sage, balm, peppermint, and similar spicy plants; the flowers of the sweet woodroof, those of the burnet, or pimpernel rose; the leaves of peach and almond trees, the young and tender leaves of bilberry, and common raspberry; and the blossoms of the blackthorn, or sloe tree. Most of these when carefully gathered and dried in the shade, especially if they be managed like Indian tea-leaves, bear a great resemblance to the foreign teas, and are at the same time of superior flavour and salubrity.

HERBS FOR WINTER. Take any sort of sweet herbs, with three times the quantity of parsley, and dry them in the air, without exposing them to the sun. When quite dry, rub them through a hair sieve, put them in canisters or bottles, and keep them in a dry place: they will be useful for seasoning in the winter. Mint, sage, thyme, and such kind of herbs, may be tied in small bunches, and dried in the air: then put each sort separately into a bag, and hang it up in the kitchen. Parsley should be picked from the stalks as soon as gathered, and dried in the

shade to preserve the colour. Cowslips and marigolds should be gathered dry, picked clean, dried in a cloth, and kept in paper bags.

HESSIAN SOUP. Clean the root of a neat's tongue very nicely, and half an ox's head, with salt and water, and soak them afterwards in water only. Then stew them in five or six quarts of water, till tolerably tender. Let the soup stand to be cold, take off the fat, which will do for basting, or to make good paste for hot meat pies. Put to the soup a pint of split peas, or a quart of whole ones, twelve carrots, six turnips, six potatoes, six large onions, a bunch of sweet herbs, and two heads of celery. Simmer them without the meat, till the vegetables are done enough to pulp with the peas through a sieve; and the soup will then be about the thickness of cream. Season it with pepper, salt, mace, allspice, a clove or two, and a little cayenne, all in fine powder. If the peas are bad, and the soup not thick enough, boil in it a slice of roll, and pass it through the cullender; or add a little rice flour, mixing it by degrees.—To make a ragout with the above, cut the nicest part of the head, the kernels, and part of the fat from the root of the tongue, into small thick pieces. Rub these with some of the above seasoning, putting them into a quart of the liquor reserved for that purpose before the vegetables were added; flour them well, and simmer till they are nicely tender. Then add a little mushroom and walnut ketchup, a little soy, a glass of port wine, and a tea-spoonful of made mustard, and boil all up together. Serve with small eggs and forcemeat balls. This furnishes an excellent soup and a ragout at a small expense.

HICCOUGH. A few small draughts of water in quick succession, or a tea-spoonful of vinegar, will often afford immediate relief. Peppermint water mixed with a few drops of vitriolic acid may be taken; and sometimes sneezing, or the stench of an extinguished tallow candle, has been found sufficient.

HIND QUARTER OF LAMB. Boil the leg in a floured cloth an hour and a quarter; cut the loin into chops, fry them, lay them round the leg, with a bit of parsley on each, and serve it up with spinach or brocoli.

HIND QUARTER OF PIG. To dress this joint lamb fashion, take off the skin, roast it, and serve it up with mint sauce. A leg of lamb stuffed like a leg of pork, and roasted, with drawn gravy, is very good. A loin of mutton also, stuffed like a hare, and basted with milk. Put gravy in the dish, served with currant jelly, or any other sauce.

HIVING OF BEES. When it is intended to introduce a swarm of bees into a new hive, it must be thoroughly cleaned, and the inside rubbed with virgin wax. A piece of nice honeycomb, made of very white wax, and about nine inches long, should be hung on the cross bars near the top of the hive, to form a kind of nest for the bees, and excite them to continue their work. The new hive being thus prepared, is then to be placed under an old one, before the bees begin to swarm, in such a manner as to be quite close, and to leave the bees no passage except into the new hive. As these insects generally work downwards, they will soon get into their new habitation; and when it is occupied by one half of the swarm, some holes must be made in the top of the old hive, and kept covered till the proper time of making use of them. Preparation being thus made, take the opportunity of a fine morning, about eight or nine o'clock, at which time most of the bees are out, gathering their harvest. The comb is to be cut through by means of a piece of iron wire, and the old hive separated

from the new one. An assistant must immediately place the cover, which should be previously fitted, upon the top of the new one. The old hive is then to be taken to the distance of twenty or thirty yards, and placed firm upon a bench or table, but so as to leave a free space both above and below. The holes at the top being opened, one of the new boxes is to be placed on the top of the old hive, having the cover loosely fastened on it; and is to be done in such a manner, by closing the intervals between them with linen cloths, that the bees on going out by the holes on the top of the old hive can only go into the new one. But in order to drive the bees into the new hive, some live coals must be placed under the old one, upon which some linen may be thrown, to produce a volume of smoke; and the bees feeling the annoyance, will ascend to the top of the old hive, and at length will go through the holes into the new one. When they have nearly all entered, it is to be removed gently from the old hive, and placed under the box already mentioned, the top or cover having been taken off. If it should appear the next morning that the two boxes, of which the new hive is now composed, do not afford sufficient room for the bees, a third or fourth box may be added, under the others, as their work goes on, changing them from time to time so long as the season permits the bees to gather wax and honey. When a new swarm is to be hived, the boxes prepared as above and proportioned to the size of the swarm, are to be brought near the place where the bees have settled. The upper box with the cover upon it, must be taken from the others. The cross bars at the top should be smeared with honey and water, the doors must be closed, the box turned upside down, and held under the swarm, which is then to be shaken into it as into a common hive. When the whole swarm is in the box, it is to be carried to the other boxes, previously placed in their destined situation, and carefully put upon them. The interstices are to be closed with cement, and all the little doors closed, except the lowest, through which the bees are to pass. The hive should be shaded from the sun for a few days, that the bees may not be tempted to leave their new habitation. It is more advantageous however to form artificial swarms, than to collect those which abandon their native hives; and the hive here recommended is more particularly adapted to that purpose. By this mode of treatment, we not only avoid the inconveniences which attend the procuring of swarms in the common way, but obtain the advantage of having the hives always well stocked, which is of greater consequence than merely to increase their number; for it has been observed, that if a hive of four thousand bees give six pounds of honey, one of eight thousand will give twenty-four pounds. On this principle it is proper to unite two or more hives, when they happen to be thickly stocked. This may be done by scattering a few handfuls of balm in those hives which are to be united, which by giving them the same smell, they will be unable to distinguish one another. After this preparation, the hives are to be joined by placing them one upon the other, in the evening when they are at rest, and taking away those boxes which are nearly empty. All the little doors must be closed, except the lowest.——If bees are kept in single straw hives in the usual way, the manner of hiving them is somewhat different. They are first allowed to swarm, and having settled, they are then taken to the hive. If they fix on the lower branch of a tree, it may be cut off and laid on a cloth, and the hive placed over it, so as to leave room for the bees to ascend into it. If the [167] queen can be found, and put into the hive, the rest will soon follow. But if it be difficult to reach them, let them remain where they have settled till the evening, when there will be less danger of escaping. After this the hive is to be placed in the apiary, cemented round the bottom, and covered from the wet at top. The usual method of uniting swarms, is by

spreading a cloth at night upon the ground close to the hive, in which the hive with the new swarm is to be placed. By giving a smart stroke on the top of the hive, all the bees will drop into a cluster upon the cloth. Then take another hive from the beehouse, and place it over the bees, when they will ascend into it, and mix with those already there. Another way is to invert the hive in which the united swarms are to live, and strike the bees of the other hive into it as before. One of the queens is generally slain on this occasion, together with a considerable number of the working bees. To prevent this destruction, one of the queens should be sought for and taken, when the bees are beaten out of the hive upon the cloth, before the union is effected. Bees never swarm till the hive is too much crowded by the young brood, which happens in May or June, according to the warmth of the season. A good swarm should weigh five or six pounds; those that are under four pounds weight, should be strengthened by a small additional swarm. The size of the hive ought to be proportionate to the number of the bees, and should be rather too small than too large, as they require to be kept dry and warm in winter. In performing these several operations, it will be necessary to defend the hands and face from the sting of the bees. The best way of doing this is to cover the whole head and neck with a coarse cloth or canvas, which may be brought down and fastened round the waist. Through this cloth the motion of the bees may be observed, without fearing their stings; and the hands may be protected by a thick pair of gloves.

HODGE PODGE. Boil some slices of coarse beef in three quarts of water, and one of small beer. Skim it well, put in onions, carrots, turnips, celery, pepper and salt. When the meat is tender, take it out, strain off the soup, put a little butter and flour into the saucepan, and stir it well, to prevent burning. Take off the fat, put the soup into a stewpan, and stew the beef in it till it is quite tender. Serve up the soup with turnips and carrots, spinage or celery. A leg of beef cut in pieces, and stewed five or six hours, will make good soup; and any kind of roots or spices may be added or omitted at pleasure. Or stew some peas, lettuce, and onions, in a very little water, with a bone of beef or ham. While these are doing, season some mutton or lamb steaks, and fry them of a nice brown. Three quarters of an hour before serving, put the steaks into a stewpan, and the vegetables over them. Stew them, and serve all together in a tureen. Another way of making a good hodge podge, is to stew a knuckle of veal and a scrag of mutton, with some vegetables, adding a bit of butter rolled in flour.

HOG'S CHEEKS. If to be dried as usual, cut out the snout, remove the brains, and split the head, taking off the upper bone to make the chawl a good shape. Rub it well with salt, and next day take away the brine. On the following day cover the head with half an ounce of saltpetre, two ounces of bay salt, a little common salt, and four ounces of coarse sugar. Let the head be often turned, and after ten days smoke it for a week like bacon.

HOG'S EARS FORCED. Parboil two pair of ears, or take some that have been soused. [168]
Make a forcemeat of an anchovy, some sage and parsley, a quarter of a pound of chopped suet, bread crumbs, and only a little salt. Mix all these with the yolks of two eggs, raise the skin of the upper side of the ears, and stuff them with the mixture. Fry the ears in fresh butter, of a fine colour; then pour away the fat, and drain them. Prepare half a pint of rich gravy, with a glass of fine sherry, three tea-spoonfuls of made mustard, a little butter and flour, a small onion whole, and a little pepper or cayenne. Put this with the ears into a

stewpan, and cover it close; stew it gently for half an hour, shaking the pan often. When done enough, take out the onion, place the ears carefully in a dish, and pour the sauce over them. If a larger dish is wanted, the meat from two feet may be added to the above.

HOG'S HEAD. To make some excellent meat of a hog's head, split it, take out the brains, cut off the ears, and sprinkle it with salt for a day. Then drain it, salt it again with common salt and saltpetre for three days, and afterwards lay the whole in a small quantity of water for two days. Wash it, and boil it till all the bones will come out. Skin the tongue, and take the skin carefully off the head, to put under and over. Chop the head as quick as possible, season it with pepper and salt, and a little mace or allspice berries. Put the skin into a small pan, with the chopped head between, and press it down. When cold it will turn out, and make a kind of brawn. If too fat, a few bits of lean pork may be prepared in the same way, and added to it. Add salt and vinegar, and boil these with some of the liquor for a pickle to keep it.

HOG'S LARD. This should be carefully melted in a jar placed in a kettle of water, and boiled with a sprig of rosemary. After it has been prepared, run it into bladders that have been extremely well cleaned. The smaller they are, the better the lard will keep: if the air reaches it, it becomes rank. Lard being a most useful article for frying fish, it should be prepared with care. Mixed with butter, it makes fine crust.

HOLLOW BISCUITS. Mix a pound and a quarter of butter with three pounds and a half of flour, adding a pint of warm water. Cut out the paste with a wine glass, or a small tin, and set them in a brisk oven, after the white bread is drawn.

HONES. For joining them together, or cementing them to their frames, melt a little common glue without water, with half its weight of rosin, and a small quantity of red ochre.

HONEY. The honey produced by young bees, and which flows spontaneously, is purer than that expressed from the comb; and hence it is called virgin honey. The best sort is of a thick consistence, and of a whitish colour, inclining to yellow: it possesses an agreeable smell, and a pleasant taste. When the combs are removed from the hive, they are taken by the hand into a sieve, and left to drain into a vessel sufficiently wide for the purpose. After it has stood a proper time to settle, the pure honey is poured into earthen jars, tied down close to exclude the air.

HONEY VINEGAR. When honey is extracted from the combs, by means of pressure, take the whole mass, break and separate it, and into each tub or vessel put one part of combs, and two of water. Set them in the sun, or in a warm place, and cover them with cloths. Fermentation takes place in a few days, and continues from eight to twelve days, according to the temperature of the situation in which the operation is carried on. During the [169] fermentation, stir the matter from time to time, and press it down with the hand, that it may be perfectly soaked. When the fermentation is over, put the matter to drain on sieves or strainers. At the bottom of the vessels will be found a yellow liquor, which must be thrown away, because it would soon contract a disagreeable smell, which it would communicate to the vinegar. Then wash the tubs, put into them the water separated from the other matter, and it will immediately begin to turn sour. The tubs must then be covered again with cloths, and kept moderately warm. A pellicle or skin is formed on the surface, beneath which the

vinegar acquires strength. In a month's time it begins to be sharp, but must be suffered to stand a little longer, and then put into a cask, of which the bunghole is to be left open. It may then be used like any other vinegar. All kinds of vinegar may be strengthened by suffering it to be repeatedly frozen, and then separating the upper cake of ice or water from it.

HOOPING COUGH. This disorder generally attacks children, to whom it often proves fatal for want of proper management. Those who breathe an impure air, live upon poor sustenance, drink much warm tea, and do not take sufficient exercise, are most subject to this convulsive cough. In the beginning of the disorder, the child should be removed to a change of air, and the juice of onions or horseradish applied to the soles of the feet. The diet light and nourishing, and taken in small quantities; the drink must be lukewarm, consisting chiefly of toast and water, mixed with a little white wine. If the cough be attended with feverish symptoms, a gentle emetic must be taken, of camomile flowers, and afterwards the following liniment applied to the pit of the stomach. Dissolve one scruple of tartar emetic in two ounces of spring water, and add half an ounce of the tincture of cantharides: rub a tea-spoonful of it every hour on the lower region of the stomach with a warm piece of flannel, and let the wetted part be kept warm with flannel. This will be found to be the best remedy for the hooping cough.

HOPS. The quality of this article is generally determined by the price; yet hops may be strong, and not good. They should be bright, of a pleasant flavour, and have no foreign leaves or bits of branches among them. The hop is the husk or seed pod of the hop vine, as the cone is that of the fir tree; and the seeds themselves are deposited, like those of the fir, round a little soft stalk, enveloped by the several folds of this pod or cone. If in the gathering, leaves or tendrils of the vine are mixed with the hops, they may help to increase the weight, but will give a bad taste to the beer; and if they abound, they will spoil it. Great attention therefore must be paid to see that they are free from any foreign mixture. There are also numerous sorts of hops, varying in size, in form, and quality. Those that are best for brewing are generally known by the absence of a brown colour, which indicates perished hops; a colour between green and yellow, a great quantity of the yellow farina, seeds not too large or hard, a clamminess when rubbed between the fingers, and a lively pleasant smell, are the general indications of good hops. At almost any age they retain the power of preserving beer, but not of imparting a pleasant flavour; and therefore new hops are to be preferred. Supposing them to be of a good quality, a pound of hops may be allowed to a bushel of malt, when the beer is strong, or brewed in warm weather; but under other circumstances, half the quantity will be sufficient. [170]

HOP-TOP SOUP. Take a quantity of hop-tops when they are in the greatest perfection, tie them in small bunches, soak them in water, and put them to some thin peas-soup. Boil them up, add three spoonfuls of onion juice, with salt and pepper. When done enough, serve them up in a tureen, with sippets of toasted bread at the bottom.

HORSERADISH POWDER. In November or December, slice some horseradish the thickness of a shilling, and lay it to dry very gradually in a Dutch oven, for a strong heat would very soon evaporate its flavour. When quite dry, pound it fine, and bottle it.

HORSERADISH VINEGAR. Pour a quart of the best vinegar on three ounces of

scraped horseradish, an ounce of minced shalot, and a dram of cayenne. Let it stand a week, and it will give an excellent relish to cold beef, or other articles. A little black pepper and mustard, celery or cress seed, may be added to the above.

HOUSE DRAINS. The smell of house drains is oftentimes exceedingly offensive, but may be completely prevented by pouring down them a mixture of lime water, and the ley of wood ashes, or suds that have been used in washing. An article known by the name of a sink trap may be had at the ironmongers, which is a cheap and simple apparatus, for carrying off the waste water and other offensive matter from sinks and drains. But as the diffusion of any collection of filth tends to produce disease and mortality, it should not be suffered to settle and stagnate near our dwellings, and every possible care should be taken to render them sweet and wholesome.

HOUSE TAX. As the present system of taxation involves so important a part of the annual expenditure, and is in many instances attended with so much vexation and trouble, it concerns every housekeeper to be acquainted with the extent of his own liability, and of course to regulate his conveniences accordingly. It appears then, that every inhabited dwellinghouse, containing not more than six windows or lights, is subject to the yearly sum of six shillings and six-pence, if under the value of five pounds a year. But every dwellinghouse worth five pounds and under twenty pounds rent by the year, pays the yearly sum of one shilling and six-pence in the pound; every house worth twenty pounds and under forty pounds a year, two shillings and three-pence in the pound; and for every house worth forty pounds and upwards, the yearly sum of two shillings and ten-pence in the pound. These rents however are to be taken from the rates in which they are charged, and not from the rents which are actually paid.

HOUSEHOLD BREAD. Four ounces of salt are dissolved in three quarts of water, and mixed with a pint of yeast. This mixture is poured into a cavity made in a peck of second flour, placed in a large pan or trough. When properly kneaded and fermented, it is divided into pieces of a certain weight, and baked. Sometimes, in farm houses, a portion of rice flour, boiled potatoes, or rye meal, is mixed with the flour, previous to kneading the dough. The rye and rice serve to bind the bread, but the potatoes render it light and spongy.—Or, for a larger quantity, put a bushel of flour into a trough, two thirds wheat and one of rye. Mix a quart of yeast with nine quarts of warm water, and work it into the flour till it becomes tough. Leave it to rise about an hour; and as soon as it rises, add a pound of salt, and as much warm water as before. Work it well, and cover it with flannel. Make the loaves a quarter of an hour before the oven is ready; and if they weigh five pounds each, they will require to be baked two hours and a half. [171]

HUNG BEEF. Make a strong brine with bay salt, common salt, and saltpetre, and put in ribs of beef for nine days. Then dry it, or smoke it in a chimney. Or rub the meat with salt and saltpetre, and repeat it for a fortnight, and dry it in wood smoke.

HUNGARY WATER. To one pint of highly rectified spirits of wine, put an ounce of the oil of rosemary, and two drams of the essence of ambergris. Shake the bottle well several times, and let the cork remain out twenty-four hours. Shake it daily for a whole month, and then put the water into small bottles for use.

HUNTER'S BEEF. To a round of beef that weighs twenty-five pounds, allow three ounces of saltpetre, three ounces of the coarsest sugar, an ounce of cloves, half an ounce of allspice, a nutmeg, and three handfuls of common salt, all in the finest powder. The beef should hang two or three days; then rub the above mixture well into it, and turn and rub it every day for two or three weeks. The bone must be taken out first. When to be dressed, dip it into cold water, to take off the loose spice; bind it up tight with tape, and put it into a pan with a tea-cupful of water at the bottom. Cover the top of the meat with shred suet, and the pan with a brown crust and paper, and bake it five or six hours. When cold, take off the paste and tape. The gravy is very fine, and a little of it is a great improvement to any kind of hash or soup. Both the gravy and the meat will keep some time. The meat should be cut with a very sharp knife, and quite smooth, to prevent waste.

HUNTER'S PUDDING. Mix together a pound of suet, a pound of flour, a pound of currants, and a pound of raisins stoned and cut. Add the rind of half a lemon finely shred, six peppercorns in fine powder, four eggs, a glass of brandy, a little salt, and as much milk as will make it of a proper consistence. Boil it in a floured cloth, or a melon mould, eight or nine hours. A spoonful of peach water may sometimes be added to change the flavour. This pudding will keep six months after it is boiled, if tied up in the same cloth when cold, and hung up, folded in writing paper to preserve it from the dust. When to be eaten, it must be boiled a full hour, and served with sweet sauce.

HYSTERICS. The sudden effusion of water on the face and hands, while the fit is on, and especially immersing the feet in cold water, will afford relief. Fetid smells are also proper; such as the burning of feathers, leather, or the smoke of sulphur, and the application of strong volatile alkali, or other pungent matters to the nostrils. To effect a radical cure, the cold bath, mineral waters, and other tonics are necessary. In Germany however, they cure hysteric affections by eating carraway seeds finely powdered, with a little ginger and salt, spread on bread and butter every morning. [172]

I.

ICE FOR ICEING. To prepare artificial ice for articles of confectionary, procure a few pounds of real ice, reduce it nearly to powder, and throw a large handful or more of salt amongst it. This should be done in as cool a place as possible. The ice and salt being put into a pail, pour some cream into an ice pot, and cover it down. Then immerse it in the ice, and draw that round the pot, so as to enclose every part of it. In a few minutes stir it well with a spoon or spatula, removing to the centre those parts which have iced round the edges. If the ice cream or water be in a a form, shut the bottom close, and move the whole in the ice, as a spoon cannot be used for that purpose without danger of waste. There should be holes in the pail, to let off the ice as it thaws. When any fluid tends towards cold, moving it quickly will encrease that tendency; and likewise, when any fluid is tending to heat, stirring it will facilitate its boiling.

ICE CREAMS. Mix the juice of the fruits with as much sugar as will be wanted, before the cream is added, and let the cream be of a middling richness.

ICE WATERS. Rub some fine sugar on lemon or orange, to give the colour and flavour; then squeeze the juice of either on its respective peel. Add water and sugar to make a fine sherbet, and strain it before it be put into the ice-pot. If orange, the greater proportion should be of the china juice, and only a little of seville, and a small bit of the peel grated by the sugar. The juice of currants or raspberries, or any other sort of fruit, being squeezed out, sweetened, and mixed with water, may be prepared for iceing in the same way.

ICEING FOR CAKES. Beat and sift half a pound of fine sugar, put it into a mortar with four spoonfuls of rose water, and the whites of two eggs beaten and strained. Whisk it well, and when the cake is almost cold, dip a feather in the iceing, and cover the cake well. Set it in the oven to harden, but suffer it not to remain to be discoloured, and then keep it in a dry place.—For a very large cake, beat up the whites of twenty fresh eggs, and reduce to powder a pound of double refined sugar, sifted through a lawn sieve. Mix these well in a deep earthen pan, add orange flower water, barely sufficient to give it a flavour, and a piece of fresh lemon peel. Whisk it for three hours till the mixture is thick and white, then with a thin broad piece of board spread it all over the top and sides, and set it in a cool oven, and an hour will harden it.

ICEING FOR TARTS. Beat well together the yolk of an egg and some melted butter, smear the tarts with a feather, and sift sugar over them as they are put into the oven. Or beat up the white of an egg, wash the paste with it, and sift over some white sugar.

ILIAC PASSION. This dangerous malady, in which the motion of the bowels is totally impeded or inverted, arises from spasms, violent exertions of the body, eating of unripe fruit, drinking of sour liquors, worms, obstinate costiveness, and various other causes, which produce the most excruciating pain in the region of the abdomen. Large blisters applied to the most painful part, emollient clysters, fomentations, and the warm bath, are amongst the most likely means; but in many instances, this disorder is not to be controuled by medicine. [173] No remedy however can be applied with greater safety or advantage, than frequent doses of castor oil: and if this fail, quicksilver in a natural state is the only medicine on which any reliance can be placed.

IMPERIAL. Put into a stone jar two ounces of cream of tartar, and the juice and paring of two lemons. Pour on them seven quarts of boiling water, stir it well, and cover it close. When cold, sweeten it with loaf sugar; strain, bottle, and cork it tight. This makes a very pleasant and wholesome liquor; but if drunk too freely, it becomes injurious. In bottling it off, add half a pint of rum to the whole quantity.

IMPERIAL CREAM. Boil a quart of cream with the thin rind of a lemon, and stir it till nearly cold. Have ready in a dish or bowl, in which it is to be served, the juice of three lemons strained, mixed with as much sugar as will sweeten the cream. Pour this into the dish from a large tea-pot, holding it high, and moving it about to mix with the juice. It should be made at least six hours before it is used; and if the day before, it would be still better.

IMPERIAL WATER. Put into an earthen pan, four ounces of sugar, and the rind of three

lemons. Boil an ounce of cream of tartar in three quarts of water, and pour it on the sugar and lemon. Let it stand all night, clear it through a bag, and bottle it.

INCENSE. Compound in a marble mortar, a large quantity of lignum rhodium, and anise, with a little powder of dried orange peel, and gum benzoin. Add some gum dragon dissolved in rose water, and a little civet. Beat the whole together, form the mixture into small cakes, and place them on paper to dry. One of these cakes being burnt, will diffuse an agreeable odour throughout the largest apartment.

INDELIBLE INK. Gum arabic dissolved in water, and well mixed with fine ivory black, will make writing indelible. If the writing be afterwards varnished over with the white of an egg clarified, it will preserve it to any length of time.

INDIAN PICKLE. Lay a pound of white ginger in water one night; then scrape, slice, and lay it in salt in a pan, till the other ingredients are prepared. Peel and slice a pound of garlic, lay it in salt three days, and afterwards dry it in the sun. Salt and dry some long pepper in the same way: then prepare various sorts of vegetables in the following manner. Quarter some small white cabbages, salt them three days, then squeeze and lay them in the sun to dry. Cut some cauliflowers into branches, take off the green part of radishes, cut celery into lengths of about three inches, put in young French beans whole, and the shoots of elder, which will look like bamboo. Choose apples and cucumbers of a sort the least seedy, quarter them, or cut them in slices. All must be salted, drained, and dried in the sun, except the latter, over which some boiling vinegar must be poured. In twelve hours drain them, but use no salt. Put the spice into a large stone jar, adding the garlic, a quarter of a pound of mustard seed, an ounce of turmeric, and vinegar sufficient for the quantity of pickle. When the vegetables are dried and ready, the following directions must be observed. Put some of them into a half-gallon stone jar, and pour over them a quart of boiling vinegar. Next day take out those vegetables; and when drained, put them into a large stock jar. Boil the vinegar, pour it over some more of the vegetables, let them lie all night, and complete the operation as before. Thus proceed till each set is cleansed from the dust they may have [174] contracted. Then to every gallon of vinegar, put two ounces of flour of mustard, gradually mixing in a little of it boiling hot, and stop the jar tight. The whole of the vinegar should be previously scalded, and set to cool before it is put to the spice. This pickle will not be ready for a year, but a small quantity may be got ready for eating in a fortnight, by only giving the cauliflower one scald in water, after salting and drying as above, but without the preparative vinegar: then pour the vinegar, which has the spice and garlic, boiling hot over it. If at any time it be found that the vegetables have not swelled properly, boiling the pickle, and pouring it hot over them, will make them plump.—Another way. Cut the heads of some good cauliflowers into pieces, and add some slices of the inside of the stalk. Put to them a white cabbage cut in pieces, with inside slices of carrot, turnips, and onions. Boil a strong brine of salt and water, simmer the vegetables in it one minute, drain them, and dry them on tins over an oven till they are shriveled up; then put them into a jar, and prepare the following pickle. To two quarts of good vinegar, put an ounce of the flour of mustard, one of ginger, one of long pepper, four of cloves, a few shalots, and a little horseradish. Boil the vinegar, put the vegetables into a jar, and pour it hot over them. When cold, tie them down, and add more vinegar afterwards, if necessary. In the course of a week or two, the pickle will be fit for use.

INDIGESTION. Persons of weak delicate habits, particularly the sedentary and studious, are frequently subject to indigestion. The liberal use of cold water alone, in drinking, washing, and bathing, is often sufficient to effect a cure. Drinking of sea water, gentle purgatives, with bark and bitters, light and nourishing food, early rising, and gentle exercise in the open air, are also of great importance.

INFECTION. During the prevalence of any infectious disease, every thing requires to be kept perfectly clean, and the sick room to be freely ventilated. The door or window should generally be open, the bed curtains only drawn to shade the light, clothes frequently changed and washed in cold water, all discharges from the patient instantly removed, and the floor near the bed rubbed every day with a wet cloth. Take also a hot brick, lay it in an earthen pan, and pour pickle vinegar upon it. This will refresh the patient, as well as purify the surrounding atmosphere. Those who are obliged to attend the patients, should not approach them fasting, nor inhale their breath; and while in their apartment, should avoid eating and drinking, and swallowing their own saliva. It will also be of considerable service to smell vinegar and camphor, to fumigate the room with tobacco, and to chew myrrh and cinnamon, which promote a plentiful discharge from the mouth. As soon as a person has returned from visiting an infected patient, he ought immediately to wash his mouth and hands with vinegar, to change his clothes, and expose them to the fresh air; and to drink an infusion of sage, or other aromatic herbs. After the disorder has subsided, the walls of the room should be washed with hot lime, which will render it perfectly sweet.

INFLAMMATIONS. In external inflammations, attended with heat and swelling of the part affected, cooling applications and a little opening medicine are the best adapted; and in some cases, cataplasms of warm emollient herbs may be used with advantage. [175]

INFLAMMATION OF THE EYES. In this case leeches should be applied to the temples; and after the bleeding has ceased, a small blister may be tried, with a little opening medicine. Much benefit has been derived from shaving the head, cutting the hair, and bathing the feet in warm water. If the inflammation has arisen from particles of iron or steel falling into the eyes, the offending matter is best extracted by the application of the loadstone. If eyes are blood-shotten, the necessary rules are, an exclusion from light, cold fomentations, and abstinence from animal food and stimulating liquors. For a bruise in the eye, occasioned by any accident, the best remedy is a rotten apple, and some conserve of roses. Fold them in a piece of thin cambric, apply it to the part affected, and it will take out the bruise.

INFLAMMATION OF THE BOWELS. This is a complaint that requires great care. If the belly be swelled, and painful to the touch, apply flannels to it, dipped in hot water and wrung out, or use a warm bath. A blister should be employed as soon as possible, and mild emollient injections of gruel or barley water, till stools be obtained. The patient should be placed between blankets, and supplied with light gruel; and when the violence of the disorder is somewhat abated, the pain may be removed by opiate clysters. A common bread and milk poultice, applied as warm as possible to the part affected, has also been attended with great success: but as this disorder is very dangerous, it would be proper to call in medical assistance without delay.

INK. To make an excellent writing ink, take a pound of the best Aleppo galls, half a

pound of copperas, a quarter of a pound of gum arabic, and a quarter of a pound of white sugar candy. Bruise the galls and beat the other ingredients fine, and infuse them together in three quarts of rain water. Let the mixture stand by the fire three or four days, and then boil it gently over a slow fire; or if infused in cold water, and afterwards well strained, it will nearly answer the same purpose. Care must be taken to obtain good materials, and to mix them in due proportion. To preserve the ink from mouldiness, it should be put into a large glass bottle with a ground stopper, and frequently shaked; but if a crust be formed, it should be carefully taken out, and not mixed with the ink. A little more gum and sugar candy may be added, to render the ink more black and glossy; but too much will make it sticky, and unfit for use.—Another method is to bruise a pound of good galls, black and heavy, and put them into a stone jar. Then pour on a gallon of rain water, nearly of a boiling heat, and let it stand by the fire about a fortnight. Afterwards add four ounces of green copperas or sulphate of iron, four ounces of logwood shavings, one ounce of alum, one of sugar candy, and four of gum arabic. Let the whole remain about two days longer in a moderate heat, stir the ingredients together once or twice a day, and keep the jar slightly covered. The ink is then to be strained through a flannel, put into a bottle with a little brandy at the top, well corked, and set by for use in a temperate place. A few cloves bruised with gum arabic, and put into the bottle, will prevent the ink from getting mouldy; and if some of superior quality be required, white wine or vinegar must be used instead of water.

INK POWDER. For the convenience of travellers by sea or by land, ink powders have been invented, which consist of nothing else than the substances employed in the composition of common ink, pounded and pulverized, so that it be instantaneously converted into ink by mixing it up with a little water. Walkden's ink powder is by far the best. [176]

INK STAINS. The stains of ink, on cloth, paper, or wood, may be removed by almost all acids; but those acids are to be preferred, which are least likely to injure the texture of the stained substance. The muriatic acid, diluted with five or six times its weight of water, may be applied to the spot; and after a minute or two, may be washed off, repeating the application as often as it is found necessary. But the vegetable acids are attended with less risk, and are equally effectual. A solution of lemon or tartareous acid, in water, may be applied to the most delicate fabrics, without any danger of injuring them: and the same solution will discharge writing, but not printing ink. Hence they may be employed in cleaning books which have been defaced by writing on the margin, without impairing the text. Lemon juice and the juice of sorrel will also remove ink stains, but not so easily as the concrete acid of lemons, or citric acid. On some occasions it will be found sufficient, only to dip the spotted part in the fine melted tallow of a mould candle, and afterwards wash it in the usual way.

INSECTS. The most effectual remedy against the whole tribe of insects, which prey upon plants and vegetables, is the frequent use of sulphur, which should be dusted upon the leaves through a muslin rag or dredging box, or fumed on a chaffing dish of burning charcoal. This application will also improve the healthiness of plants, as well as destroy their numerous enemies. Another way is to boil together an equal quantity of rue, wormwood, and tobacco, in common water, so as to make the liquor strong, and then to sprinkle it on the leaves every morning and evening. By pouring boiling water on some tobacco and the tender shoots of elder, a strong decoction may also be made for this purpose, and shed upon fruit trees with

a brush: the quantity, about an ounce of tobacco and two handfuls of elder to a gallon of water. Elder water sprinkled on honeysuckles and roses, will prevent insects from lodging on them. If a quantity of wool happen to be infected with insects, it may be cleansed in the following manner. Dissolve a pound of alum, and as much cream of tartar, in a quart of boiling water, and add two full gallons of cold water to it. The wool is then to be soaked in it for several days, and afterwards to be washed and dried.

INSIDE OF A SIRLOIN. Cut out all the meat and a little fat, of the inside of a cold sirloin of beef, and divide it into pieces of a finger's size and length. Dredge the meat with flour, and fry it in butter, of a nice brown. Drain the butter from the meat, and toss it up in a rich gravy, seasoned with pepper, salt, anchovy, and shalot. It must not be suffered to boil; and before serving, add two spoonfuls of vinegar. Garnish with crimped parsley.

INVISIBLE INK. Boil half an ounce of gold litharge well pounded, with a little vinegar in a brass vessel for half an hour. Filter the liquid through paper, and preserve it in a bottle closely corked. This ink is to be used with a clean pen, and the writing when dry will become invisible. But if at any time it be washed over with the following mixture, it will instantly become black and legible. Put some quicklime and red orpiment in water, place some warm ashes under it for a whole day, filter the liquor, and cork it down. Whenever applied in the slightest degree, it will render the writing visible.

IRISH BEEF. To twenty pounds of beef, put one ounce of allspice, a quarter of an [177]
ounce of mace, cinnamon, and nutmeg, and half an ounce each of pepper and saltpetre. Mix all together, and add some common salt. Put the meat into a salting pan, turn it every day, and rub it with the seasoning. After a month take out the bone, and boil the meat in the liquor it was pickled in, with a proper quantity of water. It may be stuffed with herbs, and eaten cold.

IRISH PANCAKES. Beat eight yolks and four whites of eggs, strain them into a pint of cream, sweeten with sugar, and add a grated nutmeg. Stir three ounces of butter over the fire, and as it melts pour it to the cream, which should be warm when the eggs are put to it. Mix it smooth with nearly half a pint of flour, and fry the pancakes very thin; the first with a bit of butter, but not the others. Serve up several at a time, one upon another.

IRISH STEW. Take five thick mutton chops, or two pounds off the neck or loin; four pounds of potatoes, peeled and divided; and half a pound of onions, peeled and sliced. Put a layer of potatoes at the bottom of a stewpan, then a couple of chops, and some of the onions, and so on till the pan is quite full. Add a small spoonful of white pepper, about one and a half of salt, and three quarters of a pint of broth or gravy. Cover all close down, so as to prevent the escape of steam, and let them stew two hours on a very slow fire. It must not be suffered to burn, nor be done too fast: a small slice of ham will be an agreeable addition.

IRON MOULDS. Wet the injured part, rub on a little of the essential salt of lemons, and lay it on a hot waterplate. If the linen becomes dry, wet it and renew the process, observing that the plate is kept boiling hot. Much of the powder sold under the name of salt of lemons is a spurious preparation, and therefore it is necessary to dip the linen in a good deal of water, and to wash it as soon as the stain is removed, in order to prevent the part from being worn into holes by the acid.

IRON POTS. To cure cracks or fissures in iron pots or pans, mix some finely sifted lime with whites of eggs well beaten, till reduced to a paste. Add some iron file dust, and apply the composition to the injured part, and it will soon become hard and fit for use.

IRON AND STEEL. Various kinds of polished articles, in iron and steel, are in danger of being rusted and spoiled, by an exposure to air and moisture. A mixture of nearly equal quantities of fat, oil varnish, and the rectified spirits of turpentine, applied with a sponge, will give a varnish to those articles, which prevents their contracting any spots of rust, and preserves their brilliancy, even though exposed to air and water. Common articles of steel or iron may be preserved from injury by a composition of one pound of fresh lard, an ounce of camphor, two drams of black lead powder, and two drams of dragon's blood in fine powder, melted over a slow fire, and rubbed on with a brush or sponge, after it has been left to cool.

ISINGLASS JELLY. Boil an ounce of isinglass in a quart of water, with a few cloves, lemon peel, or wine, till it is reduced to half the quantity. Then strain it, and add a little sugar and lemon juice.

ISSUE OINTMENT. For dressing blisters, in order to keep them open, make an ointment of half an ounce of Spanish flies finely powdered, mixed with six ounces of yellow basilicon ointment.

ITALIAN BEEF STEAKS. Cut a fine large steak from a rump that has been well kept, or from any tender part. Beat it, and season with pepper, salt, and onion. Lay it in an iron [178] stewpan that has a cover to fit it quite close, and set it by the side of the fire without water. It must have a strong heat, but care must be taken that it does not burn: in two or three hours it will be quite tender, and then serve with its own gravy.

ITCH. Rub the parts affected with the ointment of sulphur, and keep the body gently open by taking every day a small dose of sulphur and treacle. When the cure is effected, let the clothes be carefully fumigated with sulphur, or the contagion will again be communicated. The dry itch requires a vegetable diet, and the liberal use of anti-scorbutics: the parts affected may be rubbed with a strong decoction of tobacco.

IVORY. Bones and ivory may be turned to almost any use, by being softened in the following manner. Boil some sage in strong vinegar, strain the liquor through a piece of cloth, and put in the articles. In proportion to the time they are steeped in the liquor, ivory or bones will be capable of receiving any new impression.

J.

JAPAN BLACKING. Take three ounces of ivory black, two ounces of coarse sugar, one ounce of sulphuric acid, one ounce of muriatic acid, a lemon, a table-spoonful of sweet oil, and a pint of vinegar. First mix the ivory black and sweet oil together, then the lemon and sugar,

with a little vinegar to qualify the blacking; then add both the acids, and mix them all well together. The sugar, oil, and vinegar prevent the acids from injuring the leather, and add to the lustre of the blacking.—A cheap method is to take two ounces of ivory black, an ounce and a half of brown sugar, and half a table-spoonful of sweet oil. Mix them well, and then gradually add half a pint of small beer.—Or take a quarter of a pound of ivory black, a quarter of a pound of moist sugar, a table-spoonful of flour, a piece of tallow about the size of a walnut, and a small piece of gum arabic. Make a paste of the flour, and whilst hot, put in the tallow, then the sugar, and afterwards mix the whole well together in a quart of water.

JARGANEL PEARS. These may be preserved in a fine state, in the following manner. Pare them very thin, simmer in a thin syrup, and let them lie a day or two. Make the syrup richer, and simmer them again. Repeat this till they are clear; then drain, and dry them in the sun or a cool oven a very little time. They may also be kept in syrup, and dried as wanted, which makes them more moist and rich.

JAUNDICE. The diet of persons affected with the jaundice ought to be light and cooling, consisting chiefly of ripe fruits, and mild vegetables. Many have been effectually cured, by living for several days on raw eggs. Buttermilk whey sweetened with honey, or an infusion of marshmallow roots, ought to constitute the whole of the patient's drink. Honey, anti-scorbutics, bitters, and blisters applied to the region of the liver, have all been found serviceable in the cure of the jaundice.

JELLY FOR COLD FISH. Clean a maid, and put it into three quarts of water, with a calf's foot, or cow heel. Add a stick of horseradish, an onion, three blades of mace, some white pepper, a piece of lemon peel, and a good slice of lean gammon. Stew it to a jelly, and [179] strain it off. When cold, remove every particle of fat, take it up from the sediment, and boil it with a glass of sherry, the whites of four or five eggs, and a piece of lemon. Boil without stirring; after a few minutes set it by to stand half an hour, and strain it through a bag or sieve, with a cloth in it. Cover the fish with it when cold.

JERUSALEM ARTICHOKES. These must be taken up the moment they are boiled enough, or they will be too soft. They may be served plain, or with fricassee sauce.

JUGGED HARE. After cleaning and skinning an old hare, cut it up, and season it with pepper, salt, allspice, pounded mace, and a little nutmeg. Put it into a jar with an onion, a clove or two, a bunch of sweet herbs, a piece of coarse beef, and the carcase bones over all. Tie the jar down with a bladder and strong paper, and put it into a saucepan of water up to the neck, but no higher. Keep the water boiling five hours. When it is to be served, boil up the gravy with flour and butter; and if the meat get cold, warm it up in the gravy, but do not boil it.

JUGGED VEAL. Cut some slices of veal, and put them into an earthen jug, with a blade of mace, a little pepper, salt, and nutmeg. Add a sprig of sweet herbs, and a bit of lemon peel. Cover the jug close, that the steam may not escape; set it in a pot of boiling water, and about three hours will do it. Half an hour before it is done, put in a piece of butter rolled in flour, and a little lemon juice, or lemon pickle. Turn it out of the jug into a dish, take out the herbs and lemon peel, and send it to table garnished with lemon.

JUMBLES. Powder and sift half a pound of fine lump sugar, and mix it with half a pound of dried flour. Beat up two eggs in a table-spoonful of orange or rose water, shred the peel of half a lemon very fine, mix the whole together, and make it into a paste. Cut the paste into fancy shapes, bake them slightly on tins, and take them out of the oven as soon as the edges begin to brown.

K.

KETCHUP. The liquor obtained from mushrooms, approaches the nearest to meat gravy, in flavour and quality, of any other vegetable juice, and is the best substitute for it, in any of those savoury dishes intended to please the palate. But in order to have it wholesome and good, it must be made at home, the mushrooms employed in preparing ketchup for sale being generally in a state of putrefaction; and in a few days after the mushrooms are gathered, they become the habitation of myriads of insects. In order to procure and preserve the flavour of the vegetable for any considerable time, the mushrooms should be sought from the beginning of September, and care taken to select only the right sort, and such as are fresh gathered. Full grown flaps are the best for ketchup. Place a layer of these at the bottom of a deep earthen pan, and sprinkle them with salt; then another layer of mushrooms, and some more salt on them, and so on alternately. Let them remain two or three hours, by which time the salt will have penetrated the mushrooms, and rendered them easy to break. Then pound them in a mortar, or mash them with the hand, and let them remain two days [180] longer, stirring them up, and mashing them well each day. Then pour them into a stone jar, and to each quart add an ounce of whole black pepper. Stop the jar very close, set it in a stewpan of boiling water, and keep it boiling at least for two hours. Take out the jar, pour the juice clear from the settlings through a hair sieve into a clean stewpan, and let it boil very gently for half an hour. If intended to be exquisitely fine, it may be boiled till reduced to half the quantity. It will keep much better in this concentrated state, and only half the quantity be required. Skim it well in boiling, and pour it into a clean dry jar; cover it close, let it stand in a cool place till the next day, and then pour it off as gently as possible, so as not to disturb the settlings. If a table-spoonful of brandy be added to each pint of ketchup, after standing a while, a fresh sediment will be deposited, from which the liquor is quietly to be poured off, and bottled into half pints, as it is best preserved in small quantities, which are soon used. It must be closely corked and sealed down, or dipped in bottle cement, that the air may be entirely excluded. If kept in a cool dry place, it may be preserved for a long time; but if it be badly corked, and kept in a damp place, it will soon spoil. Examine it from time to time, by placing a strong light behind the neck of the bottle; and if any pellicle appears about it, it must be boiled up again with a few peppercorns. No more spice is required than what is necessary to feed the ketchup, and keep it from fermenting. Brandy is the best preservative to all preparations of this kind.

KEEPING PROVISIONS. When articles of food are procured, the next thing to be considered is, how they may be best preserved, in order to their being dressed. More waste

is oftentimes occasioned by the want of judgment or of necessary care in this particular, than by any other means; and what was procured with expense and difficulty is rendered unwholesome, or given to the dogs. Very few houses have a proper place to keep provisions in; the best substitute is a hanging-safe, suspended in an airy situation. A well-ventilated larder, dry and shady, would be better for meat and poultry, which require to be kept a proper time to be ripe and tender. The most consummate skill in culinary matters, will not compensate the want of attention to this particular. Though animal food should be hung up in the open air, till its fibres have lost some degree of their toughness; yet if kept till it loses its natural sweetness, it is as detrimental to health as it is disagreeable to the taste and smell. As soon therefore as you can detect the slightest trace of putrescence, it has reached its highest degree of tenderness, and should be dressed immediately. Much of course will depend on the state of the atmosphere: if it be warm and humid, care must be taken to dry the meat with a cloth, night and morning, to keep it from damp and mustiness. During the sultry months of summer, it is difficult to procure meat that is not either tough or tainted. It should therefore be well examined when it comes in; and if flies have touched it, the part must be cut off, and then well washed. Meat that is to be salted should lie an hour in cold water, rubbing well any part likely to have been fly-blown. When taken out of the water, wipe it quite dry, then rub it thoroughly with salt, and throw a handful over it besides. Turn it every day, and rub in the pickle, which will make it ready for the table in three or four days. If to be very much corned, wrap it in a well-floured cloth, after rubbing it with salt. This last [181]
method will corn fresh beef fit for the table the day it comes in, but it must be put into the pot when the water boils. If the weather permit, meat eats much better for hanging two or three days before it is salted. In very cold weather, meat and vegetables touched by the frost should be brought into the kitchen early in the morning, and soaked in cold water. Putting them into hot water, or near the fire, till thawed, makes it impossible for any heat to dress them properly afterwards. In loins of meat, the long pipe that runs by the bone should be taken out, as it is apt to taint; as also the kernels of beef. Rumps and edgebones of beef when bruised, should not be purchased. To preserve venison, wash it well with milk and water, then dry it with clean cloths till not the least damp remains, and dust it all over with pounded ginger, which will protect it against the fly. By thus managing and watching, it will hang a fortnight. When to be used, wash it with a little lukewarm water, and dry it. Pepper is likewise good to keep it.

KIDNEY PUDDING. Split and soak the kidney, and season it. Make a paste of suet, flour, and milk; roll it, and line a bason with some of it. Put in the kidney, cover the paste over, and pinch it round the edge. Tie up the bason in a cloth, and boil it a considerable time. A steak pudding is made in the same way.

KITCHEN ECONOMY. Many articles thrown away, or suffered to be wasted in the kitchen, might by proper management be turned to a good account. The shank bones of mutton, so little esteemed in general, would be found to give richness to soups or gravies, if well soaked and brushed, before they are added to the boiling. They are also particularly nourishing for sick persons. Roast beef-bones, or shank bones of ham, make fine peas-soup; and should be boiled with the peas the day before the soup is to be eaten, that the fat may be taken off. The liquor in which meat has been boiled makes an excellent soup for the poor, by adding to it vegetables, oatmeal, or peas. When whites of eggs are used for jelly,

or other purposes, a pudding or a custard should be made to employ the yolks. If not immediately wanted, they should be beat up with a little water, and put in a cool place, or they will soon harden, and become useless. It is a great mistake to imagine that the whites of eggs make cakes and puddings heavy: on the contrary, if beaten long and separately, they contribute greatly to give lightness. They are also an advantage to paste, and make a pretty dish beaten with fruit, to set in cream. All things likely to be wanted should be in readiness; sugars of different sorts, currants washed, picked, and perfectly dry; spices pounded, and kept in very small bottles closely corked, but not more than are likely to be used in the course of a month. Much waste may be prevented by keeping every article in the place best suited to it. Vegetables will keep best on a stone floor, if the air be excluded. Meat in a cold dry place. Salt, sugar, and sweetmeats require to be kept dry; candles cold, but not damp. Dried meats and hams the same. Rice, and all sorts of seeds for puddings and saloops, should be close covered to preserve from insects; but that will not prevent it, if long kept.

KITCHEN GARDEN. Here a little attention will be requisite every month in the year, as no garden can be long neglected, without producing weeds which exhaust the soil, as well as give a very slovenly appearance.—JANUARY. Throw up a heap of new dung to heat, that it may be ready to make hotbeds for early cucumbers, and raising of annuals for the flower garden. Dig up the ground that is to be sown with the spring crops, that it may lie and [182] mellow. Nurse the cauliflower plants kept under glasses, carefully shut out the frost, but in the middle of milder days let in a little air. Pick up the dead leaves, and gather up the mould about the stalks. Make a slight hotbed in the open ground for young sallads, and place hoops over it, that it may be covered in very cold weather. Sow a few beans and peas, and seek and destroy snails and other vermin.—FEBRUARY. Dig and level beds for sowing radishes, onions, carrots, parsnips, and Dutch lettuce. Leeks and spinage should also be sown in this month, likewise beets, celery, sorrel, and marigolds, with any other of the hardy kinds. The best way with beans and peas, is to sow a new crop every fortnight, that if one succeeds and another fails, as will often be the case, there still may be a constant supply of these useful articles for the table. Plant kidney beans upon a hotbed for an early crop; the dwarf, the white and Battersea beans, are the best sorts. They must have air in the middle of mild days when they are up, and once in two days they should be gently watered. Transplant cabbages, plant out Silesia and Cos lettuce from the beds where they grew in winter, and plant potatoes and Jerusalem artichokes.—MARCH. Sow more carrots, and also some large peas, rouncevals and gray. In better ground sow cabbages, savoys, and parsnips for a second crop; and towards the end of the month, put in a larger quantity of peas and beans. Sow parsley, and plant mint. Sow Cos and imperial lettuce, and transplant the finer kinds. In the beginning of the month, sow Dutch parsley for the roots. The last week take advantage of the time, or the dry days, to make beds for asparagus. Clear up the artichoke roots, slip off the weakest, and plant them out for a new crop, leaving four on each good root to bear, and on such as are weaker two. Dig up a warm border, and sow some French beans; let them have a dry soil, and give them no water till they appear above ground.—APRIL. On a dry warm border, plant a large crop of French beans. Plant cuttings of sage, and other aromatics. Sow marrowfat peas, and plant some beans for a late crop. Sow thyme, sweet marjoram, and savoury. Sow young sallads once in ten days, and some Cos and Silesia lettuces. The seeds of all kinds being now in the ground, look to the growing crops, clear away the weeds every where among them, dig up the earth between the rows of beans,

peas, and all other kinds that are distantly planted. This gives them a strong growth, and brings them much sooner to perfection than can be done in any other way. Draw up the mould to the stalks of the cabbage and cauliflower plants, and in cold nights cover the glasses over the early cucumbers and melons.—MAY. Once in two days water the peas, beans, and other large growing plants. Destroy the weeds in all parts of the ground, dig up the earth between the rows, and about the stems of all large kinds. Sow small sallads once in two days, as in the former month: at the same time choose a warm border, and sow some purslain. Sow also some endive, plant peas and beans for a large crop, and French beans to succeed the others. The principal object with these kinds of vegetables, is to have them fresh and young throughout the season. Choose a moist day, and an hour before sunset plant out some savoys, cabbages, and red cabbages. Draw the earth carefully up to their stems, and give them a few gentle waterings.—JUNE. Transplant the cauliflowers sown in May, give them a rich bed, and frequent waterings. Plant out thyme, and other savoury herbs sown [183] before, and in the same manner shade and water them. Take advantage of cloudy weather to sow turnips; and if there be no showers, water the ground once in two days. Sow brocoli upon a rich warm border, and plant out celery, for blanching. This must be planted in trenches a foot and a half deep, and the plants must be set half a foot asunder in the rows. Endive should also be planted out for blanching, but the plants should be set fifteen inches asunder, and at the same time some endive seed should be sown for a second crop. Pick up snails, and in the damp evenings kill the naked slugs.—JULY. Sow a crop of French beans to come in late, when they will be very acceptable. Clear all the ground from weeds, dig between the rows of beans and peas, hoe the ground about the artichokes, and every thing of the cabbage kind. Water the crops in dry weather, and the cucumbers more freely. Watch the melons as they ripen, but give them very little water. Clear away the stalks of beans and peas that have done bearing. Spinach seed will now be ready for gathering, as also that of the Welch onion, and some others: take them carefully off, and dry them in the shade. Take up large onions, and spread them upon mats to dry for the winter.—AUGUST. Spinach and onions should be sowed on rich borders, prepared for that purpose. These two crops will live through the winter, unless very severe, and be valuable in the spring. The second week in this month sow cabbage seed of the early kind, and in the third week sow cauliflower seed. This will provide plants to be nursed up under bell glasses in the winter. Some of these may also be planted in the open ground in a well defended situation. The last week of this month sow another crop, to supply the place of these in case of accidents; for if the season be very severe, they may be lost; and if very mild, they will run to seed in the spring. These last crops must be defended by a hotbed frame, and they will stand out and supply deficiencies. Sow cabbage lettuces, and the brown Dutch kinds, in a warm and well sheltered border. Take up garlic, and spread it on a mat to harden. In the same manner take up onions and rocambole, and shalots at the latter end of the month.—SEPTEMBER. Sow various kinds of lettuces, Silesia, Cos, and Dutch, and when they come up, shelter them carefully. The common practice is to keep them under hand-glasses, but they will thrive better under a reed fence, placed sloping over them. Make up fresh warm beds with the dung that has lain a month in the heap. Plant the spawn in these beds, upon pasture mould, and raise the top of the bed to a ridge, to throw off the wet. Look to the turnip beds and thin them, leaving the plants six inches apart from each other. Weed the spinach, onions, and other new-sown plants. Earth up the celery, and sow young sallads upon warm and well-

sheltered borders. Clean asparagus beds, cut down the stalks, pare off the earth from the surface of the alleys, throw it upon the beds half an inch thick, and sprinkle over it a little dung from an old melon bed. Dig up the ground where summer crops have ripened, and lay it in ridges for the winter. The ridges should be disposed east and west, and turned once in two months, to give them the advantage of a fallow. Sow some beans and peas on warm and well-sheltered borders, to stand out the winter.—OCTOBER. Set out cauliflower plants, where they can be sheltered; and if glasses are used, put two under each, for fear of one failing. Sow another crop of peas, and plant more beans; choose a dry spot for them, where they can be sheltered from the winter's cold. Transplant the lettuces sown last month, where [184] they can be defended by a reed fence, or under a wall. Transplant cabbage plants and coleworts, where they are to remain. Take great care of the cauliflower plants sown early in summer; and as they now begin to show their heads, break in the leaves upon them to keep off the sun and rain; it will both harden and whiten them.—NOVEMBER. Weed the crops of spinach, and others that were sown late, or the wild growth will smother and starve the crop. Dig up a border under a warm wall, and sow some carrots for spring; sow radishes in a similar situation, and let the ground be dug deep for both. Turn the mould that was trenched and laid up for fallowing; this will destroy the weeds, and enrich the soil by exposing it to the air. Prepare some hotbeds for salading, cover them five inches with mould, and sow them with lettuces, mustard, rape, cresses, and radish. Plant another crop of beans, and sow more peas for a succession. Trench the ground between the artichokes, and throw a thick ridge of earth over the roots: this will preserve them from the frost, and prevent their shooting at an improper time. Make a hotbed for asparagus. Take up carrots and parsnips, and put them in sand to be ready for use. Give air occasionally to the plants under hand-glasses and on hotbeds, or they will suffer as much for want of it, as they would have done by an exposure to the cold.—DECEMBER. Plant cabbages and savoys for seed: this requires to be done carefully. Dig up a dry border, and break the mould well; then take up some of the stoutest cabbage and savoy plants, hang them up by the stalks four or five days, and afterwards plant them half way up the stalks into the ground. Draw up a good quantity of mould about the stalk that is above ground, make it into a kind of hill round each, and leave them to nature. Sow another crop of peas, and plant some more beans, to take their chance for succeeding the other. Make another hotbed for asparagus, to yield a supply when the former is exhausted. Continue to earth up celery, and cover some endive with a good quantity of peas straw, as it is growing, that it may be taken up when wanted, and be preserved from the winter's frost.

KITCHEN PEPPER. Mix in the finest powder, one ounce of ginger, half an ounce each of cinnamon, black pepper, nutmeg, and Jamaica pepper; ten cloves, and six ounces of salt. Keep it in a bottle, and it will be found an agreeable addition to any brown sauces or soups. Spice in powder, kept in small bottles close stopped, goes much farther than when used whole. It must be dried before it is pounded, and should be done in quantities that may be used in three or four months. Nutmeg need not be done, but the others should be kept in separate bottles, with a label on each.

KITCHEN UTENSILS. Continual attention must be paid to the condition of the boilers, saucepans, stewpans, and other kitchen requisites, which ought to be examined every time they are used. Their covers also must be kept perfectly clean, and well tinned. Stewpans in

particular should be cleaned, not only on the inside, but about a couple of inches on the outside, or the broths and soups will look green and dirty, and taste bitter and poisonous. Not only health but even life depends on the perfectly clean and wholesome state of culinary utensils. If the tinning of a pan happens to be scorched or blistered, it is best to send it directly to be repaired, to prevent any possible danger arising from the solution of the metal. Stewpans and soup pots should be made with thick round bottoms, similar to those of [185] copper saucepans; they will then wear twice as long, and may be cleaned with half the trouble. The covers should be made to fit as close as possible, that the broth or soup may not waste by evaporation. They are good for nothing, unless they fit tight enough to keep the steam in, and the smoke out. Stewpans and saucepans should always be bright on the upper rim, where the fire does not burn them; but it is not necessary to scour them all over, which would wear out the vessels. Soup pots and kettles should be washed immediately after being used, and carefully dried by the fire, before they are put by. They must also be kept in a dry place, or damp and rust will soon destroy them. Copper utensils should never be used in the kitchen; or if they be, the utmost care should be taken not to let the tin be rubbed off, and to have them fresh done when the least defect appears. Neither soup nor gravy should at any time be suffered to remain in them longer than is absolutely necessary for the purposes of cookery, as the fat and acid employed in the operation, are capable of dissolving the metal, and so of poisoning what is intended to be eaten. Stone and earthen vessels should be provided for soups and gravies intended to be set by, as likewise plenty of common dishes, that the table-set may not be used for such purposes. Vegetables soon turn sour, and corrode metals and glazed red ware, by which a strong poison is produced. Vinegar, by its acidity, does the same, the glazing being of lead or arsenic. Care should be taken of sieves, jelly bags, and tapes for collared articles, to have them well scalded and kept dry, or they will impart an unpleasant flavour when next used. Stewpans especially, should never be used without first washing them out with boiling water, and rubbing them well with a dry cloth and a little bran, to clean them from grease and sand, or any bad smell they may have contracted since they were last used. In short, cleanliness is the cardinal virtue of the kitchen; and next to this, economy.

KNIFE BOARD. Common knife boards with brick dust, soon wear out the knives that are sharpened upon them. To avoid this, cover the board with thick buff leather, and spread over it a thin paste of crocus martis, with a little emery finely powdered, and mixed up with lard or sweet oil. This will give a superior edge and polish to the knives, and make them wear much longer than in the usual way of cleaning them.

KNUCKLE OF VEAL. As few persons are fond of boiled veal, it may be well to cut the knuckle small, and take off some cutlets or collops before it is dressed; but as the knuckle will keep longer than the fillet, it is best not to cut off the slices till wanted. Break the bones to make it take less room, wash the joint well, and put it into a saucepan with three onions, a blade or two of mace, and a few peppercorns. Cover it with water, and simmer it till quite done. In the mean time some macaroni should be boiled with it if approved, or rice, or a little rice flour, to give it a small degree of thickness; but avoid putting in too much. Before it is served, add half a pint of milk and cream, and let it go to table either with or without the meat.—A knuckle of veal may also be fried with sliced onion and butter, to a good brown. Prepare some peas, lettuce, onion, and a cucumber or two, stewed in a small

quantity of water for an hour. Add these to the veal, and stew it till the meat is tender enough to eat, but not overdone. Put in pepper, salt, and a little shred mint, and serve all together. [186]

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LAMB. In purchasing this meat, observe particularly the neck of a fore-quarter. If the vein is bluish, it is fresh: if it has a green or yellow cast, it is stale. In the hind-quarter, if there is a faint smell under the kidney, and the knuckle is limp, the meat is stale. If the eyes are sunk, the head is not fresh. Grass lamb comes into season in April or May, and continues till August. House lamb may be had in large towns almost all the year, but it is in highest perfection in December and January.

LAMB CHOPS. Cut up a neck or loin, rub the chops with egg, and sprinkle them over with grated bread, mixed with a little parsley, thyme, marjoram, and lemon peel, chopped fine. Fry them in butter till they are of a light brown, put them in a warm dish, garnished with crisped parsley. Or make a gravy in the pan with a little water, and butter rolled in flour, and pour it over them.

LAMB CUTLETS. Cut some steaks from the loin, and fry them. Stew some spinach, put it into a dish, and lay the cutlets round it.

LAMB'S FRY. Serve it fried of a beautiful colour, and with a good deal of dried or fried parsley over it.

LAMB'S HEAD. A house-lamb's head is the best; but any other may be made white by soaking it in cold water. Boil the head separately till it is very tender. Have ready the liver and lights three parts boiled and cut small: stew them in a little of the water in which they were boiled, season and thicken with flour and butter, and serve the mince round the head.

LAMB PIE. Make it of the loin, neck, or breast; the breast of house-lamb especially, is very delicate and fine. It should be lightly seasoned with pepper and salt, the bone taken out, but not the gristle. A small quantity of jelly gravy is to be put in hot, but the pie should not be cut till cold. Put in two spoonfuls of water before baking. Grass lamb makes an excellent pie, and should only be seasoned with pepper and salt. Put in two spoonfuls of water before baking, and as much gravy when it comes from the oven. It may generally be remarked, that meat pies being fat, it is best to let out the gravy on one side, and put it in again by a funnel, at the centre, when a little may be added.

LAMB STEAKS. Quarter some cucumbers, and lay them into a deep dish; sprinkle them with salt, and pour vinegar over them. Fry the steaks of a fine brown, and put them into a stewpan; drain the cucumbers, and put them over the steaks. Add some sliced onions, pepper and salt; pour hot water or weak broth on them, and stew and skim them well.

LAMB STEAKS BROWN. Season some house-lamb steaks with pepper, salt, nutmeg,

grated lemon peel, and chopped parsley: but dip them first into egg, and fry them quick. Thicken some good gravy with a little flour and butter, and add to it a spoonful of port wine, and some oysters. Boil up the liquor, put in the steaks warm, and serve them up hot. Palates, balls, or eggs, may be added, if approved.

LAMB STEAKS WHITE. Steaks of house-lamb should be stewed in milk and water till very tender, with a bit of lemon peel, a little salt, mace, and pepper. Have ready some veal gravy, and put the steaks into it; mix some mushroom powder, a cup of cream, and a dust of flour; shake the steaks in this liquor, stir it, and make it quite hot. Just before taking up the steaks, put in a few white mushrooms. When poultry is very dear, this dish will be found a good substitute. [187]

LAMB'S SWEETBREADS. Blanch them, and put them a little while into cold water. Stew them with a ladleful of broth, some pepper and salt, a few small onions, and a blade of mace. Stir in a bit of butter and flour, and stew them half an hour. Prepare two or three eggs well beaten in cream, with a little minced parsley, and a dust of grated nutmeg. Add a few tops of boiled asparagus, stir it well over the fire, but let it not boil after the cream is in, and take great care that it does not curdle. Young French beans or peas may be added, but should first be boiled of a beautiful colour.

LAMBSTONES FRICASSEED. Skin and wash, dry and flour them; then fry them of a beautiful brown in hog's lard. Lay them on a sieve before the fire, till the following sauce is prepared. Thicken nearly half a pint of veal gravy with flour and butter, and then add to it a slice of lemon, a large spoonful of mushroom ketchup, a tea-spoonful of lemon pickle, a taste of nutmeg, and the yolk of an egg well beaten in two large spoonfuls of thick cream. Put this over the fire, stir it well till it is hot, and looks white; but do not let it boil, or it will curdle. Then put in the fry, shake it about near the fire for a minute or two, and serve it in a very hot dish and cover.—A fricassee of lambstones and sweetbreads may be prepared another way. Have ready some lambstones blanched, parboiled, and sliced. Flour two or three sweetbreads: if very thick, cut them in two. Fry all together, with a few large oysters, of a fine yellow brown. Pour off the butter, add a pint of good gravy, some asparagus tops about an inch long, a little nutmeg, pepper, and salt, two shalots shred fine, and a glass of white wine. Simmer them ten minutes, put a little of the gravy to the yolks of three eggs well beaten, and mix the whole together by degrees. Turn the gravy back into the pan, stir it till of a fine thickness without boiling, and garnish with lemon.

LAMENESS. Much lameness, as well as deformity, might certainly be prevented, if stricter attention were paid to the early treatment of children. Weakness of the hips, accompanied with a lameness of both sides of the body, is frequently occasioned by inducing them to walk without any assistance, before they have strength sufficient to support themselves. Such debility may in some measure be counteracted, by tying a girdle round the waist, and bracing up the hips; but it requires to be attended to at an early period, or the infirmity will continue for life. It will also be advisable to bathe such weak limbs in cold water, or astringent decoctions, for several months. If the lameness arise from contraction, rather than from weakness, the best means will be frequent rubbing of the part affected. If this be not sufficient, beat up the yolk of a new laid egg, mix it well with three ounces of water, and rub it gently on the part. Perseverance in the use of this simple remedy, has been

successful in a great number of instances.

LAMPREY. To stew lamprey as at Worcester, clean the fish carefully, and remove the cartilage which runs down the back. Season with a small quantity of cloves, mace, nutmeg, pepper, and allspice. Put it into a small stewpot, with beef gravy, port, and sherry. Cover it close, stew it till tender, take out the lamprey, and keep it hot. Boil up the liquor with two or three anchovies chopped, and some butter rolled in flour. Strain the gravy through a sieve, add some lemon juice, and ready-made mustard. Serve with sippets of bread and horseradish. When there is spawn, it must be fried and laid round. Eels done the same way, are a good deal like the lamprey. [188]

LARKS. To dress larks and other small birds, draw and spit them on a bird spit. Tie this on another spit, and roast them. Baste gently with butter, and strew bread crumbs upon them till half done. Brown them in dressing, and serve with bread crumbs round.

LAVENDER WATER. To a pint of highly rectified spirits of wine, add an ounce of the essential oil of lavender, and two drams of the essence of ambergris. Put the whole into a quart bottle, shake it frequently, and decant it into small bottles for use.

LAVER. This is a plant that grows on the rocks near the sea in the west of England, and is sent in pots prepared for eating. Place some of it on a dish over the lamp, with a bit of butter, and the squeeze of a Seville orange. Stir it till it is hot. It is eaten with roast meat, and tends to sweeten the blood. It is seldom liked at first, but habit renders it highly agreeable.

LEAF IMPRESSIONS. To take impressions of leaves and plants, oil a sheet of fine paper, dry it in the sun, and rub off the superfluous moisture with another piece of paper. After the oil is pretty well dried in, black the sheet by passing it over a lighted lamp or candle. Lay the leaf or plant on the black surface, with a small piece of paper over it, and rub it carefully till the leaf is thoroughly coloured. Then take it up undisturbed, lay it on the book or paper which is to receive the impression, cover it with a piece of blotting paper, and rub it on the back a short time with the finger as before. Impressions of the minutest veins and fibres of a plant may be taken in this way, superior to any engraving, and which may afterwards be coloured according to nature. A printer's ball laid upon a leaf, which is afterwards pressed on wet paper, will also produce a fine impression; or if the leaf be touched with printing ink, and pressed with a rolling pin, nearly the same effect will be produced.

LEATHER. To discharge grease from articles made of leather, apply the white of an egg; let it dry in the sun, and then rub it off. A paste made of dry mustard, potatoe meal, and two spoonfuls of the spirits of turpentine, applied to the spot and rubbed off dry, will also be found to answer the purpose. If not, cleanse it with a little vinegar. Tanned leather is best cleaned with nitrous acid and salts of lemon diluted with water, and afterwards mixed with skimmed milk. The surface of the leather should first be cleaned with a brush and soft water, adding a little free sand, and then repeatedly scoured with a brush dipped in the nitrous mixture. It is afterwards to be cleaned with a sponge and water, and left to dry.

LEAVENED BREAD. Take two pounds of dough from the last baking, and keep it in flour. Put the dough or leaven into a peck of flour the night before it is baked, and work

them well together in warm water. Cover it up warm in a wooden vessel, and the next morning it will be sufficiently fermented to mix with two or three bushels of flour: then work it up with warm water, and a pound of salt to each bushel. Cover it with flannel till it rises, knead it well, work it into broad flat loaves or bricks, and bake them as other bread.

LEEK MILK. Wash a large handful of leeks, cut them small, and boil them in a gallon of milk till it become as thick as cream. Then strain it, and drink a small bason full twice a day. This is good for the jaundice.

LEEK SOUP. Chop a quantity of leeks into some mutton broth or liquor, with a seasoning of salt and pepper. Simmer them an hour in a saucepan; mix some oatmeal with a little cold water quite smooth, and pour it into the soup. Simmer it gently over a slow fire, and take care that it does not burn to the bottom. This is a Scotch dish. [189]

LEG OF LAMB. To make it look as white as possible, it should be boiled in a cloth. At the same time the loin should be fried in steaks, and served with it, garnished with dried or fried parsley. Spinach to eat with it. The leg may be roasted, or dressed separately.

LEG OF MUTTON. If roasted, serve it up with onion or currant-jelly sauce. If boiled, with caper sauce and vegetables.

LEG OF PORK. Salt it, and let it lie six or seven days in the pickle, turn and rub it with the brine every day. Put it into boiling water, if not too salt; use a good quantity of water, and let it boil all the time it is on the fire. Send it to table with peas pudding, melted butter, turnips, carrots, or greens. If it is wanted to be dressed sooner, it may be hastened by putting a little fresh salt on it every day. It will then be ready in half the time, but it will not be quite so tender.—To dress a leg of pork like goose, first parboil it, then take off the skin, and roast it. Baste it with butter, and make a savoury powder of finely minced or dried and powdered sage, ground black pepper, and bread crumbs rubbed together through a cullender; to which may be added an onion, very finely minced. Sprinkle the joint with this mixture when it is almost roasted, put half a pint of made gravy into the dish, and goose stuffing under the knuckle skin, or garnish with balls of it, either fried or boiled.

LEG OF VEAL. Let the fillet be cut large or small, as best suits the size of the company. Take out the bone, fill the space with a fine stuffing, skewer it quite round, and send it to table with the large side uppermost. When half roasted, or before, put a paper over the fat, and take care to allow sufficient time: as the meat is very solid, place it at a good distance from the fire, that it may be gradually heated through. Serve it up with melted butter poured over it. Some of it would be good for potting.

LEMON BRANDY. Pare two dozen of lemons, and steep the peels in a gallon of brandy. Squeeze the lemons on two pounds of fine sugar, and add six quarts of water. The next day put the ingredients together, pour on three pints of boiling milk, let it stand two days, and strain it off.

LEMON CAKE. Beat up the whites of ten eggs, with three spoonfuls of orange flower water; put in a pound of sifted sugar, and the rind of a lemon grated. When it is well mixed, add the juice of half a lemon, and the yolks of ten eggs beaten smooth. Stir in three quarters of a pound of flour, put the cake into a buttered pan, and bake it an hour carefully.

LEMON CHEESECAKES. Mix four ounces of fine sifted sugar and four ounces of butter, and melt it gently. Then add the yolks of two and the white of one egg, the rind of three lemons shred fine, and the juice of one and a half; also one savoy biscuit, some blanched almonds pounded, and three spoonfuls of brandy. Mix them well together, and put in the following paste. Eight ounces of flour, six ounces of butter, two thirds of which must first be mixed with the flour; then wet it with six spoonfuls of water, and roll in the remainder. —Another way. Boil two large lemons, or three small ones, and after squeezing, pound them well together in a mortar, with four ounces of loaf sugar, the yolks of six eggs, and eight ounces of fresh butter. Fill the pattipans half full. Orange cheesecakes are done in the same way, only the peel must be boiled in two or three waters to take out the bitterness: or make them of orange marmalade well beaten in a mortar. [190]

LEMON CREAM. Put to a pint of thick cream, the yolks of two eggs well beaten, four ounces of fine sugar, and the thin rind of a lemon. Boil it up, and stir it till nearly cold. Put the juice of a lemon into a bowl, and pour the cream upon it, stirring it till quite cold. White lemon cream is made in the same way, only put the whites of the eggs instead of the yolks, whisking it extremely well to a froth.

LEMON CUSTARDS. Beat the yolks of eight eggs till they are as white as milk; then put to them a pint of boiling water, the rinds of two lemons grated, and the juice sweetened to taste. Stir it on the fire till it thickens; then add a large glass of rich wine, and half a glass of brandy. Give the whole one scald, and put it in cups to be eaten cold.

LEMON DROPS. Grate three large lemons, with a large piece of double-refined sugar. Then scrape the sugar into a plate, add half a tea-spoonful of flour, mix well, and beat it into a light paste with the white of an egg. Drop it upon white paper, and put the drops into a moderate oven on a tin plate.

LEMON HONEYCOMB. Sweeten the juice of a lemon to your taste, and put it in the dish that you intend to serve it in. Mix the white of an egg well beaten, with a pint of rich cream, and a little sugar. Whisk it; and as the froth rises, put it on the lemon juice. Prepare it the day before it is to be used.

LEMON JUICE. In order to keep this article ready for use, the best way is to buy the fruit when it is cheap, and lay it two or three days in a cool place. If too unripe to squeeze immediately, cut the peel off some of them, and roll them under the hand, to make them part with the juice more freely. Others may be left unpared for grating, when the pulp is taken out, and they are dried. Squeeze the juice into a china bason, and strain it through some muslin which will not permit any of the pulp to pass. Having prepared some small phials, perfectly dry, fill them with the juice so near the top as only to admit half a tea-spoonful of sweet oil into each. Cork the bottles tight, and set them upright in a cool place. When the lemon juice is wanted, open only such a sized bottle as will be used in two or three days. Wind some clean cotton round a skewer, and dipping it in, the oil will be attracted; and when all of it is removed, the juice will be as fine as when first bottled. Hang the peels up to dry, and keep them from the dust.

LEMON MINCE PIES. Squeeze a large lemon, boil the outside till tender enough to beat to a mash. Add to it three large apples chopped, four ounces of suet, half a pound of

washed currants, and four ounces of sugar. Put in the juice of a lemon, and candied fruit, as for other pies. Make a short crust, and fill the pattipans as usual.

LEMON PICKLE. Wipe six lemons, and cut each into eight pieces. Put on them a pound of salt, six large cloves of garlic, two ounces of horseradish sliced thin; likewise of cloves, mace, nutmeg, and cayenne, a quarter of an ounce of each, and two ounces of flour of mustard. To these add two quarts of vinegar, and boil it a quarter of an hour in a well-tinned saucepan; or, which is better, do it in a jar, placed in a kettle of boiling water, or set the jar on a hot hearth till done. Then set the jar by closely covered, stirring it daily for six [191] weeks, and afterwards put the pickle into small bottles.

LEMON PUDDING. Beat the yolks of four eggs; add four ounces of white sugar, the rind of a lemon being rubbed with some lumps of it to take the essence. Then peel and beat it into a paste, with the juice of a large lemon, and mix all together with four or five ounces of warmed butter. Put a crust into a shallow dish, nick the edges, and put the above into it. When sent to table, turn the pudding out of the dish.

LEMON PUFFS. Beat and sift a pound and a quarter of double-refined sugar; grate the rind of two large lemons, and mix it well with the sugar. Then beat the whites of three new-laid eggs a great while; add them to the sugar and peel, and beat it together for an hour. Make it up into any shape, put it on paper laid on tin plates, and bake in a moderate oven. Oiling the paper will make it come off with ease, but it should not be removed till quite cold.

LEMON SAUCE. Cut thin slices of lemon into very small dice, and put them into melted butter. Give it one boil, and pour it over boiled fowls.

LEMON AND LIVER SAUCE. Pare off as thin as possible the rind of a lemon, or of a Seville orange, so as not to cut off any of the white with it. Then peel off all the white, and cut the lemon into slices, about as thick as two half crowns. Pick out the peps, and divide the slices into small squares. Prepare the liver as for Liver and Parsley Sauce, and add to it the slices of lemon, and a little of the peel finely minced. Warm up the sauce in melted butter, but do not let it boil.

LEMON SYRUP. Put a pint of fresh lemon juice to a pound and three quarters of lump sugar. Dissolve it by a gentle heat, skim it till the surface is quite clear, and add an ounce of lemon peel cut very thin. Let them simmer very gently for a few minutes, and run the syrup through a flannel. When cold, bottle and cork it closely, and keep it in a cool place.

LEMON WATER. A delightful drink may be made of two slices of lemon, thinly pared into a teapot, with a little sugar, or a large spoonful of capillaire. Pour in a pint of boiling water, and stop it close two hours.

LEMON WHEY. Pour into boiling milk as much lemon juice as will make a small quantity quite clear; dilute it with hot water to an agreeable smart acid, and add a bit or two of sugar. This is less heating than if made of wine; and if intended only to excite perspiration, will answer the purpose as well. Vinegar whey is made in the same manner, by using vinegar only, instead of lemon juice.

LEMON WHITE SAUCE. Cut the peel of a small lemon very thin, and put it into a pint

of sweet rich cream, with a sprig of lemon thyme, and ten white peppercorns. Simmer gently till it tastes well of the lemon, then strain and thicken it with a quarter of a pound of butter, and a dessert-spoonful of flour rubbed in it. Boil it up, stir it well, and pour the juice of the lemon strained into it. Dish up the chickens, and mix with the cream a little white gravy quite hot, but do not boil them together: add a little salt to flavour.

LEMONS FOR PUDDINGS. To keep oranges or lemons for puddings, squeeze out the pulp, and put the outsides into water for a fortnight. Then boil them in the same water till they are quite tender, strain the liquor from them, and when they are tolerably dry, put them into any jar of candy that happens to be left from old sweetmeats. Or boil a small quantity of [192] syrup of lump sugar and water, and put over them. In a week or ten days boil them gently in it till they look clear, and cover them with it in the jar. If the fruit be cut in halves, they will occupy less space.

LEMONADE. To prepare lemonade a day before it is wanted for use, pare two dozen lemons as thin as possible. Put eight of the rinds into three quarts of hot water, not boiling, and cover it over for three or four hours. Rub some fine loaf sugar on the lemons to attract the essence, and put it into a china bowl, into which the juice of the lemons is to be squeezed. Add a pound and a half of fine sugar, then put the water to the above, and three quarts of boiling milk. Pour the mixture through a jelly bag, till it is perfectly clear.—Another way. Pare a quantity of lemons, and pour some hot water on the peels. While infusing, boil some sugar and water to a good syrup, with the white of an egg whipt up. When it boils, pour a little cold water into it. Set it on again, and when it boils take off the pan, and let it stand by to settle. If there be any scum, take it off, and pour it clear from the sediment, to the water in which the peels were infused, and the lemon juice. Stir and taste it, and add as much more water as shall be necessary to make a very rich lemonade. Wet a jelly bag, and squeeze it dry; then strain the liquor, and it will be very fine.—To make a lemonade which has the appearance of jelly, pare two Seville oranges and six lemons very thin, and steep them four hours in a quart of hot water. Boil a pound and a quarter of loaf sugar in three pints of water, and skim it clean. Add the two liquors to the juice of six China oranges, and twelve lemons; stir the whole well, and run it through a jelly bag till it is quite clear. Then add a little orange water, if approved, and more sugar if necessary. Let it be well corked, and it will keep.—Lemonade may be prepared in a minute, by pounding a quarter of an ounce of citric or crystalised lemon acid, with a few drops of quintessence of lemon peel, and mixing it by degrees with a pint of clarified syrup or capillaire.

LENT POTATOES. Beat three or four ounces of almonds, and three or four bitter ones when blanched, putting a little orange flower water to prevent oiling. Add eight ounces of butter, four eggs well beaten and strained, half a glass of raisin wine, and sugar to taste. Beat all together till quite smooth, and grate in three Savoy biscuits. Make balls of the above with a little flour, the size of a chesnut; throw them into a stewpan of boiling lard, and boil them of a beautiful yellow brown. Drain them on a sieve, and serve with sweet sauce in a boat.

LETHARGY. This species of apoplexy discovers itself by an invincible drowsiness, or inclination to sleep; and is frequently attended with a degree of fever, and coldness of the extremities. Blisters and emetics have often procured relief. The affusion of cold water upon the head, and the burning of feathers or other fetid substances, held near the nostrils, are also

attended with advantage.

LICE. Want of cleanliness, immoderate warmth, violent perspiration, and a corrupted state of the fluids, tend to promote the generation of this kind of vermin. The most simple remedy is the seed of parsley, reduced to a fine powder and rubbed to the roots of the hair, or to rub the parts affected with garlic and mustard. To clean the heads of children, take half an ounce of honey, half an ounce of sulphur, an ounce of vinegar, and two ounces of sweet oil. Mix the whole into a liniment, and rub a little of it on the head repeatedly. Lice which [193] infest clothes, may be destroyed by fumigating the articles of dress with the vapour of sulphur. Garden lice may be treated in the same way as for destroying insects.

LIGHT CAKE. Mix a pound of flour, half a pound of currants, and a little nutmeg, sugar, and salt. Melt a quarter of a pound of butter in a quarter of a pint of milk, and strain into it two spoonfuls of yeast and two eggs. Stir it well together, set it before the fire to rise, and bake it in a quick oven.

LIGHT PASTE. For tarts and cheesecakes, beat up the white of an egg to a strong froth, and mix it with as much water as will make three quarters of a pound of fine flour into a very stiff paste. Roll it out thin, lay two or three ounces of butter upon it in little bits, dredge it with a little flour, and roll it up tight. Roll it out again, and add the same proportion of butter, and so proceed till the whole is worked up.

LIGHT PUFFS. Mix two spoonfuls of flour, a little grated lemon peel, some nutmeg, half a spoonful of brandy, a little loaf-sugar, and one egg. Fry it enough, but not brown; beat it in a mortar with five eggs, whites and yolks. Put a quantity of lard in a fryingpan; and when quite hot, drop a dessert-spoonful of batter at a time, and turn them as they brown. Send the puffs to table quickly, with sweet sauce.

LIME WATER. Pour two gallons of water upon a pound of fresh-burnt lime; and when the ebullition ceases, stir it up well, and let it stand till the lime is settled. Filter the liquor through paper, and keep it for use closely stopped. It is chiefly used for the gravel, in which case a pint or more may be drunk daily. For the itch, or other diseases of the skin, it is to be applied externally.

LINEN. Linen in every form is liable to all the accidents of mildew, iron moulds, ink spots, and various other stains, which prove highly injurious, if not speedily removed. In case of mildew, rub the part well with soap, then scrape and rub on some fine chalk, and lay the linen out to bleach. Wet it a little now and then, and repeat the operation if necessary. Ink spots and iron moulds may be removed, by rubbing them with the salt of sorrel, or weak muriatic acid, and laying the part over a teapot or kettle of boiling water, so that it may be affected by the steam. Or some crystals of tartar powdered, and half the quantity of alum, applied in the same manner, will be found to extract the spots. The spirits of salts diluted with water, will remove iron moulds from linen; and sal ammoniac with lime, will take out the stains of wine. Fruit stains may generally be removed by wetting the part with water, and exposing it to the fumes of brimstone. When ink has been suddenly spilled on linen, wet the place immediately with the juice of sorrel or lemon, or with vinegar, and rub it with hard white soap. Or add to the juice a little salts, steam the linen over boiling water, and wash it afterwards in ley. If ink be spilled on a green tablecloth or carpet, the readiest way is to take

it up immediately with a spoon, and by pouring on fresh water, while the spoon is constantly applied, the stains will soon be removed. Scorched linen may be restored by means of the following application. Boil two ounces of fuller's earth, an ounce of hen's dung, half an ounce of soap, and the juice of two onions, in half a pint of vinegar, till reduced to a good consistency. Spread the composition over the damaged part, let it dry on, and then wash it well once or twice. If the threads be not actually consumed by the scorch, the linen will soon be restored to its former whiteness. [194]

LIP SALVE. Put into a small jar two ounces of white wax, half an ounce of spermaceti, and a quarter of a pint of oil of sweet almonds. Tie it down close, and put the jar into a small saucepan, with as much water as will nearly reach the top of the jar, but not so as to boil over it, and let it simmer till the wax is melted. Then put in a pennyworth of alkanet root tied up in a rag, with the jar closed, and boil it till it becomes red. Take out the alkanet root, and put in two pennyworth of essence of lemon, and a few drops of bergamot. Pour some into small boxes for present use, and the remainder into a gallipot tied down with a bladder.—Another. An ounce of white wax and ox marrow, with three ounces of white pomatum, melted together over a slow fire, will make an agreeable lip salve, which may be coloured with a dram of alkanet, and stirred till it becomes a fine red.

LITTLE BREAD PUDDINGS. Steep the crumb of a penny loaf grated, in about a pint of warm milk. When sufficiently soaked, beat up six eggs, whites and yolks, and mix with the bread. Add two ounces of warmed butter, some sugar, orange flower water, a spoonful of brandy, a little nutmeg, and a tea-cupful of cream. Beat all well together, bake in buttered teacups, and serve with pudding sauce. A quarter of a pound of currants may be added, but the puddings are good without. Orange or lemon will be an agreeable addition.

LIVER AND HERBS. Clean and drain a good quantity of spinach, two large handfuls of parsley, and a handful of green onions. Chop the parsley and onions, and sprinkle them among the spinach. Stew them together with a little salt and butter, shake the pan when it begins to grow warm, and cover it close till done enough over a slow fire. Lay on slices of liver, fried of a nice brown and slices of bacon just warmed at the fire. On the outside part of the herbs lay some eggs nicely fried, and trimmed round. Or the eggs may be served on the herbs, and the liver garnished with the bacon separately.

LIVER SAUCE. Chop some liver of rabbits or fowls, and do it the same as for lemon sauce, with a very little pepper and salt, and some parsley.

LIVER AND PARSLEY SAUCE. Wash the fresh liver of a fowl or rabbit, and boil it five minutes in a quarter of a pint of water. Chop it fine, or pound or bruise it in a little of the liquor it was boiled in, and rub it through a sieve. Wash about one third the bulk of parsley leaves, put them into boiling water, with a tea-spoonful of salt, and let them boil. Then lay the parsley on a hair sieve, mince it very fine, and mix it with the liver. Warm up the sauce in a quarter of a pint of melted butter, but do not let it boil.

LOBSTERS. If they have not been long taken, the claws will have a strong motion, when the finger is pressed upon the eyes. The heaviest are the best, and it is preferable to boil them at home. If purchased ready boiled, try whether their tails are stiff, and pull up with a spring; otherwise that part will be flabby. The male lobster is known by the narrow back

part of his tail, and the two uppermost fins within it are stiff and hard: those of the hen are soft, and the tail broader. The male, though generally smaller, has the highest flavour, the flesh is firmer, and the colour when boiled is a deeper red.

LOBSTER PATTIES. To be made as oyster patties, gently stewed and seasoned, and put into paste baked in pattipans, with the addition of a little cream, and a very small piece of butter.

LOBSTER PIE. Boil two or three small lobsters, take out the tails, and cut them in two. [195] Take out the gut, cut each into four pieces, and lay them in a small dish. Put in the meat of the claws, and that picked out of the body; pick off the furry parts of the latter, and take out the lady; beat the spawn in a mortar, and likewise all the shells. Stew them with some water, two or three spoonfuls of vinegar, pepper, salt, and some pounded mace. A large piece of butter rolled in flour must be added, when the goodness of the shells is obtained. Give it a boil or two, and pour it into a dish strained; strew some crumbs, and put a paste over all. Bake it slowly, and only till the paste is done.

LOBSTER SALAD. Make a salad, cut some of the red part of the lobster, and add to it. This will form a pleasing contrast to the white and green of the vegetables. Be careful not to put in too much oil, as shell-fish absorbs the sharpness of the vinegar. Serve it up in a dish, not in a bowl.

LOBSTER SAUCE. Pound the spawn with two anchovies, pour on two spoonfuls of gravy, and strain all into some melted butter. Then put in the meat of the lobster, give it all one boil, and add the squeeze of a lemon. Or leave out the anchovies and gravy, and do it as above, either with or without salt and ketchup, as may be most approved. Many persons prefer the flavour of the lobster and salt only.

LOBSTER SOUP. Take the meat from the claws, bodies, and tails, of six small lobsters. Remove the brown fur, and the bag in the head; beat the fins in a mortar, the chine, and the small claws. Boil it very gently in two quarts of water, with the crumb of a French roll, some white pepper, salt, two anchovies, a large onion, sweet herbs, and a bit of lemon peel, till all the goodness is extracted, and then strain it off. Beat the spawn in a mortar with a bit of butter, a quarter of a nutmeg, and a tea-spoonful of flour, and then mix it with a quart of cream. Cut the tails into pieces, and give them a boil up with the cream and soup. Serve with forcemeat balls made of the remainder of the lobster, mace, pepper, salt, a few crumbs, and an egg or two. Let the balls be made up with a little flour, and heated in the soup.

LODGINGS. The tenure on which the generality of houses are held, does not warrant a tenant to let, or a lodger to take apartments by the year. To do this, the tenant ought himself to be the proprietor of the premises, or to hold possession by lease for an unexpired term of several years, which would invest him with the right of a landlord to give or receive half a year's notice, or proceed as in other cases of landlord and tenant. Unfurnished lodgings are generally let by the week, month, or quarter; and if ever they be let by the year, it is a deviation from a general custom, and attended with inconvenience. If a lodger should contend that he agreed for a whole year, he must produce some evidence of the fact; such as a written agreement, or the annual payment of rent; otherwise he must submit to the general usage of being denominated a quarterly lodger. In the case of weekly tenants, the

rent must be paid weekly; for if once allowed to go to a quarter, and the landlord accept it as a quarter's rent, he breaks the agreement; the inmate then becomes a quarterly lodger, and must receive a quarter's notice to quit. More care however is still required in letting lodgings that are ready furnished, as the law does not regard them in the same light as other tenements. Such apartments are generally let by the week, on payment of a certain sum, part of which is for the room, and part for the use of the furniture which is attended with some [196] difficulty. Properly considered, the payment is not rent, nor are the same remedies lawful as in unfurnished lodgings. The best way to let furnished lodgings is to have a written agreement, with a catalogue of all the goods, and to let the apartments and the furniture for separate sums: in which case, if the rent be not paid, distress may be made for it, though not for the furniture. Persons renting furnished apartments frequently absent themselves, without apprising the housekeeper, and as often leave the rent in arrear. In such a case, the housekeeper should send for a constable, after the expiration of the first week, and in his presence enter the apartment, take out the lodger's property and secure it, until a request be made for it. If after fourteen days' public notice in the gazette, the lodger do not come and pay the arrears, the housekeeper may sell the property for the sum due. When a housekeeper is troubled with a disagreeable character, the best way to recover possession of the apartment is to deliver a written notice by a person that can be witness, stating that if the lodger did not quit that day week, the landlord would insist on his paying an advance of so much per week; and if he did not quit after such notice, he would make the same advance after every following week. In the city of London, payment may be procured by summoning to the Court of Requests at Guildhall, for any sum not exceeding five pounds. In other parts of the kingdom there are similar Courts of Conscience, where payment may be enforced to the amount of forty shillings.

LOIN OF MUTTON. If roasted, it is better to cut it lengthways as a saddle; or if for steaks, pies, or broth. If there be more fat on the loin than is agreeable, take off a part of it before it is dressed; it will make an excellent suet pudding, or crust for a meat pie, if cut very fine.

LONDON BREAD. According to the method practised by the London bakers, a sack of flour is sifted into the kneading trough, to make it lie loose. Six pounds of salt, and two pounds of alum, are separately dissolved in hot water; and the whole being cooled to about ninety degrees, is mixed with two quarts of yeast. When this mixture has been well stirred, it is strained through a cloth or sieve, and is then poured into a cavity made in the flour. The whole is now mixed up into a dough, and a small quantity of flour being sprinkled over it, it is covered up with cloths, and the lid of the trough is shut down, the better to retain the heat. The fermentation now goes on, and the mass becomes enlarged in bulk. In the course of two or three hours, another pailful of warm water is well mixed with the sponge, and it is again covered up for about four hours. At the end of this time, it is to be kneaded for more than an hour, with three pailfuls of warm water. It is now returned to the trough in pieces, sprinkled with dry flour, and at the end of four hours more, it is again kneaded for half an hour, and divided into quartern and half-quartern loaves. The weight of a quartern loaf, before baking, should be four pounds fifteen ounces; after baking, four pounds six ounces, avoirdupois. When the dough has received its proper shape for loaves, it is put into the oven, at a heat that will scorch flour without burning, where it is baked two hours and a half, or three hours.

LONDON PORTER. A late writer has given considerable information respecting the brewing of porter. His intention being to exhibit the advantages derived from domestic brewing, he has annexed the price of each article of the composition, though it will be seen [197] that the expense on some of the principal articles has been considerably reduced since that estimate was given.

	£	*s.*	*d.*
One quarter of malt	2	2	0
8lb. of hops	0	12	0
6lb. of treacle	0	2	0
8lb. of liquorice root bruised	0	8	0
8lb. of essentia bina	0	4	8
8lb. of colouring	0	4	8
Capsicum half an ounce	0	0	2
Spanish liquorice two ounces	0	0	2
India berries one ounce	0	0	2
Salt of tartar two drams	0	0	1
Heading a quarter of an ounce	0	0	1
Ginger three ounces	0	0	3
Lime four ounces	0	0	1
Linseed one ounce	0	0	1
Cinnamon bark two drams	0	0	2
	3	14	7
Coals	0	3	0
Total expense	£ 3	17	7

This will produce ninety gallons of good porter, and fifty gallons of table beer; the cost of the porter at the large breweries being £7 10*s.* and that of the beer £1 7*s.* leaves a profit of £5 to the brewer.—The 'essentia bina' is composed of eight pounds of moist sugar, boiled in an iron vessel, for no copper one could withstand the heat sufficiently, till it becomes of a thick syrupy consistence, perfectly black, and extremely bitter. The 'colouring' is composed of eight pounds of moist sugar, boiled till it attains a middle state, between bitter and sweet. It gives that fine mellow colour usually so much admired in good porter. These ingredients are added to the first wort, and boiled with it. The 'heading' is a mixture of half alum, and half copperas, ground to a fine powder. It is so called, from its giving to porter that beautiful head or froth, which constitutes one of the peculiar properties of porter, and which publicans are so anxious to raise to gratify their customers. The linseed, ginger, limewater, cinnamon, and several other small articles, are added or withheld according to the taste or practice of the brewer, which accounts for the different flavours so observable in London porter. Of the articles here enumerated, it is sufficient to observe, that however much they may surprise, however pernicious or disagreeable they may appear, they have always been deemed necessary in the brewing of porter. They must invariably be used by those who wish to continue the taste, the flavour and appearance, to which they have been accustomed.—Omitting however those ingredients which are deemed pernicious, it will be seen by the

following estimate how much more advantageous it is to provide even a small quantity of home-brewed porter, where this kind of liquor is preferred.

Ingredients necessary for brewing five gallons of porter.

	s.	*d.*
One peck of malt	2	6
Quarter of a pound of liquorice bruised	0	3
Spanish liquorice	0	6
Essentia	0	2
Colour	0	2
Treacle	0	2
Hops	0	6
Capsicum and ginger	0	1
Coals	0	10
Total expense	4	8
This will produce five gallons of good porter, which if bought of the brewer would cost	8	4
But being brewed at home, for	4	8
Leaves a clear gain of	3	8

This saving is quite enough to pay for time and trouble, besides the advantage of having a [198]
wholesome liquor, free from all poisonous ingredients. Porter thus brewed will be fit for use in a week, and may be drunk with pleasure. To do ample justice to the subject however, it may be proper briefly to notice the specific properties of the various ingredients which enter into the composition of London porter. It is evident that some porter is more heady than others, and this arises from the greater or less quantity of stupefying ingredients intermixed with it. Malt itself, to produce intoxication, must be used in such large quantities as would very much diminish the brewer's profit. Of the wholesomeness of malt there can be no doubt; pale malt especially is highly nutritive, containing more balsamic qualities than the brown malt, which being subject to a greater degree of fire in the kiln, is sometimes so crusted and burnt, that the mealy part loses some of its best qualities. Amber malt is that which is dried in a middling degree, between pale and brown, and is now much in use, being the most pleasant, and free from either extreme. Hops are an aromatic grateful bitter, very wholesome, and undoubtedly efficacious in giving both flavour and strength to the beer. Yeast is necessary to give the liquor that portion of elastic air, of which the boiling deprives it. Without fermentation, or working, no worts, however rich, can inebriate. Liquorice root is pleasant, wholesome, and aperient; and opposes the astringent qualities of some of the other ingredients; it ought therefore to be used, as should Spanish liquorice, which possesses the same properties. Capsicum disperses wind, and when properly used, cannot be unwholesome: it leaves a glow of warmth on the stomach, which is perceptible in drinking some beers. Ginger has the same effect as capsicum, and it also cleanses and flavours the beer. But capsicum being cheaper is more used, and by its tasteless though extremely hot quality, cannot be so readily discovered in beer as ginger. Treacle partakes of many of the

properties of liquorice; and by promoting the natural secretions, it renders porter and beer in general very wholesome. Treacle also is a cheaper article than sugar, and answers the purpose of colour, where the beer is intended for immediate consumption; but in summer, when a body is required to withstand the temperature of the air, and the draught is not quick, sugar alone can give body to porter. Treacle therefore is a discretionary article. Coriander seed, used principally in ale, is warm and stomachic; but when used in great quantity, it is pernicious. Coculus Indicus, the India berry, is poisonous and stupefying, when taken in any considerable quantity. When ground into fine powder it is undiscoverable in the liquor, and is but too much used to the prejudice of the public health. What is called heading, should be made of the salt of steel; but a mixture of alum and copperas being much cheaper, is more frequently used. Alum is a great drier, and causes that thirst which some beer occasions; so that the more you drink of it, the more you want. Alum likewise gives a taste of age to the beer, and is penetrating to the palate. Copperas is well known to be poisonous, and may be seen in the blackness which some beer discovers. Salt is highly useful in all beers; it gives a pleasing relish, and also fines the liquor.—These remarks are sufficient to show the propriety of manufacturing at home a good wholesome article for family use, instead of resorting to a public house for every pint of beer which nature demands, and which when procured is both expensive and pernicious. And lest any objection should be made, as to the difficulty and [199] inconvenience of brewing, a few additional observations will here be given, in order to facilitate this very important part of domestic economy. Be careful then to procure malt and hops of the very best quality, and let the brewing vessels be closely inspected; the least taint may spoil a whole brewing of beer. The mash tub should be particularly attended to, and a whisp of clean hay or straw is to be spread over the bottom of the vessel in the inside, to prevent the flour of the malt running off with the liquor. The malt being emptied into the mash tub, and the water brought to boil, dash the boiling water in the copper with cold water sufficient to stop the boiling, and leave it just hot enough to scald the finger, always remembering to draw off the second mash somewhat hotter than the first. The water being thus brought to a proper temperature by the addition of cold water, lade it out of the copper over the malt till it becomes thoroughly wet, stirring it well to prevent the malt from clotting. When the water is poured on too hot, it sets the malt, and closes the body of the grain, instead of opening it so as to dissolve in the liquor. Cover up the mash tub close to compress the steam, and prevent the liquid from evaporating. Let the wort stand an hour and a half or two hours after mashing, and then let the liquor run off into a vessel prepared to receive it. If at first it runs thick and discoloured, draw off a pailful or two, and pour it back again into the mash tub till it runs clear. In summer it will be necessary to put a few hops into the vessel which receives the liquor out of the mash tub, to prevent its turning sour, which the heat of the weather will sometimes endanger. Let the second mash run out as before, and let the liquor stand an hour and a half, but never let the malt be dry: keep lading fresh liquor over it till the quantity of wort to be obtained is extracted, always allowing for waste in the boiling. The next consideration is boiling the wort when obtained. The first copperful must be boiled an hour; and whilst boiling, add the ingredients specified above, in the second estimate. The hops are now to be boiled in the wort, but are to be carefully strained from the first wort, in order to be boiled again in the second. Eight pounds is the common proportion to a quarter of malt; but in summer the quantity must be varied from eight to twelve pounds, according to the heat of the atmosphere. After the wort has boiled an hour, lade it out of the copper and

cool it. In summer it should be quite cold before it is set to work; in winter it should be kept till a slight degree of warmth is perceptible by the finger. When properly cooled set it to work, by adding yeast in proportion to the quantity. If considerable, and if wanted to work quick, add from one to two gallons. Porter requires to be brought forward quicker than other malt liquor: let it work till it comes to a good deep head, then cleanse it by adding the ginger. The liquor is now fit for tunning: fill the barrels full, and let the yeast work out, adding fresh liquor to fill them up till they have done working. Now bung the barrels, but keep a watchful eye upon them for some time, lest the beer should suddenly ferment again and burst them, which is no uncommon accident where due care is not taken. The heat of summer, or a sudden change of weather, will occasion the same misfortune, if the barrels are not watched, and eased when they require it, by drawing the peg. The only part which remains to complete the brewing, is fining the beer. To understand this, it is necessary to remark, that [200] London porter is composed of three different sorts of malt; pale, brown, and amber. The reason for using these three sorts, is to attain a peculiar flavour and colour. Amber is the most wholesome, and for home brewing it is recommended to use none else. In consequence of the subtleness of the essentia, which keeps continually swimming in the beer, porter requires a considerable body of finings; but should any one choose to brew without the essentia, with amber malt, and with colour only, the porter will soon refine of itself. The finings however are composed of isinglass dissolved in stale beer, till the whole becomes of a thin gluey consistence like size. One pint is the usual proportion to a barrel, but sometimes two, and even three are found necessary. Particular care must be taken that the beer in which the isinglass is dissolved, be perfectly clear, and thoroughly stale.—By attending to these directions, any person may brew as good, if not better porter, than they can be supplied with from the public houses. Many notions have been artfully raised, that porter requires to be brewed in large quantities, and to be long stored, to render it sound and strong; but experience will prove the falsehood of these prejudices, which have their origin with the ignorant, and are cherished by the interested. One brewing under another will afford ample time for porter to refine for use, and every person can best judge of the extent of his own consumption. Porter is not the better for being brewed in large quantities, except that the same trouble which brews a peck, will brew a bushel. This mode of practice will be found simple and easy in its operation, and extremely moderate in point of trouble and expense.

LONDON SYLLABUB. Put a pint and a half of port or white wine into a bowl, nutmeg grated, and a good deal of sugar. Then milk into it near two quarts of milk, frothed up. If the wine be rather sharp, it will require more for this quantity of milk. In Devonshire, clouted cream is put on the top, with pounded cinnamon and sugar.

LOOKING GLASSES. In order to clean them from the spots of flies and other stains, rub them over with a fine damp cloth. Then polish with a soft woollen cloth, and powder blue.

LOVE. As health is materially affected by the passions, it is of some consequence to observe their separate influence, in order to obviate some of their ill effects. Love is unquestionably the most powerful, and is less under the controul of the understanding than any of the rest. It has a kind of omnipotence ascribed to it, which belongs not to any other. 'Love is strong as death; many waters cannot quench it, neither can the floods drown it.'

Other passions are necessary for the preservation of the individual, but this is necessary for the continuation of the species: it was proper therefore that it should be deeply rooted in the human breast. There is no trifling with this passion: when love has risen to a certain height, it admits of no other cure but the possession of its object, which in this case ought always if possible to be obtained. The ruinous consequences arising from disappointment, which happen almost every day, are dreadful to relate; and no punishment can be too great for those whose wilful conduct becomes the occasion of such catastrophes. Parents are deeply laden with guilt, who by this means plunge their children into irretrievable ruin; and lovers are deserving of no forgiveness, whose treacherous conduct annihilates the hopes and even the existence of their friends. [201]

M.

MACARONI. The usual way of preparing macaroni is to boil it in milk, or weak veal broth, flavoured with salt. When tender, put it into a dish without the liquor. Add to it some bits of butter and grated cheese; over the top grate more, and add a little more butter. Set the dish into a Dutch oven a quarter of an hour, but do not let the top become hard.—Another way. Wash it well, and simmer in half milk and half broth, of veal or mutton, till it is tender. To a spoonful of this liquor, put the yolk of an egg beaten in a spoonful of cream; just make it hot to thicken, but not to boil. Spread it on the macaroni, and then grate fine old cheese all over, with bits of butter. Brown the whole with a salamander.—Another. Wash the macaroni, then simmer it in a little broth, with a little salt and pounded mace. When quite tender, take it out of the liquor, lay it in a dish, grate a good deal of cheese over, and cover it with fine grated bread. Warm some butter without oiling, and pour it from a boat through a small earthen cullender all over the crumbs; then put the dish into a Dutch oven to roast the cheese, and brown the bread of a fine colour. The bread should be in separate crumbs, and look light.

MACARONI PUDDING. Simmer in a pint of milk, an ounce or two of the pipe sort of macaroni, and a bit of lemon and cinnamon. When quite tender, put it into a dish with milk, two or three eggs, but only one white. Add some sugar, nutmeg, a spoonful of peach water, and the same of raisin wine. Bake with a paste round the edges. A layer of orange marmalade, or raspberry jam, in a macaroni pudding, is a great improvement. In this case omit the almond water, or ratifia, which would otherwise be wanted to give it a flavour.

MACARONI SOUP. Boil a pound of the best macaroni in a quart of good stock, till it is quite tender. Then take out half, and put it into another stewpot. Add some more stock to the remainder, and boil it till all the macaroni will pulp through a fine sieve. Then add together the two liquors, a pint or more of boiling cream, the macaroni that was first taken out, and half a pound of grated parmesan cheese. Make it hot, but do not let it boil. Serve it with the crust of a French roll, cut into the size of a shilling.

MACAROONS. Blanch four ounces of almonds, and pound them with four spoonfuls of orange water. Whisk the whites of four eggs to a froth, mix it with the almonds, and a pound

of sifted sugar, till reduced to a paste. Lay a sheet of wafer paper on a tin, and put on the paste in little cakes, the shape of macaroons.

MACKAREL. Their season is generally May, June, and July; but may sometimes be had at an earlier period. When green gooseberries are ready, their appearance may at all times be expected. They are so tender a fish that they carry and keep worse than any other: choose those that are firm and bright, and sweet scented. After gutting and cleaning, boil them gently, and serve with butter and fennel, or gooseberry sauce. To broil them, split and sprinkle with herbs, pepper and salt; or stuff with the same, adding crumbs and chopped fennel.

MAGNUM BONUM PLUMS. Though very indifferent when eaten raw, this fruit makes an excellent sweetmeat, or is fine in the form of tarts. Prick them with a needle to prevent bursting, simmer them very gently in a thin syrup, put them in a china bowl, and when cold [202] pour the syrup over. Let them lie three days, then make a syrup of three pounds of sugar to five pounds of fruit, with no more water than hangs to large lumps of the sugar dipped quickly, and instantly brought out. Boil the plums in this fresh syrup, after draining the first from them. Do them very gently till they are clear, and the syrup adheres to them. Put them one by one into small pots, and pour the liquor over. Reserve a little syrup in the pan for those intended to be dried, warm up the fruit in it, drain them out, and put them on plates to dry in a cool oven. These plums are apt to ferment, if not boiled in two syrups; the former will sweeten pies, but will have too much acid to keep. A part may be reserved, with the addition of a little sugar, to do those that are dry, for they will not require to be so sweet as if kept wet, and will eat very nicely if boiled like the rest. One parcel may be done after another, and save much sugar, but care must be taken not to break the fruit.

MAHOGANY. To give a fine colour to mahogany, let the furniture be washed perfectly clean with vinegar, having first taken out any ink stains there may be, with spirits of salt, taking the greatest care to touch the stained part very slightly, and then the spirits must be instantly washed off. Use the following liquid. Put into a pint of cold-drawn linseed oil, four pennyworth of alkanet root, and two pennyworth of rose pink. Let it remain all night in an earthen vessel, then stirring it well, rub some of it all over the mahogany with a linen rag; and when it has lain some time, rub it bright with linen cloths. Dining tables should be covered with mat, oil cloth, or baize, to prevent staining; and should be instantly rubbed when the dishes are removed, while the board is still warm.

MAIDS. This kind of fish, as well as skate, requires to be hung up a day before it is dressed, to prevent its eating tough. Maids may either be broiled or fried; or if a tolerable size, the middle part may be boiled, and the fins fried. They should be dipped in egg, and covered with crumbs.

MALT. This article varies very much in value, according to the quality of the barley, and the mode of manufacture. When good it is full of flour, and in biting a grain asunder it will easily separate; the shell will appear thin, and well filled up with flour. If it bite hard and steely, the malt is bad. The difference of pale and brown malt arises merely from the different degrees of heat employed in the drying: the main object is the quantity of flour. If the barley was light and thin, whether from unripeness, blight, or any other cause, it will not malt so

well; but instead of sending out its roots in due time, a part of it will still be barley. This will appear by putting a handful of unground malt in cold water, and stirring it about till every grain is wetted; the good will swim, and the unmalted barley sink to the bottom. But if the barley be well malted, there is still a variety in the quality: for a bushel of malt from fine, plump, heavy barley, will be better than the same quantity from thin and light barley. Weight therefore here is the criterion of quality; and a bushel of malt weighing forty-five pounds is cheaper than any other at almost any price, supposing it to be free from unmalted barley, for the barley itself is heavier than the malt. The practice of mixing barley with the malt on a principle of economy, is not to be approved; for though it may add a little to the strength of the wort, it makes the beer flat and insipid, and of course unwholesome.

MARBLE. Chimney pieces, or marble slabs, may be cleaned with muriatic acid, either diluted or in a pure state. If too strong, it will deprive the marble of its polish, but may be restored by using a piece of felt and a little putty powdered, rubbing it on with clean water. Another method is, making a paste of a bullock's gall, a gill of soap lees, half a gill of turpentine, and a little pipe clay. The paste is then applied to the marble, and suffered to remain a day or two. It is afterwards rubbed off, and applied a second or third time, to render the marble perfectly clean, and give it the finest polish. [203]

MARBLE CEMENT. If by any accident, marble or alabaster happen to be broken, it may be strongly cemented together in the following manner. Melt two pounds of bees' wax, and one pound of rosin. Take about the same quantity of marble or other stones that require to be joined, and reduce it to a powder; stir it well together with the melted mixture, and knead the mass in water, till the powder is thoroughly incorporated with the wax and rosin. The parts to be joined must be heated and made quite dry, and the cement applied quite hot. Melted sulphur, laid on fragments of stone previously heated, will make a firm and durable cement. Little deficiencies in stones or corners that have been stripped or broken off, may be supplied with some of the stone powdered and mixed with melted sulphur: but care must be taken to have both parts properly heated.

MARBLE PAPER. For marbling books or paper, dissolve four ounces of gum arabac in two quarts of water, and pour it into a broad vessel. Mix several colours with water in separate shells: with small brushes peculiar to each colour, sprinkle and intermix them on the surface of the gum water, and curl them with a stick so as to form a variety of streaks. The edges of a book pressed close may then be slightly dipped in the colours on the surface of the water, and they will take the impression of the mixture. The edges may then be glazed with the white of an egg, and the colours will remain. A sheet of paper may be marbled in the same way.

MARBLE STAINS. To take stains out of marble, make a tolerably thick mixture of unslaked lime finely powdered, with some strong soap-ley. Spread it instantly over the marble with a painter's brush, and in two month's time wash it off perfectly clean. Prepare a fine thick lather of soft soap, boiled in soft water; dip a brush in it, and scour the marble well with powder. Clear off the soap, and finish with a smooth hard brush till the stains are all removed. After a very good rubbing, the marble will acquire a beautiful polish. If the marble has been injured by iron stains, take an equal quantity of fresh spirits of vitriol and lemon juice. Mix them in a bottle, shake it well, and wet the spots. Rub with a soft linen cloth, and

in a few minutes they will disappear.

MARBLE VEAL. The meat is prepared in the same way as potted beef or veal. Then beat up a boiled tongue, or slices of ham, with butter, white pepper, and pounded mace. Put a layer of veal in the pot, then stick in pieces of tongue or ham, fill up the spaces with veal, and pour clarified butter over it.

MARKING INK. Mix two drams of the tincture of galls with one dram of lunar caustic, and for marking of linen, use it with a pen as common ink. The cloth must first be wetted in a strong solution of salt of tartar, and afterwards dried, before any attempt be made to write upon it. A beautiful red ink may also be prepared for this purpose by mixing half an ounce of vermillion, and a dram of the salt of steel, with as much linseed oil as will make it of a proper consistency, either to use with a pen or a hair pencil. Other colours may be made in the same way, by substituting the proper ingredients instead of vermillion. [204]

MANGOES. Cut off the tops of some large green cucumbers, take out the seeds, and wipe them dry. Fill them with mustard-seed, horseradish, sliced onion, ginger, and whole pepper. Sow on the tops, put the mangoes into a jar, cover them with boiling vinegar, and do them the same as any other pickle. Melons are done in the same way.

MARIGOLD WINE. Boil three pounds and a half of lump sugar in a gallon of water, put in a gallon of marigold flowers, gathered dry and picked from the stalks, and then make it as for cowslip wine. If the flowers be gathered only a few at a time, measure them when they are picked, and turn and dry them in the shade. When a sufficient quantity is prepared, put them into a barrel, and pour the sugar and water upon them. Put a little brandy into the bottles, when the wine is drawn off.

MARMALADE. For a cough or cold, take six ounces of Malaga raisins, and beat them to a fine paste, with the same quantity of sugarcandy. Add an ounce of the conserve of roses, twenty-five drops of oil of vitriol, and twenty drops of oil of sulphur. Mix them well together, and take a small tea-spoonful night and morning.

MARROW BONES. Cover the top of them with a floured cloth, boil and serve them with dry toast.

MARSHMALLOW OINTMENT. Take half a pound of marshmallow roots, three ounces of linseed, and three ounces of fenugreek seed; bruise and boil them gently half an hour in a quart of water, and then add two quarts of sweet oil. Boil them together till the water is all evaporated, and strain off the oil. Add a pound of bees' wax, half a pound of yellow rosin, and two ounces of common turpentine. Melt them together over a slow fire, and keep stirring till the ointment is cold.

MASHED PARSNIPS. Boil the roots tender, after they have been wiped clean. Scrape them, and mash them in a stewpan with a little cream, a good piece of butter, pepper and salt.

MASHED POTATOES. Boil the potatoes, peel them, and reduce them to paste. Add a quarter of a pint of milk to two pounds weight, a little salt, and two ounces of butter, and stir it all well together over the fire. They may either be served up in this state, or in scallops, or

put on the dish in a form, and the top browned with a salamander.

MATTRASSES. Cushions, mattrasses, and bed clothes stuffed with wool, are particularly liable to be impregnated with what is offensive and injurious, from persons who have experienced putrid and inflammatory fevers, and cannot therefore be too carefully cleaned, carded, and washed. It would also be proper frequently to fumigate them with vinegar or muriatic gas. If these articles be infested with insects, dissolve a pound and a half of alum, and as much cream of tartar, in three pints of boiling water. Mix this solution in three gallons of cold water, immerse the wool in it for several days, and then let it be washed and dried. This operation will prevent the insects from attacking it in future.

MEAD. Dissolve thirty pounds of honey in thirteen gallons of water; boil and skim it well. Then add of rosemary, thyme, bay leaves, and sweetbriar, about a handful altogether. Boil the whole for an hour, and put it into a tub, with two or three handfuls of ground malt. Stir it till it is about blood warm, then strain it through a cloth, and return it into the tub. Cut a toast, [205] spread it over with good ale yeast, and put it into the tub. When the liquor has sufficiently fermented, put it into a cask. Take an ounce and a half each of cloves, mace, and nutmegs, and an ounce of sliced ginger. Bruise the spices; tie them up in a cloth, and hang it in the vessel, which must be stopped up close for use.—Another way. Put four or five pounds of honey into a gallon of boiling water, and let it continue to boil an hour and a half. Skim it quite clean, put in the rinds of three or four lemons, and two ounces of hops sewed up in a bag. When cold, put the liquor into a cask, stop it up close, and let it stand eight or nine months.

MEASLES. In general, all that is needful in the treatment of this complaint is to keep the body open by means of tamarinds, manna, or other gentle laxatives; and to supply the patient frequently with barley water, or linseed tea sweetened with honey. Bathe the feet in warm water; and if there be a disposition to vomit, it ought to be promoted by drinking a little camomile tea. If the disorder appear to strike inward, the danger may be averted by applying blisters to the arms and legs, and briskly rubbing the whole body with warm flannels.

MEAT. In all sorts of provisions, the best of the kind goes the farthest; it cuts out with most advantage, and affords most nourishment. Round of beef, fillet of veal, and leg of mutton, are joints that bear a higher price; but as they have more solid meat, they deserve the preference. Those joints however which are inferior, may be dressed as palatably; and being cheaper, they should be bought in turn; for when weighed with the prime pieces, it makes the price of these come lower. In loins of meat, the long pipe that runs by the bone should be taken out, as it is apt to taint; as also the kernels of beef. Rumps and edgebones of beef are often bruised by the blows which the drovers give the beasts, and the part that has been struck always taints; these joints therefore when bruised should not be purchased. And as great loss is often sustained by the spoiling of meat, after it is purchased, the best way to prevent this is to examine it well, wipe it every day, and put some pieces of charcoal over it. If meat is brought from a distance in warm weather, the butcher should be desired to cover it close, and bring it early in the morning, to prevent its being fly-blown.—All meat should be washed before it is dressed. If for boiling, the colour will be better for the soaking; but if for roasting, it should afterwards be dried. Particular care must be taken that the pot

be well skimmed the moment it boils, otherwise the foulness will be dispersed over the meat. The more soups or broth are skimmed, the better and cleaner they will be. Boiled meat should first be well floured, and then put in while the water is cold. Meat boiled quick is sure to be hard; but care must be taken, that in boiling slow it does not stop, or the meat will be underdone. If the steam be kept in, the water will not be much reduced; but if this be desirable, the cover must be removed. As to the length of time required for roasting and boiling, the size of the joint must direct, as also the strength of the fire, and the nearness of the meat to it. In boiling, attention must be paid to the progress it makes, which should be regular and slow. For every pound of meat, a quarter of an hour or twenty minutes is generally allowed, according as persons choose to have it well or underdone. In preparing a joint for roasting, care must be taken not to run the spit through the best parts of the meat, and that no black stains appear upon it at the time of serving. [206]

MEAT SAUCE. Put to a clean anchovy, a glass of port wine, a little strong broth, a sliced shalot, some nutmeg, and the juice of a Seville orange. Stew them together, and mix it with the gravy that runs from the meat.

MEAT SCREEN. This is a great saver of coals, and should be sufficiently large to guard what is roasting from currents of air. It should be placed on wheels, have a flat top, and not be less than about three feet and a half wide, with shelves in it, about one foot deep. It will then answer all the purposes of a large Dutch oven, a plate warmer, and a hot hearth. Some are made with a door behind, which is convenient; but the great heat to which they are exposed soon shrinks the materials, and the currents of air through the cracks cannot be prevented. Those without a door are therefore best.

MEDLEY PIE. Cut into small pieces some fat pork, or other meat underdone, and season it with salt and pepper. Cover the sides of the dish with common crust, put in a layer of sliced apples with a little sugar, then a layer of meat, and a layer of sliced onions, till the dish is full. Put a thick crust over it, and bake it in a slow oven. Currants or scalded gooseberries may be used instead of apples, and the onions omitted.

MELON FLUMMERY. Put plenty of bitter almonds into some stiff flummery, and make it of a pale green with spinach juice. When it becomes as thick as cream, wet the melon mould, and put the flummery into it. Put a pint of calf's foot jelly into a bason, and let it stand till the next day: then turn out the melon, and lay it in the midst of the bason of jelly. Fill up the bason with jelly beginning to set, and let it stand all night. Turn it out the next day, the same as for fruit in jelly: make a garland of flowers, and place it on the jelly.

MELON MANGOES. There is a particular sort for preserving, which must be carefully distinguished. Cut a square small piece out of one side, and through that take out the seeds, and mix with them mustard-seed and shred garlic. Stuff the melon as full as the space will allow, replace the square piece, and bind it up with fine packthread, boil a good quantity of vinegar, to allow for wasting, with peppercorns, salt, and ginger. Pour the liquor boiling hot over the mangoes four successive days; and on the last day put flour of mustard, and scraped horseradish into the vinegar just as it boils up. Observe that there is plenty of vinegar before it is stopped down, for pickles are soon spoiled if not well covered. Also the greater number of times that boiling vinegar is poured over them, the sooner they will be

ready for eating. Mangoes should be pickled soon after they are gathered. Large cucumbers, called green turley, prepared as mangoes, are very excellent, and come sooner to table.

MELTED BUTTER. Though a very essential article for the table, it is seldom well prepared. Mix on a trencher, in the proportion of a tea-spoonful of flour to four ounces of the best butter. Put it into a saucepan, and two or three table-spoonfuls of hot water; boil it quick for a minute, and shake it all the time. Milk used instead of water, requires rather less butter, and looks whiter.

MICE. The poisonous substances generally prepared for the destruction of mice are attended with danger, and the use of them should by all means be avoided. Besides the common traps, baited with cheese, the following remedy will be found both safe and [207] efficacious. Take a few handfuls of wheat flour, or malt meal, and knead it into a dough. Let it grow sour in a warm place, mix with it some fine iron filings, form the mass into small balls, and put them into the holes frequented by the mice. On eating this preparation, they are inevitably killed. Cats, owls, or hedgehogs, would be highly serviceable in places infested with mice. An effectual mousetrap may be made in the following manner. Take a plain four square trencher, and put into the two contrary corners of it a large pin, or piece of knitting needle. Then take two sticks about a yard long, and lay them on the dresser, with a notch cut at each end of the sticks, placing the two pins on the notches, so that one corner of the trencher may lie about an inch on the dresser or shelf that the mice come to. The opposite corner must be baited with some butter and oatmeal plastered on the trencher; and when the mice run towards the butter, it will tip them into a glazed earthen vessel full of water, which should be placed underneath for that purpose. To prevent the trencher from tipping over so as to lose its balance, it may be fastened to the shelf or dresser with a thread and a little sealing wax, to restore it to its proper position. To prevent their devastations in barns, care should be taken to lay beneath the floor a stratum of sharp flints, fragments of glass mixed with sand, or broken cinders. If the floors were raised on piers of brick, about fifteen inches above the ground, so that dogs or cats might have a free passage beneath the building, it would prevent the vermin from harbouring there, and tend greatly to preserve the grain. Field mice are also very destructive in the fields and gardens, burrowing under the ground, and digging up the earth when newly sown. Their habitations may be discovered by the small mounds of earth that are raised near the entrance, or by the passages leading to their nests; and by following these, the vermin may easily be destroyed. To prevent early peas being eaten by the mice, soak the seed a day or two in train oil before it is sown, which will promote its vegetation, and render the peas so obnoxious to the mice, that they will not eat them. The tops of furze, chopped and thrown into the drills, when the peas are sown, will be an effectual preventive. Sea sand strewed thick on the surface of the ground, round the plants liable to be attacked by the mice, will have the same effect.

MILDEW. To remove stains in linen occasioned by mildew, mix some soft soap and powdered starch, half as much salt, and the juice of a lemon. Lay it on the part on both sides with a painter's brush, and let it lie on the grass day and night till the stain disappears.

MILK BUTTER. This article is principally made in Cheshire, where the whole of the milk is churned without being skimmed. In the summer time, immediately after milking, the meal is

put to cool in earthen jars till it become sufficiently coagulated, and has acquired a slight degree of acidity, enough to undergo the operation of churning. During the summer, this is usually performed in the course of one or two days. In order to forward the coagulation in the winter, the milk is placed near the fire; but in summer, if it has not been sufficiently cooled before it is added to the former meal, or if it has been kept too close, and be not churned shortly after it has acquired the necessary degree of consistence, a fermentation will ensue; in which case the butter becomes rancid, and the milk does not yield that quantity which it would, if churned in proper time. This also is the case in winter, when the jars have been placed too near the fire, and the milk runs entirely to whey. Milk butter is in other respects [208] made like the common butter.

MILK AND CREAM. In hot weather, when it is difficult to preserve milk from becoming sour, and spoiling the cream, it may be kept perfectly sweet by scalding the new milk very gently, without boiling, and setting it by in the earthen dish or pan that it is done in. This method is pursued in Devonshire, for making of butter, and for eating; and it would answer equally well in small quantities for the use of the tea table. Cream already skimmed may be kept twenty-four hours if scalded, without sugar; and by adding as much pounded lump sugar as shall make it pretty sweet, it will be good two days, by keeping it in a cool place.

MILK PORRIDGE. Make a fine gruel of half grits well boiled, strain it off, add warm or cold milk, and serve with toasted bread.

MILK PUNCH. Pare six oranges and six lemons as thin as possible, and grate them afterwards with sugar to extract the flavour. Steep the peels in a bottle of rum or brandy, stopped close twenty-four hours. Squeeze the fruit on two pounds of sugar, add to it four quarts of water, and one of new milk boiling hot. Stir the rum into the above, and run it through a jelly bag till perfectly clear. Bottle and cork it close immediately.

MILK OF ROSES. Mix an ounce of oil of almonds with a pint of rose water, and then add ten drops of the oil of tartar.

MILK SOUP. Boil a pint of milk with a little salt, cinnamon, and sugar. Lay thin slices of bread in a dish, pour over them a little of the milk, and keep them hot over a stove without burning. When the soup is ready, beat up the yolks of five or six eggs, and add them to the milk. Stir it over the fire till it thickens, take it off before it curdles, and pour it upon the bread in the dish.

MILKING. Cows should be milked three times a day in the summer, if duly fed, and twice in the winter. Great care should be taken to drain the milk completely from the udder; for if any be suffered to remain, the cow will give less every meal, till at length she becomes dry before her proper time, and the next season she will scarcely give a sufficient quantity of milk to pay the expences of her keeping. The first milk drawn from a cow is also thinner, and of an inferior quality to that which is afterwards obtained: and this richness increases progressively, to the very last drop that can be drawn from the udder. If a cow's teats be scratched or wounded, her milk will be foul, and should not be mixed with that of other cows, but given to the pigs. In warm weather, the milk should remain in the pail till nearly cold, before it is strained; but in frosty weather this should be done immediately, and a small

quantity of boiling water mixed with it. This will produce plenty of cream, especially in trays of a large surface. As cows are sometimes troublesome to milk, and in danger of contracting bad habits, they always require to be treated with great gentleness, especially when young, or while their teats are tender. In this case the udder ought to be fomented with warm water before milking, and the cow soothed with mild treatment; otherwise she will be apt to become stubborn and unruly, and retain her milk ever after. A cow will never let down her milk freely to the person she dreads or dislikes.

MILLET PUDDING. Wash three spoonfuls of the seed, put it into a dish with a crust round the edge, pour over it as much new milk as will nearly fill the dish, two ounces of butter warmed with it, sugar, shred lemon peel, and a dust of ginger and nutmeg. As you put it in the oven, stir in two beaten eggs, and a spoonful of shred suet. [209]

MINCE PIES. Of scraped beef, free from skin and strings, weigh two pounds, of suet picked and chopped four pounds, and of currants nicely cleaned and perfectly dry, six pounds. Then add three pounds of chopped apples, the peel and juice of two lemons, a pint of sweet wine, a nutmeg, a quarter of an ounce of cloves, the same of mace, and pimento, in the finest powder. Mix the whole well together, press it into a deep pan, and keep it covered in a dry cool place. A little citron, orange, and lemon peel, should be put into each pie when made. The above quantity of mince meat may of course be reduced, in equal proportions, for small families.—Mince pies without meat, are made in the following manner. Pare, core, and mince six pounds of apples; shred three pounds of fresh suet, and stone three pounds of raisins minced. Add to these, a quarter of an ounce each of mace and cinnamon, and eight cloves, all finely powdered. Then three pounds of the finest powder sugar, three quarters of an ounce of salt, the rinds of four and the juice of two lemons, half a pint of port, and half a pint of brandy. Mix well together, and put the ingredients into a deep pan. Prepare four pounds of currants, well washed and dried, and add them when the pies are made, with some candied fruit.

MINCED BEEF. Shred fine the underdone part, with some of the fat. Put it into a small stewpan with some onion, or a very small quantity of shalot, a little water, pepper and salt. Boil it till the onion is quite soft; then put some of the gravy of the meat to it, and the mince, but do not let it boil. Prepare a small hot dish with sippets of bread, mix a large spoonful of vinegar with the mince, and pour it into the dish. If shalot vinegar is used, the raw onion and shalot may be dispensed with.

MINCED COLLOPS. Chop and mince some beef very small, and season it with pepper and salt. Put it, in its raw state, into small jars, and pour on the top some clarified butter. When to be used, put the clarified butter into a fryingpan, and fry some sliced onions. Add a little water to it, put in the minced meat, and it will be done in a few minutes. This is a favourite Scotch dish, and few families are without it. It keeps well, and is always ready for an extra dish.

MINCED VEAL. Cut some cold veal as fine as possible, but do not chop it. Put to it a very little lemon-peel shred, two grates of nutmeg, some salt, and four or five spoonfuls either of weak broth, milk, or water. Simmer these gently with the meat, adding a bit of butter rubbed in flour, but take care not to let it boil. Put sippets of thin toasted bread, cut

into a three-cornered shape, round the dish.

MINT SAUCE. Pick and wash the mint clean, and chop it fine. Put it into a small bason, and mix it with sugar and vinegar.

MINT VINEGAR. As fresh mint is not at all times to be had, a welcome substitute will be found in the preparation of mint vinegar. Dry and pound half an ounce of mint seed, pour upon it a quart of the best vinegar, let it steep ten days, and shake it up every day. This will be useful in the early season of house lamb.

MITES. Though they principally affect cheese, there are several species of this insect which breed in flour and other eatables, and do considerable injury. The most effectual method of expelling them is to place a few nutmegs in the sack or bin containing the flour, the odour of which is insupportable to mites; and they will quickly be removed, without the meal [210] acquiring any unpleasant flavour. Thick branches of the lilac, or the elder tree, peeled and put into the flour, will have the same effect. Quantities of the largest sized ants, scattered about cheese-rooms and granaries, would presently devour all the mites, without doing any injury.

MIXED WINE. Take an equal quantity of white, red, and black currants, cherries, and raspberries; mash them, and press the juice through a strainer. Boil three pounds of moist sugar in three quarts of water, and skim it clean. When cold, mix a quart of juice with it, and put it into a barrel that will just hold it. Put in the bung, and after it has stood a week, close it up, and let it stand three or four months. When the wine is put into the barrel, add a little brandy to it.

MOCK BRAWN. Boil two pair of neat's feet quite tender, and pick all the flesh off the bone. Boil the belly piece of a porker nearly enough, and bone it. Roll the meat of the feet up in the pork, tie it up in a cloth with tape round it, and boil it till it becomes very tender. Hang it up in the cloth till it is quite cold, put it into some souse, and keep it for use.

MOCK TURTLE. Divide a calf's head with the skin on, and clean it well. Half boil it, take all the meat off in square pieces, break the bones of the head, and boil them in some veal and beef broth, to add to the richness. Fry some shalot in butter, and dredge in flower enough to thicken the gravy; stir this into the browning, and give it one or two boils. Skim it carefully, and then put in the head; add a pint of Madeira, and simmer till the meat is quite tender. About ten minutes before serving, put in some basil, tarragon, chives, parsley, cayenne pepper, and salt; also two spoonfuls of mushroom ketchup, and one of soy. Squeeze the juice of a lemon into the tureen, and pour the soup upon it. Serve with forcemeat balls, and small eggs.—A cheaper way. Prepare half a calf's head as above, but without the skin. When the meat is cut off, break the bones, and put them into a saucepan with some gravy made of beef and veal bones, and seasoned with fried onions, herbs, mace, and pepper. Have ready prepared two or three ox-palates boiled so tender as to blanch, and cut into small pieces; to which a cow heel, likewise cut into pieces, is a great improvement. Brown some butter, flour, and onion, and pour the gravy to it; then add the meats as above, and stew them together. Add half a pint of sherry, an anchovy, two spoonfuls of walnut ketchup, the same of mushroom ketchup, and some chopped herbs as before. The same sauce as before.—Another way. Put into a pan a knuckle of veal, two fine

cow heels, two onions, a few cloves, peppercorns, berries of allspice, mace, and sweet herbs. Cover them with water, tie a thick paper over the pan, and set it in an oven for three hours. When cold, take off the fat very nicely, cut the meat and feet into bits an inch and a half square, remove the bones and coarse parts, and then put the rest on to warm, with a large spoonful of walnut and one of mushroom ketchup, half a pint of sherry or Madeira, a little mushroom powder, and the jelly of the meat. If it want any more seasoning, add some when hot, and serve with hard eggs, forcemeat balls, a squeeze of lemon, and a spoonful of soy. This is a very easy way of making an excellent dish of mock turtle.—Another. Stew a pound and a half of scrag of mutton, with three pints of water till reduced to a quart. Set on the broth, with a calf's foot and a cow heel; cover the stewpan tight, and let it simmer till the meat can be separated from the bones in proper pieces. Set it on again with the broth, [211] adding a quarter of a pint of sherry or Madeira, a large onion, half a tea-spoonful of cayenne, a bit of lemon peel, two anchovies, some sweet herbs, eighteen oysters chopped fine, a tea-spoonful of salt, a little nutmeg, and the liquor of the oysters. Cover it close, and simmer it three quarters, of an hour. Serve with forcemeat balls, and hard eggs in the tureen. —An excellent and very cheap mock turtle may be made of two or three cow heels, baked with two pounds and a half of gravy beef, herbs, and other ingredients as above.

MOLES. As these little animals live entirely on worms and insects, of which they consume incalculable numbers, they may be considered as harmless, and even useful, rather than otherwise; and it has been observed in fields and gardens where the moles had been caught, that they afterwards abounded with vermin and insects. But when the moles become too numerous, they are hurtful to vegetation, and require to be destroyed. Besides the common method of setting traps in their subterraneous passages, many might be dug out of the earth by carefully watching their situation and motions before the rising of the sun, and striking in a spade behind them to cut off their retreat. The smell of garlic is so offensive to them, that if a few heads of that plant were thrust into their runs, it would expel them from the place.

MOONSHINE PUDDING. Put into a baking dish a layer of very thin bread and butter, strewed over with currants and sweetmeats, and so on till the dish is full. Mix together a pint and a half of cream, the yolks of six eggs, half a grated nutmeg, and some sugar. Pour the mixture on the top of the pudding, and bake it three quarters of an hour.

MOOR FOWL. To dress moor fowl with red cabbage, truss the game as for boiling. Set them on the fire with a little soup, and let them stew for half an hour. Cut a red cabbage into quarters, add it to the moor fowl, season with salt and white pepper, and a little piece of butter rolled in flour. A glass of port may be added, if approved. Lift out the cabbage, and place it neatly in the dish, with the moor fowl on it. Pour the sauce over them, and garnish with small slices of fried bacon.

MORELLA CHERRIES. When the fruit is quite ripe, take off the stalks, prick them with a pin, and allow a pound and a half of lump sugar to every pound of cherries. Reduce part of the sugar to powder, and strew it over them. Next day dissolve the remainder in half a pint of currant juice, set it over a slow fire, put in the cherries with the sugar, and give them a gentle boil. Take out the cherries carefully, boil the syrup till it is thick, pour it upon the cherries, and tie them down.—Any other kind of fruit may be treated in the same way, only

using such kind of juice to boil in the syrup as is most suitable to the fruit to be preserved. It is proper to put apple jelly over jam or preserved fruit, or to sift sugar over the tops of the jars; and when cold, cover them with brandy paper. If the air be admitted, they will not keep.

MORELLA WINE. Cleanse from the stalks sixty pounds of morella cherries, and bruise them as to break the stones. Press out the juice, mix it with six gallons of sherry wine, and four gallons of warm water. Powder separately an ounce of nutmeg, cinnamon, and mace, and hang them separately in small bags, in the cask containing the liquor. Bung it down; and in a few weeks it will become a deliciously flavoured wine.

MORELS. In their green state they have a very rich, high flavour, and are delicious additions to some dishes, or sent up as a stew by themselves, when they are fresh and fine. When dried they are of very little use, and serve only to soak up good gravy, from which they take more flavour than they give. [212]

MOSS. To destroy moss on trees, remove it with a hard brush early in the spring of the year, and wash the trees afterwards with urine or soap suds, and plaster them with cow dung. When a sort of white down appears on apple trees, clear off the red stain underneath it, and anoint the infected parts with a mixture of train oil and Scotch snuff, which will effectually cure the disease.

MOTHS. One of the most speedy remedies for their complete extirpation, is the smell of turpentine, whether it be by sprinkling it on woollen stuffs, or placing sheets of paper moistened with it between pieces of cloth. It is remarkable that moths are never known to infest wool unwashed, or in its natural state, but always abandon the place where such raw material is kept. Those persons therefore to whom the smell of turpentine is offensive, may avail themselves of this circumstance, and place layers of undressed wool between pieces of cloth, or put small quantities in the corners of shelves and drawers containing drapery of that description. This, or shavings of the cedar, small slips of Russia leather, or bits of camphor, laid in boxes or drawers where furs or woollen clothes are kept, will effectually preserve them from the ravages of the moth and other insects.

MUFFINS. Stir together a pint of yeast with a pint and half of warm milk and water, and a little salt. Strain it into a quarter of a peck of fine flour, knead it well, and set it an hour to rise. Pull it into small pieces, roll it into balls with the hand, and keep them covered up warm. Then spread them into muffins, lay them on tins, and bake them; and as the bottoms begin to change colour, turn them on the other side. A better sort may be made by adding two eggs, and two ounces of butter melted in half a pint of milk. Muffins should not be cut, but pulled open.

MULBERRY SYRUP. Put the mulberries into a kettle of water, and simmer them over the fire till the juice runs from them. Squeeze out the juice, and add twice the weight of sugar. Set it over a slow fire, skim it clean, and simmer it till the sugar is quite dissolved.

MULBERRY WINE. Gather mulberries on a dry day, when they are just changed from redness to a shining black. Spread them thinly on a fine cloth, or on a floor or table, for twenty-four hours, and then press them. Boil a gallon of water with each gallon of juice,

putting to every gallon of water an ounce of cinnamon bark, and six ounces of sugarcandy finely powdered. Skim and strain the water when it is taken off and settled, and put it to the mulberry juice. Now add to every gallon of the mixture, a pint of white or Rhenish wine. Let the whole stand in a cask to ferment, for five or six days. When settled draw it off into bottles, and keep it cool.

MULLED ALE. Boil a pint of good sound ale with a little grated nutmeg and sugar, beat up three eggs, and mix them with a little cold ale. Then pour the hot ale to it, and return it several times to prevent its curdling. Warm and stir it till it is thickened, add a piece of butter or a glass of brandy, and serve it up with dry toast.

MULLED WINE. Boil some spice in a little water till the flavour is gained, then add an equal quantity of port, with sugar and nutmeg. Boil all together, and serve with toast.— [213]
Another way. Boil a blade of cinnamon and some grated nutmeg a few minutes, in a large tea-cupful of water. Pour to it a pint of port wine, add a little sugar, beat it up, and it will be ready. Good home-made wine may be substituted instead of port.

MUMBLED HARE. Boil the hare, but not too much; take off the flesh, and shred it very fine. Add a little salt, nutmeg, lemon peel, and the juice of a lemon. Put it into a stewpan with a dozen eggs, and a pound of butter, and keep it stirring.

MUSCLE PLUM CHEESE. Weigh six pounds of the fruit, bake it in a stone jar, remove the stones, and put in the kernels after they are broken and picked. Pour half the juice on two pounds and a half of Lisbon sugar; when melted and simmered a few minutes, skim it, and add the fruit. Keep it doing very gently till the juice is much reduced, but take care to stir it constantly, to prevent its burning. Pour it into small moulds, pattipans, or saucers. The remaining juice may serve to colour creams, or be added to a pie.

MUSHROOMS. Before these are prepared for eating, great care must be taken to ascertain that they are genuine, as death in many instances has been occasioned by using a poisonous kind of fungus, resembling mushrooms. The eatable mushrooms first appear very small, of a round form, and on a little stalk. They grow very fast, and both the stalk and the upper part are white. As the size increases, the under part gradually opens, and shows a kind of fringed fur, of a very fine salmon colour; which continues more or less till the mushroom has gained some size, and then it turns to a dark brown. These marks should be attended to, and likewise whether the skin can be easily parted from the edges and middle. Those that have a white or yellow fur should be carefully avoided, though many of them have a similar smell, but not so strong and fragrant, as the genuine mushroom. Great numbers of these may be produced, by strewing on an old hotbed the broken pieces of mushrooms; or if the water in which they have been washed be poured on the bed, it will nearly answer the same purpose.

MUSHROOMS DRIED. Wipe them clean, take out the brown part of the large ones, and peel off the skin. Lay them on paper to dry in a cool oven, and keep them in paper bags in a dry place. When used, simmer them in the gravy, and they will swell to nearly their former size. Or before they are made into powder, it is a good way to simmer them in their own liquor till it dry up into them, shaking the pan all the time, and afterwards drying them on tin plates. Spice may be added or not. Tie the mushrooms down close in a bottle, and keep

it in a dry place.

MUSHROOM KETCHUP. Take the largest broad mushrooms, break them into an earthen pan, strew salt over, and stir them occasionally for three days. Then let them stand twelve days, till there is a thick scum over. Strain and boil the liquor with Jamaica and black peppers, mace, ginger, a clove or two, and some mustard seed. When cold, bottle it, and tie a bladder over the cork. In three months boil it again with fresh spice, and it will then keep a twelvemonth.—Another way. Fill a stewpan with large flap mushrooms, that are not worm-eaten, and the skins and fringe of such as have been pickled. Throw a handful of salt among them, and set them by a slow fire. They will produce a great deal of liquor, which must be strained; then add four ounces of shalots, two cloves of garlic, a good deal of whole pepper, [214] ginger, mace, cloves, and a few bay leaves. Boil and skim it well, and when cold, cork it up close. In two months boil it up again with a little fresh spice, and a stick of horseradish. It will then keep a year, which mushroom ketchup rarely does, if not boiled a second time.

MUSHROOM POWDER. Wash half a peck of large mushrooms while quite fresh, and free them from grit and dirt with flannel. Scrape out the black part clean, and do not use any that are worm-eaten. Put them into a stewpan over the fire without any water, with two large onions, some cloves, a quarter of an ounce of mace, and two spoonfuls of white pepper, all in powder. Simmer and shake them till all the liquor be dried up, but be careful they do not burn. Lay them on tins or sieves in a slow oven till they are dry enough to beat to powder; then put the powder into small bottles, corked, and tied closely, and kept in a dry place. A tea-spoonful of this powder will give a very fine flavour to any soup or gravy, or any sauce; and it is to be added just before serving, and one boil given to it after it is put in.

MUSHROOM SAUCE. Melt some butter with flour, in a little milk or cream. Put in some mushrooms, a little salt and nutmeg, and boil it up together in a saucepan. Or put the mushrooms into melted butter, with veal gravy, salt, and nutmeg.

MUSLIN PATTERNS. In order to copy muslin patterns, the drawing is to be placed on a sheet of white paper, and the outline pricked through with a pin. The white sheet may then be laid on a second clear one, and a muslin bag of powdered charcoal sifted or rubbed over it. The pierced paper being removed, a perfect copy may be traced on the other; and in this way, patterns may be multiplied very expeditiously.

MUSTARD. Mix by degrees, the best Durham flour of mustard with boiling water, rubbing it perfectly smooth, till it comes to a proper thickness. Add a little salt, keep it in a small jar close covered, and put only as much into the glass as will be used soon. The glass should be wiped daily round the edges. If for immediate use, mix the mustard with new milk by degrees, till it is quite smooth, and a little raw cream. It is much softer this way, does not taste bitter, and will keep well. A tea-spoonful of sugar, to half a pint of mustard, is a great improvement, and tends much to soften it. Patent mustard is nearly as cheap as any other, and is generally preferred.

MUSTY FLOUR. When flour has acquired a musty smell and taste, from dampness and other causes, it may be recovered by the simple use of magnesia, allowing thirty grains of the carbonate to one pound of flour. It is to be leavened and baked in the usual way of making bread. The loaves will be found to rise well in the oven, to be more light and spongy, and

also whiter than bread in the common way. It will likewise have an excellent taste, and will keep well. The use of magnesia in bread making is well worthy of attention, for if it improves musty flour, and renders it palatable, it would much more improve bread in general, and be the interest of families to adopt it. The use of magnesia in bread, independent of its improving qualities, is as much superior to that of alum as one substance can be to another.

MUTTON. In cutting up mutton, in order to its being dressed, attention should be paid to the different joints. The pipe that runs along the bone of the inside of a chine must be removed, and if the meat is to be kept some time, the part close round the tail should be rubbed with salt, after first cutting out the kernel. A leg is apt to be first tainted in the fat on [215] the thick part, where the kernel is lodged, and this therefore should be removed, or the meat cannot be expected to keep well. The chine and rib bones should be wiped every day, and the bloody part of the neck be cut off to preserve it. The brisket changes first in the breast; and if it is to be kept, it is best to rub it with a little salt, should the weather be hot. Every kernel should be taken out of all sorts of meat as soon as it is brought in, and then wiped dry. For roasting, it should hang as long as it will keep, the hind quarter especially, but not so long as to taint; for whatever may be authorised by the prevailing fashion, putrid juices certainly ought not to be taken into the stomach. Great care should be taken to preserve by paper the fat of what is roasted. Mutton for boiling will not look of a good colour, if it has hung long.—In purchasing this meat, choose it by the fineness of the grain, the goodness of its colour, and see that the fat be firm and white. It is not the better for being young: if it be wether mutton, of a good breed and well fed, it is best for age. The flesh of ewe mutton is paler, and the texture finer. Ram mutton is very strong flavoured, the flesh is of a deep red, and the fat is spongy: wether mutton is the best.

MUTTON BROTH. Soak a neck of mutton in water for an hour, cut off the scrag, and put it into a stewpot, with two quarts of water. As soon as it boils, skim it well, and simmer it an hour and a half. Cut the best end of the mutton into pieces, two bones in each, and take off some of the fat. Prepare four or five carrots, as many turnips, and three onions, all sliced, but not cut small. Put them soon enough to get quite tender, and add four large spoonfuls of Scotch barley, first wetted with cold water. Twenty minutes before serving, put in some chopped parsley, add a little salt, and send up all together. This is a Scotch dish, and esteemed very excellent in the winter.

MUTTON CHOPS. Cut them from the loin or neck, broil them on a clear fire, and turn them often, or the fat dropping into the fire will smoke them. When done, put them into a warm dish, rub them with butter, slice a shalot in a spoonful of boiling water, with a little salt and ketchup, and pour it over the chops. The ketchup may be omitted, and plain butter used instead.

MUTTON CHOPS IN DISGUISE. Prepare a seasoning of chopped parsley and thyme, grated bread, pepper and salt. Smear the chops over with egg, strew the seasoning on them, and roll each in buttered paper. Close the ends, put them in a Dutch oven or fryingpan, and let them broil slowly. When done, send them to table in the paper, with gravy in a boat.

MUTTON COLLOPS. From a loin of mutton that has been well kept, cut some thin

collops nearest to the leg. Take out the sinews, season the collops with salt, pepper, and mace; and strew over them shred parsley, thyme, and two or three shalots. Fry them in butter till half done; add half a pint of gravy, a little lemon juice, and a piece of butter rubbed in flour. Simmer them together very gently for five minutes, and let the collops be served up immediately, or they will become hard.

MUTTON CUTLETS. To do them in the Portuguese way, half fry the chops with sliced shalot or onion, chopped parsley, and two bay leaves. Season with pepper and salt; then lay a forcemeat on a piece of white paper, put the chop on it, and twist the paper up, leaving a hole for the end of the bones to go through. Broil the cutlets on a gentle fire, serve them with a little gravy, or with sauce Robart. [216]

MUTTON HAM. Choose a fine-grained leg of wether mutton, of twelve or fourteen pounds weight; cut it ham shape, and let it hang two days. Then put into a stewpan half a pound of bay salt, the same of common salt, two ounces of saltpetre, and half a pound of coarse sugar, all in powder. Mix, and make it quite hot; then rub it well into the ham. Let it be turned in the liquor every day; at the end of four days add two ounces more of common salt; in twelve days take it out, dry it, and hang it up a week in wood smoke. It is to be used in slices, with stewed cabbage, mashed potatoes, or eggs.

MUTTON HASHED. Cut thin slices of dressed mutton, fat and lean, and flour them. Boil the bones with a little onion, season the meat, and warm it up with the gravy, but it should not boil. Instead of onion, a clove, a spoonful of currant jelly, and a glass of port wine, will make it taste like venison.

MUTTON KEBOBBED. Take all the fat out of a loin of mutton, and that on the outside also if too fat, and remove the skin. Joint it at every bone, mix a small nutmeg grated with a little salt and pepper, crumbs of bread, and herbs. Dip the steaks into the yolks of three eggs, and sprinkle the above mixture all over them. Then place the steaks together as they were before they were cut asunder, tie and fasten them on a small spit. Roast them before a quick fire; set a dish under, and baste them with a good piece of butter, and the liquor that comes from the meat, but throw some more of the above seasoning over. When done enough, lay the meat in a dish. Prepare an additional half pint of good gravy, put into it two spoonfuls of ketchup, and rub down a tea-spoonful of flour with it. Give it a boil, skim off all the fat, and pour it over the mutton. Be careful to keep the meat hot, till the gravy is quite ready.

MUTTON PIE. Cut steaks from a loin or neck of mutton that has hung some time; beat them, and remove some of the fat. Season with salt, pepper, and a little onion. Put a little water at the bottom of the dish, and a little paste on the edge; then cover it with a tolerably thick paste. Or raise small pies, breaking each bone in two to shorten it; cover it over, and pinch the edges together. When the pies come from the oven, pour into each a spoonful of good mutton gravy.

MUTTON PUDDING. Season some chops with salt and pepper, and a taste of onion. Place a layer of meat at the bottom of the dish, pour over them a batter of potatoes boiled and pressed through a cullender, and mixed with an egg and milk. Put in the rest of the chops, and the batter, and bake it. Batter made of flour eats very well, but requires more

egg, and is not so good as potatoe. Another way is to cut slices off a leg that has been underdone, and put them into a bason lined with a fine suet crust. Season with pepper and salt, and finely shred onion or shalot.

MUTTON RUMPS AND KIDNEYS. Stew six rumps in some good mutton gravy half an hour; then take them up, and let them stand to cool. Clear the gravy from the fat, and put into it four ounces of boiled rice, an onion stuck with cloves, and a blade of mace. Boil them till the rice is thick. Wash the rumps with yolks of eggs well beaten, and strew over them crumbs of bread, a little pepper and salt, chopped parsley and thyme, and grated lemon peel, fried in butter, of a fine brown. While the rumps are stewing, lard the kidneys, and set [217] them to roast in a Dutch oven. When the rumps are ready, the grease must be drained from them before they are put in the dish; the pan being cleared likewise from the fat, warm up the rice in it. Lay the latter on the dish, place the rumps round upon the rice, the narrow ends towards the middle, and the kidneys between. Garnish with hard eggs cut in halves, the white being left on, or with different coloured pickles.

MUTTON SAUCE. Two spoonfuls of the liquor in which the mutton is boiled, the same quantity of vinegar, two or three shalots finely shred, with a little salt, put into a saucepan with a bit of butter rolled in flour, stirred together and boiled once, will make good sauce for boiled mutton.

MUTTON SAUSAGES. Take a pound of the rawest part of a leg of mutton that has been either roasted or boiled; chop it quite small, and season it with pepper, salt, mace, and nutmeg. Add to it six ounces of beef suet, some sweet herbs, two anchovies, and a pint of oysters, all chopped very small; a quarter of a pound of grated bread, some of the anchovy liquor, and two eggs well beaten. When well mixed together, put it into a small pot; and use it by rolling it into balls or sausages, and fry them. If approved, a little shalot may be added, or garlick, which is a great improvement.

MUTTON STEAKS. These should be cut from a loin or neck that has been well kept; if a neck, the bones should not be long. Broil them on a clear fire, season them when half done, and let them be often turned. Take them up into a very hot dish, rub a bit of butter on each, and serve them up hot and hot the moment they are done.—To do them Maintenon, half fry them first, then stew them while hot, with herbs, crumbs, and seasoning. Rub a bit of butter on some writing paper, to prevent its catching the fire, wrap the steaks in it, and finish them on the gridiron.

N.

NANKEEN DYE. The article generally sold under this title, and which produces a fine buff colour so much in use, is made of equal parts of arnetto and common potash, dissolved and boiled in water. The yellow colour called Dutch Pink, is made from a decoction of weld or dyer's weed; and if blue cloths be dipped in this liquid, they will take the colour of a fine

green.

NASTURTIONS, if intended for capers, should be kept a few days after they are gathered. Then pour boiling vinegar over them, and cover them close when cold. They will not be fit to eat for some months; but are then finely flavoured, and by many are preferred to capers.

NEAT'S TONGUE. If intended to be stewed, it should be simmered for two hours, and peeled. Then return it to the same liquor, with pepper, salt, mace, and cloves, tied up in a piece of cloth. Add a few chopped capers, carrots and turnips sliced, half a pint of beef gravy, a little white wine, and sweet herbs. Stew it gently till it is tender, take out the herbs and spices, and thicken the gravy with butter rolled in flour.

NECK OF MUTTON. This joint is particularly useful, because so many dishes may be made of it; but it is not esteemed advantageous for a family. The bones should be cut short, which the butchers will not do unless particularly desired. The best end of the neck may be [218] boiled, and served with turnips; or roasted, or dressed in steaks, in pies, or harrico. The scrags may be stewed in broth; or with a small quantity of water, some small onions, a few peppercorns, and a little rice, and served together. When a boiled neck is to look particularly nice, saw down the chine bone, strip the ribs halfway down, and chop off the ends of the bones about four inches. The skin should not be taken off till boiled, and then the fat will look the whiter. When there is more fat than is agreeable, it makes a very good suet pudding, or crust for a meat pie if cut very fine.

NECK OF PORK. A loin or neck of pork should be roasted. Cut the skin across with a sharp penknife, at distances of half an inch. Serve with vegetables and apple sauce.

NECK OF VEAL. Cut off the scrag to boil, and cover it with onion sauce. It should be boiled in milk and water. Parsley and butter may be served with it, instead of onion sauce. Or it may be stewed with whole rice, small onions, and peppercorns, with a very little water. It may also be boiled and eaten with bacon and greens. The best end of the neck may either be roasted, broiled as steaks, or made into a pie.

NECK OF VENISON. Rub it with salt, and let it lie four or five days. Flour it, and boil it in a cloth, allowing to every pound a quarter of an hour. Cauliflower, turnips, and cabbages, are eaten with it, and melted butter. Garnish the dish with some of the vegetables.

NELSON PUDDINGS. Put into a Dutch oven six small cakes, called Nelson balls or rice cakes, made in small teacups. When quite hot, pour over them boiling melted butter, white wine, and sugar.

NEW CASKS. If not properly prepared before they are used, new casks are apt to give beer and other liquor a bad taste. They must therefore be well scalded and seasoned several days successively before they are used, and frequently filled with fresh water. The best way however is to boil two pecks of bran or malt dust in a copper of water, and pour it hot into the cask; then stop it up close, let it stand two days, wash it out clean, and let the cask be well dried.

NEWCASTLE PUDDING. Butter a half melon mould or quart basin, stick it all round

with dried cherries or fine raisins, and fill it up with custard and layers of thin bread and butter. Boil or steam it an hour and a half.

NEWMARKET PUDDING. Put on to boil a pint of good milk, with half a lemon peel, a little cinnamon, and a bay leaf. Boil it gently for five or ten minutes, sweeten with loaf sugar, break the yolks of five and the whites of three eggs into a basin, beat them well, and add the milk. Beat it all up well together, and strain it through a tammis, or fine hair sieve. Prepare some bread and butter cut thin, place a layer of it in a pie dish, and then a layer of currants, and so on till the dish is nearly full. Pour the custard over it, and bake it half an hour.

NORFOLK DUMPLINS. Make a thick batter with half a pint of milk and flour, two eggs, and a little salt. Take a spoonful of the batter, and drop it gently into boiling water; and if the water boil fast, they will be ready in a few minutes. Take them out with a wooden spoon, and put them into a dish with a piece of butter. These are often called drop dumplins, or spoon dumplins.

NORFOLK PUNCH. To make a relishing liquor that will keep many years, and improve by age, put the peels of thirty lemons and thirty oranges into twenty quarts of French brandy. The fruit must be pared so thin and carefully, that not the least of the white is [219] left. Let it infuse twelve hours. Prepare thirty quarts of cold water that has been boiled, put to it fifteen pounds of double-refined sugar, and when well incorporated, pour it upon the brandy and peels, adding the juice of the oranges and of twenty-four lemons. Mix them well, strain the liquor through a fine hair sieve, into a very clean cask, that has held spirits, and add two quarts of new milk. Stir the liquor, then bung it down close, and let it stand six weeks in a warm cellar. Bottle off the liquor, but take care that the bottles be perfectly clean and dry, the corks of the best quality, and well put in. Of course a smaller quantity of this punch may be made, by observing only the above proportions.—Another way. Pare six lemons and three Seville oranges very thin, squeeze the juice into a large teapot, put to it three quarts of brandy, one of white wine, one of milk, and a pound and a quarter of lump sugar. Let it be well mixed, and then covered for twenty-four hours. Strain it through a jelly bag till quite clear, and then bottle it off.

NORTHUMBERLAND PUDDING. Make a hasty pudding with a pint of milk and flour, put it into a bason, and let it stand till the next day. Then mash it with a spoon, add a quarter of a pound of clarified butter, as many currants picked and washed, two ounces of candied peel cut small, and a little sugar and brandy. Bake it in teacups, turn them out on a dish, and pour wine sauce over them.

NOSE BLEEDING. Violent bleeding at the nose may sometimes be prevented by applying lint dipped in vinegar, or a strong solution of white vitriol, with fomentations of the temples and forehead made of nitre dissolved in water. But as bleeding at the nose is often beneficial, it should not be suddenly stopped.

NOTICE TO QUIT. The usual mode of letting houses is by the year, at a certain annual rent to be paid quarterly: therefore unless a written agreement can be produced, to show that the premises were engaged for a shorter period, the law considers the tenant as entered for one whole year, provided the rent exceeds forty shillings per annum, and this consideration must govern the notice to quit. Every tenant who holds from year to year,

which is presumed to be the case in every instance where proof is not given to the contrary, is entitled to half a year's notice, which must be given in such a manner that the tenant must quit the premises at the same quarter day on which he took possession: so that if his rent commenced at Michaelmas, the notice must be served at or before Lady-day, that he may quit at Michaelmas. If a tenant come in after any of the regular quarter days, and pay a certain sum for the remainder of the quarter, he does not commence annual tenant until the remainder of the quarter is expired; but if he pay rent for the whole quarter, he is to be considered as yearly tenant from the commencement of his rent, and his notice to quit must be regulated accordingly. Should it happen that the landlord cannot ascertain the precise time when the tenancy commenced, he may enquire of the tenant, who must be served with notice to quit at the time he mentions, and must obey the warning agreeably to his own words, whether it be the true time or not. If he refuse to give the desired information, the landlord, instead of 'on or before midsummer next,' must give in his notice, 'at the end and expiration of the current year of your tenancy, which shall expire next after the end of one half year from the date hereof.' If notice be given up to a wrong time, or a quarter instead of [220] half a year, such warning will be sufficient, if the party make no objection at the time he receives it. When premises are held by lease, the expiration of the term is sufficient notice to quit, without giving any other warning for that purpose. The following is the form of a landlord's notice to his tenant:—'I do hereby give you notice to quit the house and premises you hold of me, situate in the parish of in the county of on or before midsummer next. Dated the day of in the year R. C.'—The following is a tenant's notice to his landlord:—'Sir, I hereby give you warning of my intention to quit your house in the parish of on or before Michaelmas next. Dated the day of in the year C. R.'—These forms will also serve for housekeepers and lodgers, if 'apartment' be added instead of house or premises. Care however must be taken to give the address correctly: 'R. C. landlord of the said premises, to C. R. the tenant thereof.' Or, 'To Mr. R. C. the landlord of the said premises.'

NOTTINGHAM PUDDING. Peel six large apples, take out the core with the point of a small knife or an apple scoop, but the fruit must be left whole. Fill up the centre with sugar, place the fruit in a pie dish, and pour over a nice light batter, prepared as for batter pudding, and bake it an hour in a moderate oven.

NUTMEG GRATERS. Those made with a trough, and sold by the ironmongers, are by far the best, especially for grating fine and fast.

NUTS. Hazel nuts may be preserved in great perfection for several months, by burying them in earthen pots well closed, a foot or two in the ground, especially in a dry or sandy place.

O.

OAT CAKES. These may be made the same as muffins, only using fine Yorkshire oatmeal

instead of flour. Another sort is made of fine oatmeal, warm water, yeast and salt, beat to a thick batter, and set to rise in a warm place. Pour some of the batter on a baking stone, to any size you please, about as thick as a pancake. Pull them open to butter them, and set them before the fire. If muffins or oat cakes get stale, dip them in cold water, and crisp them in a Dutch oven.

OATMEAL. This article has undergone a very considerable improvement, since the introduction of what are termed Embden Groats, manufactured in England it is true, out of Dutch oats, but of a quality superior to any thing before known in this country under the name of oatmeal, and which may now be had of almost all retailers at a moderate price.

OATMEAL FLUMMERY. Put three large handfuls of fine oatmeal into two quarts of spring water, and let it steep a day and a night. Pour off the clear water, put in the same quantity of fresh water, and strain the oatmeal through a fine sieve. Boil it till it is as thick as hasty pudding, keep it stirring all the time, that it may be smooth and fine. When first strained, a spoonful of sugar should be added, two spoonfuls of orange flower-water, two or three spoonfuls of cream, a blade of mace, and a bit of lemon peel. When boiled enough, [221] pour the flummery into a shallow dish, and serve it up.

OATMEAL PUDDING. Pour a quart of boiling milk over a pint of the best oatmeal, and let it soak all night. Next day beat two eggs, and mix a little salt. Butter a bason that will just hold it, cover it tight with a floured cloth, and boil it an hour and a half. Eat it with cold butter and salt. When cold, slice and toast it, and eat it as oat-cake, buttered.

OLD WRITINGS. When old deeds or writings are so much defaced that they can scarcely be deciphered, bruise and boil a few nut galls in white wine; or if it be a cold infusion, expose it to the sun for two or three days. Then dip a sponge into the infusion, pass it over the writing that is sunk, and it will instantly be revived, if the infusion be strong enough of the galls. Vitriolic or nitrous acid a little diluted with water, will also render the writing legible; but care must be taken that the solution be not too strong, or it will destroy the paper or the parchment which contains the writing.

OINTMENTS. An excellent ointment for burns, scalds, chilblains, and dressing blisters, may be made in the following manner. Take eight ounces of hog's lard quite fresh, one ounce of bees' wax, and one of honey. Put them into a kettle over the fire, and stir it together till it is all melted. Pour it into a jar for keeping, add a large spoonful of rose water, and keep stirring it till it is cold.—Bad scalds and burns should first have a poultice of grated potatoes applied to them for several hours, and then a plaster of the ointment, which must be renewed morning and evening.—For blisters, a plaster of this should be spread rather longer than the blister, and put on over the blister plaster when it has been on twenty-four hours, or sooner if it feel uneasy. By this means the blister plaster will slip off when it has done drawing, without any pain or trouble.—For chilblains, it has never been known to fail of a cure, if the feet have been kept clean, dry, and warm.—An emollient ointment, for anointing any external inflammations, may be made as follows. Take two pounds of palm oil, a pint and a half of olive oil, half a pound of yellow wax, and a quarter of a pound of Venice turpentine. Melt the wax in the oil over the fire, mix in the turpentine, and strain off the ointment.

OINTMENT FOR BURNS. Scrape two ounces of bees' wax into half a pint of sallad

oil, and let it simmer gently over the fire till the whole is incorporated. Take it off the fire, beat up the yolks of three eggs with a spoonful of oil, and stir up all together till it is quite cold.

OINTMENT FOR THE EYES. This is made of four ounces of fresh lard, two drams of white wax, and one ounce of prepared tutty. Melt the wax with the lard over a gentle fire, and sprinkle in the tutty, continually stirring them till the ointment is cold.

OINTMENT OF LEAD. This should consist of half a pint of olive oil, two ounces of white wax, and three drams of the sugar of lead finely powdered. Rub the sugar of lead with some of the oil, add to it the other ingredients, which should be previously melted together, and stir them till the ointment is quite cold. This cooling ointment may be used in all cases where the intention is to dry and skin over the wound, as in burns and scalds.

OINTMENT OF MARSHMALLOWS. Take half a pound of marshmallow roots, three ounces of linseed, and three ounces of fennugreek seed. Bruise and boil them gently half an hour in a quart of water, and then add two quarts of sweet oil. Boil them together till the [222] water is all evaporated: then strain off the oil, and add to it a pound of bees' wax, half a pound of yellow rosin, and two ounces of common turpentine. Melt them together over a slow fire, and keep stirring till the ointment is cold.

OINTMENT OF SULPHUR. This is the safest and best application for the itch, and will have no disagreeable smell, if made in the following manner. Take four ounces of fresh lard, an ounce and a half of flour of sulphur, two drams of crude sal-ammoniac, and ten or a dozen drops of lemon essence. When made into an ointment, rub it on the parts affected.

OLIVES. This foreign article, sent over in a state of preservation, requires only to be kept from the air. Olives are of three kinds, Italian, Spanish, and French, of different sizes and flavour. Each should be firm, though some are most fleshy.

OMLET. Make a batter of eggs and milk, and a very little flour. Add chopped parsley, green onions, or chives, or a very small quantity of shalot, a little pepper and salt, and a scrape or two of nutmeg. Boil some butter in a small frying-pan, and pour the above batter into it. When one side is of a fine yellow brown, turn it and do the other: double it when served. Some lean ham scraped, or grated tongue, put in at first, is a very pleasant addition. Four eggs will make a pretty omlet, but some will use eight or ten, and only a small proportion of flour, but a good deal of parsley. If the taste be approved, a little tarragon will give a fine flavour. Ramakins and omlet, though usually served in the course, would be much better if they were sent up after, that they might be eaten as hot as possible.

ONION GRAVY. Peel and slice some onions into a small stewpan, with an ounce of butter, adding cucumber or celery if approved. Set it on a slow fire, and turn the onion about till it is lightly browned; then stir in half an ounce of flour, a little broth, a little pepper and salt, and boil it up for a few minutes. Add a table-spoonful of port wine, the same of mushroom ketchup, and rub it through a fine sieve. It may be sharpened with a little lemon juice or vinegar. The flavour of this sauce may be varied by adding tarragon, or burnt vinegar.

ONION SAUCE. Peel the onions and boil them tender. Squeeze the water from them, chop and add them to butter that has been melted rich and smooth, with a little good milk

instead of water. Boil it up once, and serve it for boiled rabbits, partridges, scrag or knuckle of veal or roast mutton. A turnip boiled with the onions makes them milder.

ONION SOUP. Put some carrots, turnips, and a shank bone, into the liquor in which a leg or neck of mutton has been boiled, and simmer them together two hours. Strain it on six onions, sliced and fried of a light brown; simmer the soup three hours, and skim it carefully. Put a small roll into it, or fried bread, and serve it up hot.

ONIONS. In order to obtain a good crop of onions, it is proper to sow at different seasons. On light soils sow in August, January, or early in February: on heavy wet soils in March, or early in April. Onions however should not be sown so soon as January, unless the ground be in a dry state, which is not often the case at that time of the year: otherwise, advantage should be taken of it. As this valuable root is known frequently to fail by the common method of culture, the best way is to sow the seed successively, that advantage may be taken of the seasons as they happen.

ORANGE BISCUITS. Boil whole Seville oranges in two or three waters, till most of the bitterness is gone. Cut them, and take out the pulp and juice; then beat the outside very fine in a mortar, and put to it an equal weight of double-refined sugar beaten and sifted. When extremely well mixed to a paste, spread it thin on china dishes, and set them in the sun, or before the fire. When half dry, cut it into what form you please, and turn the other side up to dry. Keep the biscuits in a box, with layers of paper. They are intended for desserts, and are also useful as a stomachic, to carry in the pocket on journeys, and for gouty stomachs. [223]

ORANGE BRANDY. Steep the peels of twenty Seville oranges in three quarts of brandy, and let it stand a fortnight in a stone bottle. Boil two quarts of water with a pound and a half of loaf sugar nearly an hour, clarify,it with the white of an egg, strain it, and boil it till reduced nearly one half. When cold, strain the brandy into the syrup.

ORANGE BUTTER. Boil six hard eggs, beat them in a mortar with two ounces of fine sugar, three ounces of butter, and two ounces of blanched almonds beaten to a paste. Moisten with orange-flower water; and when all is mixed, rub it through a cullender on a dish, and serve with sweet biscuits between.

ORANGE CHEESECAKES. Blanch half a pound of almonds, beat them very fine, with orange-flower water, half a pound of fine sugar beaten and sifted, a pound of butter that has been melted carefully without oiling, and which must be nearly cold before it is used. Then beat the yolks of ten and the whites of four eggs. Pound in a mortar two candied oranges, and a fresh one with the bitterness boiled out, till they are as tender as marmalade, without any lumps. Beat the whole together, and put it into pattipans.

ORANGE CHIPS. Cut oranges in halves, squeeze the juice through a sieve, and soak the peels in water. Next day boil them in the same till tender; then drain and slice the peels, add them to the juice, weigh as much sugar, and put all together into a broad earthen dish. Place the dish at a moderate distance from the fire, often stirring till the chips candy, and then set them in a cool room to dry, which commonly requires about three weeks.

ORANGE CREAM. Boil the rind of a Seville orange very tender, and beat it fine in a mortar. Add to it a spoonful of the best brandy, the juice of a Seville orange, four ounces of

loaf sugar, and the yolks of four eggs. Beat them all together for ten minutes; then by gentle degrees, pour in a pint of boiling cream, and beat it up till cold. Set some custard cups into a deep dish of boiling water, pour the cream into the cups, and let it stand again till cold. Put at the top some small strips of orange paring cut thin, or some preserved chips.

ORANGE-FLOWER CAKES. Soak four ounces of the leaves of the flowers in cold water for an hour; drain, and put them between napkins, and roll with a rolling-pin till they are bruised. Have ready boiled a pound of sugar to add to it in a thick syrup, give them a simmer until the syrup adheres to the sides of the pan, drop it in little cakes on a plate, and dry them in a cool room.

ORANGE FOOL. Mix the juice of three Seville oranges, three eggs well beaten, a pint of cream, a little nutmeg and cinnamon, and sweeten it to taste. Set the whole over a slow fire, and stir it till it becomes as thick as good melted butter, but it must not be boiled. Then pour it into a dish for eating cold.

ORANGE JAM. Lay half a dozen oranges in water four or five days, changing the water once or twice every day. Take out the oranges, and wipe them dry. Tie them up in separate [224] cloths, and boil them four hours in a large kettle, changing the water once or twice. Peel off the rinds and pound them well in a marble mortar, with two pounds of fine sugar to one pound of orange. Then beat all together, and cover the jam down in a pot.

ORANGE JELLY. Grate the rind of two Seville and two China oranges, and two lemons. Squeeze the juice of three of each, and strain it; add a quarter of a pound of lump sugar dissolved in a quarter of a pint of water, and boil it till it nearly candies. Prepare a quart of jelly, made of two ounces of isinglass; add to it the syrup, and boil it once up. Strain off the jelly, and let it stand to settle before it is put into the mould.

ORANGE JUICE. When the fresh juice cannot be procured, a very useful article for fevers may be made in the following manner. Squeeze from the finest fruit, a pint of juice strained through fine muslin. Simmer it gently with three quarters of a pound of double-refined sugar twenty minutes, and when cold put it into small bottles.

ORANGE MARMALADE. Rasp the oranges, cut out the pulp, then boil the rinds very tender, and beat them fine in a marble mortar. Boil three pounds of loaf sugar in a pint of water, skim it, and add a pound of the rind; boil it fast till the syrup is very thick, but stir it carefully. Then add a pint of the pulp and juice, the seeds having been removed, and a pint of apple liquor; boil it all gently about half an hour, until it is well jellied, and put it into small pots. Lemon marmalade may be made in the same way, and both of them are very good and elegant sweetmeats.

ORANGE PEEL. Scrape out all the pulp, soak the peels in water, and stir them every day. In a week's time put them in fresh water, and repeat it till all the bitterness is extracted. Boil the peels in fresh water over a slow fire till they are quite tender, and reduce the liquor to a quantity sufficient to boil it to a thick syrup. Put the peels into the syrup, simmer them gently, take them out of the syrup, and let them cool. Lay them to dry in the sun, and the peel will be nicely candied.

ORANGE PUDDING. Grate the rind of a Seville orange, put to it six ounces of fresh

butter, and six or eight ounces of lump sugar pounded. Beat them all in a marble mortar, and add at the same time the whole of eight eggs well beaten and strained. Scrape a raw apple, and mix it with the rest. Put a paste round the bottom and sides of the dish, and over the orange mixture lay cross bars of paste. Half an hour will bake it.—Another. Mix two full spoonfuls of orange paste with six eggs, four ounces of fine sugar, and four ounces of warm butter. Put the whole into a shallow dish, with a paste lining, and bake it twenty minutes.—Another. Rather more than two table-spoonfuls of the orange paste, mixed with six eggs, four ounces of sugar, and four ounces of butter melted, will make a good pudding, with a paste at the bottom of the dish. Twenty minutes will bake it.—Or, boil the rind of a Seville orange very soft, and beat it up with the juice. Then add half a pound of butter, a quarter of a pound of sugar, two grated biscuits, and the yolks of six eggs. Mix all together, lay a puff paste round the edge of the dish, and bake it half an hour.

ORANGE TART. Squeeze, pulp, and boil two Seville oranges quite tender. Weigh them, add double the quantity of sugar, and beat them together to a paste. Add the juice and pulp of the fruit, and a little bit of fresh butter the size of a walnut, and beat all together. Choose a very shallow dish, line it with a light puff-crust, lay the orange paste in it, and ice it [225] over. Or line a tart pan with a thin puff-paste, and put into it orange marmalade made with apple jelly. Lay bars of paste, or a croquant cover over, and bake it in a moderate oven.—Another. Squeeze some Seville oranges into a dish, grate off the outside rind, throw the peel into water, and change it often for two days. Boil a saucepan of water, put in the oranges, and change the water three or four times to take out the bitterness: when they are quite tender, dry and beat them fine in a mortar. Take their weight in double refined sugar, boil it to a syrup, and skim it clean: then put in the pulp, and boil it till it is quite clear. Put it cold into the tarts, and the juice which was squeezed out, and bake them in a quick oven. Lemon tarts are made in the same way.

ORANGE WINE. To six gallons of water put fifteen pounds of soft sugar: before it boils, add the whites of six eggs well beaten, and take off the scum as it rises. When cold, add the juice of fifty oranges, and two thirds of the peels cut very thin; and immerse a toast covered with yeast. In a month after it has been in the cask, add a pint of brandy, and two quarts of Rhenish wine. It will be fit to bottle in three or four months, but it should remain in bottles for twelve months before it is drunk.

ORANGES. If intended to be kept for future use, the best way is to dry and bake some clean sand; and when it is cold, put it into a vessel. Place on it a layer of oranges or lemons with the stalk end downwards, so that they do not touch each other, and cover them with the sand two inches deep. This will keep them in a good state of preservation for several months. Another way is to freeze the fruit, and keep them in an ice-house. When used they are to be thawed in cold water, and will be good at any time of the year. If oranges or lemons are designed to be used for juice, they should first be pared to preserve the peel dry. Some should be halved, and when squeezed, the pulp cut out, and the outsides dried for grating. If for boiling in any liquid, the first way is the best.

ORANGES CARVED. With a penknife cut on the rinds any shape you please, then cut off a piece near and round the stalk, and take all the pulp out carefully with an apple scoop. Put the rinds into salt and water two days, and change the water daily. Boil them an hour or

more in fresh salt and water, and drain them quite dry. Let them stand a night in plain water, and then another night in a thin syrup, in which boil them the next day a few minutes. This must be repeated four days successively. Then let them stand six or seven weeks, observing often whether they keep well; otherwise the syrup must be boiled again. Then make a rich syrup for the oranges.

ORANGES IN JELLY. Cut a hole in the stalk part, the size of a shilling, and with a blunt knife scrape out the pulp quite clear without cutting the rind. Tie each part separately in muslin, and lay them in spring water two days, changing the water twice a day. In the last water boil them over a slow fire till they are quite tender. Observe that there is enough at first to allow for wasting, as they must be kept covered till the last. To every pound of fruit, allow two pounds of double-refined sugar, and one pint of water. Boil the two latter, with the juice of the orange, till reduced to a syrup. Clarify it, skim it well, and let it stand to be cold. Then boil the fruit in the syrup half an hour; and if not clear, repeat it daily till they are done.—Lemons are preserved in a similar way. Pare and core some green pippins, and boil them in [226] water till it is strongly flavoured with them. The fruit should not be broken, only gently pressed with the back of a spoon, and the water strained through a jelly bag till it is quite clear. To every pint of liquor put a pound of double-refined sugar, the peel and juice of a lemon, and boil the whole to a strong syrup. Drain off the syrup from the fruit, and turning each lemon with the hole upwards in the jar, pour the apple jelly over it. The bits cut out must undergo the same process with the fruit, and the whole covered down with brandy paper.

ORANGES PRESERVED. To fill preserved oranges for a corner dish, take a pound of Naples biscuits, some blanched almonds, the yolks of four eggs beaten, four ounces of butter warmed, and sugar to taste. Grate the biscuits, mix them with the above, and some orange-flower water. Fill the preserved oranges, and bake them in a very slow oven. If to be frosted, sift some fine sugar over them, as soon as they are filled; otherwise they should be wiped. Or they may be filled with custard, and then the fruit need not be baked, but the custard should be put in cold.

ORANGEADE. Squeeze out the juice of an orange, pour boiling water on a little of the peel, and cover it close. Boil water and sugar to a thin syrup, and skim it. When all are cold, mix the juice, the infusion, and the syrup, with as much more water as will make a rich sherbet. Strain the whole through a jelly bag; or squeeze the juice and strain it, and water and capillaire.

ORCHARD. Fruit trees, whether in orchards, or espaliers, or against walls, require attention, in planting, pruning, or other management, almost every month in the year, to render them productive, and to preserve the fruit in a good state.—JANUARY. Cut out dead wood and irregular branches, clean the stumps and boughs from the moss with a hollow iron. Repair espaliers by fastening the stakes and poles with nails and wire, and tying the shoots down with twigs of osier. Put down some stakes by all the new-planted trees. Cut grafts to be ready, and lay them in the earth under a warm wall.—FEBRUARY. Most kinds of trees may be pruned this month, though it is generally better to do it in autumn; but whatever was omitted at that season, should be done now. The hardiest kinds are to be pruned first; and such as are more tender, at the latter end of the month, when there will be less danger of

their suffering in the wounded part from the frost. Transplant fruit trees to places where they are wanted. Open a large hole, set the earth carefully about the roots, and nail them at once to the wall, or fasten them to strong stakes. Sow the kernels of apples and pears, and the stones of plums for stocks. Endeavour to keep off the birds that eat the buds of fruit trees at this season of the year.—MARCH. The grafts which were cut off early and laid in the ground, are now to be brought into use; the earliest kinds first, and the apples last of all. When this is done, take off the heads of the stocks that were inoculated the preceding year. A hand's breadth of the head should be left, for tying the bud securely to it, and that the sap may rise more freely for its nourishment. The fruit trees that were planted in October should also be headed, and cut down to about four eyes, that the sap may flow more freely.—APRIL. Examine the fruit trees against the walls and espaliers, take off all the shoots that project in front, and train such as rise kindly. Thin apricots upon the trees, for there are usually more than can ripen; and the sooner this is done, the better will the rest succeed. Water new- [227]
planted trees, plant the vine cuttings, and inspect the grown ones. Nip off improper shoots; and when two rise from the same eye, take off the weakest of them. Weed strawberry beds, cut off the strings, stir the earth between them, and water them once in two or three days. Dig up the borders near the fruit trees, and never plant any large kind of flowers or vegetables upon them. Any thing planted or sown near the trees, has a tendency to impoverish the fruit.—MAY. If any fresh shoots have sprouted upon the fruit trees, in espaliers, or against walls, take them off. Train the proper ones to the walls or poles, at due distances, and in a regular manner. Look over vines, and stop every shoot that has fruit upon it, to three eyes beyond the fruit. Then train the branches regularly to the wall, and let such as are designed for the next year's fruiting grow some time longer, as their leaves will afford a suitable shade to the fruit. Water the trees newly planted, keep the borders about the old ones clear, and pick off the snails and other vermin.—JUNE. Renew the operation of removing from wall trees and espaliers, all the shoots that project in front. Train proper branches to their situations, where they are wanted. Once more thin the wall fruit: leave the nectarines four inches apart, and the peaches five, but none nearer: the fruit will be finer, and the next year the tree will be stronger, if this precaution be adopted. Inoculate the apricots, and choose for this purpose a cloudy evening. Water trees lately planted, and pick up snails and vermin.—JULY. Inoculate peaches and nectarines, and take off all projecting shoots in espaliers and wall fruit-trees. Hang phials of honey and water upon fruit-trees, to protect them from the depredations of insects, and look carefully for snails, which also will destroy the fruit. Keep the borders clear from weeds, and stir the earth about the roots of the trees; this will hasten the ripening of the fruit. Examine the fruit trees that were grafted and budded the last season, to see that there are no shoots from the stocks. Whenever they rise, take them off, or they will deprive the intended growth of its nourishment. Attend to the trees lately planted, and water them often; and whatever good shoots they make, fasten them to the wall or espalier. Repeat the care of the vines, take off improper or irregular shoots, and nail up the loose branches. Let no weeds rise in the ground about them, for they will exhaust the nourishment, and impoverish the fruit.—AUGUST. Watch the fruit on the wall trees, and keep off the devourers, of which there will be numberless kinds swarming about them during this month. Send away the birds, pick up snails, and hang bottles of sweet water for flies and wasps. Fasten loose branches, and gather the fruit carefully as it ripens. Examine the vines all round, and remove those trailing branches which are produced so luxuriantly at this season

of the year. Suffer not the fruit to be shaded by loose and unprofitable branches, and keep the ground clear of weeds, which otherwise will impoverish the fruit.—SEPTEMBER. The fruit must now be gathered carefully every day, and the best time for this purpose is an hour after sun-rise: such as is gathered in the middle of the day is always flabby and inferior. The fruit should afterwards be laid in a cool place till wanted. Grapes as they begin to ripen will be in continual danger from the birds, if not properly watched and guarded. Transplant gooseberries and currants, and plant strawberries and raspberries: they will then be rooted before winter, and flourish the succeeding season.—OCTOBER. It is a useful practice to prime the peach and nectarine trees, and also the vines, as it invigorates the buds in the spring of [228] the year. Cut grapes for preserving, with a joint of the vine to each bunch. For winter keeping, gather fruits as they ripen. Transplant all garden trees for flowering, prune currant bushes, and preserve the stones of the fruit for sowing.—NOVEMBER. Stake up all trees planted for standards, or the winds will rock them at the bottom, and the frost will be let in and destroy them. Throw a good quantity of peas straw about them, and lay on it some brick bats or pebbles to keep it fast: this will mellow the ground, and keep the frost from the roots. Continue to prune wall fruit-trees, and prune also at this time the apple and pear kinds. Pull off the late fruit of figs, or it will decay the branches.—DECEMBER. Prepare for planting trees where they will be wanted in the spring, by digging the ground deep and turning it well, in the place intended for planting. Scatter over the borders some fresh mould and rotted dung, and in a mild day dig it in with a three-pronged fork. Look over the orchard trees, and cut away superfluous wood and dead branches. Let the boughs and shoots stand clear of each other, that the air may pass between, and the fruit will be better flavoured. This management is required for old trees: those that are newly planted are to be preserved by covering the ground about their roots.

ORGEAT. Boil a quart of new milk with a stick of cinnamon, sweeten it to taste, and let it cool. Then pour it gradually over three ounces of almonds, and twenty bitter almonds that have been blanched and beaten to a paste, with a little water to prevent oiling. Boil all together, and stir it till cold, then add half a glass of brandy.—Another way. Blanch and pound three quarters of a pound of almonds, and thirty bitter ones, with a spoonful of water. Stir in by degrees two pints of water, and three pints of milk, and strain the whole through a cloth. Dissolve half a pound of fine sugar in a pint of water, boil and skim it well; mix it with the other, adding two spoonfuls of orange-flower water, and a teacupful of the best brandy.

ORGEAT FOR THE SICK. Beat two ounces of almonds with a tea-spoonful of orange-flower water, and a bitter almond or two; then pour a quart of milk and water to the paste. Sweeten with sugar, or capillaire. This is a fine drink for those who feel a weakness in the chest. In the gout also it is highly useful, and with the addition of half an ounce of gum arabic, it has been found to allay the painfulness of the attendant heat. Half a glass of brandy may be added, if thought too cooling in the latter complaint, and the glass of orgeat may be put into a basin of warm water.

ORTOLANS. Pick and singe, but do not draw them. Tie them on a bird spit, and roast them. Some persons like slices of bacon tied between them, but the taste of it spoils the flavour of the ortolan. Cover them with crumbs of bread.

OX CHEEK. Soak half a head three hours, and clean it in plenty of water. Take off all

the meat, and put it into a stewpan with an onion, a sprig of sweet herbs, pepper, salt, and allspice. Lay the bones on the top, pour on two or three quarts of water, and close it down. Let it stand eight or ten hours in a slow oven, or simmer it on a hot hearth. When tender skim off the fat, and put in celery, or any other vegetable. Slices of fried onion may be put into it a little before it is taken from the fire.

OX CHEEK SOUP. Break the bones of the cheek, wash it clean, put it into a stewpan, with a piece of butter at the bottom. Add half a pound of lean ham sliced, one parsnip, two carrots, three onions, four heads of celery, cut small, and three blades of mace. Set it over a slow fire for a quarter of an hour, then add a gallon of water, and simmer it gently till reduced to half the quantity. If intended as soup only, strain it off, and put in a head of sliced celery, with a little browning, to give it a fine colour. Warm two ounces of vermicelli and put into it; boil it ten minutes, and pour it into a tureen, with the crust of a French roll. If to be used as stew, take up the cheek as whole as possible; put in a boiled carrot cut in small pieces, a slice of toasted bread, and some cayenne pepper. Strain the soup through a hair sieve upon the meat, and serve it up. [229]

OX FEET. These are very nutricious, in whatever way they are dressed. If to be eaten warm, boil them, and serve them up in a napkin. Melted butter for sauce, with mustard, and a large spoonful of vinegar. Or broil them very tender, and serve them as a brown fricassee. The liquor will do to make jelly sweet or relishing, and likewise to give richness to soups or gravies. They may also be fried, after being cut into four parts, dipped in egg, and properly floured. Fried onions may be served round the dish, with sauce as above. Or they may be baked for mock turtle. If to be eaten cold, they only require mustard, pepper, and vinegar. —Another way. Extract the bones from the feet, and boil the meat quite tender; then put it into a fryingpan with a little butter. After a few minutes, add some chopped mint and parsley, the yolks of two eggs beat up fine, half a pint of gravy, the juice of a lemon, and a little salt and nutmeg. Put the meat into a dish, and pour the sauce over it.

OX FEET JELLY. Take a heel that has been only scalded, not boiled, slit it in two, and remove the fat from between the claws. Simmer it gently for eight hours in a quart of water, till reduced to a pint and half, and skim it clean while it is doing. This strong jelly is useful in making calves' feet jelly, or may be added to mock turtle, and other soups.

OX PALATES. Boil them tender, blanch and scrape them. Rub them with pepper, salt, and bread, and fry them brown on both sides. Pour off the fat, put beef or mutton gravy into the stewpan for sauce, with an anchovy, a little lemon juice, grated nutmeg and salt. Thicken it with butter rolled in flour: when these have simmered a quarter of an hour, dish them up, and garnish with slices of lemon.

OXFORD DUMPLINS. Mix together two ounces of grated bread, four ounces of currants, the same of shred suet, a bit of lump sugar, a little powdered pimento, and plenty of grated lemon peel. Add two eggs and a little milk; then divide the whole into five dumplins, and fry them of a fine yellow brown. Made with half the quantity of flour, instead of bread, they are very excellent. Serve them up with sweet sauce.

OXFORD SAUSAGES. Chop a pound and a half of pork, and the same of veal, cleared of skin and sinews. Add three quarters of a pound of beef suet, mince and mix them

together. Steep the crumb of a penny loaf in water, and mix it with the meat; add also a little dried sage, pepper and salt.

OYSTER LOAVES. Open a quart of fresh oysters, wash and stew them in their own liquor, with two anchovies, a bunch of sweet herbs, a blade of mace, and a bit of lemon peel. Drain off the liquor, boil up a quarter of a pound of butter till it turns brown; add half a spoonful of flour, and boil it up again. Put in some of the oyster liquor, with a little gravy, [230] white wine, mace, nutmeg, a few cloves, and a small piece of shalot. Stew all together till it becomes as thick as cream; then put in the oysters, and stew them a few minutes. Fry some bread crumbs in butter or sweet dripping till they are crisp and brown, drain them well, put in the oysters, and dish them up.—Another. Open the oysters, and save the liquor; wash them in it, and strain it through a sieve. Put a little of the liquor into a tosser, with a bit of butter and flour, white pepper, a scrape of nutmeg, and a little cream. Stew the oysters in the liquor, cut them into dice, and then put them into rolls sold for the purpose.

OYSTER PATTIES. Put a fine puff-crust into small pattipans, and cover with paste, with a bit of bread in each. While they are baking, take off the beard of the oysters, cut the oysters small, put them in a small tosser, with a dust of grated nutmeg, white pepper and salt, a taste of lemon peel, shred as fine as possible, a spoonful of cream, and a little of the oyster liquor. Simmer them together a few minutes, and fill the pattipans as soon as they are baked, first taking out the bread. A bread crust should be put into all patties, to keep them hollow while baking.

OYSTER PIE. Open the oysters, take off the beards, parboil the oysters, and strain off the liquor. Parboil some sweetbreads, cut them in slices, place them in layers with the oysters, and season very lightly with salt, pepper and mace. Then add half a teacup of liquor, and the same of gravy. Bake in a slow oven; and before the pie is sent to table, put in a teacup of cream, a little more oyster liquor, and a cup of white gravy, all warmed together, but not boiled.

OYSTER SAUCE. Save the liquor in opening the oysters, boil it with the beards, a bit of mace and lemon peel. In the mean time, throw the oysters into cold water, and drain it off. Strain the liquor, put it into a saucepan with the oysters, and as much butter, mixed with a little milk, as will make sauce enough; but first rub a little flour with it. Set them over the fire, and keep stirring all the time. When the butter has boiled once or twice, take them off, and keep the saucepan near the fire, but not on it; for if done too much, the oysters will be hard. Squeeze in a little lemon juice, and serve it up. If for company, a little cream is a great improvement. Observe, the oysters will thin the sauce, and therefore allow butter accordingly.

OYSTER SOUP. Beat the yolks of ten hard eggs, and the hard part of two quarts of oysters, in a mortar, and put them to two quarts of fish stock. Simmer all together for half an hour, and strain it off. Having cleared the oysters of the beards, and washed them well, put them into the soup, and let it simmer five minutes. Beat up the yolks of six raw eggs, and add them to the soup. Stir it all well together one way, by the side of the fire, till it is thick and smooth, but do not let it boil. Serve up all together.

OYSTER MOUTH SOUP. Make a rich mutton broth, with two large onions, three

blades of mace, and a little black pepper. When strained, pour it on a hundred and fifty oysters, without the beards, and a bit of butter rolled in flour. Simmer it gently a quarter of an hour, and serve up the soup.

OYSTERS. Of the several kinds of oysters, the Pyfleet, Colchester, and Milford, are much the best. The native Milton are fine, being white and fleshy; but others may be made to possess both these qualities in some degree, by proper feeding. Colchester oysters come to market early in August, the Milton in October, and are in the highest perfection about [231] Christmas, but continue in season till the middle of May. When alive and good, the shell closes on the knife; but if an oyster opens its mouth, it will soon be good for nothing. Oysters should be eaten the minute they are opened, with their own liquor in the under shell, or the delicious flavour will be lost. The rock oyster is the largest, but if eaten raw it tastes coarse and brackish, but may be improved by feeding. In order to do this, cover the oysters with clean water, and allow a pint of salt to about two gallons; this will cleanse them from the mud and sand contracted in the bed. After they have lain twelve hours, change it for fresh salt and water; and in twelve hours more they will be fit to eat, and will continue in a good state for two or three days. At the time of high water in the place from whence they were taken, they will open their shells, in expectation of receiving their usual food. The real Colchester or Pyfleet barrelled oysters, that are packed at the beds, are better without being put into water; they are carefully and tightly packed, and must not be disturbed till wanted for the table. In temperate weather these will keep good for a week or ten days. To preserve barrelled oysters however, the best way is to remove the upper hoop, so that the head may fall down upon the oysters, and then to place a weight upon it. This will compress the oysters, keep in the liquor, and preserve them for several days.

P.

PAIN IN THE EAR. This complaint is sometimes so prevalent as to resemble an epidemic, particularly amongst children. The most effectual remedy yet discovered has been a clove of garlic, steeped for a few minutes in warm sallad oil, and put into the ear, rolled up in muslin or fine linen. When the garlic has accomplished its object, and is removed from the ear, it should be replaced with cotton, to prevent the patient taking cold.

PAINT. Painted doors and windows may be made to look well for a considerable time, if properly cleaned. A cloth should never be used, for it leaves some lint behind; but take off the dust with a painter's brush, or a pair of bellows. When the painting is soiled or stained, dip a sponge or a bit of flannel in soda water, wash it off quickly, and dry it immediately, or the strength of the soda will eat off the colour. When wainscot requires scouring, it should be done from the top downwards, and the soda be prevented from running on the uncleaned part as much as possible, or marks will appear after the whole is finished. One person should dry the board with old linen, as fast as the other has scoured off the dirt, and washed away the soda.

PAINT FOR IRON. For preserving palisadoes and other kinds of iron work exposed to the weather, heat some common litharge in a shovel over the fire. Then scatter over it a small quantity of sulphur, and grind it in oil. This lead will reduce it to a good lead colour, which will dry very quickly, get remarkably hard, and resist the weather better than any other common paint.

PAINTINGS. Oil paintings frequently become smoked or dirty, and in order to their being properly cleaned, require to be treated with the greatest care. Dissolve a little common [232] salt in some stale urine, dip a woollen cloth in the liquid, and rub the paintings over with it till they are quite clean. Then wash them with a sponge and clean water, dry them gradually, and rub them over with a clean cloth.

PALING PRESERVED. The following cheap and valuable composition will preserve all sorts of wood work exposed to the vicissitudes of the weather. Take some well-burnt lime, and expose it to the air till it falls to powder, without putting any water to it, and mix with it two thirds of wood ashes, and one third of fine sand. Sift the whole through a fine sieve, and work it up with linseed oil to the consistence of common paint, taking care to grind it fine, and mix it well together. The composition may be improved by the addition of an equal quantity of coal tar with the linseed oil; and two coats of it laid on any kind of weather boards, will be found superior to any kind of paint used for that purpose.

PALPITATION OF THE HEART. Persons of a full habit may find relief in bleeding; but where it is accompanied with nervous affections, as is generally the case, bleeding must by all means be avoided. Frequent bathing the feet in warm water, a stimulating plaster applied to the left side, and gentle exercise, are the most proper.

PALSY. The luxurious, the sedentary, and those who have suffered great anxiety and distress of mind, are the most subject to this disorder, which generally attacks the left side, and is attended with numbness and drowsiness. The parts affected ought to be frequently rubbed with a flesh brush, or with the hand. Blisters, warm plasters, volatile liniments, and electricity should likewise be employed. The following electuary is also recommended. Mix an ounce of flour of mustard, and an ounce of the conserve of roses, in some syrup of ginger; and take a tea-spoonful of it three or four times a day.

PANADA. To make panada in five minutes, set a little water on the fire with a glass of white wine, some sugar, and a scrape of nutmeg and lemon peel, grating meanwhile some crumbs of bread. The moment the mixture boils up, keeping it still on the fire, put in the crumbs, and let it boil as fast as it can. When of a proper thickness just to drink, take it off. —Another way. Make the panada as above, but instead of a glass of wine, put in a tea-spoonful of rum, a little butter and sugar. This makes a very pleasant article for the sick.— Another. Put into the water a bit of lemon peel, and mix in the crumbs: when nearly boiled enough, add some lemon or orange syrup. Observe to boil all the ingredients; for if any be added after, the panada will break, and not turn to jelly.

PANCAKES. Make a light batter of eggs, flour, and milk. Fry it in a small pan, in hot dripping or lard. Salt, nutmeg, or ginger, may be added. Sugar and lemon should be served, to eat with them. When eggs are very scarce, the batter may be made of flour and small beer, with the addition of a little ginger; or clean snow, with flour, and a very little milk, will

serve instead of egg. Fine pancakes, fried without butter or lard, are made as follows. Beat six fresh eggs extremely well, strain and mix them with a pint of cream, four ounces of sugar, a glass of wine, half a nutmeg grated, and as much flour as will make it almost as thick as ordinary pancake batter, but not quite. Heat the fryingpan tolerably hot, wipe it with a clean cloth, and pour in the batter so as to make the pancakes thin.—New England pancakes are made of a pint of cream, mixed with five spoonfuls of fine flour, seven yolks and four whites [233] of eggs, and a very little salt. They are then fried very thin in fresh butter, and sent to table six or eight at once, with sugar and cinnamon strewed between them.—Another way to make cream pancakes. Stir a pint of cream gradually into three spoonfuls of flour, and beat them very smooth. Add to this six eggs, half a pound of melted butter, and a little sugar. These pancakes will fry from their own richness, without either butter or lard. Run the batter over the pan as thin as possible, and when the pancakes are just coloured they are done enough.

PAP BREAD. To prepare a light nourishing food for young children, pour scalding water on some thin slices of good white bread, and let it stand uncovered till it cools. Then drain off the water, bruise the bread fine, and mix it with as much new milk as will make a pap of a moderate thickness. It will be warm enough for use, without setting it on the fire. It is common to add sugar, but the pap is better without it, as is almost all food intended for children; and the taste will not require it, till habit makes it familiar.

PAPER. All sorts of paper improve by keeping, if laid in a dry place, and preserved from mould and damp. It is bought much cheaper by the ream, than by the quire. The expense of this article is chiefly occasioned by the enormous duty laid upon it, and the necessity of importing foreign rags to supply the consumption. If more care were taken in families generally, to preserve the rags and cuttings of linen from being wasted, there would be less need of foreign imports, and paper might be manufactured a little cheaper.

PAPER HANGINGS. To clean these properly, first blow off the dust with the bellows, and then wipe the paper downwards in the slightest manner with the crumb of a stale white loaf. Do not cross the paper, nor go upwards, but begin at the top, and the dirt of the paper and the crumbs will fall together. Observe not to wipe more than half a yard at a stroke, and after doing all the upper part, go round again, beginning a little above where you left off. If it be not done very lightly, the dirt will adhere to the paper; but if properly attended to, the paper will look fresh and new.

PAPER PASTE. To make a strong paste for paper, take two large spoonfuls of fine flour, and as much pounded rosin as will lie upon a shilling. Mix them up with as much strong beer as will make the paste of a due consistence, and boil it half an hour. It is best used cold.

PARSLEY. To preserve parsley through the winter, gather some fine fresh sprigs in May, June, or July. Pick and wash them clean, set on a stewpan half full of water, put a little salt in it, boil and scum it clean. Then add the parsley, let it boil for two minutes, and take it out and lay it on a sieve before the fire, that it may be dried as quick as possible. Put it by in a tin box, and keep it in a dry place. When wanted, lay it in a basin, and cover it with warm water for a few minutes before you use it.

PARSLEY AND BUTTER. Wash some parsley very clean, and pick it carefully leaf by leaf. Put a tea-spoonful of salt into half a pint of boiling water, boil the parsley in it about ten

minutes, drain it on a sieve, mince it quite fine, and then, bruise it to a pulp. Put it into a sauce boat, and mix with it by degrees about half a pint of good melted butter, only do not put so much flour to it, as the parsley will be sure to add to its thickness. Parsley and butter should not be poured over boiled dishes, but be sent up in a boat. The delicacy of this elegant and innocent relish, depends upon the parsley being minced very fine. With the addition of a slice of lemon cut into dice, a little allspice and vinegar, it is made into Dutch sauce. [234]

PARSLEY PIE. Lay a fowl, or a few bones of the scrag of veal, seasoned, into a dish. Scald a cullenderful of picked parsley in milk; season it, and add it to the fowl or meat, with a tea-cupful of any sort of good broth or gravy. When baked, pour into it a quarter of a pint of cream scalded, with a little bit of butter and flour. Shake it round, and mix it with the gravy in the dish. Lettuces, white mustard leaves, or spinach, well scalded, may be added to the parsley.

PARSLEY SAUCE. When no parsley leaves are to be had, tie up a little parsley seed in a piece of clean muslin, and boil it in water ten minutes. Use this water to melt the butter, and throw into it a little boiled spinach minced, to look like parsley.

PARSNIPS. Carrots and parsnips, when laid up for the winter, should have the tops cut off close, be cleared of the rough earth, and kept in a dry place. Lay a bed of dry sand on the floor, two or three inches thick, put the roots upon it close together, with the top of one to the bottom of the next, and so on. Cover the first layer with sand two inches thick, and then place another layer of roots, and go on thus till the whole store are laid up. Cover the heap with dry straw, laid on tolerably thick. Beet roots, salsify, Hamburgh parsley roots, horseradish, and turnips, should all be laid up in the same manner, as a supply against frosty weather, when they cannot be got out of the ground.

PARSNIPS BOILED. These require to be done very tender, and may be served whole with melted butter, or beaten smooth in a bowl, warmed up with a little cream, butter, flour, and salt. Parsnips are highly nutricious, and make an agreeable sauce to salt fish.

PARSNIPS FRICASSEED. Boil them in milk till they are soft. Then cut them lengthways into bits, two or three inches long, and simmer them in a white sauce, made of two spoonfuls of broth. Add a bit of mace, half a cupful of cream, a little flour and butter, pepper and salt.

PARSNIP WINE. To twelve pounds of sliced parsnips, add four gallons of water, and boil them till they become soft. Squeeze the liquor well out of them, run it through a sieve, and add to every gallon three pounds of lump sugar. Boil the whole three quarters of an hour, and when it is nearly cold, add a little yeast. Let it stand in a tub for ten days, stirring it from the bottom every day, and then put it into a cask for twelve months. As it works over, fill it up every day.

PARTRIDGE BOILED. This species of game is in season in the autumn. If the birds be young, the bill is of a dark colour, and the legs inclined to yellow. When fresh and good, the vent will be firm; but when stale, this part will look greenish. Boiled partridges require to be trussed the same as chickens: from twenty to twenty-five minutes will do them sufficiently. Serve them up with either white or brown mushroom sauce, or with rice stewed in gravy,

made pretty thick, and seasoned with pepper and salt. Pour the sauce over them, or serve them up with celery sauce. A boiled pheasant is dressed in the same manner, allowing three quarters of an hour for the cooking.

PARTRIDGE PIE. Pick and singe four partridges, cut off the legs at the knee, season with pepper, salt, chopped parsley, thyme, and mushrooms. Lay a veal steak and a slice of ham at the bottom of the dish, put in the partridge, and half a pint of good broth. Lay puff paste on the edge of the dish, and cover with the same; brush it over with egg, and bake it an hour. [235]

PARTRIDGE SOUP. Skin two old partridges, and cut them into pieces, with three or four slices of ham, a stick of celery, and three large onions sliced. Fry them all in butter till brown, but take care not to burn them. Then put them into a stewpan, with five pints of boiling water, a few peppercorns, a shank or two of mutton, and a little salt. Stew it gently two hours, strain it through a sieve, and put it again into a stewpan, with some stewed celery and fried bread. When it is near boiling, skim it, pour it into a tureen, and send it up hot.

PASTE PUDDINGS. Make a paste of butter and flour, roll it out thin, and spread any kind of jam, or currants over it, with some suet chopped fine. Roll it up together, close the paste at both ends, and boil it in a cloth.

PASTRY. An adept in pastry never leaves any part of it adhering to the board or dish, used in making it. It is best when rolled on marble, or a very large slate. In very hot weather, the butter should be put into cold water to make it as firm as possible; and if made early in the morning, and preserved from the air until it is to be baked, the pastry will be found much better. An expert hand will use much less butter and produce lighter crust than others. Good salt butter well washed, will make a fine flaky crust. When preserved fruits are used in pastry, they should not be baked long; and those that have been done with their full proportion of sugar, require no baking at all. The crust should be baked in a tin shape, and the fruit be added afterwards; or it may be put into a small dish or tart pans, and the covers be baked on a tin cut out into any form.

PATTIES. Slice some chicken, turkey, or veal, with dressed ham, or sirloin of beef. Add some parsley, thyme, and lemon peel, chopped very fine. Pound all together in a mortar, and season with salt and white pepper. Line the pattipans with puff paste, fill them with meat, lay on the paste, close the edges, cut the paste round, brush it over with egg, and bake the patties twenty minutes.

PAVEMENTS. For cleaning stone stairs, and hall pavements, boil together half a pint each of size and stone-blue water, with two table-spoonfuls of whiting, and two cakes of pipe-clay, in about two quarts of water.—Wash the stones over with a flannel slightly wetted in this mixture; and when dry, rub them with a flannel and brush.

PAYMENT OF RENT. Rent due for tenements let from year to year, is commonly paid on the four quarter days; and when the payments are regularly made at the quarter, the tenant cannot be deprived of possession at any other time than at the end of a complete year from the commencement of his tenancy. If therefore he took possession at Midsummer, he must quit at Midsummer, and notice thereof must be sent at or before the preceding

Christmas. A similar notice is also required from the tenant to the landlord, when it is intended to leave the premises.—Every quarter's rent is deemed a separate debt, for which the landlord can bring a separate action, or distress for nonpayment. The landlord himself is the proper person to demand rent: if he employs another person, he must be duly authorised by power of attorney, clearly specifying the person from whom, and the premises for which the rent is due: or the demand will be insufficient, if the tenant should be inclined to evade payment. The following is the form of a receipt for rent:—'Received of R. C. February 13, 1823, the sum of ten pounds twelve shillings for a quarter's rent, due at Christmas last.' [236]

'£10 12 0 J. W. M.'

PEA FOWL. These require to be fed the same as turkeys. They are generally so shy, that they are seldom to be found for some days after hatching; and it is very wrong to pursue them, as many ignorant people do, under the idea of bringing them home. It only causes the hen to carry the young ones through dangerous places, and by hurrying she is apt to tread upon them. The cock bird kills all the young chickens he can get at, by one blow on the centre of the head with his bill, and he does the same by his own brood, before the feathers of the crown come out. Nature therefore directs the hen to hide and keep them out of his way, till the feathers rise.

PEA POWDER. Pound together in a marble mortar half an ounce each of dried mint and sage, a dram of celery seed, and a quarter of a dram of cayenne, and rub them through a fine sieve. This gives a very savoury relish to pea soup, and to water gruel. A dram of allspice, or black pepper, may be pounded with the above, as an addition, or instead of the cayenne.

PEACH WINE. Take peaches, apricots, and nectarines, when they are full of juice, pare them, and take out the stones. Then slice them thin, pour over them from one to two gallons of water, and a quart of white wine. Simmer the whole gently for a considerable time, till the sliced fruit becomes soft. Pour off the liquid part into another vessel, containing more peaches that have been sliced but not heated; let them stand for twelve hours, then pour out the liquid part, and press what remains through a fine hair bag. Let the whole be now put into a cask to ferment, and add a pound and a half of loaf sugar to each gallon. Boil an ounce of beaten cloves in a quart of white wine, and put it into the cask; the morella wine will have a delicious flavour. Wine may be made of apricots by only bruising, and pouring the hot water upon them: this wine does not require so much sweetening. To give it a curious flavour, boil an ounce of mace, and half an ounce of nutmegs, in a quart of white wine; and when the wine is fermenting, pour the liquid in hot. In about twenty days or a month, these wines will be fit for bottling.

PEARL BARLEY PUDDING. Cleanse a pound of pearl barley, and put to it three quarts of milk, half a pound of sugar, and a grated nutmeg. Bake it in a deep pan, take it out of the oven, and beat up six eggs with it. Then butter a dish, pour in the pudding, and bake it again an hour.

PEARLS. To make artificial pearls, take the blay or bleak fish, which is very common in the rivers near London, and scrape off the fine silvery scales from the belly. Wash and rub them in water; let the water settle, and a sediment will be found of an oily consistence. A

little of this is to be dropped into a hollow glass bead of a bluish tint, and shaken about, so as to cover all the internal surface. After this the bead is filled up with melted white wax, to give it weight and solidity.

PEARS. Large ones, when intended to be kept, should be tied and hung up by the stalk.

PEAS. Young green peas, well dressed, are one of the greatest delicacies of the vegetable kingdom. They must be quite young; it is equally indispensable that they be fresh gathered, and cooked as soon as they are shelled, for they soon lose both their colour and sweetness. Of course they should never be purchased ready shelled. To have them in [237] perfection, they must be gathered the same day that they are dressed, and be put on to boil within half an hour after they are shelled. As large and small peas cannot be boiled together, the small ones should be separated from the rest, by being passed through a riddle or coarse sieve. For a peck of young peas, which will not be more than sufficient for two or three persons, after they are shelled, set on a saucepan with a gallon of water. When it boils, put in the peas with a table-spoonful of salt. Skim it well, keep them quickly boiling from twenty to thirty minutes, according to their age and size. To judge whether they are done enough, take some out with a spoon and taste them, but be careful not to boil them beyond the point of perfection. When slightly indented, and done enough, drain them on a hair sieve. Put them into a pie dish, and lay some small bits of butter on the peas; put another dish over them, and turn them over and over, in order to diffuse the butter equally among them. Or send them to table plain from the saucepan, with melted butter in a sauce tureen. Garnish the dish with a few sprigs of mint, boiled by themselves.

PEAS AND BACON. Cut a piece of nice streaked bacon, lay it in water to take out some of the salt, and boil it with some dried peas, in a little water. Add two carrots or parsnips, two onions, and a bunch of sweet herbs. When the peas are done enough, pulp them through a cullender or sieve, and serve them over the bacon.

PEAS CULTIVATED. Instead of sowing peas in straight rows, they should be formed into circles of three or four feet diameter, with a space of two feet between each circle. By this means they will blossom nearer the ground, than when enclosed in long rows, and will ripen much sooner. Or if set in straight rows, a bed of ten or twelve feet wide should be left between, for onions and carrots, or any crops which do not grow tall. The peas will not be drawn up so much, but will grow stronger, and be more productive. Scarlet beans should be treated in the same manner.

PEAS AND PORK. Two pounds of the belly part of pickled pork will make very good broth for peas soup, if the pork be not too salt. If it has been in salt several days, it must be laid in water the night before it is used. Put on three quarts of soft water, or liquor in which meat has been boiled, with a quart of peas, and let it boil gently for two hours. Then put in the pork, and let it simmer for an hour or more, till it is quite tender. When done, wash the pork clean in hot water, send it up in a dish, or cut into small pieces and put with the soup into the tureen.

PEAS PORRIDGE. Boil the peas, and pulp them through a cullender. Heat them up in a saucepan with some butter, chopped parsley and chives, and season with pepper and salt.

PEAS PUDDING. Soak the peas an hour or two before they are boiled; and when nearly done, beat them up with salt and pepper, an egg, and a bit of butter. Tie it up in a cloth, and boil it half an hour.

PEAS SOUP. Save the liquor of boiled pork or beef: if too salt, dilute it with water, or use fresh water only, adding the bones of roast beef, a ham or gammon bone, or an anchovy or two. Simmer these with some good whole or split peas; the smaller the quantity of water at first the better. Continue to simmer till the peas will pulp through a cullender; then set on the pulp to stew, with more of the liquor that boiled the peas, two carrots, a turnip, a leek, and a stick of chopped celery, till all is quite tender. The last requires less time, an hour will [238] do it. When ready, put into a tureen some fried bread cut into dice, dried mint rubbed fine, pepper and salt if needed, and pour in the soup. When there is plenty of vegetables, no meat is necessary; but if meat be preferred, a pig's foot or ham bone may be boiled with the peas, which is called the stock. More butter than is above mentioned will be necessary, if the soup is required to be very rich.

PENCIL DRAWINGS. To prevent chalk or pencil drawings from rubbing out, it is only necessary to lay them on the surface of some skim milk, free from cream and grease; and then taking off the drawing expeditiously, and hanging it up by one corner to dry. A thin wash of isinglass will also answer the same purpose.

PEPPER POT. To three quarts of water, put any approved vegetables; in summer, peas, lettuce, spinach, and two or three onions; in winter, carrot, turnip, onions, and celery. Cut them very small, and stew them with two pounds of neck of mutton, and a pound of pickled pork. Half an hour before serving, clear a lobster or crab from the shell, and put it into the stew, adding a little salt and cayenne. Some people choose very small suet dumplings, boiled in the above, or fowl may be used instead of mutton. A pepper pot may indeed be made of various things, and is understood to consist of a proper mixture of fish, flesh, fowl, vegetables, and pulse. A small quantity of rice should be boiled with the whole.

PEPPERMINT DROPS. Pound and sift four ounces of double-refined sugar, and beat it with the whites of two eggs till perfectly smooth. Then add sixty drops of oil of peppermint; beat it well, drop it on white paper, and dry it at a distance from the fire.

PERCH. When of a good size, as in Holland, they are a remarkably fine fresh-water fish, though not so delicate as carp or tench. Clean them carefully, and if to be boiled, put them into a fish-kettle, with as much cold spring water as will cover them, and add a handful of salt. Set them on a quick fire till they boil, and then place them on one side to boil gently for about ten minutes, according to their size. If to be fried, wipe them on a dry cloth, after they have been well cleaned and washed, and flour them lightly all over. Fry them about ten minutes in hot lard or dripping, lay them on a hair sieve to drain, and send them up on a hot dish. Garnish with sprigs of green parsley, and serve them with anchovy sauce.

PERFUMERY. Oil of lavender and other essences are frequently adulterated with a mixture of the oil of turpentine, which may be discovered by dipping a piece of paper or rag into the oil to be tried, and holding it to the fire. The fine scented oil will quickly evaporate, and leave the smell of the turpentine distinguishable, if the essence has been adulterated with this ingredient.

PERMANENT INK. This useful article for marking linen is composed of nitrate of silver, or lunar caustic, and the tincture or infusion of galls; in the proportion of one dram of the former in a dry state, to two drams of the latter. The linen, cotton, or other fabric, must be first wetted with the following liquid; namely, an ounce of the salt of tartar, dissolved in an ounce and a half of water; and must be perfectly dry before any attempt is made to write upon it.

PETTITOES. Boil them very gently in a small quantity of water, along with the liver and the heart. Then cut the meat fine, split the feet, and simmer them till they are quite tender. Thicken with a bit of butter, a little flour, a spoonful of cream, and a little pepper and salt. [239] Give it a boil up, pour the liquor over a sippets of bread, and place the feet on the mince.

PEWTER AND TIN. Dish covers and pewter requisites should be wiped dry immediately after being used, and kept free from steam or damp, which would prevent much of the trouble in cleaning them. Where the polish is gone off, let the articles be first rubbed on the outside with a little sweet oil laid on a piece of soft linen cloth. Then clear it off with pure whitening on linen cloths, which will restore the polish.

PHEASANTS. The cock bird is reckoned the best, except when the hen is with egg. If young, its spurs are short and blunt; but if old, they are long and sharp. A large pheasant will require three quarters of an hour to boil; if small, half an hour. If for roasting, it should be done the same as a turkey. Serve it up with a fine gravy, including a very small piece of garlic, and bread sauce or fried bread crumbs instead. When cold the meat may be made into excellent patties, but its flavour should not be overpowered with lemon. For the manner of trussing a pheasant or partridge, see Plate.

PHOSPHORIC MATCH BOTTLE. Two thirds of calcined oyster shells, and one third of sulphur, put into a hot crucible for an hour, and afterwards exposed to the air for half an hour, become phosphorus. This is put into a bottle, and when used to procure a light, a very small quantity is taken out on the point of a common match, and rubbed upon a cork, which produces an immediate flame. If a small piece of phosphorus be put into a vial, and a little boiling oil poured upon it, a luminous bottle will be formed; for on taking out the cork, to admit the atmospheric air, the empty space in the vial will become luminous; and if the bottle be well closed, it will preserve its illuminative power for several months.

PICKLE. For hams, tongues, or beef, a pickle may be made that will keep for years, if boiled and skimmed as often as it is used. Provide a deep earthen glazed pan that will hold four gallons, having a cover that will fit close. Put into it two gallons of spring water, two pounds of coarse sugar, two pounds of bay salt, two pounds and a half of common salt, and half a pound of salt petre. Keep the beef or hams as long as they will bear, before they are put into the pickle; sprinkle them with coarse sugar in a pan, and let them drain. Then rub them well with the pickle, and pack them in close, putting as much as the pan will hold, so that the pickle may cover them. The pickle is not to be boiled at first. A small ham may be fourteen days, a large one three weeks, a tongue twelve days, and beef in proportion to its size. They will eat well out of the pickle without drying. When they are to be dried, let each be drained over the pan; and when it will drop no longer, take a clean sponge and dry it thoroughly. Six or eight hours will smoke them, and there should be only a little saw-dust

and wet straw used for this purpose; but if put into a baker's chimney, they should be sown up in a coarse cloth, and hang a week.

PICKLES. The free or frequent use of pickles is by no means to be recommended, where any regard is paid to health. In general they are the mere vehicles for taking a certain portion of vinegar and spice, and in the crisp state in which they are most admired are often indigestible, and of course pernicious. The pickle made to preserve cucumbers and mangoes, is generally so strongly impregnated with garlic, mustard, and spice, that the original flavour of the vegetable, is quite overpowered, and the vegetable itself becomes the mere absorbent of these foreign ingredients. But if pickles must still be regarded for the sake of the palate, whatever becomes of the stomach, it will be necessary to watch carefully the [240] proper season for gathering and preparing the various articles intended to be preserved. Frequently it happens, after the first week that walnuts come in season, that they become hard and shelled, especially if the weather be hot and dry; it is therefore necessary to purchase them as soon as they first appear at market; or in the course of a few months after being pickled, the nuts may be found incased in an impenetrable shell. The middle of July is generally the proper time to look for green walnuts. Nasturtiums are to be had about the same. Garlic and shalots, from Midsummer to Michaelmas. Onions of various kinds for pickling, are in season by the middle of July, and for a month after. Gherkins, cucumbers, melons, and mangoes, are to be had by the middle of July, and for a month after. Green, red, and yellow capsicums, the end of July, and following month. Chilies, tomatas, cauliflowers, and artichokes, towards the end of July, and throughout August. Jerusalem artichokes for pickling, July and August, and for three months after. French beans and radish pods, in July. Mushrooms, for pickling and for ketchup, in September. Red cabbage, and samphire, in August. White cabbage, in September and October. Horseradish, November and December.—Pickles, when put down, require to be kept with great care, closely covered. When wanted for use they should be taken out of the jar with a wooden spoon, pierced with holes, the use of metal in this case being highly improper. Pickles should be well kept from the air, and seldom opened. Small jars should be kept for those more frequently in use, that what is not eaten may be returned into the jar, and the top kept closely covered. In preparing vinegar for pickles, it should not be boiled in metal saucepans, but in a stone jar, on a hot hearth, as the acid will dissolve or corrode the metal, and infuse into the pickle an unwholesome ingredient. For the same reason pickles should never be put into glazed jars, as salt and vinegar will penetrate the glaze, and render it poisonous.

PICKLED ASPARAGUS. Cut some asparagus, and lay it in an earthen pot. Make a brine of salt and water, strong enough to bear an egg; pour it hot on the asparagus, and let it be closely covered. When it is to be used, lay it for two hours in cold water; boil and serve it up on a toast, with melted butter over it. If to be used as a pickle, boil it as it comes out of the brine, and lay it in vinegar.

PICKLED BACON. For two tolerable flitches, dry a stone of salt over the fire, till it is scalding hot. Beat fine two ounces of saltpetre, and two pounds of bay salt well dried, and mix them with some of the heated salt. Rub the bacon first with that, and then with the rest; put it into a tub, and keep it close from the air.

PICKLED BEET ROOT. Boil the roots till three parts done, or set them into a cool

oven till they are softened. Cut them into slices of an inch thick, cover them with vinegar, adding some allspice, a few cloves, a little mace, black pepper, horseradish sliced, some onions, shalots, a little pounded ginger, and some salt. Boil these ingredients together twenty minutes, and when cold, add to them a little bruised cochineal. Put the slices of beet into jars, pour the pickle upon them, and tie the jars down close.

PICKLED CABBAGE. Slice a hard red cabbage into a cullender, and sprinkle each layer with salt. Let it drain two days, then put it into a jar, cover it with boiling vinegar, and add a few slices of red beet-root. The purple red cabbage makes the finest colour. Those [241] who like the flavour of spice, will boil some with the vinegar. Cauliflower cut in branches, and thrown in after being salted, will look of a beautiful red.

PICKLED CARROTS. Half boil some middle sized yellowish carrots, cut them into any shape, and let them cool. Take as much vinegar as will cover them, boil it with a little salt, and a pennyworth of saffron tied in a piece of muslin. Put the carrots into a jar; when the pickle is cold, pour it upon them, and cover the jar close. Let it stand all night, then pour off the pickle, and boil it with Jamaica pepper, mace, cloves, and a little salt. When cold, pour it upon the carrots, and tie them up for use.

PICKLED CUCUMBERS. Cut them into thick slices, and sprinkle salt over them. Next day drain them for five or six hours, then put them into a stone jar, pour boiling vinegar over them, and keep them in a warm place. Repeat the boiling vinegar, and stop them up again instantly, and so on till quite green. Then add peppercorns and ginger, and keep them in small stone jars. Cucumbers are best pickled with sliced onions.

PICKLED GHERKINS. Select some sound young cucumbers, spread them on dishes, salt and let them lie a week. Drain and put them in a jar, pouring boiling vinegar over them. Set them near the fire, covered with plenty of vine leaves. If they do not come to a tolerably good green, pour the vinegar into another jar, set it on a hot hearth, and when the vinegar boils, pour it over them again, and cover them with fresh leaves. Repeat this operation as often as is necessary, to bring the pickle to a good colour. Too many persons have made pickles of a very fine green, by using brass or bellmetal kettles; but as this is highly poisonous, the practice ought never to be attempted.

PICKLED HAM. After it has been a week in the pickle, boil a pint of vinegar, with two ounces of bay salt. Pour it hot on the ham, and baste it every day; it may then remain in the brine two or three weeks.

PICKLED HERRING. Procure them as fresh as possible, split them open, take off the heads, and trim off all the thin parts. Put them into salt and water for one hour, drain and wipe the fish, and put them into jars, with the following preparation, which is enough for six dozen herrings. Take salt and bay salt one pound each, saltpetre and lump sugar two ounces each, and powder and mix the whole together. Put a layer of the mixture at the bottom of the jar, then a layer of fish with the skin side downwards; so continue alternately till the jar is full. Press it down, and cover it close: in two or three months they will be fit for use.

PICKLED LEMONS. They should be small, and with thick rinds. Rub them with a piece of flannel, and slit them half down in four quarters, but not through to the pulp. Fill the

openings with salt hard pressed in, set them upright in a pan for four or five days, until the salt melts, and turn them thrice a day in their own liquor till quite tender. Make enough pickle to cover them, of rape vinegar, the brine of the lemons, peppercorns, and ginger. Boil and skim it; when cold put it to the lemons, with two ounces of mustard seed, and two cloves of garlic to six lemons. When the lemons are to be used, the pickle will be useful in fish or other sauces.

PICKLED MACKAREL. Clean and divide the fish, and cut each side into three; or leave them undivided, and cut each side into five or six pieces. To six large mackarel, take [242] nearly an ounce of pepper, two nutmegs, a little mace, four cloves, and a handful of salt, all finely powdered. Mix them together, make holes in each bit of fish, put the seasoning into them, and rub some of it over each piece. Fry them brown in oil, and when cold put them into a stone jar, and cover them with vinegar. Thus prepared, they will keep for months; and if to be kept longer, pour oil on the top. Mackarel preserved this way are called Caveach. A more common way is to boil the mackarel after they are cleaned, and then to boil up some of the liquor with a few peppercorns, bay leaves, and a little vinegar; and when the fish is cold, the liquor is poured over them. Collared mackarel are prepared the same way as collared eel.

PICKLED MELONS. Take six melons, cut a slice out of them, and scrape out the seeds and pulp quite clean. Put them into a tin stewpan with as much water as will cover them; add a small handful of salt, and boil them over a quick fire. When they boil take them off the fire, put them into an earthen pan with the water, and let them stand till the next day. The melons must then be taken out and wiped dry, both within and without. Put two small cloves of garlic into each, a little bit of ginger, and bruised mustard seed, enough to fill them. Replace the slice that was cut out, and tie it on with a thread. Boil some cloves, mace, ginger, pepper, and mustard seed, all bruised, and some garlic, in as much vinegar as will cover them. After a little boiling, pour the whole, boiling-hot, upon the melons. They must be quite covered with the pickle, and tied down close, when cold, with a bladder and leather. They will not be fit for use in less than three or four months, and will keep two or three years.

PICKLED MUSHROOMS. Rub the buttons with a piece of flannel, and salt. Take out the red inside of the larger ones, and when old and black they will do for pickling. Throw some salt over, and put them into a stewpan with mace and pepper. As the liquor comes out, shake them well, and keep them over a gentle fire till all of it be dried into them again. Then put as much vinegar into the pan as will cover them, give it one warm, and turn all into a glass or stone jar. Mushrooms pickled in this way will preserve their flavour, and keep for two years.

PICKLED NASTURTIUM. Take the buds fresh off the plants when they are pretty large, but before they grow hard, and put them into some of the best white wine vinegar, boiled up with such spices as are most agreeable. Keep them in a bottle closely stopped, and they will be fit for use in a week or ten days.

PICKLED ONIONS. In the month of September, choose the small white round onions, take off the brown skin, have ready a very nice tin stewpan of boiling water, and throw in as

many onions as will cover the top. As soon as they look clear on the outside, take them up with a slice as quick as possible, and lay them on a clean cloth. Cover them close with another cloth, and scald some more, and so on. Let them lie to be cold, then put them in a jar or wide-mouthed glass bottles, and pour over them the best white-wine vinegar, just hot, but not boiling, and cover them when cold. They must look quite clear; and if the outer skin be shriveled, peel it off.

PICKLED OYSTERS. Open four dozen large oysters, wash them in their own liquor, wipe them dry, and strain off the liquor. Add a dessert-spoonful of pepper, two blades of mace, a table-spoonful of salt, if the liquor require it; then add three spoonfuls of white wine, and four of vinegar. Simmer the oysters a few minutes in the liquor, then put them into small [243] jars, boil up the pickle, and skim it. When cold, pour the liquor over the oysters, and cover them close.—Another way. Open the oysters, put them into a saucepan with their own liquor for ten minutes, and simmer them very gently. Put them into a jar one by one, that none of the grit may stick to them; and when cold, cover them with the pickle thus made. Boil the liquor with a bit of mace, lemon peel, and black peppers; and to every hundred of these corns, put two spoonfuls of the best undistilled vinegar. The pickle should be kept in small jars, and tied close with bladder, for the air will spoil them.

PICKLED PIGEONS. Bone them, turn the inside out, and lard it. Season with a little salt and allspice in fine powder; then turn them again, and tie the neck and rump with thread. Put them into boiling water; when they have boiled a minute or two to make them plump, take them out and dry them well. Then put them boiling hot into the pickle, which must be made of equal quantities of white wine and white-wine vinegar, with white pepper and allspice, sliced ginger and nutmeg, and two or three bay leaves. When it boils up, put in the pigeons. If they are small, a quarter of an hour will do them; if large, twenty minutes. Then take them out, wipe them, and let them cool. When the pickle is cold, take the fat from it, and put them in again. Keep them in a stone jar, tied down with a bladder to keep out the air. Instead of larding, put into some a stuffing made of yolks of eggs boiled hard, and marrow in equal quantities, with sweet herbs, pepper, salt, and mace.

PICKLED PORK. The hams and shoulders being cut off, take for pickling the quantities proportioned to the middlings of a pretty large hog. Mix and pound fine, four ounces of salt petre, a pound of coarse sugar, an ounce of salprunel, and a little common salt. Sprinkle the pork with salt, drain it twenty four hours, and then rub it with the above mixture. Pack the pieces tight in a small deep tub, filling up the spaces with common salt. Place large pebbles on the pork, to prevent it from swimming in the pickle which the salt will produce. If kept from the air it will continue very fine for two years.

PICKLED ROSES. Take two pecks of damask rose buds, pick off the green part, and strew in the bottom of a jar a handful of large bay salt. Put in half the roses, and strew a little more bay salt upon them. Strip from the stalk a handful of knotted marjoram, a handful of lemon thyme, and as much common thyme. Take six pennyworth of benjamin, as much of storax, six orris roots, and a little suet; beat and bruise them all together, and mix them with the stripped herbs. Add twenty cloves, a grated nutmeg, the peel of two Seville oranges pared thin, and of one lemon shred fine. Mix them with the herbs and spices, strew all on the roses, and stir them once in two days till the jar is full. More sweets need not be added, but

only roses, orange flowers, or single pinks.

PICKLED SALMON. After scaling and cleaning, split the salmon, and divide it into convenient pieces. Lay it in the kettle to fill the bottom, and as much water as will cover it. To three quarts add a pint of vinegar, a handful of salt, twelve bay-leaves, six blades of mace, and a quarter of an ounce of black pepper. When the salmon is boiled enough, drain and lay it on a clean cloth; then put more salmon into the kettle, and pour the liquor upon it, and so on till all is done. After this, if the pickle be not smartly flavoured with the vinegar and salt, add more, and boil it quick three quarters of an hour. When all is cold, pack the dish in [244] a deep pot, well covered with the pickle, and kept from the air. The liquor must be drained from the fish, and occasionally boiled and skimmed.

PICKLED SAMPHIRE. Clear the branches of the samphire from the dead leaves, and lay them into a large jar, or small cask. Make a strong brine of white or bay salt, skim it clean while it is boiling, and when done let it cool. Take the samphire out of the water, and put it into a bottle with a broad mouth. Add some strong white-wine vinegar, and keep it well covered down.

PICKLED STURGEON. The following is an excellent imitation of pickled sturgeon. Take a fine large turkey, but not old; pick it very nicely, singe, and make it extremely clean. Bone and wash it, and tie it across and across with a piece of mat string washed clean. Put into a very nice tin saucepan a quart of water, a quart of vinegar, a quart of white wine, not sweet, and a large handful of salt. Boil and skim it well, and then boil the turkey. When done enough, tighten the strings, and lay upon it a dish with a weight of two pounds over it. Boil the liquor half an hour; and when both are cold, put the turkey into it. This will keep some months, and eats more delicately than sturgeon. Vinegar, oil, and sugar, are usually eaten with it. If more vinegar or salt should be wanted, add them when cold. Garnish with fennel.

PICKLED TONGUES. To prepare neats' tongues for boiling, cut off the roots, but leave a little of the kernel and fat. Sprinkle some salt, and let it drain from the slime till next day. Then for each tongue mix a large spoonful of common salt, the same of coarse sugar and about half as much of salt petre; rub it in well, and do so every day. In a week add another spoonful of salt. If rubbed every day, a tongue will be ready in a fortnight; but if only turned in the pickle daily, it will keep four or five weeks without being too salt. When tongues are to be dried, write the date on a parchment, and tie it on. Tongues may either be smoked, or dried plain. When a tongue is to be dressed, boil it five hours till it is quite tender. If done sooner, it is easily kept hot for the table. The longer it is kept after drying, the higher it will be; and if hard, it may require soaking three or four hours.—Another way. Clean and prepare as above; and for two tongues allow an ounce of salt petre, and an ounce of salprunella, and rub them in well. In two days after well rubbing, cover them with common salt, turn them every day for three weeks, then dey them, rub bran over, and smoke them. Keep them in a cool dry place, and in ten days they will be fit to eat.

PICKLED WALNUTS. When they will bear a pin to go into them, boil a brine of salt and water, strong enough to swim an egg, and skim it well. When the brine is quite cold, pour it on the walnuts, and let them soak for six days. Change the brine, and let them stand six more; then drain and put them into a jar, pouring over them a sufficient quantity of the

best vinegar. Add plenty of black pepper, pimento, ginger, mace, cloves, mustard seed, and horseradish, all boiled together, but put on cold. To every hundred of walnuts put six spoonfuls of mustard seed, and two or three heads of garlic or shalot, but the latter is the mildest. The walnuts will be fit for use in about six months; but if closely covered, they will be good for several years: the air will soften them. The pickle will be equal to ketchup, when the walnuts are used.—Another way. Put the walnuts into a jar, cover them with the best vinegar cold, and let them stand four months. Then, pour off the pickle, and boil as much fresh vinegar as will cover the walnuts, adding to every three quarts of vinegar a quarter of a [245] pound of the best mustard, a stick of horseradish sliced, half an ounce of black pepper, half an ounce of allspice, and a good handful of salt. Pour the whole boiling hot upon the walnuts, and cover them close: they will be fit for use in three or four months. Two ounces of garlic or shalot may be added, but must not be boiled in the vinegar. The pickle in which the walnuts stood the first four months, may be used as ketchup.

PICTURES. The following simple method of preventing flies from sitting on pictures, or any other furniture, is well experienced, and if generally adopted, would prevent much trouble and damage. Soak a large bunch of leeks five or six days in a pail of water, and wash the pictures with it, or any other piece of furniture. The flies will never come near any thing that is so washed.

PIE SAUCE. Mix some gravy with an anchovy, a sprig of sweet herbs, an onion, and a little mushroom liquor. Boil and thicken it with butter rolled in flour, add a little red wine, and pour the sauce into the pie. This serves for mutton, lamb, veal, or beef pies, when such an addition is required.

PIES AND TARTS. Attention should be paid to the heat of the oven for all kinds of pies and tarts. Light paste should be put into a moderate oven: if too hot the crust will not rise, but burn: if too slack, the paste will be heavy, and not of a good colour. Raised paste should have a quick oven, and well closed. Iced tarts should be done in a slack oven, or the iceing will become brown before the tarts are baked.

PIGEONS. In order to breed pigeons, it is best to take two young ones at a time; and if well looked after, and plentifully fed, they will breed every month. They should be kept very clean, and the bottom of the dove-cote be strewed with sand once a month or oftener. Tares and white peas are their proper food, and they should be provided with plenty of fresh water. Starlings and other birds are apt to come among them, and suck the eggs. Vermin likewise are their enemies, and frequently destroy them. If the brood should be too small, put among them a few tame pigeons of their own colour. Observe not to have too large a proportion of cock birds, for they are quarrelsome, and will soon thin the dove-cote. Pigeons are fond of salt, and it keeps them in health. Lay a large piece of clay near their dwelling, and pour upon it any of the salt brine that may be useless in the family. Bay salt and cummin seeds mixed together, is a universal remedy for the diseases of pigeons. The backs and breasts are sometimes scabby, but may be cured in the following manner. Take a quarter of a pound of bay salt, and as much common salt; a pound of fennel seed, a pound of dill seed, as much cummin seed, and an ounce of assafœtida; mix all with a little wheat flour, and some fine wrought clay. When all are well beaten together, put it into two earthen pots, and bake them in the oven. When the pots are cold, put them on the table in the dove-

cote; the pigeons will eat the mixture and get well.

PIGEONS DRESSED. These birds are particularly useful, as they may be dressed in so many ways. The good flavour of them depends very much on their being cropped and drawn as soon as killed. No other bird requires so much washing. Pigeons left from dinner the day before may be stewed, or made into a pie. In either case, care must be taken not to overdo them, which will make them stringy. They need only be heated up in gravy ready prepared; and forcemeat balls may be fried and added, instead of putting a stuffing into them. If for a pie, let beef steaks be stewed in a little water, and put cold under them. Cover [246] each pigeon with a piece of fat bacon to keep them moist, season as usual, and put in some eggs.—In purchasing pigeons, be careful to see that they are quite fresh: if they look flabby about the vent, and that part is discoloured, they are stale. The feet should be supple: if old the feet are harsh. The tame ones are larger than the wild, and by some they are thought to be the best. They should be fat and tender; but many are deceived in their size, because a full crop is as large as the whole body of a small pigeon. The wood-pigeon is large, and the flesh dark coloured: if properly kept, and not over roasted, the flavour is equal to teal.

PIGEONS IN DISGUISE. Draw the pigeons, take out the craw very carefully, wash them clean, cut off the pinions, and turn their legs under their wings. Season them with pepper and salt, roll each pigeon in a puff paste, close them well, tie them in separate cloths, and boil them an hour and a half. When they are untied be careful they do not break; put them in a dish, and pour a little good gravy over them.

PIGEONS IN A HOLE. Truss four young pigeons, as for boiling, and season them with pepper, salt, and mace. Put into the belly of each a small piece of butter, lay them in a pie dish, and pour batter over them, made of three eggs, two spoonfuls of flour, and half a pint of milk. Bake them in a moderate oven, and send them to table in the same dish.

PIGEONS IN JELLY. Save some of the liquor in which a knuckle of veal has been boiled, or boil a calf's or a neat's foot; put the broth into a pan with a blade of mace, a bunch of sweet herbs, some white pepper, lemon peel, a slice of lean bacon, and the pigeons. Bake them, and let them stand to be cold; but season them before baking. When done, take them out of the liquor, cover them close to preserve the colour, and clear the jelly by boiling it with the whites of two eggs. Strain it through a thick cloth dipped in boiling water, and put into a sieve. The fat must be all removed, before it be cleared. Put the jelly roughly over and round the pigeons.—A beautiful dish may be made in the following manner. Pick two very nice pigeons, and make them look as well as possible by singeing, washing, and cleaning the heads well. Leave the heads and the feet on, but the nails must be clipped close to the claws. Roast them of a very nice brown; and when done, put a small sprig of myrtle into the bill of each. Prepare a savoury jelly, and with it half fill a bowl of such a size as shall be proper to turn down on the dish intended for serving in. When the jelly and the birds are cold, see that no gravy hangs to the birds, and then lay them upside down in the jelly. Before the rest of it begins to set, pour it over the birds, so as to be three inches above the feet. This should be done full twenty four hours before serving. The dish thus prepared will have a very handsome appearance in the mid range of a second coarse; or when served with the jelly roughed large, it makes a side or corner dish, being then of a smaller size. The head of the pigeons should be kept up, as if alive, by tying the neck with some thread, and the legs bent

as if the birds sat upon them.

PIGEON PIE. Rub the pigeons with pepper and salt, inside and out. Put in a bit of butter, and if approved, some parsley chopped with the livers, and a little of the same seasoning. Lay a beef steak at the bottom of the dish, and the birds on it; between every two, a hard egg. Put a cup of water in the dish; and if a thin slice or two of ham be added, it will greatly improve the flavour. When ham is cut for gravy or pies, the under part should be taken, rather than the prime. Season the gizzards, and two joints of the wings, and place [247] them in the centre of the pie. Over them, in a hole made in the crust, put three of the feet nicely cleaned, to show what pie it is.

PIG'S CHEEK. To prepare a pig's cheek for boiling, cut off the snout, and clean the head. Divide it, take out the eyes and the brains, sprinkle the head with salt, and let it drain twenty-four hours. Salt it with common salt and saltpetre; and if to be dressed without being stewed with peas, let it lie eight or ten days, but less if to be dressed with peas. It must first be washed, and then simmered till all is tender.

PIG'S FEET AND EARS. Clean them carefully, soak them some hours, and boil them quite tender. Then take them out, and boil a little salt and vinegar with some of the liquor, and pour it over them when cold. When to be dressed, dry them, cut the feet in two, and slice the ears. Fry them, and serve with butter, mustard, and vinegar. They may be either done in batter, or only floured.

PIG'S FEET AND EARS FRICASSEED. If to be dressed with cream, put no vinegar into the pickle. Cut the feet and ears into neat bits, and boil them in a little milk. Pour the liquor from them, and simmer in a little veal broth, with a bit of onion, mace, and lemon peel. Before the dish is served up, add a little cream, flour, butter, and salt.

PIG'S FEET JELLY. Clean the feet and ears very carefully, and soak them some hours. Then boil them in a very small quantity of water, till every bone can be taken out. Throw in half a handful of chopped sage, the same of parsley, and a seasoning of pepper, salt, and mace in fine powder. Simmer till the herbs are scalded, and then pour the whole into a melon form.

PIG'S HARSLET. Wash and dry some liver, sweetbreads, and fat and lean bits of pork, beating the latter with a rolling-pin to make it tender. Season with pepper, salt, sage, and a little onion shred fine. When mixed, put all into a cawl, and fasten it up tight with a needle and thread. Roast it on a hanging jack, or by a string. Serve with a sauce of port wine and water, and mustard, just boiled up, and put into the dish. Or serve it in slices with parsley for a fry.

PIG'S HEAD COLLARED. Scour the head and ears nicely, take off the hair and snout, and remove the eyes and the brain. Lay the head into water one night, then drain it, salt it extremely well with common salt and saltpetre, and let it lie five days. Boil it enough to take out the bones, then lay it on a dresser, turning the thick end of one side of the head towards the thin end of the other, to make the roll of equal size. Sprinkle it well with salt and white pepper, and roll it with the ears. The pig's feet may also be placed round the outside when boned, or the thin parts of two cow heels, if approved. Put it in a cloth, bind it with a broad

tape, and boil it till quite tender. Place a good weight upon it, and do not remove the covering till the meat is cold. If the collar is to be more like brawn, salt it longer, add a larger proportion of saltpetre, and put in also some pieces of lean pork. Then cover it with cow heel to make it look like the horn. This may be kept in a pickle of boiled salt and water, or out of pickle with vinegar: it will be found a very convenient article to have in the house. If likely to spoil, slice and fry it, either with or without batter.

PIG SAUCE. Take a tea-spoonful of white gravy, a small piece of anchovy, with the gravy from the roasting of the pig, and mix the brains with it when chopped. Add a quarter [248] of a pound of butter, a little flour to thicken it, a slice of lemon, and a little salt. Shake it over the fire, and put it hot into the dish. Good sauce may also be made by putting some of the bread and sage, which has been roasted in the pig, into good beef gravy, and adding the brains to it.

PILAU. Stew a pound of rice in white gravy till it is tender. Half boil a well grown fowl, then lay it into a baking dish with some pepper and salt strewed over it. Lay truffles, morels, mushrooms, hard eggs, or forcemeat balls, any or all of them round it at pleasure; put a little gravy into the dish, and spread the rice over the whole like a paste. Bake it gently, till the fowl is done enough. If it seem dry, cut a hole carefully at the top, and pour in some white gravy, made pretty warm, before it is sent to table. Partridges or pheasants are very nice, dressed the same way.

PILCHARD PIE. Soak two or three salted pilchards for some hours, the day before they are to be dressed. Clean and skin the white part of some large leeks, scald them in milk and water, and put them in layers into a dish, with the pilchards. Cover the whole with a good plain crust. When the pie is taken out of the oven, lift up the side crust with a knife, and empty out all the liquor: then pour in half a pint of scalded cream.

PILE OINTMENT. Cut some green shoots of elder early in the spring, clear away the bark, and put two good handfuls into a quart of thick cream. Boil it till it comes to an ointment, and as it rises take it off with a spoon, and be careful to prevent its burning. Strain the ointment through a fine cloth, and keep it for use.

PILES. If this complaint be occasioned by costiveness, proper attention must be paid to that circumstance; but if it originate from weakness, strong purgatives must be avoided. The part affected should be bathed twice a day with a sponge dipped in cold water, and the bowels regulated by the mildest laxatives. An electuary, consisting of one ounce of sulphur, and half an ounce of cream of tartar, mixed with a sufficient quantity of treacle, may be taken three or four times a day. The patient would also find relief by sitting over the steam of warm water. A useful liniment for this disorder may be made of two ounces of emollient ointment, and half an ounce of laudanum. Mix them with the yolk of an egg, and work them well together.

PILLS. Opening pills may be made of two drams of Castile soap, and two drams of succotrine aloes, mixed with a sufficient quantity of common syrup. Or when aloes will not agree with the patient, take two drams of the extract of jalap, two drams of vitriolated tartar, and as much syrup of ginger as will form them of a proper consistence for pills. Four or five of these pills will generally prove a sufficient purge; and for keeping the body gently open,

one may be taken night and morning.—Composing pills may consist of ten grains of purified opium, and half a dram of Castile soap, beaten together, and formed into twenty parts. When a quieting draught will not sit upon the stomach, one or two of these pills may be taken to great advantage.—Pills for the jaundice may be made of one dram each of Castile soap, succotrine aloes, and rhubarb, mixed up with a sufficient quantity of syrup. Five or six of these pills taken twice a day, more or less, to keep the body open, with the assistance of a proper diet, will often effect a cure.

PIPERS. Boil or bake them with a pudding well seasoned. If baked, put a large cup of rich broth into the dish; and when done, boil up together for sauce, the broth, some essence of anchovy, and a squeeze of lemon. [249]

PIPPIN PUDDING. Coddle six pippins in vine leaves covered with water, very gently, that the inside may be done without breaking the skins. When soft, take off the skin, and with a tea-spoon take the pulp from the core. Press it through a cullender, add two spoonfuls of orange-flower water, three eggs beaten, a glass of raisin wine, a pint of scalding cream, sugar and nutmeg to taste. Lay a thin puff paste at the bottom and sides of the dish; shred some very thin lemon peel as fine as possible, and put it into the dish; likewise lemon, orange, and citron, in small slices, but not so thin as to dissolve in the baking.

PIPPIN TARTS. Pare two seville or china oranges quite thin, boil the peel tender and shred it fine. Pare and core twenty pippins, put them in a stewpan, with as little water as possible. When half done, add half a pound of sugar, the orange peel and juice, and boil all together till it is pretty thick. When cold, put it in a shallow dish, or pattipans lined with paste, to turn out, and be eaten cold.

PISTACHIO CREAM. Blanch four ounces of pistachio nuts, beat them fine with a little rose-water, and add the paste to a pint of cream. Sweeten it, let it just boil, and then put it into glasses.

PISTACHIO TART. Shell and peel half a pound of pistachio nuts, beat them very fine in a marble mortar, and work into them a piece of fresh butter. Add to this a quarter of a pint of cream, or of the juice of beet leaves, extracted by pounding them in a marble mortar, and then draining off the juice through a piece of muslin. Grate in two macarones, add the yolks of two eggs, a little salt, and sugar to the taste. Bake it lightly with a puff crust under it, and some little ornaments on the top. Sift some fine sugar over, before it is sent to table.

PLAICE. The following is an excellent way of dressing a large plaice, especially if there be a roe. Sprinkle it with salt, and keep it twenty four hours. Then wash, and wipe it dry, smear it over with egg, and cover it with crumbs of bread. Boil up some lard or fine dripping, with two large spoonfuls of vinegar; lay in the fish, and fry it of a fine colour. Drain off the fat, serve it with fried parsley laid round, and anchovy sauce. The fish may be dipped in vinegar, instead of putting vinegar in the pan.

PLAIN BREAD PUDDING. Prepare five ounces of bread crumbs, put them in a basin, pour three quarters of a pint of boiling milk over them, put a plate over the top to keep in the steam, and let it stand twenty minutes. Then beat it up quite smooth, with two ounces of sugar, and a little nutmeg. Break four eggs on a plate, leaving out one white, beat them well,

and add them to the pudding. Stir it all well together, put it into a mould that has been well buttered and floured, tie a cloth tight over it, and boil it an hour.

PLAIN CHEESECAKES. Three quarters of a pound of cheese curd, and a quarter of a pound of butter, beat together in a mortar. Add a quarter of a pound of fine bread soaked in milk, three eggs, six ounces of currants well washed and picked, sugar to the taste, a little candied orange peel, and a little sack. Bake them in a puff crust in a quick oven.

PLAIN FRITTERS. Grate a fine penny loaf into a pint of milk, beat it smooth, add the yolks of five eggs, three ounces of fine sugar, and a little nutmeg. Fry them in hog's lard, and serve them up with melted butter and sugar.

PLAIN PEAS SOUP. The receipts too generally given for peas are so much crowded with ingredients, that they entirely overpower the flavour of the peas. Nothing more is [250] necessary to plain good soup, than a quart of split peas, two heads of celery, and an onion. Boil all together in three quarts of broth or soft water; let them simmer gently on a trivet over a slow fire for three hours, and keep them stirring, to prevent burning at the bottom of the kettle. If the water boils away, and the soup gets too thick, add some boiling water to it. When the peas are well softened, work them through a coarse sieve, and then through a tammis. Wash out the stewpan, return the soup into it, and give it a boil up; take off any scum that rises, and the soup is ready. Prepare some fried bread and dried mint, and send them up with it on two side dishes. This is an excellent family soup, produced with very little trouble or expense, the two quarts not exceeding the charge of one shilling. Half a dram of bruised celery seed, and a little sugar, added just before finishing the soup, will give it as much flavour as two heads of the fresh vegetable.

PLAIN RICE PUDDING. Wash and pick some rice, scatter among it some pimento finely powdered, but not too much. Tie up the rice in a cloth, and leave plenty of room for it to swell. Boil it in a good quantity of water for an hour or two, and serve it with butter and sugar, or milk. Lemon peel may be added to the pudding, but it is very good without spice, and may be eaten with butter and salt.

PLANTING. In rendering swampy ground useful, nothing is so well adapted as planting it with birch or alder, which grows spontaneously on bogs and swamps, a kind of soil which otherwise would produce nothing but weeds and rushes. The wood of the alder is particularly useful for all kinds of machinery, for pipes, drains, and pump trees, as it possesses the peculiar quality of resisting injury from wet and weather. The bark is also highly valuable to black dyers, who purchase it at a good price; and it is much to be lamented that the properties of this useful tree are not duly appreciated.

PLANTATIONS. Young plantations are liable to great injury, by being barked in the winter season. To prevent this, take a quantity of grease, scent it with a little tar, and mix them well together. Brush it round the stems of young trees, as high at least as hares and rabbits can reach, and it will effectually prevent their being barked by these animals. Tar must not be used alone, for when exposed to the sun and air, it becomes hard and binding, and hinders the growth of the plantation. Grease will not have this effect, and the scent of the tar is highly obnoxious to hares and rabbits.

PLASTERS. Common plaster is made of six pints of olive oil, and two pounds and a half of litharge finely powdered. A smaller quantity may of course be made of equal proportions. Boil them together over a gentle fire, in about a gallon of water, and keep the ingredients constantly stirring. After they have boiled about three hours, a little of the salve may be taken out, and put into cold water. When of a proper consistence, the whole may be suffered to cool, and the water pressed out of it with the hands. This will serve as a basis for other plasters, and is generally applied in slight wounds and excoriations of the skin. It keeps the part warm and supple, and defends it from the air, which is all that is necessary in such cases.—Adhesive plaster, which is principally used for keeping on other dressings, consists of half a pound of common plaster, and a quarter of a pound of Burgundy pitch melted together.—Anodyne plaster is as follows. Melt an ounce of the adhesive, and when cooling, mix with it a dram of powdered opium, and the same of camphor, previously rubbing with a [251] little oil. This plaster generally gives ease in acute pains, especially of the nervous kind.—Blistering plaster is made in a variety of ways, but seldom of a proper consistence. When compounded of oils, and other greasy substances, its effects are lessened, and it is apt to run, while pitch and rosin render it hard and inconvenient. The following will be found the best method. Take six ounces of venice turpentine, two ounces of yellow wax, three ounces of spanish flies finely powdered, and one ounce of the flour of mustard. Melt the wax, and while it is warm, add the turpentine to it, taking care not to evaporate it by too much heat. After the turpentine and wax are sufficiently incorporated, sprinkle in the powders, and stir the mass till it is cold. When the blistering plaster is not at hand, mix with any soft ointment a sufficient quantity of powdered flies, or form them into a plaster with flour and vinegar.

PLATE. The best way to clean plate, is to boil an ounce of prepared hartshorn powder in a quart of water; and while on the fire, put in as much plate as the vessel will hold. Let it boil a little, then take it out, drain it over the saucepan, and dry it before the fire. Put in more, and serve it the same, till all is done. Then soak some clean rags in the water, and when dry they will serve to clean the plate. Cloths thus saturated with hartshorn powder, are also the best things for cleaning brass locks, and the finger plates of doors. When the plate is quite dry, it must be rubbed bright with soft leather. In many plate powders there is a mixture of quicksilver, which is very injurious; and among other disadvantages, it makes silver so brittle that it will break with a fall. In common cases, whitening, properly purified from sand, applied wet, and rubbed till dry, is one of the cheapest and best of all plate powders.

PLATING OF GLASS. Pour some mercury on a tin foil, smoothly laid on a flat table, and rub it gently with a hare's foot. It soon unites itself to the tin, which then becomes very splendid, or is what they call quickened. A plate of glass is then cautiously, passed upon the tin leaf, in such a manner as to sweep off the redundant mercury, which is not incorporated with the tin. Leaden weights are then to be placed on the glass; and in a little time the quicksilvered tin foil adheres, so firmly to the glass, that the weights may be removed without any danger of its falling off. The glass thus coated is a common looking-glass. About two ounces of mercury are sufficient for covering three square feet of glass.

PLOVERS. In purchasing plovers, choose those that feel hard at the vent, which shows they are fat. In other respects, choose them by the same marks as other fowl. When stale, the feet are harsh and dry. They will keep a long time. There are three sorts of these birds, the grey, the green, and the bastard plover, or lapwing. Green plovers are roasted in the

same way as snipes and woodcocks, without drawing, and are served on toast. The grey ones may be roasted, or stewed with gravy, herbs, and spice.

PLOVERS' EGGS. Boil them ten minutes, and serve them either hot or cold on a napkin. These make a nice and fashionable dish.

PLUM CAKE. This is such a favourite article in most families, and is made in so many different ways, that it will be necessary to give a variety of receipts, in order that a selection may be made agreeably to the taste of the reader, or the quality of the article to be preferred.—For a good common plum cake, mix five ounces of butter in three pounds of fine dry flour, and five ounces of the best moist sugar. Add six ounces of currants, washed and dried, and some pimento finely powdered. Put three spoonfuls of yeast into a pint of [252] new milk warmed, and mix it with the above into a light dough.—A cake of a better sort. Mix thoroughly a quarter of a peck of fine flour well dried, with a pound of dry and sifted loaf sugar, three pounds of currants washed and very dry, half a pound of raisins stoned and chopped, a quarter of an ounce of mace and cloves, twenty peppercorns, a grated nutmeg, the peel of a lemon cut as fine as possible, and half a pound of almonds blanched and beaten with orange-flower water. Melt two pounds of butter in a pint and a quarter of cream, but not too hot; add a pint of sweet wine, a glass of brandy, the whites and yolks of twelve eggs beaten apart, and half a pint of good yeast. Strain this liquid by degrees into the dry ingredients, beating them together a full hour; then butter the hoop or pan, and bake it. When the batter is put into the pan, throw in plenty of citron, lemon, and orange candy. If the cake is to be iced, take half a pound of double refined sugar sifted, and put a little with the white of an egg; beat it well, and by degrees pour in the remainder. It must be whisked nearly an hour, with the addition of a little orange-flower water, but not too much. When the cake is done, pour the iceing over it, and return it to the oven for fifteen minutes. But if the oven be quite warm, keep it near the mouth, and the door open, lest the colour be spoiled.—Another. Dried flour, currants washed and picked, four pounds; sugar pounded and sifted, a pound and a half; six orange, lemon, and citron peels, cut in slices. These are to be mixed together. Beat ten eggs, yolks and whites separately. Melt a pound and a half of butter in a pint of cream; when cold, put to it half a pint of yeast, near half a pint of sweet wine, and the eggs. Then strain the liquid to the dry ingredients, beat them well, and add of cloves, mace, cinnamon, and nutmeg, half an ounce each. Butter the pan, and put it into a quick oven. Three hours will bake it.—Another. Mix with a pound of well-dried flour, a pound of loaf sugar, and the eighth of an ounce of mace, well beaten. Beat up five eggs with half the whites, a gill of rose water, and a quarter of a pint of yeast, and strain them. Melt half a pound of butter in a quarter of a pint of cream, and when cool, mix all together. Beat up the batter with a light hand, and set it to rise half an hour. Before it is put into the oven, mix in a pound and a half of currants, well washed and dried, and bake it an hour and a quarter.—For a rich cake, take three pounds of well-dried flour, three pounds of fresh butter, a pound and a half of fine sugar dried and sifted, five pounds of currants carefully cleaned and dried, twenty-four eggs, three grated nutmegs, a little pounded mace and cloves, half a pound of almonds, a glass of sack, and a pound of citron or orange peel. Pound the almonds in rose water, work up the butter to a thin cream, put in the sugar, and work it well; then the yolks of the eggs, the spices, the almonds, and orange peel. Beat the whites of the eggs to a froth, and put them into the batter as it rises. Keep working it with the hand till the oven is ready,

and the scorching subsided; put it into a hoop, but not full, and two hours will bake it. The almonds should be blanched in cold water. This will make a large rich plum cake.—A small common cake may be made of a pound of dough, a quarter of a pound of butter, two eggs, a quarter of a pound of lump sugar, a quarter of a pound of currants, and a little nutmeg.—Another. Take a pound and a half of fine white dough, roll into it a pound of butter, as for pie crust, and set it by the fire. Beat up the yolks of four eggs, with half a pound of fine [253] powdered sugar; pour it upon the mass, and work it well by the fire. Add half a pound of currants, well picked and washed, and send it to the oven. Half the quantity of sugar, eggs, and butter, will make a very pleasant cake.—Another. A pound and a half of well-dried flour, a pound of butter, a pound of sugar, and a pound of currants, picked and washed. Beat up eight eggs, warm the butter, mix all together, and beat it up for an hour.—For little plum cakes, intended to keep for some time, dry a pound of fine flour, and mix it with six ounces of finely pounded sugar. Beat six ounces of butter to a cream, and add to three eggs well beaten, half a pound of currants nicely washed and dried, together with the sugar and flour. Beat all for some time, then dredge some flour on tin plates, and drop the batter on them the size of a walnut. If properly mixed, it will be a stiff paste. Bake in a brisk oven. To make a rich plum cake, take four pounds of flour well dried, mix with it a pound and a half of fine sugar powdered, a grated nutmeg, and an ounce of mace pounded fine. When they are well mixed, make a hole in the middle, and pour in fifteen eggs, but seven whites, well beaten, with a pint of good yeast, half a quarter of a pint of orange-flower water, and the same quantity of sack, or any other rich sweet wine. Then melt two pounds and a half of butter in a pint and a half of cream; and when it is about the warmth of new milk, pour it into the middle of the batter. Throw a little of the flour over the liquids, but do not mix the whole together till it is ready to go into the oven. Let it stand before the fire an hour to rise, laying a cloth over it; then have ready six pounds of currants well washed, picked, and dried; a pound of citron and a pound of orange peel sliced, with a pound of blanched almonds, half cut in slices lengthways, and half finely pounded. Mix all well together, butter the tin well, and bake it two hours and a half. This will make a large cake.—Another, not quite so rich. Three pounds of flour well dried, half a pound of sugar, and half an ounce of spice, nutmeg, mace, and cinnamon, well pounded. Add ten eggs, but only half the whites, beaten with a pint of good yeast. Melt a pound of butter in a pint of cream, add it to the yeast, and let it stand an hour to rise before the fire. Then add three pounds of currants well washed, picked and dried. Butter the tin, and bake it an hour.—A common plum cake is made of three pounds and a half of flour, half a pound of sugar, a grated nutmeg, eight eggs, a glass of brandy, half a pint of yeast, a pound of butter melted in a pint and half of milk, put lukewarm to the other ingredients. Let it rise an hour before the fire, then mix it well together, add two pounds of currants carefully cleaned, butter the tin, and bake it.

PLUM JAM. Cut some ripe plums to pieces, put them into a preserving pan, bruise them with a spoon, warm them over the fire till they are soft, and press them through a cullender. Boil the jam an hour, stir it well, add six ounces of fine powdered sugar to every pound of jam, and take it off the fire to mix it. Then heat it ten minutes, put it into jars, and sift some fine sugar over it.

PLUM PUDDING. Take six ounces of suet chopped fine, six ounces of malaga raisins stoned, eight ounces of currants nicely washed and picked, three ounces of bread crumbs,

three ounces of flour, and three eggs. Add the sixth part of a grated nutmeg, a small blade of mace, the same quantity of cinnamon, pounded as fine as possible; half a tea-spoonful of salt, nearly half a pint of milk, four ounces of sugar, an ounce of candied lemon, and half an [254] ounce of citron. Beat the eggs and spice well together, mix the milk with them by degrees, and then the rest of the ingredients. Dip a fine close linen cloth into boiling water, and put it in a hair sieve, flour it a little, and tie the pudding up close. Put it into a saucepan containing six quarts of boiling water; keep a kettle of boiling water near it, to fill up the pot as it wastes, and keep it boiling six hours. If the water ceases to boil, the pudding will become heavy, and be spoiled. Plum puddings are best when mixed an hour or two before they are boiled, as the various ingredients by that means incorporate, and the whole becomes richer and fuller of flavour, especially if the various ingredients be thoroughly well stirred together. A table-spoonful of treacle will give the pudding a rich brown colour.—Another. Beat up the yolks and whites of three eggs, strain them through a sieve, gradually add to them a quarter of a pint of milk, and stir it well together. Rub in a mortar two ounces of moist sugar, with as much grated nutmeg as will lie on a six-pence, and stir these into the eggs and milk. Then put in four ounces of flour, and beat it into a smooth batter; by degrees stir into it seven ounces of suet, minced as fine as possible, and three ounces of bread crumbs. Mix all thoroughly together, at least half an hour before the pudding is put into the pot. Put it into an earthenware pudding mould, well buttered, tie a pudding cloth tight over it, put it into boiling water, and boil it three hours. Half a pound of raisins cut in halves, and added to the above, will make a most admirable plum pudding. This pudding may also be baked, or put under roast meat, like a Yorkshire pudding. In the latter case, half a pint more milk must be added, and the batter should be an inch and a quarter in thickness. It will take full two hours, and require careful watching; for if the top get burned, an unpleasant flavour will pervade the whole pudding. Or butter some saucers, and fill them with batter; in a dutch oven they will bake in about an hour.—Another. To three quarters of a pound of flour, add the same weight of stoned raisins, half a pound of suet or marrow, cut small, a pint of milk, two eggs, three spoonfuls of moist sugar, and a little salt. Boil the pudding five hours.—To make a small rich plum pudding, take three quarters of a pound of suet finely shred, half a pound of stoned raisins a little chopped, three spoonfuls of flour, three spoonfuls of moist sugar, a little salt and nutmeg, three yolks of eggs, and two whites. Boil the pudding four hours in a basin of tin mould, well buttered. Serve it up with melted butter, white wine and sugar, poured over it.—For a large rich pudding, take three pounds of suet chopped small, a pound and a half of raisins stoned and chopped, a pound and a half of currants, three pounds of flour, sixteen eggs, and a quart of milk. Boil it in a cloth seven hours. If for baking, put in only a pint of milk, with two additional eggs, and an hour and a half will bake it.—A plum pudding without eggs may be made of three quarters of a pound of flour, three quarters of a pound of suet chopped fine, three quarters of a pound of stoned raisins, three quarters of a pound of currants well washed and dried, a tea-spoonful of ground ginger, and rather more of salt. Stir all well together, and add as little milk as will just mix it up quite stiff. Boil the pudding four hours in a buttered basin.—Another. The same proportions of flour and suet, and half the quantity of fruit, with spice, lemon, a glass of white wine, an egg and milk, will make an excellent pudding, but it must be well boiled.

POACHED EGGS. Set a stewpan of water on the fire; when boiling, slip an egg, previously broken into a cup, into the water. When the white looks done enough, slide an [255]

egg-slice under the egg, and lay it on toast and butter, or boiled spinach. As soon as done enough, serve them up hot. If the eggs be not fresh laid, they will not poach well, nor without breaking. Trim the ragged parts of the whites, and make them look round.

POISON. Whenever a quantity of arsenic has been swallowed, by design or mistake, its effects may be counteracted by immediately drinking plenty of milk. The patient should afterwards take a dram of the liver of sulphur, in a pint of warm water, a little at a time as he can bear it; or he may substitute some soap water, a quantity of common ink, or any other acid, if other things cannot be readily procured.—To obviate the ill effects of opium, taken either in a liquid or solid form, emetics should be given as speedily as possible. These should consist of an ounce each of oxymel squills and spearmint water, and half a scruple of ipecacuanha, accompanied with frequent draughts of water gruel to assist the operation.—Those poisons which may be called culinary, are generally the most destructive, because the least suspected; no vessels therefore made of copper or brass should be used in cooking. In cases where the poison of virdigris has been recently swallowed, emetics should first be given, and then the patient should drink abundance of cold water.—If any one has eaten of the deadly nightshade, he should take an emetic as soon as possible, and drink a pint of vinegar or lemon juice in an equal quantity of water, a little at a time; and as sleep would prove fatal, he should keep walking about to prevent it.—For the bite of the mad dog, or other venomous animals, nothing is to be depended on for a cure but immediately cutting out the bitten part with a lancet, or burning it out with a red-hot iron.—To prevent the baneful effects of burning charcoal, set an open vessel of boiling water upon the pan containing the charcoal, and keep it boiling. The steam arising from the water will counteract the effects of the charcoal. Painters, glaziers, and other artificers, should be careful to avoid the poisonous effects of lead, by washing their hands and face clean before meals, and by never eating in the place where they work, nor suffering any food or drink to remain exposed to the fumes or dust of the metal. Every business of this sort should be performed as far as possible with gloves on the hands, to prevent the metal from working into the pores of the skin, which is highly injurious, and lead should never be touched when it is hot.

POIVRADE SAUCE. Pick the skins of twelve shalots, chop them small, mix with them a table-spoonful of veal gravy, a gill and a half of vinegar, half an anchovy pressed through a fine sieve, and a little salt and cayenne. If it is to be eaten with hot game, serve it up boiling: if with cold, the sauce is to be cold likewise.—Another way. Put a piece of butter the size of half an egg into a saucepan, with two or three sliced onions, some of the red outward part, of carrots, and of the part answering to it of parsnip, a clove of garlic, two shalots, two cloves, a bay leaf, with basil and thyme. Shake the whole over the fire till it begins to colour, then add a good pinch of flour, a glass of red wine, a glass of water, and a spoonful of vinegar. Boil it half an hour, take off the fat, pass the sauce through a tammis, add some salt and pepper, and use it with any thing that requires a relishing sauce.

POLISHED STOVES. Steel or polished stoves may be well cleaned in a few minutes, by using a piece of fine-corned emery stone, and afterwards polishing with flour of emery or [256]
rottenstone. If stoves or fire irons have acquired any rust, pound some glass to fine powder; and having nailed some strong woollen cloth upon a board, lay upon it a thick coat of gum water, and sift the powdered glass upon it, and let it dry. This may be repeated as often as is necessary to form a sharp surface, and with this the rust may easily be rubbed off; but care

must be taken to have the glass finely powdered, and the gum well dried, or the polish on the irons will be injured. Fire arms, or similar articles, may be kept clean for several months, if rubbed with a mixture consisting of one ounce of camphor dissolved in two pounds of hog's lard, boiled and skimmed, and coloured with a little black lead. The mixture should be left on twenty four hours to dry, and then rubbed off with a linen cloth.

POMADE DIVINE. Clear a pound and a half of beef marrow from the strings and bone, put it into an earthen pan of fresh water from the spring, and change the water night and morning for ten days. Then steep it in rose water twenty four hours, and drain it in a cloth till quite dry. Take an ounce of each of the following articles, namely, storax, gum benjamin, odoriferous cypress powder, or of florence; half an ounce of cinnamon, two drams of cloves, and two drams of nutmeg, all finely powdered. Mix them with the marrow above prepared, and put all the ingredients into a pewter pot that holds three quarts. Make a paste of flour and the white of an egg, and lay it upon a piece of rag. Over that must be another piece of linen, to cover the top of the pot very close, that none of the steam may evaporate. Set the pot into a large copper pot of water, observing to keep it steady, that it may not reach to the covering of the pot that holds the marrow. As the water shrinks add more, boiling hot, for it must boil incessantly for four hours. Strain the ointment through a linen cloth into small pots, and cover them when cold. Do not touch it with any thing but silver, and it will keep many years. A fine pomatum may also be made by putting half a pound of fresh marrow prepared as above, and two ounces of fresh hog's lard, on the ingredients; and then observing the same process as above.

POMATUM. To make soft pomatum, beat half a pound of unsalted fresh lard in common water, then soak and beat in two different rose-waters. Drain it, and beat it, with two spoonfuls of brandy. Let it drain from this, then add some essence of lemon, and keep it in small pots. Or soak half a pound of clear beef marrow, and a pound of unsalted fresh lard, in water two of three days, changing and beating it every day. Put it into a sieve; and when dry, into a jar, and the jar, into a saucepan of water. When melted, pour it into a bason, and beat it with two spoonfuls of brandy. Drain off the brandy, and add essence of lemon, bergamot, or any other scent that is preferred.—For hard pomatum, prepare as before equal quantities of beef marrow and mutton suet, using the brandy to preserve it, and adding the scent. Then pour it into moulds, or phials, of the size intended for the rolls. When cold break the bottles, clear away the glass carefully, and put paper round the balls.

PONDS. Stagnant or running water is often infected with weeds, which become troublesome and injurious to the occupier, but which might easily be prevented by suffering geese, or particularly swans, to feed upon the surface. These water fowls, by nibbling the young shoots as fast as they arise, will prevent their growth and appearance on the surface of the water, and all the expense which might otherwise be incurred in clearing them away.

POOR MAN'S SAUCE. Pick a handful of parsley leaves from the stalks, mince them very fine, and strew over a little salt. Shred fine half a dozen young green onions, add these to the parsley, and put them into a sauce boat, with three table-spoonfuls of oil, and five of vinegar. Add some ground black pepper and salt, stir them together, and it is ready. Pickled French beans or gherkins cut fine, may be added, or a little grated horseradish. This sauce is much esteemed in France, where people of taste, weary of rich dishes, occasionally order [257]

the fare of the peasant.

PORK. This is a strong fat meat, and unless very nicely fed, it is fit only for hard working people. Young pigs, like lamb and veal, are fat and luscious, but afford very little nutriment. Pork fed by butchers, or at distilleries, is very inferior, and scarcely wholesome; it is fat and spongy, and utterly unfit for curing. Dairy fed pork is the best. To judge of pork, pinch the lean; and if young and good, it will easily part. If the rind is tough, thick, and cannot easily be impressed with the finger, it is old. A thin rind denotes a good quality in general. When fresh, the meat will be smooth and cool: if clammy, it is tainted. What is called in some places measly pork, is very unwholesome; and may be known by the fat being full of kernels, which in good pork is never the case. Bacon hogs and porkers are differently cut up. Hogs are kept to a larger size; the chine or backbone is cut down on each side, the whole length, and is a prime part either boiled or roasted. The sides of the hog are made into bacon, and the inside is cut out with very little meat to the bone. On each side there is a large sparerib, which is usually divided into two, a sweet bone and a blade bone. The bacon is the whole outside, and contains a fore leg and a ham; the last of these is the hind leg, but if left with the bacon it is called a gammon. Hog's lard is the inner fat of the bacon hog, melted down. Pickled pork is made of the flesh of the hog, but more frequently of smaller and younger meat. Porkers are not so large as hogs, and are generally divided into four quarters. The fore quarter has the spring or fore leg, the fore loin or neck, the sparerib, and the griskin. The hind quarter has the leg and the loin. Pig's feet and ears make various good dishes, and should be cut off before the legs and cheeks are cured. The bacon hog is sometimes scalded, to take off the hair, and sometimes singed. The porker is always scalded.

PORK CHOPS. Cut the chops nearly half an inch thick, trim them neatly, and beat them flat. Put a piece of butter into the fryingpan; as soon as it is hot, put in the chops, turn them often, and they will be nicely browned in fifteen minutes. Take one upon a plate and try it; if done, season it with a little finely minced onion, powdered sage, pepper and salt. Or prepare some sweet herbs, sage and onion chopped fine, and put them into a stewpan with a bit of butter. Give them one fry, beat two eggs on a plate with a little salt, and the minced herbs, and mix it all well together. Dip the chops in one at a time, then cover them with bread crumbs, and fry them in hot lard or drippings, till they are of a light brown. Veal, lamb, or mutton chops, are very good dressed in the same manner.

PORK GRISKIN. As this joint is usually very hard, the best way is to cover it with cold water, and let it boil up. Then take it out, rub it over with butter, and set it before the fire in a Dutch oven; a few minutes will do it.

PORK JELLY. Take a leg of well-fed pork, just as cut up, beat it, and break the bone. Set it over a gentle fire, with three gallons of water, and simmer it down to one. Stew with it [258]
half an ounce of mace, and half an ounce of nutmegs, and strain it through a fine sieve. When cold, take off the fat, and flavour it with salt. This jelly is reckoned a fine restorative in consumptive cases, and nervous debility, a chocolate-cupful to be taken three times a day.

PORK AS LAMB. To dress pork like lamb, kill a young pig four or five months old, cut up the fore-quarter for roasting as you do lamb, and truss the shank close. The other parts will make delicate pickled pork, steaks, or pies.

PORK PIES. Raise some boiled crust into a round or oval form, and have ready the trimming and small bits of pork when a hog is killed. If these be not sufficient, take the meat of a sweet bone. Beat it well with a rolling-pin, season with pepper and salt, and keep the fat and lean separate. Put it in layers, quite up to the top; lay on the lid, cut the edge smooth round, and pinch it together. As the meat is very solid, it must be baked in a slow soaking oven. The pork may be put into a common dish, with a very plain crust, and be quite as good. Observe to put no bone or water into pork pie: the outside pieces will be hard, unless they are cut small, and pressed close. Pork pies in a raised crust, are intended to be eaten cold.

PORK SAUCE. Take two ounces of the leaves of green sage, an ounce of lemon peel thinly pared, an ounce of minced shalot, an ounce of salt, half a dram of cayenne, and half a dram of citric acid. Steep them for a fortnight in a pint of claret, shake it often, and let it stand a day to settle. Decant the clear liquor, and cork it up close. When wanted, mix a table-spoonful in a quarter of a pint of gravy, or melted butter. This will give a fine relish to roast pork, or roast goose.

PORK SAUSAGES. Chop fat and lean pork together, season it with pepper, salt, and sage. Fill hogs' guts that have been thoroughly soaked and cleaned, and tie up the ends carefully. Or the minced meat may be kept in a very small pan, closely covered, and so rolled and dusted with flour before it is fried. Serve them up with stewed red cabbage, mashed potatoes, or poached eggs. The sausages should be pricked with a pin, before they are boiled or fried, or they will be liable to burst.

PORK STEAKS. Cut them from a loin or neck, and of middling thickness. Pepper and broil them, and keep them turning. When nearly done, put on salt, rub a bit of butter over, and serve the moment they are taken off the fire, a few at a time.

PORKER'S HEAD. Choose a fine young head of pork, clean it well, and put bread and sage as for pig. Sow it up tight, roast it as a young pig, on the hanging jack, and serve it with the same kind of sauce.

PORTABLE SOUP. Boil one or two knuckles of veal, one or two shins of beef, and three pounds of beef, in as much water only as will cover them. Take the marrow out of the bones, put in any kind of spice, and three large onions. When the meat is done to rags, strain it off, and set it in a very cold place. Take off the cake of fat, which will do for common pie crusts, and put the soup into a double-bottomed tin saucepan. Set it on a pretty quick fire, but do not let it burn. It must boil fast and uncovered, and be stirred constantly for eight hours. Put it into a pan, and let it stand in a cold place a day; then pour it into a round soup-dish, and set the dish into a stewpan of boiling water on a stove, and let it boil. Stir it now and then, till the soup is thick and ropy; then it is enough. Pour it into the little round part at the bottom of cups and basons turned upside down, to form it into cakes; and when cold, turn them out on flannel to dry. Keep them in tin canisters; and when to be used, dissolve [259] them in boiling water. The flavour of herbs may be added, by first boiling and straining off the liquor, and melting the soup in it. This preparation is convenient in travelling, or at sea, where fresh meat is not readily obtained, as by this means a bason of soup may be made in five minutes.

PORTER. This pleasant beverage may be made with eight bushels of malt to the hogshead, and eight pounds of hops. While it is boiling in the copper, add to it three pounds of liquorice root bruised, a pound of Spanish liquorice, and twelve pounds of coarse sugar or treacle.

PORTUGAL CAKES. Take a pound of well-dried flour, a pound of loaf sugar, a pound of butter well washed in orange-flower water, and a large blade of mace. Take half the flour, and fifteen eggs, leaving out two of the whites, and work them well together with the butter for half an hour, shaking in the rest of the flour with a dredger. Put the cakes into a cool oven, strewing over them a little sugar and flour, and let them bake gently half an hour.

PORTUGUESE SOLES. If the fish be large, cut it in two: if small, they need only be split open. The bones being taken out, put the fish into a pan with a bit of butter, and some lemon juice. Fry it lightly, lay it on a dish, spread a forcemeat over each piece, and roll it round, fastening the roll with a few small skewers. Lay the rolls into a small earthen pan, beat up an egg and smear them, and strew some crumbs over. Put the remainder of the egg into the bottom of the pan, with a little meat gravy, a spoonful of caper liquor, an anchovy chopped fine, and some minced parsley. Cover the pan close, and bake in a slow oven till the fish is done enough. Place the rolls in a dish for serving, and cover it to keep them hot till the baked gravy is skimmed. If not enough, a little fresh gravy must be prepared, flavoured as above, and added to the fish. This is the Portuguese way of dressing soles.

PORTUGUESE STUFFING. Pound lightly some cold beef, veal, or mutton. Add some fat bacon lightly fried and cut small, some onions, a little garlic or shalot, some parsley, anchovy, pepper, salt, and nutmeg. Pound all fine with a few crumbs, and bind it with two or three yolks of eggs. This stuffing is for baked soles, the heads of which are to be left on one side of the split part, and kept on the outer side of the roll; and when served, the heads are to be turned towards each other in the dish. Garnish with fried or dried parsley.

POT HERBS. As some of these are very pungent, they require to be used with discretion, particularly basil, savoury, thyme, or knotted marjoram. The other sorts are milder, and may be used more freely.

POT POURRI. Put into a large china jar the following ingredients in layers, with bay salt strewed between. Two pecks of damask roses, part in buds and part blown; violets, orange flowers and jasmine, a handful of each; orris root sliced, benjamin and storax, two ounces of each; a quarter of an ounce of musk, a quarter of a pound of angelica root sliced, a quart of the red parts of clove gilliflowers, two handfuls of lavender flowers, half a handful of rosemary flowers, bay and laurel leaves, half a handful of each; three Seville oranges, stuck as full of cloves as possible, dried in a cool oven and pounded, and two handfuls of balm of gilead dried. Cover all quite close, and when the pot is uncovered the perfume is very fine.

POTATOE BALLS. Mix some mashed potatoes with the yolk of an egg, roll the mass into balls, flour them, or put on egg and bread crumbs, and fry them in clean drippings, or brown them in a Dutch oven.—Potatoe balls ragout are made by adding to a pound of potatoes, a quarter of a pound of grated ham, or some chopped parsley, or sweet herbs; adding an onion or shalot, salt and pepper, a little grated nutmeg or other spice, and the yolks of two eggs. They are then to be dressed as potatoe balls. [260]

POTATOE BREAD. Weigh half a pound of mealy potatoes after they are boiled or steamed, and rub them while warm into a pound and a half of fine flour, dried a little before the fire. When thoroughly mixed, put in a spoonful of good yeast, a little salt, and warm milk and water sufficient to work into dough. Let it stand by the fire to rise for an hour and a half, then make it into a loaf, and bake it in a tolerably brisk oven. If baked in a tin the crust will be more delicate, but the bread dries sooner.—Another. To two pounds of well-boiled mealy potatoes, rubbed between the hands till they are as fine as flour, mix in thoroughly two large double handfuls of wheat flour, three good spoonfuls of yeast, a little salt, and warm milk enough to make it the usual stiffness of dough. Let it stand three or four hours to rise, then mould it, make it up, and bake it like common bread.

POTATOE CHEESECAKES. Boil six ounces of potatoes, and four ounces of lemon peel; beat the latter in a marble mortar, with four ounces of sugar. Then add the potatoes, beaten, and four ounces of butter melted in a little cream. When well mixed, let it stand to grow cold. Put crust in pattipans, and rather more than half fill them. This quantity will make a dozen cheesecakes, which are to be baked half an hour in a quick oven, with some fine powdered sugar sifted over them.

POTATOE FRITTERS. Boil two large potatoes, scrape them fine; beat up four yolks and three whites of eggs, and add a large spoonful of cream, another of sweet wine, a squeeze of lemon, and a little nutmeg. Beat this batter at least half an hour, till it be extremely light. Put a good quantity of fine lard into a stewpan, and drop a spoonful of the batter at a time into it, and fry the fritters. Serve for sauce a glass of white wine, the juice of a lemon, one dessert spoonful of peach leaf or almond water, and some white sugar. Warm them together, but do not put the sauce into the dish.—Another way. Slice some potatoes thin, dip them in a fine batter, and fry them. Lemon peel, and a spoonful of orange-flower water, should be added to the batter. Serve up the fritters with white sugar sifted over them.

POTATOE PASTE. Pound some boiled potatoes very fine, and while warm, add butter sufficient to make the mash hold together. Or mix it with an egg; and before it gets cold, flour the board pretty well to prevent it from sticking, and roll the paste to the thickness wanted. If suffered to get quite cold before it be put on the dish, it will be apt to crack.

POTATOE PASTY. Boil, peel, and mash some potatoes as fine as possible. Mix in some salt, pepper, and a good piece of butter. Make a paste, roll it out thin like a large puff, and put in the potatoe. Fold over one half, pinching the edges, and bake it in a moderate oven.

POTATOE PIE. Skin some potatoes, cut them into slices, and season them. Add some mutton, beef, pork, or veal, and put in alternate layers of meat and potatoes.

POTATOE PUDDING. To make a plain potatoe pudding, take eight ounces of boiled potatoes, two ounces of butter, the yolks and whites of two eggs, a quarter of a pint of cream, a spoonful of white wine, the juice and rind of a lemon, and a little salt. Beat all to a froth, sweeten it to taste, make a crust to it, or not, and bake it. If the pudding is required to [261] be richer, add three ounces more of butter, another egg, with sweetmeats and almonds. If the pudding is to be baked with meat, boil the potatoes and mash them. Rub the mass through a cullender, and make it into a thick batter with milk and two eggs. Lay some

seasoned steaks in a dish, then some batter; and over the last layer of meat pour the remainder of the batter, and bake it of a fine brown.—Another. Mash some boiled potatoes with a little milk, season it with pepper and salt, and cut some fat meat into small pieces. Put a layer of meat at the bottom of the dish, and then a layer of potatoe till the dish is full. Smooth the potatoes on the top, shake a little suet over it, and bake it to a fine brown. Mashed potatoes may also be baked as a pudding under meat, or placed under meat while roasting, or they may be mixed with batter instead of flour.

POTATOE ROLLS. Boil three pounds of potatoes, bruise and work them with two ounces of butter, and as much milk as will make them pass through a cullender. Take nearly three quarters of a pint of yeast, and half a pint of warm water; mix them with the potatoes, pour the whole upon five pounds of flour, and add some salt. Knead it well: if not of a proper consistence, add a little more warm milk and water. Let it stand before the fire an hour to rise; work it well, and make it into rolls. Bake them about half an hour, in an oven not quite so hot as for bread. The rolls will eat well, toasted and buttered.

POTATOE SNOW. The whitest sort of potatoes must be selected, and free from spots. Set them over the fire in cold water; when they begin to crack, strain off the water, and put them into a clean stewpan by the side of the fire till they are quite dry, and fall to pieces. Rub them through a wire sieve on the dish they are to be sent up in, and do not disturb them afterwards.

POTATOE SOUP. Cut a pound and a half of gravy beef into thin slices, chop a pound of potatoes, and an onion or two, and put them into a kettle with three quarts of water, half a pint of blue peas, and two ounces of rice. Stew these till the gravy is quite drawn from the meat, strain it off, take out the beef, and pulp the other ingredients through a coarse sieve. Add the pulp to the soup, cut in two or three roots of celery, simmer in a clean saucepan till this is tender, season with pepper and salt, and serve it up with fried bread cut into it.

POTATOE STARCH. Raw potatoes, in whatever condition, constantly afford starch, differing only in quality. The round grey or red produce the most, affording about two ounces of starch to a pound of pulp. The process is perfectly easy. Peel and wash a pound of full grown potatoes, grate them on a bread grater into a deep dish, containing a quart of clear water. Stir it well up, then pour it through a hair sieve, and leave it ten minutes to settle, till the water is quite clear. Then pour off the water, and put a quart of fresh water to it; stir it up, let it settle, and repeat this till the water is quite clear. A fine white powder will at last be found at the bottom of the vessel. The criterion of this process being completed, is the purity of the water that comes from it after stirring it up. Lay the powder on a sheet of paper in a hair sieve to dry, either in the sun or before the fire, and it is ready for use. Put into a well stopped bottle, it will keep good for many months. If this be well made, a table-spoonful of it mixed with twice the quantity of cold water, and stirred into a soup or sauce, just before it is taken up, will thicken a pint of it to the consistence of cream. This preparation much resembles the Indian Arrow Root, and is a good substitute for it. It gives a fulness on the [262] palate to gravies and sauces at hardly any expense, and is often used to thicken melted butter instead of flour. Being perfectly tasteless, it will not alter the flavour of the most delicate broth or gruel.

POTATOES. The following is allowed to be a superior method of raising potatoes, and of obtaining a larger and finer growth. Dig the earth twelve inches deep, if the soil will admit, and afterwards open a hole about six inches deep, and twelve wide. Fill it with horse dung, or long litter, about three inches thick, and plant a whole potatoe upon it; shake a little more dung over it, and mould up the earth. In this way the whole plot of ground should be planted, placing the potatoes at least sixteen inches apart. When the young shoots make their appearance, they should have fresh mould drawn round them with a hoe; and if the tender shoots are covered, it will prevent the frost from injuring them. They should again be earthed, when the roots make a second appearance, but not covered, as in all probability the season will be less severe. A plentiful supply of mould should be given them, and the person who performs this business should never tread upon the plant, or the hillock that is raised round it, as the lighter the earth is the more room the potatoe will have to expand. In Holland, the potatoes are strangely cultivated, though there are persons who give the preference to Dutch potatoes, supposing them to be of a finer grain than others. They are generally planted in the fields, in rows, nearly as thick as beans or peas, and are suffered to grow up wild and uncultivated, the object being to raise potatoes as small as possible, while the large ones, if such there happen to be, are thrown out and given to the pigs. The mode of cultivation in Ireland, where potatoes are found in the greatest perfection, is far different, and probably the best of all. The round rough red are generally preferred, and are esteemed the most genuine. These are planted in rows, and only just put in beneath the soil. These rows are divided into beds about six feet wide, a path or trench is left between the beds, and as the plants vegetate the earth is dug out of the trench, and thrown lightly over the potatoes. This practice is continued all the summer, the plants are thus nourished by the repeated accession of fresh soil, and the trench as it deepens serves the purpose of keeping the beds dry, and of carrying off the superfluous water. The potatoes are always rich and mealy, containing an unusual quantity of wholesome flour.

POTATOES BOILED. The vegetable kingdom scarcely affords any food more wholesome, more easily procured, easily prepared, or less expensive than the potatoe; yet although this most useful vegetable is dressed almost every day, in almost every family,—for one plate of potatoes that comes to table as it should, ten are spoiled. There is however a great diversity in the colour, size, shape, and quality of the potatoe, and some are of a very inferior description. The yellow are better than the white, but the rough red are the most mealy and nutritive. Choose those of a moderate size, free from blemishes, and fresh. It is best to buy them in the mould, as they come from the bed, and they should not be wetted till they are cleaned for cooking. Protect them from the air and frost, by laying in heaps in a dry place, covering them with mats, or burying them in dry sand. If the frost affects them, the life of the vegetable is destroyed, and the potatoe speedily rots. When they are to be dressed, wash them, but do not pare or cut them, unless they are very large. Fill a saucepan half full of potatoes of an equal size, and add as much cold water as will cover them about an inch. [263] Most boiled things are spoiled by having too little water, but potatoes are often spoiled by too much: they should merely be covered, and a little allowed for waste in boiling. Set them on a moderate fire till they boil, then take them off, and place them on the side of the fire to simmer slowly, till they are soft enough to admit a fork. The usual test of their skin cracking is not to be depended on, for if they are boiled fast this will happen when the potatoes are not half done, and the inside is quite hard. Pour off the water the minute the potatoes are

done, or they will become watery and sad; uncover the saucepan, and set it at such a distance from the fire as will prevent its burning; the superfluous moisture will then evaporate, and the potatoes become perfectly dry and mealy. This method is in every respect equal to steaming, and the potatoes are dressed in half the time.

POTATOES BROILED. Parboil, then slice and broil them. Or parboil, and set them whole on the gridiron over a very slow fire. When thoroughly done, send them up with their skins on. This method is practised in many Irish families.

POTATOES IN CREAM. Half boil some potatoes, drain and peel them nicely, and cut into neat pieces. Put them into a stewpan with some cream, fresh butter, and salt, of each a proportion to the quantity of potatoes; or instead of cream, put some good gravy, with pepper and salt. Stew them very gently, and be careful to prevent their breaking.

POTATOES FRIED. If they are whole potatoes, first boil them nearly enough, and then put them into a stewpan with a bit of butter, or some nice clean beef drippings. To prevent their burning, shake them about till they are brown and crisp, and then drain them from the fat. It would be an elegant improvement, to flour and dip them in the yolk of an egg previous to frying, and then roll them in fine sifted bread crumbs: they would then deserve to be called potatoes full dressed.—If to be fried in slices or shavings, peel some large potatoes, slice them about a quarter of an inch thick, or cut them in shavings round and round, as in peeling a lemon. Dry them well in a clean cloth, and fry them in lard or dripping. Take care that the fat and the fryingpan are both perfectly clean. Put the pan on a quick fire; as soon as the lard boils, and is still, put in the potatoe slices, and keep moving them till they are crisp. Take them up and lay them to drain on a sieve, and then send them to table with a very little salt sprinkled over.—To fry cold potatoes, put a bit of clean dripping into a fryingpan. When melted, slice in the potatoes with a little pepper and salt; set them on the fire, and keep them stirring. When quite hot, they are ready. This is a good way of re-dressing potatoes, and making them palatable.

POTATOES MASHED. When the potatoes are thoroughly boiled, drain and dry them well, and pick out every speck. Rub them through a cullender into a clean stewpan: to a pound of potatoes allow half an ounce of butter, and a spoonful of milk. Mix it up well, but do not make it too moist. After Lady day, when potatoes are getting old and specked, and also in frosty weather, this is the best way of dressing them. If potatoes are to be mashed with onions, boil the onions, and pass them through a sieve. Mix them with the potatoes, in such a proportion as is most approved.

POTATOES PRESERVED. To keep potatoes from the frost, lay them up in a dry store room, and cover them with straw, or a linen cloth. If this be not convenient, dig a trench three or four feet deep, and put them in as they are taken up. Cover them with the earth taken out of the trench, raise it up in the middle like the roof of a house, and cover it with straw so as to carry off the rain. Better still if laid above ground, and covered with a sufficient quantity of mould to protect them from the frost, as in this case they are less likely to be injured by the wet. Potatoes may also be preserved by suffering them to remain in the ground, and digging them up in the spring of the year, as they are wanted. [264]

POTATOES ROASTED. Choose them nearly of a size, wash and dry the potatoes, and

put them in a Dutch oven, or cheese toaster. Take care not to place them too near the fire, or they will burn on the outside before they are warmed through. Large potatoes will require two hours to roast them properly, unless they are previously half boiled. When potatoes are to be roasted under meat, they should first be half boiled, drained from the water, and placed in the pan under the meat. Baste them with some of the dripping, and when they are browned on one side, turn and brown them on the other. Send them up round the meat, or in a small dish.

POTATOES SCALLOPED. Having boiled and mashed the potatoes, butter some clean scallop shells, or pattipans, and put in the potatoes. Smooth them on the top, cross a knife over them, strew on a few fine bread crumbs, sprinkle them a little with melted butter from a paste brush, and then set them in a Dutch oven. When they are browned on the top, take them carefully out of the shells, and brown the other side.

POTATOES STEAMED. The potatoes must be well washed, but not pared, and put into the steamer when the water boils. Moderate sized potatoes will require three quarters of an hour to do them properly. They should be taken up as soon as they are done enough, or they will become watery: peel them afterwards.

POTTED BEEF. Take two pounds of lean beef, rub it with saltpetre, and let it lie one night. Then lay on common salt, and cover it with water four days in a small pan. Dry it with a cloth, season it with black pepper, lay it into as small a pan as will hold it, cover it with coarse paste, but put in no liquor, and bake it five hours in a very cool oven. When cold, pick out the strings and fat. Beat the meat very fine, with a quarter of a pound of fine butter just warm, but not oiled, and as much of the gravy as will make it into a paste. Put it into very small pots, and cover them with clarified butter.—Another way. Take beef that has been dressed, either boiled or roasted; beat it in a mortar with some pepper and salt, a few cloves, grated nutmeg, and a little fine butter just warm. This eats as well as the former, but the colour is not so fine. It is however a good way for using the remains of a large joint.

POTTED BIRDS. Having cleaned them nicely, rub every part well with a seasoning of white pepper and salt, mace and allspice in fine powder. Put them in a pan, lay on some butter, cover it with a paste of coarse flour, and a paper tied closely over. When baked and grown cold, cut them into pieces proper for helping, pack them close into a large potting-pan, and leave as little space as possible to receive the butter. Cover them with butter, and one third less will be wanted than when the birds are done whole.

POTTED CHEESE. Cut and pound four ounces of Cheshire cheese, one ounce and a half of fine butter, a tea-spoonful of white powdered sugar, a little bit of mace, and a glass of white wine. Press it down in a deep pot.

POTTED DAMSONS. Weigh the damsons, and wipe them dry one by one, allowing one pound of fine sugar to three pounds of fruit. Spread a little of the sugar at the bottom of the jar, then a layer of fruit, and so on till the jar is full. Then add three or four spoonfuls of water, tie it down close, and put it several times into a cool oven. [265]

POTTED DRIPPING. Boil six pounds of good beef dripping in soft water, strain it into a pan, and let it stand to cool. Take off the hard fat, scrape off the gravy, and repeat it several

times. When the fat is cold and hard, put it into a saucepan with six bay leaves, six cloves, half a pound of salt, and a quarter of a pound of whole pepper. Let the fat be entirely melted; and when it has cooled a little, strain it through a sieve into the pot, and tie it down. Turn the pot upside down, that no rats or mice may get at it, and it will keep a long time, and make good puff paste, or crust for puddings.

POTTED HARE. An old hare will do well for this purpose, likewise for soup and pie. After seasoning it, bake it with butter. When cold, take the meat from the bones, and beat it in a mortar. If not high enough, add salt, mace, pepper, and a piece of fresh butter melted in a spoonful or two of gravy that came from the hare. When well mixed, put it into small pots, and cover it with butter. The legs and back should be baked at the bottom of the jar, to keep them moist, and the bones be put over them.

POTTED HERRINGS. Scale, clean, and season them well. Bake them in a pan with spice, bay leaves, and some butter. When cold, lay them in a potting pot, and cover them over with butter. They are very fine for a supper dish.

POTTED LOBSTERS. Half boil them, pick out the meat, cut it into small pieces, season with mace, white pepper, nutmeg, and salt. Press it close into a pot, and cover it with butter; bake it half an hour, and then put in the spawn. When cold take out the lobster, and put it into pots with a little of the butter. Beat the rest of the butter in a mortar, with some of the spawn, mix the coloured butter with as much as will be sufficient to cover the pots, and strain it. Cayenne may be added, if approved.—Another way. Take out the meat as whole as possible, split the tail, and remove the gut; and if the inside be not watery, it may be added. Season with mace, nutmeg, white pepper, salt, and a clove or two, in the finest powder. Lay a little fine butter at the bottom of the pan, and the lobster smooth over it, with bay leaves between; cover it with butter, and bake it gently. When done, pour the whole on the bottom of a sieve; and with a fork lay the pieces into potting pots, some of each sort, with the seasoning about it. When cold, pour clarified butter over, but not hot. It will be good the next day; but if highly seasoned, and well covered with butter, it will keep some time. Potted lobster may be used cold, or as a fricassee, with a cream sauce. It then looks very nicely, and eats well, especially if there is spawn. Mackarel, herrings, and trout, are good potted in the same way.

POTTED MACKEREL. Clean, season, and bake them in a pan with spice, bay leaves, and some butter. When cold, lay them in a pot for potting, and cover them over with butter.

POTTED MOOR GAME. Pick, singe, and wash the birds nicely. Dry and season them pretty high, inside and out, with pepper, mace, nutmeg, allspice, and salt. Pack them in as small a pot as will hold them, cover them with butter, and bake in a very slow oven. When cold, take off the butter, dry them from the gravy, and put one bird into each pot, which should just fit. Add as much more butter as will cover them, but take care that it be not oiled. The best way to melt it is, by warming it in a bason placed in a bowl of hot water. [266]

POTTED PARTRIDGE. Clean them nicely, and season with mace, allspice, white pepper, and salt, all in fine powder. Rub every part well, then lay the breast downwards in a pan, and pack the birds as close as possible. Put a good deal of butter on them, cover the pan with a paste of coarse flour and a paper over, tie it close and bake it. When cold, put

the birds into pots, and cover them with butter. The butter that has covered potted things will serve for basting, or for paste for meat pies.

POTTED PIGEONS. Let them be quite fresh, clean them carefully, and season them with salt and pepper. Lay them close in a small deep pan; for the smaller the surface, and the closer they are packed, the less butter will be wanted. Cover them with butter, then with very thick paper tied down, and bake them. When cold, put them dry into pots that will hold two or three in each, and pour butter over them, using that which was baked in part. If they are to be kept, the butter should be laid pretty thick over them. If pigeons were boned, and then put in an oval form into the pot, they would lie closer, and require less butter. They may be stuffed with a fine forcemeat made with veal, bacon, and the other ingredients, and then they will eat very fine. If a high flavour is preferred, add mace, allspice, and a little cayenne, before baking.

POTTED RABBITS. Cut up two or three young but full-grown rabbits, and take off the leg bones at the thigh. Pack them as closely as possible in a small pan, after seasoning them with pepper, salt, mace, allspice, and cayenne, all in very fine powder. Make the top as smooth as possible. Keep out the heads and the carcase bones, but take off the meat about the neck. Put in a good deal of butter, and bake the whole gently. Keep it two days in the pan, then shift it into small pots, with some additional butter. When a rabbit is to be blanched, set it on the fire with a small quantity of cold water, and let it boil. It is then to be taken out immediately, and put into cold water for a few minutes.

POTTED SALMON. Scale and wipe a large piece of salmon, but do not wash it. Salt it, and let it lie till the salt is melted and drained from it; then season it with pounded mace, cloves, and whole pepper. Lay in a few bay leaves, put it close into a pan, cover it over with butter, and bake it. When well done, drain it from the gravy, put it into pots to keep, and when cold cover it with clarified butter. Any kind of firm fish may be potted in the same manner.

POTTED SHRIMPS. When boiled, take them out of the skins, and season them with salt, white pepper, and a very little mace and cloves. Press them into a pot, set it in the oven ten minutes, and when cold lay on butter.

POTTED TROUT. Scale and draw out the entrails of the fish without opening the belly, give them a wash, and let them drain from the water. Season the fish well with salt, pepper, cloves, mace, and ginger. Lay them into a broad pan in two layers, cover them with butter, and then with paper. Lay some sticks across the pan to keep the paper up. Bake them moderately, then take them out and drain them. Put them into pots in two layers, and fill up the pots with clarified butter, as cool as it can be to run properly. Any other fish may be potted in the same way.

POTTED VEAL. Cold fillet makes the finest potted veal, or it may be done as follows. [267]
Season a large slice of the fillet before it is dressed, with some mace, peppercorns, and two or three cloves. Lay it close into a potting pan that will but just hold it, fill the pan up with water, and bake it three hours. Then pound it in a mortar, and flavour it with salt. In pounding, put to it a little of the baked gravy, if the meat is to be eaten soon; otherwise only a little butter just melted. When done, cover it over with butter. To pot veal or chicken with

ham, pound some cold veal or the white of a chicken, seasoned as above, and place layers of it with layers of ham pounded, or rather shred. Press down each, and cover the whole with clarified butter.

POTTED VENISON. If the venison be stale, rub it with vinegar, dry it with a cloth, and rub it well with red wine. Season it with pepper, salt, and mace, and put it into a jar. Pour over it half a pint of red wine, lay in a pound of butter, and bake it tender. When it is done, clean it from the bones and skin, and beat it in a marble mortar with the fat and gravy. Press it hard into the pots, and pour clarified butter over it.

POULTICES. Common poultice is best made of white bread, put into boiling water till it is of a proper thickness. Then let it boil, and add a bit of lard, or a little sweet oil. Water answers the purpose better than milk, as the poultice thus made will retain the moisture longer.—A poultice to ripen tumours or swellings, should consist of two ounces of white lily roots, half a pound of figs, and two ounces of meal or bean flour. These are to be boiled in water till it comes to a proper consistence; the poultice is then spread on a thick cloth, applied warm, and shifted as often as it grows dry.—Carrot poultice is made of clean grated carrots mixed with water, so as to form a soft pulp. This is an excellent poultice to ease pain arising from a sore; it not only cleanses it, but takes off the offensive smell which generally attends such complaints. It also affords great relief in cancers, and should be changed twice a day.

POULTRY. Previously to their being dressed, every description of game and poultry requires to be carefully picked, and neatly trussed; every plug should be removed, and the hair nicely singed with white paper. In drawing poultry, care must be taken not to break the gall bag, for no washing will take off the bitter where it has touched. In dressing wild fowl, a brisk clear fire must be kept up, that they may be done of a fine yellow brown, but so as to leave the gravy in: the fine flavour is lost if done too much. Tame fowls require more roasting, and are longer in heating through than others. All sorts should be continually basted, that they may be served up with a froth, and appear of a fine colour. A large fowl will take three quarters of an hour, a middling one half an hour, and a small one, or a chicken, twenty minutes. The fire must be very quick and clear, before any fowls are put down. A capon will take from half an hour to thirty-five minutes, a goose an hour, wild ducks a quarter of an hour, pheasants twenty minutes, a small stuffed turkey an hour and a quarter, turkey poults twenty minutes, grouse a quarter of an hour, quails ten minutes, and partridges about twenty-five minutes. A hare will take nearly an hour, and the hind part requires most heat. Pigs and geese require a brisk fire, and quick turning. Hares and rabbits must be well attended to, and the extremities brought to the quick part of the fire, to be done equally with the backs.

POULTRY YARD. In the rearing of poultry, care should be taken to choose a fine large breed, or the ends of good management may be defeated. The Dartford sort is generally [268] approved, but it is difficult to say which is to be preferred, if they be but healthy and vigorous. The black sort are very juicy, but as their legs are so much discoloured, they are not well adapted for boiling. Those hens are usually preferred for setting, which have tufts of feathers on their head; those that crow are not considered so profitable. Some fine young fowls should be reared every year, to keep up a stock of good breeders, and bad layers and careless nurses should be excluded. The best age for a setting hen is from two to five years,

and it is necessary to remark which among them are the best breeders. Hens set twenty days, and convenient places should be provided for their laying, which will also serve for setting and hatching. A hen house should be large and high, should be frequently cleaned out, and well secured from the approach of vermin, or the eggs will be sucked, and the fowls destroyed. Hens must not be disturbed while sitting, for if frightened, they are apt to forsake their nests. Wormwood and rue should be planted about their houses; some of the former should occasionally be boiled, and sprinkled about the floor, which should not be paved, but formed of smooth earth. The windows of the house should be open to the rising sun, and a hole left at the door to let in the smaller fowls; the larger may be let in and out by opening the door. There should be a small sliding board to shut down when the fowls are gone to roost, to prevent the ravages of vermin, and a strong door and lock should be added, to secure the poultry from thieves and robbers. Let the hens lay some time before they are allowed to set, the proper time for which will be from the end of February to the beginning of May. Broods of chickens are hatched all through the summer, but those that come out very late require care till they have gained sufficient strength. Feed the hens well during the time of laying, and give them oats occasionally. If the eggs of any other sort are put under a hen with some of her own, observe to add her own as many days after the others as there is a difference in the length of their setting. A turkey and duck set thirty days, the hen only twenty. Choose large clear eggs to put her upon, and such a number as she can properly cover; about ten or twelve are quite sufficient. If the eggs be very large, they sometimes contain a double yolk, and in that case neither will be productive. When some of the chickens are hatched, long before the others, it may be necessary to keep them in a basket of wool till the others come forth. The day after they are hatched, give them some crumbs of white bread or grots soaked in milk, which are very nourishing. As soon as they have gained a little strength, feed them with curd, cheese parings cut small, or any soft food, but nothing that is sour, and provide them with clean water twice a day. Keep the hen under a pen till the young have strength to follow her about, which will be in two or three weeks; and be sure to feed the hen well. Poultry in general should be fed as nearly as possible at the same hour of the day, and in the same place, as this will be the surest way of collecting them together. Potatoes boiled in a little water, so as to be dry and mealy, and then cut, and wetted with skim milk that is not sour, will form an agreeable food for poultry, and young turkies will thrive much on it. Grain should however be given occasionally, or the constant use of potatoe food will make their flesh soft and insipid. The food of fowls goes first into the crop, which softens it; [269] it then passes into the gizzard, which by constant friction macerates it; this is facilitated by small stones which are generally found there, and which help to digest the food. If a setting hen be troubled with vermin, let her be well washed with a decoction of white lupins. The pip in fowls is occasioned by drinking dirty water, or taking filthy food. The general symptom is a white thin scale on the tongue, which should be pulled off with the finger; afterwards rub the tongue with a little salt, and the disorder will be removed.—GEESE require a somewhat different management. They generally breed once in a year; but if well kept, they will frequently hatch twice within that period. Three of these birds are usually allotted to a gander; if there were more, the eggs would be rendered abortive. The quantity of eggs to be placed under each goose while setting, is about a dozen or thirteen. While brooding, they should be well fed with corn and water, which must be placed near them, so that they may eat at pleasure. The ganders should never be excluded from their company, because they

are then instinctively anxious to watch over and guard their own geese. The nests of geese should be made of straw, and so confined that the eggs may not roll out, as the geese turn them every day. When they are nearly hatched, it is proper to break the shell near the back of the young gosling, as well for the purpose of admitting the air, as to enable it to make its escape at the proper time. To fatten young geese, the best way is to coop them up in a dark narrow place, where they are to be fed with ground malt mixed with milk; or if milk be scarce, with barley meal mashed up with water. A less expensive way will be to give them boiled oats, with either duck's meat or boiled carrots; and as they are very fond of variety, these may be given them alternately. They will then become fat in a few weeks, and their flesh will acquire a fine flavour. In order to fatten stubble geese at Michaelmas time, the way is to turn them out on the wheat stubble, or those pastures that grow after wheat has been harvested. They are afterwards to be pent up, and fed with ground malt mixed with water. Boiled oats or wheat may occasionally be substituted.—DUCKS are fattened in the same manner, only they must be allowed a large pan of water to dabble in. Those kept for breeders, should have the convenience of a large pond; and such as have their bills a little turned up will generally be found the most prolific. In the spring of the year, an additional number of ducks may be reared by putting the eggs under the care of the hen, who will hatch them as her own brood.—TURKIES, early in the spring, will often wander to a distance in order to construct their nest, where the hen deposits from fourteen to seventeen eggs, but seldom produces more than one brood in a season. Great numbers are reared in the northern counties, and driven by hundreds to the London market by means of a shred of scarlet cloth fastened to the end of a pole, which from their antipathy to this colour serves as a whip. Turkies being extremely delicate fowls, are soon injured by the cold: hence it is necessary, soon after they are hatched, to force them to swallow one whole peppercorn each, and then restore them to the parent bird. They are also liable to a peculiar disorder, which often proves fatal in a little time. On inspecting the rump feathers, two or three of their quills will be found to contain blood; but on drawing them out, the chickens soon recover, and afterwards require no other care than common poultry. Young turkies should be fed [270] with crumbs of bread and milk, eggs boiled hard and chopped, or with common dock leaves cut fine, and mixed with fresh butter-milk. They also require to be kept in the sunshine or a warm place, and guarded from the rain, or from running among the nettles. They are very fond of the common garden peppercress, or cut-leaved cress, and should be supplied with as much of it as they will eat, or allowed to pick it off the bed. In Norfolk they are fed with curds and chopped onions, also with buck wheat, and are literally crammed with boluses of barley meal till their crops are full, which perhaps may account for the superior excellence of the turkies in that part of the kingdom.

POUNCE. This article, used in writing, is made of gum sandaric, powdered and sifted very fine; or an equal quantity of rosin, burnt alum, and cuttle fishbone well dried, and mixed together. This last is of a superior quality.

POUND CAKE. Beat a pound of butter to a cream, and mix with it the whites and yolks of eight eggs beaten apart. Have ready warm by the fire, a pound of flour, and the same of sifted sugar. Mix them and a few cloves, a little nutmeg and cinnamon, in fine powder together; then by degrees work the dry ingredients into the butter and eggs. It must be well beaten for a full hour, adding a glass of wine, and some carraway seeds. Butter a pan, and

bake it a full hour in a quick oven. The above proportions, leaving out four ounces of the butter, and the same of sugar, make a less luscious cake, but a very pleasant one.

POUNDED CHEESE. Cut a pound of good mellow cheese into thin slices, add to it two or three ounces of fresh butter, rub them well together in a mortar till quite smooth. When cheese is dry, and for those whose digestion is feeble, this is the best way of eating it; and spread on bread, it makes an excellent supper. The flavour of this dish may be encreased by pounding it with curry powder, ground spice, black cayenne, and a little made mustard; or it may be moistened with a glass of sherry. If pressed down hard in a jar, and covered with clarified butter, it will keep for several days in cool weather.

PRAWNS AND SHRIMPS. When fresh they have a sweet flavour, are firm and stiff, and of a bright colour. Shrimps are of the prawn kind, and may be judged by the same rules.

PRAWN SOUP. Boil six whitings and a large eel, in as much water as will cover them, after being well cleaned. Skim them clean, and put in whole pepper, mace, ginger, parsley, or onion, a little thyme, and three cloves, and boil the whole to a mash. Pick fifty crawfish, or a hundred prawns; pound the shells, and a small roll. But first boil them with a little water, vinegar, salt, and herbs. Put this liquor over the shells in a sieve, and then pour the soup, clear from the sediment. Chop a lobster, and add this to it, with a quart of good beef gravy. Add also the tails of the crawfish, or the prawns, with some flour and butter. The seasoning may be heightened, if approved.

PRESERVES. These can never be done to perfection, without plenty of good sugar. Fruits may be kept with small quantities of sugar, but then they must boil so long that there is as much waste in the boiling away, as some more sugar added at first would have cost, and the quality of the preserve will neither be so proper for use, nor of so good an appearance, as with a larger proportion of sugar, and moderate boiling. Fruits are often put up without any sugar at all, but if they do not ferment and spoil, which is very common, they must have [271] a good deal of sugar added to them when used, and thus the risk of spoiling seems hardly compensated by any saving. The only real economy that can be exercised in this case is, not to make any preserves at all. The most perfect state in which fruits in general can be taken for preserving is, just when they are full ripe. Sooner than this they have not acquired their best qualities, and if they hang long after it they begin to lose them. Some persons will delay the doing them, under an idea that the longer they hang the less sugar they require. But it is a false economy that would lose the perfection of the fruit to save some of the sugar, and probably quite unfounded in fact, as all things will naturally keep the best that are taken at their highest perfection, and hence do with as little sugar then as at any time.

PRESERVED CUCUMBERS. Choose such as are most free from seed; some should be small to preserve whole, and others large to cut in pieces. Put them into a jar, with strong salt and water, and a cabbage leaf to keep them down, and set them in a warm place till they turn yellow. Then wash and set them over the fire in fresh water, with a little salt, and a fresh cabbage leaf over them; cover the pan close, but they must not be boiled. If not of a fine green, change the water, cover them as before, and make them hot; when of a good green, take them off the fire, and let them stand till cold. Cut the large cucumbers in quarters, and take out the seeds and pulp; put them into cold water for two days, and change the water

twice each day. Place on the fire a pound of refined sugar, with half a pint of water; skim it clean, put in the rind of a lemon, and an ounce of ginger with the outside scraped off. When the syrup is pretty thick take it off, and when cold wipe the cucumbers dry, and put them in. Boil the syrup every two or three days, continuing to do so for three weeks, and make it stronger if necessary. Be sure to put the syrup to the cucumbers quite cold, cover them close, and keep them in a dry place.

PRESERVED OYSTERS. Open the oysters carefully, so as not to cut them, except in dividing the gristle which attaches the shells. Put them into a mortar, and add about two drams of salt to a dozen oysters. Pound and then rub them through the back of a hair sieve, and put them into the mortar again, with as much well-dried flour as will make them into a paste. Roll it out several times, and at last flour and roll it out the thickness of a half crown, and divide it into pieces about an inch square. Lay them in a Dutch oven, that they may dry gently without being burnt; turn them every half hour, and when they begin to dry, crumble them. They will take about four hours to dry, then pound them fine, sift and put them into bottles, and seal them down. To make half a pint of oyster sauce, put one ounce of butter into a stewpan, with three drams of oyster powder, and six spoonfuls of milk. Set it on a slow fire, stir it till it boils, and season it with salt. This powder, if made of plump juicy natives, will abound with the flavour of the fish; and if closely corked, and kept in a dry place, will remain good for some time. It is also an agreeable substitute when oysters are out of season, and is a valuable addition to the list of fish sauces. It is equally good with boiled fowl, or rump steak; and sprinkled on bread and butter, it makes a very good sandwich.

PRESERVED WALNUTS. Put the walnuts into cold water, let them boil five minutes, strain off the water, and change it three times. Dry the nuts in a cloth, and weigh them; to every pound of nuts allow a pound of sugar, and stick a clove in each. Put them into a jar [272] with some rose vinegar; boil up a syrup, with a pint of water and half a pound of sugar, and pour over them. Let them stand three or four days, and boil up the syrup again. Repeat this three times, and at last give the walnuts a good scald, and let them remain in the syrup.

PRESERVATION OF BUTTER. Butter, as it is generally cured, does not keep well for any length of time, without spoiling or becoming rancid. The following method of preserving butter, supposing it to have been previously well made, is recommended as the best at present known. Reduce separately to fine powder in a dry mortar, two pounds of the whitest common salt, one pound of saltpetre, and one pound of lump sugar. Sift these ingredients one above another, on two sheets of paper joined together, and then mix them well with the hands, or with a spatula. Preserve the whole in a covered jar, placed in a dry situation. When required to be used, one ounce of this composition is to be proportioned to every pound of butter, and the whole is to be well worked into the mass: the butter is then to be packed in casks in the usual way. Butter cured with this mixture will be of a rich marrowy consistence, and will never acquire that brittle hardness so common to salt butter. It has been known to keep for three years, as sweet as it was at first; but it must be observed, that butter thus cured requires to stand at least three weeks or a month before it is used. If it be opened sooner, the salts are not sufficiently blended with it, and sometimes the coolness of the nitre will then be perceived, which totally disappears afterwards. Cleanliness in this article is indispensable, but it is not generally suspected, that butter made or kept in vessels or troughs lined with lead, or put into glazed earthenware pans, is too apt to be

contaminated with particles of that deleterious metal. If the butter is in the least degree rancid, this can hardly fail to take place; and it cannot be doubted, that during the decomposition of the salts, the glazing is acted upon. It is better therefore to use tinned vessels for mixing the preservative with the butter, and to pack it either in wooden vessels, or in stone jars which are vitrified throughout, and do not require any inside glazing.

PRESSED BEEF. Salt a piece of the brisket, a thin part of the flank, or the tops of the ribs, with salt and saltpetre five days. Boil it gently till extremely tender, put it under a great weight, or in a cheesepress, and let it remain till perfectly cold. It is excellent for sandwiches, or a cold dish.

PRIMROSE VINEGAR. Boil four pounds of moist sugar in ten quarts of water for about a quarter of an hour, and take off the scum. Then pour the liquor on six pints of primroses, add some fresh yeast before it is quite cold, and let it work all night in a warm place. When the fermentation is over, close up the barrel, and still keep it in a warm place.

PRINCE OF WALES'S PUDDING. Put half a pound of loaf sugar, and half a pound of fresh butter, into a saucepan; set it over the fire till both are melted, stirring it well, as it is very liable to burn, but do not let it boil. Pour this into an earthen pan, grate the rind of a lemon into it, and leave it to cool. Have ready two sponge biscuits soaked in a quarter of a pint of cream, bruise them fine and stir them into the sugar and butter. Beat the yolks of ten, and the whites of five eggs well with a little salt; squeeze and strain the juice of the lemon into them, and mix these well in with the other ingredients. Lay a puff paste into the dish, strew it with pieces of candied lemon peel, put in the pudding, and bake it three quarters of an hour [273] in a moderate oven. Sift fine sugar over it, before it is sent to the table.

PROVISIONS. The first of all requisites for human sustenance is Bread, which with great propriety is denominated 'the staff of life.' The next to this is Meat, which though not alike essential, is of great importance in strengthening and invigorating the human frame. The former of these constituting the principal food of great numbers, and a part of the sustenance of all people, it is highly necessary to attend carefully to the ingredients of which it is composed, and to the manner in which it is prepared. A person's health must inevitably be injured by bad corn and flour, and even by what is good, when improperly prepared. The best flour is often made into bad bread by not suffering it to rise sufficiently; by not kneading it well, by not baking it enough, and by keeping it too long. Mixing other substances with the flour also injures the quality of the bread in a very high degree. These faults have a bad effect on those who generally eat such bread, but the injury is still more serious to children and weakly persons. Where the flour is corrupted, the use of it in every other article of food, will of course be as unwholesome as in that of bread. The mere exposure to the air will evaporate and deaden all flour, though the grain may never have passed through any fermentation or digestion; as in the instance of wheat flour, the strongest and the best of any other. For this reason, flour which has been ground five or six weeks, or longer, though it be kept close in sacks or barrels, will not make so sweet a loaf, nor one so moist and pleasant, as that which is newly ground. Hence all bread made in London eats drier and harsher than bread in the country, which is made within a few days after the grinding of the wheat. All grains which are ground, ought therefore to be used as soon afterwards as possible. But this is not the most profitable to the dealers in meal, as meal newly ground will not part so freely

from the bran, nor consequently yield so much flour, as when it lies a certain time after the grinding; for this disposes the branny and floury parts to give way from each other, and thus they separate easier and more completely than when dressed immediately. The flour also then looks finer, but the bread made of such meal is not of so good a quality as that made of meal fresh ground. All sorts of grain kept entire, will remain sound and good for a long time: but flour will in a comparatively short time, corrupt, and generate worms. This therefore requires peculiar attention, or much loss and injury may be sustained. The health of mankind depends in great measure on the good or bad preparation of food, and on the purity of all sorts of provisions: and grain being the most essential article of sustenance, very much depends on the conduct of millers, bakers, and mealmen. Those who acquit themselves honestly in these vocations are entitled to a fair profit, and the goodwill of their fellow-men: but such as betray the confidence reposed in them, by corrupting or withholding it when needed, are undoubtedly amongst the worst enemies of mankind. So far as health is concerned, bread made with leaven is preferable to that made with yeast; the sour quality of leaven is more agreeable to the ferment of the stomach than yeast; it is also easier of digestion, and more cleansing. It opens the vessels, and gives a healthy appetite; and a little use will make it familiar and pleasant to the eater. This bread however seldom agrees with weak stomachs, especially such as are liable to acidity and heartburn. One of the best kinds [274] of bread for sickly people, is made of wheaten flour, the coarse or husky bran being taken out, but not finely dressed; otherwise it would be dry, and obstructing to the stomach. The inner skin or branny parts of wheat contain a moisty quality, which is opening and cleansing, while the fine floury parts afford more nourishment. Bread therefore of a middling quality is the wholesomest, and the best. Mixing in much salt is injurious, from the change it occasions in bread of every description. Finding no matter liable to putrefaction to work on, it acts upon the best qualities of the flour, which it alters and corrupts. Hence, when bread is intended to be kept a considerable time, as biscuits for a long voyage, no salt is put into it. But bread for common use will admit of a moderate portion of salt. It may be remarked however, that bread, notwithstanding it is so excellent with meat, milk, and vegetables, is not so substantial and nourishing as flour, when prepared in porridges and other articles. To have good bread, it should not be baked in too close an oven, but a free passage should be left for the air. The best way is to make it into thin cakes, and bake them on a stone, which many in the northern counties use for that purpose, making a wood fire under it. This sort of bread is sweeter, of a more innocent taste, and far easier of digestion, than bread baked the common way in ovens. In the same manner cakes may be made of any kind of grain, such as rye, oats, or barley, and will be found more wholesome and nourishing, and more agreeable to nature, than bread made in the usual manner. Oat cakes are often preferred to those made of wheat flour, as they tend to open the body, and are rather warmer, to cold and weak stomachs. Barley is not so nourishing, and requires more preparation to render it digestible, than the other kinds of grain. Cakes, biscuits, muffins, buns, crumpets, and small bread, made with eggs, butter, or sugar, seldom agree with delicate persons. Biscuits made without leaven, yeast, butter, or sugar, are more difficult of digestion, than bread when it is fermented. Where bread is fixed to a standard weight and price, bakers are very apt to mix alum and pearlash with it, for the purpose of hastening its rising, and of encreasing its weight, by causing it to retain its moisture. If a piece of bread be soaked in water, and turns the juice of a red cabbage into a green colour, it is a proof that it contains an alkali or earthy

substance, which is most probably pearlash. It is said that a compound salt is clandestinely sold in London, under the name of baker's salt, and is composed of the above ingredients. When there is reason to suspect that bread is adulterated with alum, it may be detected thus. Cut about a pound of bread into an earthen vessel, pour upon it a quart of boiling water, and let it stand till cold. Strain the liquor off gently through a piece of fine linen, boil it down to about a wine glass full, and set it by to cool. If there be a mixture of alum, it will form itself into crystals. The observance of the following rules may be considered as essential to the making of good bread. The corn must be sound and clean, and newly ground, and not contaminated with any extraneous mixtures. To make it easy of digestion it should be leavened, and moderately seasoned with salt. Let it rise for several hours, and be well wrought and kneaded with the hands. It must be well baked, but neither over nor under-done. If baked too little, the bread will be heavy, clammy, and unwholesome: if too much, its strength and goodness will be consumed. In general, bread should not be eaten hot; it is then [275] more viscid, and harder of digestion. Bread is in its best state the first and second day after it is baked. Economical bread, or bread of an inferior quality, depraved by other mixtures, has frequently been recommended to poor people in times of scarcity; but except where absolute necessity exists, this is a kind of policy that cannot be too severely condemned. The labouring classes, whose dependence is almost entirely upon bread, ought to be provided with what is of the purest and most nutricious quality, and at a reasonable price. They might then live upon their labour, and in health and activity would feel that labour itself was sweet. If potatoes, rice, or any other ingredients are to be mixed with the bread, to lower its nutricious qualities, let it not be offered to the labourer; but if economy of this kind be required, let it be exercised by those whose eyes are standing out with fatness, and to whom a sparer diet might be beneficial.—MEAT in general, as well as all other kinds of food, is nourishing or otherwise, according to its quality, and the manner in which it is prepared. There are peculiar constitutions, or particular diseases and periods of life, when animal food is highly detrimental; and others again, when it is essentially necessary; but it is the general use of it, and not these exceptions, that will be the subject of the following observations. As a part of our habitual diet, the main points to be attended to are, the kinds of animal food, and the modes of dressing it, which are most to be recommended. A choice of meat is desirable, but if the animals subject to this choice be neither sound nor healthy, it is of little consequence which kind is preferred, for they, are alike unwholesome. It is proper therefore to avoid the flesh of all such as are fatted in confinement, or upon pernicious substances, which can never make wholesome food. Oil cakes and rank vegetables, with want of air and exercise, will produce such sort of meat as will shew immediately from its appearance, that it must be unwholesome. Animals may eat rancid fulsome food, and grow fat upon it, and yet the meat they produce may be highly offensive. Hunger and custom will induce the eating of revolting substances, both in the brute and human species; and growing fat is by no means a certain sign of health. On the contrary, it is frequently the symptom of a gross habit, and a tendency to disease. The distinct effects of various kinds of food upon animals, are very obvious in the instance of milch cows. Grass, hay, straw, grains, turnips, and oil cakes, produce milk of such different qualities as must be at once distinguished; and the preference to that where cows are fed upon grass or hay, and next to them straw, appears very decided. The inference would be fair, that it must be the same with respect to flesh, even if it were less obvious than it is. It is an unwise economy, in the management of cows, that

withholds from them a sufficient quantity of the best and most nourishing food. If duly appreciated, the quality of milk is even of superior importance to that of flesh, from its general excellence and utility as an article of food. If milk was plentiful and good, the want of meat would in many instances not be felt, and in others, the consumption of it might be lessened with great advantage. To confine cows with a view to increase their supply of milk, is as injurious to the quality of it, as the confinement of animals is in other instances. The over feeding them also with a similar view, is an injurious practice. Cleanliness too is no less essential to keeping them in a wholesome state, than to animals intended to be slaughtered. It [276] is no uncommon effect of confining and cramming animals, that they become diseased in the liver, besides acquiring a general tendency to putridity in their juices and muscular substances, from want of air and exercise, excess of feeding and bad food, and the dirt in which they live. A brute, no more than a human being, can digest above a certain quantity of food, to convert it into actual nourishment; and good chyle can only be produced from wholesome food, cleanliness, air, and exercise. To be well fleshed rather than fat, is the desirable state of animals destined for slaughter. There will always be with this a sufficient proportion of fat; and labouring by artificial means to produce more, is only encreasing that part of animal substance, which from its gross indigestible nature is not proper for human diet, unless in a very limited degree. Venison, which in its domestic state is never fatted like other animals; game, and every wild animal proper for food; possess superior qualities to the tame, from the total contrast in their habits, more than from the food they eat. They have an extensive range in the open air, take much exercise, and choose their own sustenance, the good effects of which are very evident in a short delicate texture of flesh found only in them. Their juices and flavour are more pure, and their fat is far more delicious than that of home-bred animals. The superiority of Welch mutton and Scotch beef is owing to a similar cause, and is still more in point than the former, as a contrast between animals of the same species under different management. The preferences just mentioned are not a mere matter of taste, which might readily be dispensed with, but are founded on more important considerations. A short delicate texture renders the meat more digestible, in a very high degree, than the coarse, heavy, stringy kind of substance produced by the misapplied art of man. A pure animal juice too, is something more than a luxury; for if what we use as food is not pure, neither can our blood nor our juices be so. If we would but be content with unadulterated luxuries, we have them at our command; and provided they are not indulged to excess, are of decided advantage to our health. Supposing all animal flesh to be good of its kind, there is still abundant room for selection and choice. Mutton, beef, venison, game, wild rabbits, fowls, turkies, and various small birds, are preferable to lamb, veal, pork, young pigs, ducks, geese, and tame rabbits. Beef and mutton are much easier of digestion and more nutricious than veal and lamb, especially if not slaughtered before they come to proper maturity. Nothing arrives at perfection under a stated period of growth, and till this is attained it will afford only inferior nutriment. If the flesh of mutton and lamb, beef and veal, are compared, they will be found of a different texture, and the two young meats of a more stringy indivisible nature than the others, which makes them harder of digestion. Neither are their juices so nourishing when digested; as any one at all in the habit of observing what is passing within and about them will readily perceive from their own experience. Lamb and veal leave a craving nausea in the stomach, not perceived after taking other kinds of animal food. Veal broth soon turns sour by standing, owing to the sugar of milk contained in the blood of a

calf; and the same change takes place in a weak stomach. Persons in the habit of drinking strong liquors with their meals, cannot competently judge of such an effect; as these liquors harden all kinds of animal food, and therefore little distinction can be perceived amongst [277] them. Pork and young pigs are liable to the same objections as lamb and veal, but in a greater degree; they are fat and luscious, but afford no nutriment. Ducks and geese are of a coarse oily nature, and only fit for very strong stomachs. Tame rabbits are of a closer heavier texture than wild ones, and hence of inferior quality. Pigeons are of a hot nature, and should therefore be used sparingly. Fowls and turkies are of a mild proper nature for food, but the fattening them in confinement is equally prejudicial, as to other animals already mentioned. If left at large, well fed with good barley, and with clean water to drink, they will be little inferior to game. Barley is preferable to barley meal, as retaining all the natural qualities of the grain in greater perfection than when ground; and as these birds are provided with grinders in the gizzard, the concocting their own food is more nourishing and wholesome for them. These, like other animals, should be suffered to attain their full growth, in order to have them in the best state for nutriment. Some parts of birds, and other animals, are hard and viscid, as the head, neck, feet, and tail; the parts about the wings, back, and breast of birds, are in general the most tender, and of the finest flavour. In four-footed animals, the upper part of the leg and shoulder, the back, breast, and long bones of the neck, are generally superior to the rest. The heart and other viscera are nutricious, but hard of digestion, and improper for weak stomachs. The larger an animal is of its kind, the flesh of it will be stronger, and more difficult to digest; the juices also will be more rank than those of smaller ones of the same species, supposing them to have arrived at the same maturity. Animals which abound with fat and oily substances are harder to digest, than those of a drier and more fleshy nature; and to persons who use but little exercise, or have weak stomachs, this kind of food is very improper. Its tendency is to weaken the tone and force of the stomach, the fat and oil being enclosed in little bladders, which are with difficulty broken and separated. Hence fat meat is not so digestible as that of well fed animals, which do not abound with fat. The flesh of very old animals is unwholesome, being hard, dry, sinewy, innutricious, and difficult to digest. Those which are the longest in coming to maturity have the coarsest juices, such as oxen, cows, and boars. These are less tender and digestible than sheep, venison, hares, rabbits, poultry, game, and other birds. In almost all cases, the strong and pungent in flavour are harder to digest than those of a milder nature. The flesh of birds is lighter, drier, and easier of digestion, than that of four-footed animals. A difference also arises from the place of pasturage, from food and exercise. Animals living in high places, refreshed with wholesome winds, and cherished with the warm beams of the sun, where there are no marshes, lakes, or standing waters, are preferable to those living in pools, as ducks and geese, and other kinds of fowl.—FISH is less nourishing than flesh, because it is gross, phlegmatic, cold, and full of watery superfluities: but under certain restrictions, it may be safely used as a part of our general diet. It is unsuitable to cold phlegmatic constitutions, but very well adapted to such as are hot and choleric. The white kinds of fish, which contain neither fat nor oil, are preferable to the rest; such as whitings, turbot, soles, skate, haddock, flounders, smelts, trout, and graylings. These are easier of digestion than salmon, mackarel, eels, lampreys, herrings, or sprats, and therefore more wholesome. Shell-fish, such as [278] oysters, muscles, cockles, crabs, and lobsters, are very far from being easy of digestion, and are particularly improper for invalids, though too commonly imagined to be suitable in such

cases. In general it may be observed, that those kinds of fish which are well grown, nourish better than the young and immature. Sea-fish are wholesomer than fresh-water fish: they are of a hotter nature, not so moist, and more approaching to flesh meat. Of all sea and river fish, those are the best which live in rocky places. Next to these, in gravelly or sandy places, in sweet, clear, running water, where there is nothing offensive. Those which live in pools, muddy lakes, marshes, or stagnant water, are bad. Whether sea or river fish, those are the best which are not too large, whose flesh is not hard and dry, but crisp and tender; which taste and smell well, and have many fins and scales. All fresh fish should be eaten hot, and less in quantity than fresh meat. Fish should not be eaten very often, and never after great labour and exercise, nor after eating other solid food. Fish and milk are not proper to be eaten at the same meal, nor should eggs be used with fish, except with salt fish, and that should be well soaked in water before it is dressed. It may be eaten with carrots or parsnips, instead of egg sauce. If salt fish be eaten too often, or without this precaution, it produces gross humours and bad juices in the body; occasions thirst, hoarseness, sharpness in the blood, and other unfavourable symptoms. It is therefore a kind of food which should be used very sparingly, and given only to persons of a strong constitution. All kinds of salted and dried fish are innutricious and unwholesome, and their injurious effects are often visible in the habits of seafaring people. Even prawns and shrimps, if eaten too freely, are known to produce surfeits, which end in St. Anthony's fire.—If proper attention be paid to health, every kind of sustenance intended for the use of man, must be provided in its SEASON; for to every thing there is both time and season, which the wisdom and goodness of providence have pointed out. Every production is the most pure in quality, and of course the most wholesome, when nature has perfected her work, and prepared it for human sustenance. To anticipate her seasons, or to prolong them, is a misapplication of labour, and a perversion of the bounties of providence into secret poisons, to indulge the wanton cravings of a depraved appetite. The properties of animal food in general seem not to restrict the use of it to any particular season, but rather to admit its common use at all times. The only period in which it is less seasonable than at any other, appears to be in hot weather, when animal substances of all kinds are very liable to taint. The profuse supply of vegetables too in the warmer months, seems to lessen the occasion for animal food. Attention should be paid however at all times to the proper season for using the different kinds of animal food, and to the various circumstances that may contribute to its being more or less wholesome. The killing of animals by the easiest means, and not previously abusing them by over-driving, or in any other way, materially affects their fitness for food, and ought therefore to be carefully attended to. The high flavour, or taint in meat, which so many English palates prefer, is in fact the commencement of putrefaction; and of course meat in this state is very improper for food, particularly for persons with any tendency to putrid disorders. At a time when bad fevers prevail, food of this description ought to be generally avoided, as it disposes the blood and juices to receive infection. With respect to grain, its adaptedness to keep the whole year round, evidently denotes that it was intended for constant use. But the recurrence of an annual supply seems to be the voice of nature, forbidding its being kept in ordinary cases to a longer period, especially as new corn is generally preferred to the old. All other vegetables, including fruits, seem designed only for a transient season. Roots, and a few late fruits, have indeed the property of keeping for some months, and may thus provide a store for the winter, when fresh vegetables are less plentiful. Other kinds will not keep without

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undergoing a culinary process, by which they are rendered less wholesome, however palatable they may be considered. Provisions of almost every description may be preserved from putrefaction by being partially dressed and then closely stopped down, as has been fully demonstrated by Messrs. Donkin and Gamble of Bermondsey, who by means of air-tight canisters are in the habit of preparing all kinds of meat, which will keep perfectly sweet and fresh for a considerable length of time in any climate, and are incomparably better than those preserved in the ordinary way by salting or drying. But however applicable these preserves may be to the purposes of a long voyage, or a foreign expedition, where no fresh supplies can be obtained, they are by no means to be recommended to private families, who enjoy the superior advantages of going to market for fresh provisions. Time, which devours all things, cannot fail to impair, though not immediately, the flavour and other properties of whatever is preserved, in defiance of every precaution against its influence. The appearance and flavour of such articles may not be revolting to us, but if compared with the same things when fresh and well dressed, their inferiority is sufficiently obvious. Pickled salmon is a familiar instance of this kind. It is very generally relished, and often preferred to fresh salmon; yet if brought into comparison, the substance of the one is heavy, that of the other light and elastic. The flavour of the pickled salmon is sophisticated and deadened, if not vapid; that of the other is natural, fresh, and delicate, the pure volatile spirit not being destroyed by improper cookery, or long keeping. Instances of violent surfeits often occur from eating pickled salmon, soused mackarel, and other rich preserves, not from their being in a state of decay, but from the unwholesomeness of their preparation. People acquire tastes indeed, that reconcile them to any thing; that even make them fond of corrupted flavours, such as decayed cheese, tainted meat, and other things of a similar description. Our taste therefore is very likely to betray us into error; and to guard against it, it is necessary to be able to distinguish between what is really wholesome and what is otherwise, for this is rather a matter of judgment than of taste.—A few brief remarks may very properly be added on the important article of MILK, which forms, or ought to form, an essential part of the food of every family, in one shape or another. As far as regards the general properties of milk, it is in season at all times; and by judicious management it might always be supplied in sufficient quantities to become a plentiful source of human sustenance. It is of the best quality however, five or six months after a cow has calved. When she becomes with calf again, her milk will of course fall off, both in quantity and in quality. The impatient greediness of cow-keepers would have calves and milk at the same time, and on this account they seldom allow their dairies a fair interval for keeping up a successive supply of the best milk. To keep cows [280]
in the healthiest condition, and their milk consequently in the purest state, they should not be confined in houses, nor in yards, but suffered to go at large in the open fields. They should also be well fed with wholesome provender, and have access to good water. If kept quite clean, by occasionally rubbing them down, and washing their bag, and legs and feet, their health would be promoted, and of course the nutricious quality of the milk. If the comfort and welfare of society were consulted, the higher classes would not slight their dairies for studs of horses, kept more for ostentation than for use. In reference to the same subject, the breaking up of small farms is deeply to be regretted, not only as ruinous to a numerous class of deserving persons, but as depriving the markets and the neighbourhoods of those articles of necessity which their industry produced. It was an object to a small farmer to make the most of his dairy and poultry yard, which to an occupier on a larger scale is regarded as a

matter of indifference. The consequence is, there is neither so plentiful a supply of these things, nor are they so good in quality as formerly. The wife of a small farmer attended to her own business, her poultry was brought up at the barn door, and killed when it was sweet and wholesome, while the produce of her dairy redounded to her credit, and afforded ample satisfaction to her customers.—The most judicious choice of food however will avail but little, if the manner of preparing it is not equally judicious. The principal error in cooking lies in overdoing what is intended for the table; the qualities of the meat are then so entirely changed, that it ceases to be nourishing, and becomes hard of digestion. It is literally put into the stomach only to be pressed out of it again by some unnatural exertion, which at last throws the oppressive load into the rest of the system, from whence it will not pass off without leaving some injury behind it. This, frequently repeated, ends at last in acute or chronic diseases, no less certainly than constant friction upon a stone will at length wear it away, though it may be a long time before any impression upon it is perceived. Similar effects arise from drinking, but generally with a more rapid progress, from the extension and collapse of the vessels being more sudden and violent. Plain cookery, in the exact medium between under and over doing, is the point to be attained to render our food salutary. The mixture of a great variety of ingredients should be avoided, for if good in themselves separately, they are often rendered indigestible by being compounded one with another. As we must eat every day, there is opportunity enough for all things in turn, without attempting any unwholesome composition. Much seasoning with spices, contributes to make animal food indigestible. They are much safer when used just before serving up the dish, or by adding them at the time of eating it. Beef and pork long salted, and hams, bacon, tongues, and hung beef, are very indigestible, and particularly improper for weak stomachs, though they will often crave them. Boiled meat is generally preferable to roast meat, for nourishment and digestion. Boiling extracts more of the rank strong juices, and renders it lighter and more diluted. Roasting leaves it fuller of gravy, but it adds to the rigidity of the fibres. The flesh of young animals is best roasted. Fried and broiled meats are difficult to be digested, though they are very nourishing: weak stomachs had better avoid them. Meat pies and puddings cannot be recommended, but strong stomachs may sustain but little inconvenience from [281] them. It is a confined mode of cookery, and the meat therefore is not at all purified of its grossness. When meat pies and puddings are used, they should be moderately seasoned. Baking meat, instead of roasting it, is a worse manner of dressing it, from the closeness of the oven, and the great variety of things often baking at the same time. Stewing is not a good way of dressing meat, unless it is done very carefully. If it is stewed till all the juices are drawn from the meat, the latter becomes quite unfit for food: and if the stewpan be kept close covered, there are the same objections to it as meat pies and puddings. Hashing is a very bad mode of cooking. It is doing over again what has already been done enough, and makes the meat vapid and hard. What would have been good nourishment in the cold meat, is thus totally lost, as the juices, which are all drawn into the gravy, are spoiled by this second cookery, which exposes them too long to the fire.

PRUNE PUDDING. Mix four spoonfuls of flour in a quart of milk; add six eggs, two tea-spoonfuls of powdered ginger, a little salt, and a pound of prunes. Tie it in a cloth, and boil it an hour.

PRUNE TART. Scald some prunes, take out the stones and break them. Put the kernels

into a little cranberry juice, with the prunes and sugar; simmer them together, and when cold, make a tart of the sweetmeat.

PRUNING. In pruning wall fruit, care should be taken to cut off all fresh shoots that will not readily bind to the wall; for if any be twisted or bruised in the binding, they will in time decay, and the sap will issue from the place. Vines should not be cut too close to please the eye, as by that means they have sometimes been rendered barren of fruit. Two knots should generally be left on new shoots, which will produce two bunches of grapes, and which are to be cut off at the next pruning. New branches are to be left every year, and some of the old ones must be removed, which will increase the quantity of fruit.

PUDDINGS. The only puddings which can with propriety be recommended, as really wholesome diet, are those of the simplest kind, such as are seldom met with except in families in the middle ranks of life. The poor unfortunately cannot get them, and the rich prefer those of a more complex kind, of which the best that can be hoped is, that they will not do much harm. The principal ingredients of common puddings are so mild and salutary, that unless they are over-cooked, or too many of them mixed together, such puddings are generally wholesome. To make them of the best and most nutricious quality, the materials should all be fresh and good of their kind; such as, flour newly ground, new milk, fresh laid eggs, and fresh suet. Millet, sago, tapioca, whole rice, will all keep a considerable time, if put into a dry place. When rice, millet, or sago, are wanted to be used ground, they had better be ground at home for the sake of having them fresh, and the certainty of having them pure. Such a mill as is used for grinding coffee, will grind them extremely well. The whites of eggs should never be used in puddings for children, or persons of weak stomachs, or for those who are any way indisposed, on account of their being indigestible. Omitting them altogether would indeed be attended with no disadvantage. The yolk of an egg alone answers the same purpose, as when the white is used with it. To prove this, let two cups of batter pudding be made, one with the yolk of an egg only, the other with the yolk and white together, and the result will be, that the pudding with the yolk only is quite as light, if not lighter, than the one [282] with the whole egg. In other instances also, of several kinds of puddings, where the whites of eggs have been totally omitted, without at all encreasing the number of eggs, the result has been the same. There is a species of economy practised by good housewives, of making compositions on purpose to use up the whites of eggs which have been left out of any preparation made with eggs. But this is a false economy; for surely it is far better to reject as food what is known to be injurious, and to find other uses for it, than to make the human stomach the receptacle for offal. Economy would be much more judiciously exerted in retrenching superfluities, than exercised in this manner. Two or three good dishes of their kind, and well cooked, are infinitely preferable to a whole course of indigestible compositions. A soup might as well be made of cabbage stalks and pea shells, as any preparation of food with whites of eggs, when there is no doubt of their being positively prejudicial. As cabbage stalks then go to the dunghill, and pea shells to the pigs, so let whites of eggs go to the book-binder, or find some other destination. There are also various kinds of fruit that require to be used with great caution. Currants, raisins, prunes, French plums, figs, and all kinds of preserves, are prepared either by the heat of the sun, or by cookery to the full extent that they will bear, and beyond which any application of heat gives them a tendency to putridity. They are therefore certainly prejudicial to weak stomachs when used

in puddings, and cannot be good for any; though strong stomachs may not perceive an immediate ill effect from them. Eaten without any farther preparation, and especially with bread, these things may be used in moderation. For the reasons just given, spices are better not put into puddings, they are already in a sufficiently high state of preparation. The warm climates in which they grow, brings them to a state of far greater maturity than the general productions of our northern latitude. When they are used, it is better to add them ground, at the time of eating what is to be seasoned, or put in the last thing before serving up the dish. These are also better ground at home, both to have them fresh, and free from adulteration. Almonds used in puddings are liable to the same objection. The danger of using laurel leaves in cooking, cannot be too frequently repeated. Bay leaves, bitter almonds, and fruit kernels, if not equally dangerous, are pernicious enough to make it very advisable not to use them. Fresh fruits often become more unwholesome from being cooked in puddings and tarts, yet will in many cases agree then with stomachs that cannot take them raw; but unripe fruits are not good, either dressed or in any other state.—To prepare puddings in the best manner, they should boil briskly over a clear fire, with the pot lid partly if not entirely off, as the access of fresh air makes every thing dress sweeter. As butter is generally an expensive article, dripping, nicely prepared, may on many occasions be used as a substitute. It will answer the purpose of rubbing basins with, quite as well as butter, and never gives any unpleasant flavour to the pudding. It is also very proper to dredge a basin with flour, after it is rubbed with butter or dripping. Economy in eggs is both rational and useful, as puddings with a moderate number of eggs are more wholesome, than when used extravagantly or with profusion. Pudding cloths, and every utensil in making puddings, should be quite clean, or the food cannot be wholesome. The outside of a boiled pudding often tastes disagreeably, which arises from the cloth not being nicely washed, and kept in a dry place. It should be [283]
dipt in boiling water, squeezed dry, and floured, when to be used. A bread pudding should be loosely tied, and a batter pudding tight over. The water should boil quick when the pudding is put in, and it should be moved about for a minute, lest the ingredients should not mix. Batter pudding should be strained through a coarse sieve, when all is mixed: in others, the eggs should be strained separately. Pans and basins in which puddings are to be boiled, should always be buttered, or rubbed with clean dripping. A pan of cold water should be prepared, and the pudding dipped in as soon as it comes out of the pot, to prevent its adhering to the cloth. Good puddings may be made without eggs; but they must have as little milk as is sufficient to mix the batter, and must boil three or four hours. A few spoonfuls of fresh small beer, or one of yeast, will answer instead of eggs. Snow is also an excellent substitute for eggs, either in puddings or pancakes. Two large spoonfuls will supply the place of one egg, and the article it is used in will be equally good. This is a useful piece of information, especially as snow often falls when eggs are scarce and dear. Fresh small beer, or bottled malt liquors, will likewise serve instead of eggs. The yolks and whites beaten long and separately, make the article they are put into much lighter.

PUDDING CAKES. Put four yolks and two whites of eggs to a pint of milk; mix with it half a pint of bread crumbs grated fine, half a nutmeg, six ounces of currants washed and dried, a quarter of a pound of beef suet chopped small, a little salt, and flour sufficient to make it of a moderate thickness. Fry these cakes in lard, of about the usual size of a fritter.

PUDDING KETCHUP. Steep an ounce of thin-pared lemon peel, and half an ounce of

mace, in half a pint of brandy, or a pint of sherry, for fourteen days. Then strain it, and add a quarter of a pint of capillaire. This will keep for years, and being mixed with melted butter, it is a delicious relish to puddings and sweet dishes.

PUDDING WITH MEAT. Make a batter with flour, milk, and eggs. Pour a little into the bottom of a pudding-dish; then put seasoned meat of any kind into it, and a little shred onion. Pour the remainder of the batter over, and bake it in a slow oven. A loin of mutton baked in batter, being first cleared of most of the fat, makes a good dish.

PUFFS. They should be made of light puff crust, rolled out and cut into shapes according to the fancy. Then bake them, and lay some sweetmeat in the middle. Or roll out the crust, cut it into pieces of any shape, lay sweetmeats over one half, and turn the other half of the crust over; press them together round the edge, and bake them.

PUFF CRUST. Take a pound and a half of flour, put it upon a pie board with a little salt, and mix in gradually just water sufficient to make it into a paste, taking care that it be neither too thin nor too stiff. Mould it lightly together, and let it lie for two hours before it is finished. Roll out the paste, put a pound of butter into the middle of it, fold the two ends of the paste over it, and roll it out; then fold it together, and roll it out again. Repeat this six times in the winter, and five in the summer. It should be rolled rather less than half an inch in thickness, dusting a little flour lightly over and under it, to prevent its sticking to the rolling-pin. When finished, roll it out for use as occasion requires. This makes a very nice and delicate crust.—Another. To a pound and a half of flour, allow a pound of butter, and three quarters of an [284] ounce of salt. Put the flour on a clean pie board, make a hole in the middle, and put in the salt with the butter cut into small pieces. Pour in the water carefully, as it is of great importance that the crust should not be made too thin; there should only be water enough just to make it hold well together, and to roll it out smooth. Work the butter and water up well together with the hand, and then by degrees mix in the flour. When the flour is all mixed in, mould the paste till it is quite smooth and free from lumps, and then let it lie two hours before it be used. This is a very nice crust for putting round the dish for baked puddings, tarts, or pies.

PUFF PASTE. Puffs may be made of any sort of fruit, but it should be prepared first with sugar. To make a rich paste, weigh an equal quantity of butter with as much fine flour as is necessary. Mix a little of the former with the latter, and wet it with as little water as will make it into a stiff paste. Roll it out, and put all the butter over it in slices; turn in the ends, and roll it thin. Do this twice, and tough it no more than can be avoided. The butter may be added at two different times; and to those who are not accustomed to make paste, it may be better to do so. The oven must be rather quicker than for a short crust.—A less rich paste may be made of a pound of flour, and a quarter of a pound of butter, rubbed together. Mix it into a paste with a little water, and an egg well beaten; of the former as little as will suffice, or the paste will be tough. Roll it out, and fold it three or four times. Or rub extremely fine, six ounces of butter in one pound of dried flour, with a spoonful of white sugar. Work up the whole into a stiff paste, with as little hot water as possible.

PUITS D' AMOUR. Cut a fine rich puff paste rolled thin, with tin shapes made on purpose, one size less than another, in a pyramidal form, and lay them so. Then bake in a

moderate form, that the paste may be done sufficiently, but very pale. Lay different coloured sweetmeats on the edges.

PULLED CHICKENS. Take off the skin, and pull the flesh off the bones of a cold fowl, in large pieces. Dredge it with flour, and fry it of a nice brown in butter. Drain the butter from it, simmer the flesh in a good well-seasoned gravy, thickened with a little butter and flour, adding the juice of half a lemon.—Another way. Cut off the legs, and the whole back, of an underdone chicken. Pull all the white part into little flakes free from skin, toss it up with a little cream thickened with a piece of butter rolled in flour, half a blade of powdered mace, some white pepper, salt, and the squeeze of a lemon. Cut off the neck end of the chicken, broil the back and sidesmen in one piece, and the two legs seasoned. Put the hash in the middle of the dish, with the back on it, and the two legs at the end.

PULLED TURKEY. Divide the meat of the breast by pulling instead of cutting. Then warm in a spoonful or two of white gravy, and a little cream, grated nutmeg, salt, and a little flour and butter, but do not let it boil. The leg should be seasoned, scored, and broiled, and put into the dish with the above round it. Cold chicken may be treated in the same manner.

PUNCH. In preparing this favourite liquor, it is impossible to take too much pains in the process of mixing, that all the different articles may be thoroughly incorporated together. Take then two large fresh lemons with rough skins, quite ripe, and some lumps of double-refined sugar. Rub the sugar over the lemons, till it has absorbed all the yellow part of the [285]
rinds. Put these lumps into a bowl, and as much more as the juice of the lemons may be supposed to require: no certain weight or quantity can be mentioned, as the acidity of a lemon cannot be known till tried, and therefore this must be determined by the taste. Then squeeze the lemon juice upon the sugar, and with a bruiser press the sugar and the juice particularly well together, for a great deal of the richness and fine flavour of the punch depends on this rubbing and mixing being thoroughly performed. Having well incorporated the juice and the sugar, mix it up with boiling soft water, and let it stand a little to cool. When this mixture, which is now called the sherbet, is made of a pleasant flavour, take equal quantities of rum and brandy and put into it, mixing the whole well together. The quantity of liquor must be according to taste: two good lemons are generally enough to make four quarts of punch, including a quart of liquor, with half a pound of sugar: but this depends much on taste, and on the strength of the spirit. As the pulp of the lemon is disagreeable to some persons, the sherbet may be strained before the liquor is put in. Some strain the lemon before they put it to the sugar, which is improper; as when the pulp and sugar are well mixed together, it adds much to the richness of the punch. When only rum is used, about half a pint of porter will soften the punch; and even when both rum and brandy are used, the porter gives a richness, and also a very pleasant flavour. A shorter way is to keep ready prepared a quarter of an ounce of citric or crystallized lemon acid, pounded with a few drops of the essence of lemon peel, gradually mixed with a pint of clarified syrup or capillaire. Brandy or rum flavoured with this mixture, will produce good punch in a minute.

PUNCH ROYAL. Take thirty Seville oranges and thirty lemons quite sound, pare them very thin, and put the parings into an earthen pan, with as much rum or brandy as will cover them. Take ten gallons of water, and twelve pounds of lump sugar, and boil them. When nearly cold, put in the whites of thirty eggs well beaten, stir it and boil it a quarter of an hour,

then strain it through a hair sieve into an earthen pan, and let it stand till the next day. Then put it into a cask, strain the spirit from the parings, and add as much more as will make it up five gallons. Put it into the cask with five quarts of Seville orange juice, and three quarts of lemon juice. Stir it all together with a cleft stick, and repeat the same once a day for three successive days; then stop it down close, and in six weeks it will be fit to drink.

PURPLE GLOVES. To dye white gloves of a beautiful purple, boil four ounces of logwood, and two ounces of roche alum, in three pints of soft water, till half wasted. Strain off the liquid, and let it stand to be cold. Mend the gloves neatly, brush them over with the dye, and when dry repeat it. Twice is sufficient, unless the colour is to be very dark. When quite dry, rub off the loose dye with a coarse cloth. Beat up the white of an egg, and with a sponge rub it over the leather. The dye will stain the hands, but wetting them with vinegar will take it off before they are washed. [286]

Q.

QUAILS. These are dressed in the same manner as snipes and woodcocks. They should be roasted without drawing, served on toast, and eaten with butter only.

QUAKING PUDDING. Scald a quart of cream; when almost cold, put to it four eggs well beaten, a spoonful and a half of flour, with nutmeg and sugar. Tie it close in a buttered cloth, boil it an hour, and turn it out carefully, without cracking it. Serve it with melted butter, a little wine, and sugar.

QUARTER OF LAMB. A fore-quarter may either be roasted whole, or in separate parts. If left to be cold, chopped parsley should be sprinkled over it. The neck and breast together are called a scoven.

QUEEN CAKES. Mix a pound of dried flour, a pound of sifted sugar, and a pound of currants, picked and cleaned. Wash a pound of butter in rose water, beat it well, and mix with it eight eggs, yolks and whites beaten separately. Put in the dry ingredients by degrees, beat the whole an hour, butter little tins, teacups or saucers, fill them half full of batter, and bake them. Sift over them a little fine sugar, just before they are put into the oven.—Another way. Beat eight ounces of butter, and mix it with two eggs, well beaten and strained. Mix eight ounces of dried flour, the same of lump sugar, and the grated rind of a lemon. Put the whole together, and beat it full half an hour with a silver spoon. Butter small pattipans, half fill them, and bake twenty minutes in a quick oven.

QUEEN ANNE'S BISCUITS. A pound of flour well dried, half a pound of fine sugar powdered and sifted, a pound of currants well washed and picked, and half a pound of butter. Rub the butter into the flour, then mix in the sugar and currants; add ten spoonfuls of cream, the yolks of three eggs, three spoonfuls of sack, and a little mace finely pounded. When the paste is well worked up, set it in a dish before the fire till it be thoroughly warm. Make it up into cakes, place them on a tin well buttered, prick them full of holes on the top,

and bake them in a quick oven.

QUEEN ANNE'S KITCHEN. The economy of the royal kitchen a century ago, though not equal perhaps to the refinement of modern times, was sufficiently sumptuous; and what it wanted in delicacies, was abundantly compensated by a profusion of more substantial dishes of truly English fare. The following are only a few specimens of the stile of cooking approved by queen Anne, sufficient to show in what manner royalty was provided for in the days of our forefathers. Under the article of Roasting, a few particulars will occur. When a turkey, capon, or fowl was to be dressed, it was laid down to the fire, at a proper distance, till it became thoroughly hot. It was then basted all over with fresh butter, and afterwards dredged thinly with flour. The heat of the fire converted this into a thin crust, to keep in the gravy; and no more basting was allowed till the roasting was nearly done, when it was once more basted all over with butter. As the meat began to brown, it was sprinkled a little with large salt, and the outside finished with a fine brown. It was sometimes the custom to baste such meats with the yolks of fresh eggs beaten thin, which was continued during the time of roasting. The following directions were given for roast Veal. Chop some parsley and thyme very small. Beat up the yolks of five or six eggs with some cream, add the chopped herbs, [287] some grated bread, a few cloves, a little mace and nutmeg, some currants and sugar. Mix these well together, raise the skin of the breast of veal, put the stuffing under it, and skewer it down close. Lay the veal before the fire, and baste it with butter. When sufficiently roasted, squeeze on the juice of a lemon, and serve it up. For roast Pig, chop up some sage, and sow it up in the belly of the pig. Roast and baste it with butter, sprinkled with a little salt. When roasted fine and crisp, serve it upon a sauce made of chopped sage and currants, well boiled in vinegar and water, the gravy and brains of the pig, a little grated bread, some barberries and sugar, all well mixed together, and heated over the fire. Another way. Fill the belly of the pig with a pudding made of grated bread, a little minced beef suet, the yolks of two or three raw eggs, three or four spoonfuls of good cream, and a little salt. Sow it up in the belly of the pig, lay it down to roast, and baste it with yolks of eggs beat thin. A few minutes before it is taken up, squeeze on the juice of a lemon, and strew it over with bread crumbs, pepper, nutmeg, ginger, and salt. Make a sauce with vinegar, butter, and the yolks of eggs boiled hard and minced. Boil the whole together, with the gravy of the pig, and then serve it up in this sauce. When a Hare is to be dressed, wash it well, and dry it in a cloth. Sow up a pudding in the belly, truss the hare as if it were running, and roast it. Make a sauce of claret wine, grated bread, sugar, ginger, barberries, and butter, boiled all together, and serve it up with the hare.—Boiled dishes were prepared in the following manner. If a capon, pullet, or chicken, boil it in good mutton broth. Put in some mace, a bunch of sweet herbs, a little sage, spinage, marigold leaves and flowers, white or green endive, borage, bugloss, parsley, and sorrel. Serve it up on sippets of white bread. If to be dressed with cauliflower, cut the vegetable into small heads, with about an inch and a half of stalk to them. Boil them in milk with a little mace, till they are very tender, and beat up the yolks of two eggs with a quarter of a pint of sack. Melt some butter very thick, with a little vinegar and sliced lemon. Pour this and the eggs to and fro till they are well mixed, then take the cauliflower out of the milk, and put it into the sauce. Having boiled the chicken tender, serve it upon sippets of white bread, finely carved, and pour the sauce over it. Pigeons are to be put into a skillet with some strong broth, or spring water. Boil and skim them, put in some mace, a bunch of sweet herbs, some white endive, marigold flowers, and salt. When finely boiled, serve them upon

sippets of white bread, and garnish the dish with mace and white endive. Small birds, such as woodcocks, snipes, blackbirds, thrushes, fieldfares, rails, quails, wheatears, larks, martins, and sparrows, are to be boiled in strong broth, or in salt and water. When boiled, take out the trails, and chop them and the livers small. Add some crumb of grated bread, a little of the liquor in which the birds were boiled, some mace, and stew them all together in some gravy. Beat up the yolks of two eggs, with a little white wine vinegar and grated nutmeg; and when ready to serve, stir these into the sauce with a small piece of butter. Dish up the birds upon sippets of white bread, and pour the sauce over them with some capers, lemon finely minced, and barberries, or pickled grapes, whole. Carrots and onions boiled together in broth, separately from the sauce, are sometimes added to it. When no onion is put in, rub the bottom of the dish with a clove or two of garlic. A Goose, before it is boiled, [288] is to be salted for a day or two. Steep some oatmeal in warm milk, or some other liquor, and mix it with some shred beef suet, minced apples and onions, sweet herbs chopped, and a seasoning of cloves, mace, and pepper. Fill the belly of the goose with this stuffing, and tie it close at the neck and vent. Boil and serve it on slices of bread, dipped in any kind of broth, with cauliflowers, cabbage, turnips, and barberries. Pour melted butter over it. A Wild Duck, being first drawn and trussed, must be parboiled, and then half roasted. Having carved it, put the gravy into a pipkin with plenty of onion and parsley, sliced ginger, mace, some washed currants, barberries, and a quart of claret. Boil all together, skim it clean, add some butter and sugar, and serve up the duck with the sauce poured over it. A Rabbit is to be boiled in salt and water. Chop some parsley and thyme together, a handful of each, and boil it in a little of the liquor in which the rabbit is boiling. Then add to it three or four spoonfuls of verjuice, a piece of butter, and two or three eggs well beaten. Stir the whole together, thicken it over the fire, and serve up the rabbit with this sauce poured over it.—In the royal kitchen, a Florentine Pie was made of a leg of veal or mutton, cut into thin slices, and seasoned with sweet marjoram, thyme, savory, parsley, rosemary, an onion and a clove of garlic, all cut small. To these were added, nutmeg and pepper beaten fine, some grated manchet, a little salt, and the yolks of three or four raw eggs, to mix and make them adhere together. The meat is laid in a dish, with a crust under it, intermixed with some thin slices of streaked bacon. A few bay leaves and some oyster liquor are added, the dish covered with a crust, and baked. For a Veal Pie, cut a fillet into pieces, about the size of walnuts, and season them with cinnamon, ginger, sugar, and salt. Use a raised crust or dish, at pleasure, lay in the meat with roasted chesnuts peeled and quartered, dates sliced, and the marrow from two beef bones. Put on the top crust, bake the pie; and when done, serve it up with the following sauce poured into it. Beat up the yolk of an egg with some white wine, cinnamon, ginger, and sugar. Heat it over the fire till it thickens a little, taking care not to let the egg curdle. Sauce for a loin of veal was made of all kinds of sweet herbs, with the yolks of two or three hard eggs minced very fine. They were then boiled up with some currants, a little grated bread, pounded cinnamon, sugar, and two whole cloves. The sauce was poured into the dish intended for the veal, with two or three slices of an orange. A Cod's Head was directed to be dressed in the following manner. Cut the head large, and a good piece of the shoulder with it, and boil it in salt and water. Have prepared a quart of cockles, with the shelled meat of two or three crabs. Put these into a pipkin with nearly half a pint of white wine, a bunch of sweet herbs, two onions, a little mace, a little grated nutmeg, and some oyster liquor. Boil these till the liquor is wasted, then add three or four large spoonfuls of

melted butter. Drain the cod's head well over a chafing-dish of coals, and serve it up with the above sauce, taking out the bunch of herbs, and adding more butter, if required. Serve up the liver and roe on the sides of the dish.

QUICK HEDGES. A great variety of different sorts of plants is employed in forming and constructing these hedges, as those of the hawthorn, the black-thorn, the crab-tree, the hazel, the willow, the beech, the elder, the poplar, the alder, and several other kinds, according to particular circumstances and situations. Whatever sort of plants may be [289] employed for this purpose, the work should constantly be well performed in the first instance, and the hedges and plants be afterwards kept in due order and regularity by suitable pruning, cutting in, and other proper management. Excellent hawthorn hedges are raised by planting one row only at six inches asunder, rather than two rows nine inches or a foot apart. Those planted six inches apart do not require to be cut down to thicken them at the bottom, and will form a complete protection against hogs, and in other respects form a beautiful and effectual fence.

QUICKSILVER, when rubbed down and blended with unctuous matters, forms a sort of ointment, which is useful in the curing of different diseases of the skin, as well as in destroying lice and other vermin that infest animals of different kinds, which form the live stock of the farmer. It has also been found useful in its crude state in destroying insects on fruit trees. Take a small awl, and pierce sloping, through the rind, and into part of the wood of the branch, but not to the heart or pith of it; and pour in a small drop or two of the quicksilver, and stop it up with a small wooden plug made to fit the orifice, and the insects will drop off from that very branch the next day; and in a day or two more, from the other branches of the trees without any other puncture, and the tree will continue in full vigour and thrive well through the summer. Honeysuckles and other shrubs may be cleared of insects, by scraping away the top of the ground with a trowel, and running an awl in the same sloping manner, into the main stem just above the roots; but with the same caution as above, not quite to the inner pith, and then applying the quicksilver. The insects will drop off the day after the experiment.

QUILLS. To harden and prepare them for use, dip them for a minute in some boiling water in which alum has been dissolved; or thrust them into hot ashes till they become soft, and afterwards press and scrape them with the back of a knife. When they are to be clarified, the barrels must be scraped and cut at the end, and then put into boiling water for a quarter of an hour, with a quantity of alum and salt. Afterwards they are dried in an oven, or in a pan of hot sand.

QUIN'S FISH SAUCE. Half a pint of walnut pickle, the same of mushroom pickle, six anchovies pounded, six anchovies whole, and half a tea-spoonful of cayenne. Shake it up well, when it is to be used.

QUINCE. The fruit of the quince is astringent and stomachic; and its expressed juice, in small quantities, as a spoonful or two, is of considerable service in nausea, vomitings, eructations, &c. Quince trees are very apt to have rough bark, and to be bark-bound; in these cases it will be necessary to shave off the rough bark with a draw-knife, and to scarify them when bark-bound, brushing them over with the composition. It is also advised to plant

quince trees at a proper distance from apple and pears, as bees and the wind may mix the farina, and occasion the apples and pears to degenerate. These trees may be raised from the kernels of the fruit sown in autumn; but there is no depending on having the same sort of good fruit from seedlings, nor will they soon become bearers. But the several varieties may be continued the same by cuttings and layers; also by suckers from such trees as grow upon their own roots, and likewise be increased by grafting and budding upon their own pear-stocks raised from the kernels in the same manner as for apples. Standard quinces, designed as fruit trees, may be stationed in the garden or orchard, and some by the sides of any water, pond, watery ditch, &c. as they delight in moisture. [290]

QUINCE JELLY. When quinces have been boiled for marmalade, take the first liquor and pass it through a jelly bag. To every pint allow a pound of fine loaf sugar, and boil it till it is quite clear and comes to a jelly. The quince seeds should be tied in a piece of muslin, and boiled in it.

QUINCE MARMALADE. Pare and quarter some quinces, and weigh an equal quantity of sugar. To four pounds of the latter put a quart of water, boil and skim it well, by the time the quinces are prepared. Lay the fruit in a stone jar, with a teacupful of water at the bottom, and pack them with a little sugar strewed between. Cover the jar close, set it in a cool oven, or on a stove, and let the quinces soften till they become red. Then pour the syrup and a quart of quince juice into a preserving pan, and boil all together till the marmalade be completed, breaking the lumps of fruit with the ladle; otherwise the fruit is so hard, that it will require a great deal of time. Stewing quinces in a jar, and then squeezing them through a cheese cloth, is the best method of obtaining the juice; and in this case the cloth should first be dipped in boiling water, and then wrung out.

QUINCE PUDDING. Scald six large quinces very tender, pare off the thin rind, and scrape them to a pulp. Add powdered sugar enough to make them very sweet, and a little pounded ginger and cinnamon. Beat up the yolks of four eggs with some salt, and stir in a pint of cream. Mix these with the quince, and bake it in a dish, with a puff crust round the edge. In a moderate oven, three quarters of an hour will be sufficient. Sift powdered sugar over the pudding before it is sent to table.

QUINCE WINE. Gather the quinces in a dry day, when they are tolerably ripe; rub off the down with a linen cloth, and lay them in hay or straw for ten days to perspire. Cut them in quarters, take out the cores, and bruise them well in a mashing tub with a wooden pestle. Squeeze out the liquid part by degrees, by pressing them in a hair bag in a cider press. Strain the liquor through a fine sieve, then warm it gently over a fire, and skim it, but do not suffer it to boil. Now sprinkle into it some loaf sugar reduced to powder, and boil a dozen or fourteen quinces thinly sliced, in a gallon of water mixed with a quart of white wine. Add two pounds of fine sugar, strain off the liquor, and mingle it with the natural juice of the quinces. Put this into a cask, but do not fill it, and mix them well together. Let it stand to settle, put in two or three whites of eggs, and draw it off. If it be not sweet enough, add more sugar, and a quart of the best malmsey. To make it still better, boil a quarter of a pound of stone raisins, and half an ounce of cinnamon bark, in a quart of the liquor, till a third part is reduced. Then strain it, and put it into the cask when the wine is fermenting.

QUINCES PRESERVED. Wipe clean a quantity of golden pippins, not pared but sliced, and put them into two quarts of boiling water. Boil them very quick, and closely covered, till the water is reduced to a thick jelly, and then scald the quinces, either whole or cut in halves. To every pint of pippin jelly add a pound of the finest sugar, boil and skim it clear. Put those quinces that are to be done whole into the syrup at once, and let it boil very fast; and those that are to be in halves by themselves. Skim it carefully, and when the fruit is clear, put some of the syrup into a glass, to try whether it jellies, before taking it off the fire. A pound of quinces is to be allowed to a pound of sugar, and a pound of jelly already boiled with the sugar. [291]

QUINSEY. For a quinsey, or inflammation of the throat, make a volatile liniment, by shaking together an ounce of Florence oil, and half an ounce of the spirit of hartshorn; or an equal quantity of each, if the patient be able to bear it. Moisten a piece of flannel with the liniment, and apply it to the throat every four or five hours. After bleeding, it will seldom fail to lessen or carry off the complaint.

R.

RABBITS. Wild ones have the finest flavour, and are by far the best. Tame rabbits are scarcely eatable, unless kept delicately clean. The doe brings forth every month, and must be allowed to go with the buck as soon as she has kindled. The sweetest hay, oats, beans, sow-thistle, parsley, carrot tops, cabbage leaves, and bran, should be given to the rabbits, fresh and fresh. If not carefully attended, their own stench will destroy them, and be very unwholesome to those who live near them. Constant care is requisite to prevent this inconvenience.—When rabbits are to be dressed, they may have gravy and stuffing like hare; or they may be larded, and roasted without stuffing. For the manner of trussing a rabbit, either for roasting or boiling, see the Plate. If boiled, it should be smothered with onion sauce, the butter to be melted with milk instead of water. If fried in joints, it must be dressed with dried or fried parsley, and liver sauce made for it, the same as for roasting. Chop up the liver with parsley, and put it into melted butter, with pepper and salt. If fricasseed, the same as for chickens. Young rabbits are good in a pie, with forcemeat as for chicken pie.—When rabbits are to be purchased for cooking, the following things must be observed. If the claws are blunt and rugged, the ears dry and tough, and the haunch thick, it is old. But if the claws are smooth and sharp, the ears easily tear, and the cleft in the lip is not much spread, it is young. If fresh and newly killed, the body will be stiff, and in hares the flesh is pale. They keep a good while by proper care, and are best when rather beginning to turn, if the inside is preserved from being musty. To distinguish a real leveret from a hare, a knob or small bone will be discovered near the foot on its fore leg.——*Tame rabbits* may be bred with much success and ornamental effect in a small artificial warren, in a lawn in the garden, made in the following manner. Pare off the turf of a circle about forty feet diameter, and lay it on the outside; then dig a ditch within this circle, the outside perpendicular, the inner sloping, and throw earth sufficient into the middle to form a little hill, two or three feet

higher than the level of the lawn; the rest must be carried away. Then lay down the turf on the hill, and beat it well to settle. The ditch at bottom should be about three feet wide, and three and a half deep, with two or three drains at the bottom, covered with an iron grate, or a stone with holes, to carry off the hasty rains, in order to keep the rabbits dry. In the [292] outside bank should be six alcoves, the sides and top supported, either by boards or brick-work, to give the rabbits their dry food in; by their different situations some will always be dry; six boxes or old tea-chests, let into the bank will do very well. If the ground be very light, the outside circle should have a wall built round it, or some stakes driven into the ground, and boards or hurdles nailed to them, within a foot of the bottom, to prevent the bank from falling in. The entrance must either be by a board to turn occasionally across the ditch, or by a ladder. The turf being settled, and the grass beginning to grow, turn in the rabbits, and they will immediately go to work to make themselves burrows in the sides, and in the hill. By way of inducing them rather to build in the sides, to keep the turf the neater, make a score of holes about a foot deep, and they will finish them to their own mind; and if there be a brick wall round it, it should be built on pillars, with an arch from each, to leave a vacancy for a burrow. Lucern, parsley and carrots are very proper food for them; and they should also be fed upon some of the best upland pasture hay. Rabbits are subject to several diseases, as the *rot*, which is caused by giving them too large a quantity of green food, or the giving it fresh gathered, with the dew or rain hanging in fresh drops upon it, as it is over-moisture that always causes the disease; the green food should therefore always be given dry, and a sufficient quantity of hay, or other dry food, intermixed with it, to counteract the bad effects of it. And a sort of *madness* often seizes them: this may be known by their tumbling about; their heels upwards, and hopping in an odd manner into the boxes. This distemper is supposed to be owing to the rankness of their feeding; and the general cure is the keeping them low and giving them the prickly herb called tare-thistle to eat as much as possible. They are also subject to a sort of scabby eruption, which is seldom removed. These should, however, be directly separated from the rest of the stock.

RABBIT LIKE HARE. Choose a full-grown young rabbit, and hang it up three or four days. Then skin it, and without washing, lay it in a seasoning of black pepper and allspice, in very fine powder. Add a glass of port wine, and the same quantity of vinegar. Baste it occasionally for forty hours, then stuff and roast it as hare, and with the same sauce. Do not wash off the liquor that it was soaked in.

RADISHES. These are raised from seed by different sowings from the end of October till April, or the following month. They should have a light fine mould, and the more early sowings be made on borders, under warm walls, or other similar places, and in frames covered by glasses. The common spindle-rooted, short-topped sorts are mostly made use of in these early sowings, the seed being sown broadcast over the beds after they have been prepared by digging over and raking the surface even, being covered in with a slight raking. Some sow carrots with the early crops of radishes. It is usual to protect the early sown crops in the borders, during frosty nights and bad weather, by mats or dry wheat straw, which should be carefully removed every mild day. By this means they are brought more forward, as well as form better roots. When mats are used, and supported by pegs or hoops, they are readily applied and removed. A second more general sowing should be made in January or February. When the crops have got their rough leaf, they should be

thinned out, where they are too thick, to the distance of two inches, as there will be [293]
constantly more thinning by the daily drawing of the young radishes. When the weather is dry in March, or the following month, the crops should be occasionally well watered, which not only forwards the growth of the crops, but increases the size of the roots, and renders them more mild and crisp in eating. And the sowings should be continued at the distance of a fortnight, till the latter end of March, when they should be performed every ten days, until the end of April or beginning of the following month. In sowing these later crops, it is the practice of some gardeners to sow coss-lettuces and spinach with them, in order to have the two crops coming forward at the same time; but the practice is not to be much recommended, where there is sufficient room. But in sowing the main general crops in the open quarters, the market-gardeners generally put them in on the same ground where they plant out their main crops of cauliflowers and cabbages, mixing spinach with the radish-seed as above, sowing the seeds first, and raking them in, then planting the cauliflowers or cabbages; the radishes and spinach come in for use before the other plants begin to spread much, and as soon as those crops are all cleared off for use, hoe the ground all over to kill weeds and loosen the soil, drawing earth about the stems of the cauliflowers and cabbages. The turnip radish should not be sown till the beginning of March, the plants being allowed a greater distance than for the common spindle-rooted sort. The seeds of this sort are apt to degenerate, unless they are set at a distance from that kind. The white and black Spanish radishes are usually sown about the middle of July, or a little earlier, and are fit for the table by the end of August, or the beginning of September, continuing good till frost spoils them. These should be thinned to a greater distance than the common sort, as their roots grow as large as turnips, and should not be left nearer than six inches. To have these roots in winter, they should be drawn before hard frost comes on, and laid in dry sand, as practised for carrots, carefully guarding them from wet and frost; as in this way they may be kept till the spring. In regard to the culture of the general crops, they require very little, except occasional thinning, where they are too thick, when the plants are come into the rough leaf, either by hoeing or drawing them out by hand: though for large quantities, small hoeing is the most expeditious mode of thinning, as well as most beneficial to the crop by loosening the ground; in either method thinning the plants to about two or three inches distance, clearing out the weakest, and leaving the strongest to form the crop. In order to save the seed, about the beginning of May some ground should be prepared by digging and levelling; then drawing some of the straightest and best coloured radishes, plant them in rows three feet distant, and two feet asunder in the rows; observing, if the season be dry, to water them until they have taken root: after which they will only require to have the weeds hoed down between them, until they are advanced so high as to overspread the ground. When the seed begins to ripen, it should be carefully guarded against the birds. When it is ripe, the pods will turn brown: then it must be cut, and spread in the sun to dry; after which it must be thrashed, and laid up for use where no mice can come at it. In order to have the roots early, as in January or the following month, the method of raising them in hot-beds is sometimes practised. They should have eighteen inches depth of dung to bring them up, and six or seven inches depth of light rich mould. The seed should be sown moderately thick, covering [294]
it in half an inch thick, and putting on the lights: the plants usually come up in a week or less; and when they appear, the lights should be lifted or taken off occasionally, according to the weather; and in a fortnight thin the plants to the distance of an inch and half or two inches,

when in six weeks they will be fit to draw. Where there are no frames to spare, the beds may be covered with mats over hoops, and the sides secured by boards and straw-bands. And when in want of dung, if the beds be covered with frames, and the lights put on at night and in bad weather, the plants may be raised for use a fortnight sooner than in the open borders.—To raise them in constant succession, steep the seed in rain water for twenty-four hours, tie it up in a linen bag, and hang it in the sun all day. The seed beginning to shoot, is then to be sown in fresh earth well exposed to the sun, and covered with a tub. In three days the radishes will be produced fit for salad, and much more delicate than those grown in the common way. In the winter the seeds should be steeped in warm water, and the bag put in a place sufficiently hot to make them sprout. Then fill a tub with rich mould, sow the seeds in it, and cover them over closely with another tub, taking care to sprinkle them now and then with warm water. The two tubs closely joined should be set in a warm place, and in about a fortnight some fine salad will be produced. Radishes may be raised in this manner all the year round, and by the quickness of their growth they will be rendered fine and delicate.

RAGOUT OF EGGS. Boil eight eggs hard, then shell and cut them into quarters. Have ready a pint of good gravy, well seasoned, and thickened over the fire with two ounces of butter rolled in flour. When quite smooth and hot, pour it over the eggs, and serve them up. By using cream instead of gravy, this will make a fricassee.

RAGOUT OF MORELS. Cut them in long slices, then wash and drain them well. Put them into a stewpan with a piece of butter, some chopped parsley, a bunch of herbs, and some gravy. Simmer them over a gentle fire, and when nearly done, add a little pepper, salt, and flour. Set them over the fire, till the sauce is properly thickened. Stewed with a little water and a blade of mace, and thickened with cream, and yolks of eggs, they make a white ragout. Serve them with sippets of bread toasted.

RAGOUT OF TRUFFLES. Peel the truffles, cut them in slices, wash and drain them well. Put them into a saucepan with a little gravy, and stew them gently over a slow fire. When they are nearly done enough, thicken them with a little butter and flour. Stewed in a little water, and thickened with cream and yolk of egg, they make a nice white ragout. Truffles, mushrooms, and morels, are all of them very indigestible, and therefore not to be recommended to general use.

RAISED CRUST. For meat pies or fowls, boil some water with a little fine lard, and an equal quantity of fresh dripping or butter, but not much of either. While hot, mix this with as much fine flour as is necessary, making the paste as stiff as possible, to be smooth. Good kneading will be required for this purpose, and beating it with a rolling-pin. When quite smooth, put a part of it into a cloth, or under a pan, to soak till nearly cold. Those who are not expert in raising a crust, may roll the paste of a proper thickness, and cut out the top and bottom of the pie, then a long piece for the sides. Cement the bottom to the sides with egg, bringing the former rather farther out, and pinching both together. Put egg between the edges [295]
of the paste, to make it adhere at the sides. Fill the pie, put on the cover, and pinch it and the side crust together. The same mode of uniting the paste is to be observed, if the sides are pressed into a tin form, in which the paste must be baked, after it is filled and covered; but in the latter case, the tin should be buttered, and carefully taken off when done enough; and as the form usually makes the sides of a lighter colour than is proper, the paste should be put

into the oven again for a quarter of an hour. The crust should be egged over at first with a feather.—Another. Put four ounces of butter into a saucepan with water; and when it boils, pour it into a quantity of flour. Knead and beat it quite smooth, cover it with small bits of butter, and work it in. If for custard, put a paper within to keep out the sides till half done. Mix up an egg with a little warm milk, adding sugar, a little peach water, lemon peel, or nutmeg, and fill up the paste.—Another way. To four pounds of flour, allow a pound of butter, and an ounce of salt. Heap the flour on a pie board, and make a hole in the middle of it, and put in the butter and salt. Pour in water nearly boiling, but with caution, that the crust be not too flimsey. Work the butter with the hand till it is melted in the water, then mix in the flour, mould it for a few minutes as quick as possible, that it may be free from lumps, and the stiffer it is the better. Let it be three hours before it is used.

RAISIN WINE. To every gallon of spring water, allow eight pounds of fresh Smyrnas, and put them together in a large tub. Stir it thoroughly every day for a month, then press the raisins in a horse-hair bag as dry as possible, and put the liquor into a cask. When it has done hissing, pour in a bottle of the best brandy, stop it close for twelve months, and then rack it off free from the dregs. Filter the dregs through a bag of flannel of three or four folds, add what is clear to the general quantity, and pour on a quart or two of brandy, according to the size of the vessel. Stop it up, and at the end of three years it may either be bottled, or drank from the cask. If raisin wine be made rich of the fruit, and well kept, the flavour will be much improved.—To make raisin wine with cider, put two hundred-weight of Malagas into a cask, and pour upon them a hogshead of good sound cider that is not rough; stir it well two or three days, stop it up, and let it stand six months. Then rack it into a cask that it will fill, and add a gallon of the best brandy. If raisin wine be much used, it would answer well to keep a cask always for it, and bottle off one year's wine just in time to make the next, which, allowing the six months of infusion, would make the wine to be eighteen months old. In cider counties this way is found to be economical; and if the wine is not thought strong enough, the addition of another stone or two of raisins would be sufficient, and the wine would still be very cheap. When the raisins are pressed through a horse-hair bag, they will either produce a good spirit by distillation, if sent to a chemist, or they will make excellent vinegar.—Raisin wine without cider. On four hundred-weight of Malagas pour a hogshead of spring water, stir it well every day for a fortnight, then squeeze the raisins in a horse-hair bag in a press, and tun the liquor. When it ceases to hiss, stop it close. In six months rack it off into another cask, or into a tub; and after clearing out the sediment, return it into the cask without washing it. Add a gallon of the best brandy, stop it close, and bottle it off in six months. The pressed fruit may be reserved for making vinegar. [296]

RAMAKINS. Scrape a quarter of a pound of Cheshire cheese, and the same of Gloucester cheese, and add them to a quarter of a pound of fresh butter. Beat all in a mortar, with the yolks of four eggs, and the inside of a small French roll boiled soft in cream. Mix the paste with the whites of the eggs previously beaten, put it into small paper pans made rather long than square, and bake in a Dutch oven to a fine brown. They should be eaten quite hot. Some like the addition of a glass of white wine. The batter for ramakins is equally good over macaroni, when boiled tender; or on stewed brocoli, celery, or cauliflower, a little of the gravy they have been stewed in being put in the dish with them, but not enough to make the vegetable swim.

RASPBERRY BRANDY. Pick some fine dry fruit, put them into a stone jar, and the jar into a kettle of water, or on a hot hearth, till the juice will run. After straining it, add to every pint of juice, half a pound of sugar; give it one boil, and skim it. When cold, put equal quantities of juice and brandy; shake it well, and bottle it. Some persons prefer it stronger of the brandy.

RASPBERRY CAKES. Pick out some fine ripe raspberries, weigh and boil them. When mashed, and the liquor is wasted, add sugar equal to the first weight of the fruit. Take it off the fire, mix it well, until perfectly dissolved, and then put it on china plates to dry in the sun. As soon as the top part dries, cut the paste into small cakes with the cover of a canister; then turn them on fresh plates, and put them into boxes when dry, with layers of white paper.

RASPBERRY CREAM. Mash the fruit gently, and let them drain; sprinkle some sugar over, and that will produce more juice. Then put the juice to some cream, and sweeten it. After this it may be lowered with milk; but if the milk be put in before the cream, it will curdle it. When fresh fruit cannot be obtained, it is best made of raspberry jelly, instead of jam.—Another way. Boil an ounce of isinglass shavings in three pints of cream and new milk mixed, for fifteen minutes, or till the shavings be melted. Strain it through a hair sieve into a bason; when cool, add about half a pint of raspberry juice or syrup, to the milk and cream. Stir it till it is well incorporated; sweeten, and add a glass of brandy. Whisk it about till three parts cold, and then put it into a mould till it is quite cold. In summer, use the fresh juice; in winter, syrup of raspberries.

RASPBERRY JAM. Weigh equal quantities of fruit and sugar; put the former into a preserving-pan, boil and break it, stir it constantly, and let it boil very quickly. When most of the juice is wasted, add the sugar, and simmer it half an hour. By this mode of management the jam is greatly superior in colour and flavour, to that which is made by putting the sugar in at first.—Another way. Put the fruit in a jar, and the jar in a kettle of water on a hot hearth, and let it remain till the juice will run from it. Then take away a quarter of a pint from every pound of fruit, boil and bruise it half an hour. Put in the weight of the fruit in sugar, add the same quantity of currant juice, and boil it to a strong jelly. The raspberry juice will serve to put into brandy, or may be boiled with its weight in sugar, for making the jelly for raspberry ice or cream.

RASPBERRY TARTS. Roll out some thin puff paste, and lay it in a pattipan. Put in the raspberries, strew some fine sugar over them, cover with a thin lid, and bake the tart. Mix a [297]
pint of cream with the yolks of two or three eggs well beaten, and a little sugar. Cut open the tart, pour in the mixture, and return it to the oven for five or six minutes.—Another. Line the dish with puff paste, put in sugar and fruit, lay bars across, and bake them. Currant tarts are done in the same way.

RASPBERRY VINEGAR. Put a pound of fine fruit into a china bowl, and pour upon it a quart of the best white wine vinegar. Next day strain the liquor on a pound of fresh raspberries, and the following day do the same; but do not squeeze the fruit, only drain the liquor as dry as possible from it. The last time pass it through a canvas, previously moistened with vinegar, to prevent waste. Put it into a stone jar, with a pound of sugar to every pint of juice, broken into large lumps. Stir it when melted, then put the jar into a saucepan of water,

or on a hot hearth; let it simmer, and skim it clean. When cold, bottle it up. This is one of the most useful preparations that can be kept in a house, not only as affording the most refreshing beverage, but being of singular efficacy in complaints of the chest. A large spoonful or two in this case is to be taken in a tumbler of water. No glazed or metal vessel of any kind should be used in this preparation. The fruit, with an equal quantity of sugar, makes excellent Raspberry Cakes, without boiling.

RASPBERRY WINE. To every quart of well-picked raspberries put a quart of water; bruise, and let them stand two days. Strain off the liquor; and to every gallon add three pounds of lump sugar. When dissolved, put the liquor in a barrel; and when fine, which will be in about two months, bottle it off. To each bottle put a spoonful of brandy, or a glass of wine.

RATIFIA. Blanch two ounces of peach and apricot kernels, bruise and put them into a bottle, and fill it nearly up with brandy. Dissolve half a pound of white sugar-candy in a cup of cold water, and add it to the brandy after it has stood a month on the kernels, and they are strained off. Then filter through paper, and bottle it up for use. The leaves of peaches and nectarines, when the trees are cut in the spring, being distilled, are an excellent substitute for ratifia in puddings.

RATIFIA CAKES. Blanch and beat fine in a mortar, four ounces of bitter almonds, and two ounces of sweet almonds. Prepare a pound and a half of loaf sugar, pounded and sifted; beat up the whites of four eggs to a froth, and add the sugar to it a little at a time, till it becomes of the stiffness of dough. Stir and beat it well together, and put in the almonds. Drop the paste on paper or tins, and bake it in a slow oven. Try one of the cakes, and if it rises out of shape, the oven is too hot. The cakes must not be handled in making, but a spoon or a knife must be used.

RATIFIA CREAM. Boil three or four laurel, peach, or nectarine leaves, in a full pint of cream, and strain it. When cold, add the yolks of three eggs beaten and strained, sugar, and a large spoonful of brandy stirred quick into it. Scald and stir it all the time, till it thickens. Or mix half a quarter of a pint of ratifia, the same quantity of mountain wine, the juice of two or three lemons, a pint of rich cream, and agreeably sweetened with sugar. Beat it with a whisk, and put it into glasses. The cream will keep eight or ten days.—Another. Blanch a quarter of an ounce of bitter almonds, and beat them with a tea-spoonful of water in a marble mortar. [298] Rub with the paste two ounces of loaf sugar, simmer it ten minutes with a tea-cupful of cream, and then strain and ice it.

RATIFIA DROPS. Blanch and beat in a mortar four ounces of bitter almonds, and two ounces of sweet almonds, with a small part of a pound of fine sugar sifted. Add the remainder of the sugar, and the whites of two eggs, and make the whole into a paste. Divide the mass into little balls the size of a nutmeg, put them on wafer paper, and bake them gently on tin plates.

RATS. The first step taken by rat-catchers, in order to clear a house, &c. of those vermin, is to allure them all together, to one proper place, before they attempt to destroy them; for there is such an instinctive caution in these animals, accompanied with a surprising sagacity in discovering any cause of danger, that if any of them be hurt, or pursued, in an

unusual manner, the rest take the alarm, and become so shy and wary, that they elude all the devices and stratagems of their pursuers for some time after. The place where the rats are to be assembled, should be some closet, or small room, into which all the openings, but one or two, may be secured; and this place should be, as near as may be, in the middle of the house, or buildings. It is the practice, therefore, to attempt to bring them all together in some such place before any attempt be made to take them; and even then to avoid any violence, hurt, or fright to them, before the whole be in the power of the operator. In respect to the means used to allure them to one place, they are various; one of those most easily and efficaciously practised is the trailing some piece of their most favourite food, which should be of the kind that has the strongest scent, such as toasted cheese, or broiled red-herring, from the holes or entrances to their accesses in every part of the house, or contiguous buildings, whence it is intended to allure them. At the extremities, and in different parts of the course of this trailed tract, small quantities of meal, or any other kind of their food, should be laid, to bring the greater number into the tracks, and to encourage them to pursue it to the centre place, where they are intended to be taken; at that place, where time admits of it, a more plentiful repast is laid for them, and the trailing repeated for two or three nights. But besides this trailing, and way-baiting, some of the most expert of the rat-catchers have a shorter, and, perhaps, more effectual method of bringing them together, which is, the calling them, by making such a kind of whistling noise as resembles their own call, and by this means, with the assistance of the way-baits, they call them out of their holes, and lead them to the repast prepared for them at the place designed for taking them. But this is much more difficult to be practised than the art of trailing; for the learning the exact notes, or cries, of any kind of beasts or birds, so as to deceive them, is a peculiar talent, not easily attained to in other cases. And in practising either of these methods, great caution must be used by the operator to suppress, and prevent, the scent of his feet and body from being perceived; which is done by overpowering that scent by others of a stronger nature. In order to this the feet are to be covered with cloths rubbed over with assafœtida, or other strong smelling substances; and even oil of rhodium is sometimes used for this purpose, but sparingly, on account of its dearness, though it has a very alluring, as well as disguising effect. If this caution of avoiding the scent of the operator's feet, near the track, and in the place where the rats are proposed [299]
to be collected, be not properly observed, it will very much obstruct the success of the attempt to take them; for they are very shy of coming where the scent of human feet lies very fresh, and intimates, to their sagacious instinct, the presence of human creatures, whom they naturally dread. To the above-mentioned means of alluring by trailing, way-baiting, and calling, is added another of very material efficacy, which is the use of the oil of rhodium, which, like the marum syriacum in the case of cats, has a very extraordinary fascinating power on these animals. The oil is extremely dear, and therefore very sparingly used. It is exhaled in a small quantity in the place, and at the entrance of it, where the rats are intended to be taken, particularly at the time when they are to be last brought together in order to their destruction; and it is used also, by smearing it on the surface of some of the implements used in taking them, by the method before described, and the effect it has in taking off their caution and dread, by the delight they appear to have in it, is very extraordinary. It is usual, likewise, for the operator to disguise his figure as well as scent, which is done by putting on a sort of gown or cloak, of one colour, that hides the natural form, and makes him appear like a post, or such inanimate thing; which habit must likewise be scented as above, to

overpower the smell of his person; and besides this he is to avoid all motion, till he has secured his point of having all the rats in his power. When the rats are thus enticed and collected, where time is afforded, and the whole in any house or outbuildings are intended to be cleared away, they are suffered to regale on what they most like, which is ready prepared for them; and then to go away quietly for two or three nights; by which means those which are not allured the first night are brought afterwards, either by their fellows, or the effects of the trailing, &c. and will not fail to come duly again, if they are not disturbed or molested. But many of the rat-catchers make shorter work, and content themselves with what can be brought together in one night or two; but this is never effectual, unless where the building is small and entire, and the rats but few in number. With respect to the means of taking them when they are brought together, they are various. Some entice them into a very large bag, the mouth of which is sufficiently capacious to cover nearly the whole floor of the place where they are collected; which is done by smearing some vessel, placed in the middle of the bag, with oil of rhodium, and laying in the bag baits of proper food. This bag, which before laid flat on the ground, with the mouth spread open, is to be suddenly closed when the rats are all in it. Others drive or frighten them, by slight noises or motions, into a bag of a long form, the mouth of which, after all the rats are come in, is drawn up to the opening of the place by which they entered, all other ways of retreat being secured. Others, again, intoxicate or poison them, by mixing with the repast prepared for them the cocculus indicus, or the nux vomica. A receipt for this purpose has appeared, which directs four ounces of cocculus indicus, with twelve ounces of oatmeal, and two ounces of treacle or honey, to be made up into a moist paste with strong beer; but if the nux vomica be used, a much less proportion will serve than is here given of the cocculus. Any similar composition of these drugs, with that kind of food the rats are most fond of, and which has a strong flavour, to hide that of the drugs, will equally well answer the end. If, indeed, the cocculus indicus be [300] well powdered, and infused in strong beer for some time, at least half the quantity here directed will serve as well as the quantity before mentioned. When the rats appear to be thoroughly intoxicated with the cocculus, or sick with the nux vomica, they may be taken with the hand, and put into a bag or cage, the door of the place being first drawn to, lest those which have strength and sense remaining should escape. By these methods, when well conducted, a very considerable part of the rats in a farm, or other house, and the contiguous buildings, may be taken and destroyed. But various other methods have been practised.—The following compositions are advised for destroying these mischievous creatures, and which are stated to have been attended with great success. First, to a quart of oatmeal, add six drops of oil of rhodium, one grain of musk, and two or three of the nuts of nux vomica finely powdered; make them into pellets, and put them into the rat-holes. This, it is said, was at first greedily eaten, and did great execution; but the wise animals, after a time, ceased to eat it. Secondly; this consisted of three parts of oatmeal and one of stave's-acre, mixed well into a paste with honey. Pieces of this paste were laid in their holes, and again did great execution. Thirdly; this is a method of destroying them by laying a large box down on its front side, with the lid supported open by a string over a pulley; and by trailing toasted cheese and a red-herring from their holes to this box, and placing oatmeal and other food in it, which they are for a few nights to be permitted to eat unmolested; and finally to watch them by moon-light, the inside of the box being painted white; and, when many of them are seen, to let down the lid; by which contrivance sixty of them are stated to have been taken at

one time.—But though the usual ways of destroying rats are by traps and poison, it is advised never to use arsenic, or corrosive sublimate, for that purpose, except under particular circumstances, as they are deadly poisons: nux vomica will generally answer the end as well, without the danger. It is a very good plan, to prevent accidents, to enclose the traps in cases, having holes in the ends of them large enough to admit rats, but small enough to exclude dogs, cats, &c. As a bait for rat-traps, the following composition may be made use of with advantage. Take a pound of good flour, three ounces of treacle, and six drops of the oil of carraways: put them all in a dish, and rub them well together till they are properly mixed: then add a pound of crumb of bread. The traps baited with this mixture should be set as near their haunts as possible; but, for two or three days, so as not to fall or strike on the rats going in, but letting them have free liberty to go in and out at pleasure, as this makes them fearless. Some of the bait should also be laid at the rat-holes, and a little of it scattered quite up to the traps, and so on to the bridge of each trap, where a handful may be placed. It may also be proper to scent the traps with the following mixture, for the purpose of enticing the rats into them. Take twenty drops of the oil of rhodium, six or seven grains of musk, and half an ounce of oil of aniseed; put them in a small phial, and shake it well before using; then dip a piece of twisted paper or rag in the mixture, and rub each end of the trap with it, if a box trap, and put two or three drops on the bridge, leaving the paper or rag in the trap. Of whatever kind the trap is, it should be scented; but once in a twelvemonth will be sufficient. Then throw some chaff mixed with a little wheat about the bottom of the trap, in order to [301] deceive the rats; for they are very sagacious, and will not enter a suspicious place. This will be necessary to be done only at the first time of setting the traps; for, after some rats have been caught and have watered and dunged in them, rats will enter boldly when they find others have been there before them: do not, therefore, wash or clean out the trap, as some people do before they set it again, but let the dung and urine remain in it. Keep the places where the traps are set as private as possible; and when they are set for catching, mix no bread with the bait, as the rats will, in that case, be apt to carry it away. And it is useful, when the holes are found quiet, and that no rats use them, to stop them up with the following composition. Take a pint of common tar, half an ounce of pearl-ashes, an ounce of oil of vitriol, and a good handful of common salt, mix them all well together in an old pan or pot. Take some pieces of paper, and lay some of the above mixture very thick on them; then stop the holes well up with them, and build up the mouth of the holes with brick or stone, and mortar; if this be properly done, rats will no more approach these while either smell or taste remains in the composition. But with a view to destroy rats in places where traps cannot be set, it is recommended to take a quart of the above bait, then to rasp into it three nuts of nux vomica, and add a quarter of a pound of crumb of bread, if there was none before; mix them all well together, and lay it into the mouth of their holes, and in different places where they frequent; but first give them of the bait without nux vomica, for three or four succeeding nights; and when they find it agrees with them, they will eat that mixed with the nut with greediness. However, as it is frequently found that rats are very troublesome in sewers and drains, in such cases arsenic may be used with success in the following manner. Take some dead rats, and having put some white arsenic, finely powdered, into an old pepper-box, shake a quantity of it on the foreparts of the dead rats, and put them down the holes, or avenues, by the sides of the sewers at which they come in; this puts a stop to the live ones coming any further; for when they perceive the arsenic, they will retire immediately;

whereas, if they were put down without the arsenic, the live ones would eat them. It is by means of arsenic, notwithstanding the above observations, that the most certain method of destroying these troublesome vermin, (provided they can be made to eat it,) takes place; which has been found to answer best when it is prepared by being finely levigated, and mixed up with very strong old cheese and oatmeal. But after all, it is probable that this highly destructive animal, and great pest to the farmer, might be most readily exterminated by parishes uniting for the purpose, and raising certain sums of money to be applied in this way, under the direction of a proper person who is fully acquainted with the business.—In many grain and other districts in the kingdom these animals prevail very much, especially the grey kind, particularly in all those where there are no regular raised staddles or stands for the grain stacks to rest upon, which is the case in a great number. The mischief, injury, and destruction of grain which is produced in this way, is scarcely to be calculated; and they are besides very mischievous, troublesome, and inconvenient in several others; so that they should be every where extirpated as much as possible. And in corn tracts, stands or staddles should every where be provided in order to prevent mischief being done by them. [302]

RAZOR STRAPS. Nothing makes a better razor strap than crocus martis with a little sweet oil, rubbed well on doe skin with a glass bottle; and to keep it in perfect order, it should not be left too long dry.

RED CABBAGE. Slice a red cabbage crossways, put it in an earthen dish, and throw on it a handful of salt. Cover it over till the next day, drain it in a cullender, and put it into a jar. Boil some good vinegar, with cloves and allspice; pour it hot on the cabbage till the jar is full, and when cold tie it down close.

RED HERRINGS. Choose those that are large and moist, cut them open, and pour over them some boiling small beer. Let them soak half an hour, then drain and dry them; make them just hot through before the fire, and rub them over with cold butter. Serve with egg sauce, or buttered eggs; mashed potatoes should also be sent up with them.

RED INK. Infuse a quarter of a pound of Brazil wood, rasped, in two pints of vinegar, for three days. Then boil the liquid and the wood over a gentle fire, for an hour, and strain it off quite hot. Put it again over the fire, and dissolve in it, first, half an ounce of gum arabic, and afterwards, half an ounce of alum, and the same quantity of white sugar. When the alum is dissolved, remove it from the fire, and preserve it for use.

RED MULLET. This sort of fish are in season in August; and to be good, they should be quite firm. Sea mullets are preferred to the river ones, and the red to the grey. This fish is sometimes called the sea woodcock. To dress mullets, clean them, but leave the inside. Fold them in oiled paper, and bake them gently in a small dish. Make a sauce of the liquor that comes from the fish, with a piece of butter, a little flour, a little essence of anchovy, and a glass of sherry. Give it a boil, serve in a boat, and the fish in the paper cases.

REGIMEN. It may be difficult accurately to ascertain the predominant qualities of particular constitutions, or of the food that is best adapted in particular instances; yet it is certain, that health is dependent on regimen and diet, more than on any other cause. There are things so decidedly injurious, and so well known to be so, as to require no admonition; the instincts of nature will teach us to refrain; and generally speaking, the best rule for our

practice is to observe by experience, what it is that hurts or does us good, and what our stomachs are best able to digest. We must at the same time keep our judgment unbiassed, and not suffer it to become a pander to the appetite; or the stomach and the health will be betrayed to the mere indulgence of sensuality. The gratification of our taste in the abundant supplies of nature, converted by art to the purposes of wholesome food, is perfectly compatible with the necessary maintenance of health; it is only the indiscriminate or inordinate indulgence of our appetites, regardless of the consequences, that is the proper object of censure. Many of the diseases to which we are subject might be traced to this source; yet we are generally so little aware of it, that we impute them to the state of the weather, to infection, or any other imaginary cause, rather than the true one. The weather has very little serious effect upon a person in health, unless exposed to it in some unusual manner that suddenly checks perspiration, or some of the ordinary evacuations. Infection, though of formidable import, is almost divested of its power over those whose temperance in food and diet keeps the blood and juices pure. The closest attendance upon an infected [303] person has often been found perfectly consistent with personal safety under such circumstances. Even diseases, said to be hereditary, may with great probability be assigned to errors in domestic life, of which the children partake, and fall into the same disorders as their parents, and remote progenitors. But even if this be not exactly so, an originally indifferent constitution may certainly be much amended by proper management. Amongst a variety of causes producing ill health, there can be no doubt but bad air, want of cleanliness, want of exercise, excessive fatigue, and mental uneasiness, must have an unfavourable influence; yet none of these have so immediate an effect as the food we eat, which if not wholesome and nutricious, tends directly to contaminate the system. We derive the renewal of our blood and juices, which are constantly exhausting, from the substances converted into food. As our food therefore is proper or improper, too much or too little, so will our blood and juices be good or bad, overcharged or deficient, and our state of health accordingly good or diseased. It is not only necessary however, that our aliment should be plain and wholesome; it is requisite also that it should contain active principles; such as salts, oils, and spirits, which have the property of stimulating the solids, quickening the circulation, and make the fluids thinner; thus rendering them more suited to undergo the necessary secretions of the body. The art of preserving health, and of prolonging life, consists therefore in the use of a moderate quantity of such diet as shall neither encrease the salts and oils so as to produce disease, nor to diminish them so as to suffer the solids to become relaxed. Eating too little is hurtful, as well as eating too much. Neither excess nor hunger, nor any thing else that passes the bounds of nature, can be good for man. Temperance and moderation in eating and drinking, are nature's great preservatives. 'The throat has destroyed more than the sword.' Some people are apt to think, the more plentifully they eat and drink, the better they thrive, and the stronger they grow. But this is not the case: a little, well digested, will render the body more vigorous than when it is glutted with superfluity, most of which is turned to excrementitious, not alimentary, fluid, and must soon be evacuated, or sickness will follow. It is said of the highly celebrated Dr. Boerhaäve, that having long promised to a friend the secret of preserving health and long life, his friend became impatient to obtain the secret, when he perceived that the physician was dying. To his repeated solicitations, the doctor as frequently replied, 'Do not eat too much—do not eat too much;' and left this advice as his last legacy to his valued friend. By loading the stomach, digestion is impeded; for the natural

juice of the stomach, which is the great medium of digestion, has not then room to exert itself. The stomach therefore nauseates its contents, and is troubled with eructations; the spirits are oppressed, obstructions ensue, and disease is the consequence. Besides, when thus overfilled, the stomach presses on the diaphragm, prevents the proper play of the lungs, and occasions difficulty and uneasiness in breathing. Hence arise various bad symptoms and effects, throughout the whole of the animal economy; prostrating the strength, impairing the senses, hastening old age, and shortening life. Though these unhappy consequences may not be immediately perceived, yet they are the certain attendants of intemperance; and it has been generally observed in great eaters, that though from custom, a state of youth, and a [304] strong constitution, they suffer no present inconvenience, but have digested their food, and sustained the surfeit; yet if they have not been unexpectedly cut off, they have found the symptoms of old age come on early in life, attended with pains and innumerable disorders. If health is to be regarded, we must ever make it a rule not to eat to satiety or fulness, but desist while the stomach feels quite easy. Thus we shall be refreshed, light, and cheerful; not dull, heavy, or indisposed. Should we ever be tempted to eat too much at one time, we should eat the less at another: abstinence is the best remedy for repletion. If our dinner has been larger than usual, let our supper be less, or rather, quite omitted. With regard to the times of eating, they must to a certain degree be conformed to family convenience, but ought to be quite independent of the caprice of fashion, instead of being as they are, governed by it. This, and a want of punctuality to the dinner hour, are the cause of more real harm to the constitution than thoughtless people of fashion, and their more thoughtless imitators, are apt to imagine. When a dinner is dressed, nothing can prevent its being injured by standing. It may be kept hot, and this imposes on those who think no farther upon the subject; but the very means made use of for this purpose, only help to spoil it the more. If things boiled are kept in the water after they are done enough, they become sodden, vapid, and heavy. The invention of hot closets for keeping other things hot, dry away the juices, and make them strong and rancid. From such dinners, indigestions will ensue, frequent head-aches, nervousness, and many other uneasy sensations, which finally bring on maladies of a more serious nature. The great points to be guarded against, respecting the times of eating, are either eating too soon after a former meal, or fasting too long. The stomach should always have time to empty itself, before it is filled again. Some stomachs digest their contents sooner than others, and if long empty it may destroy the appetite, and greatly disturb both the head and animal spirits; because from the great profusion of nerves spread over the stomach, there is an immediate sympathy between that and the head. Hence the head is sure to be affected by whatever disorders the stomach, whether from any particular aliment that disagrees with it, or being over filled, or too long empty. Hence also, too frequently, arise apoplexy, or paralytic affections, especially in aged people. Such as feel a gnawing in the stomach, as it is called, should not wait till the stated time of the next meal, but take a small quantity of food, light, and easy of digestion, that the stomach may have something to work on. Children, with craving appetites, do and may eat often, allowing only a proper interval to empty the stomach. Young persons in health, who use much exercise, may eat three times a day. But such as are in years, such as are weak, as do no work, or lead a sedentary life, eating twice in the day is quite sufficient: or if in the present habits of society it is found to be difficult to arrange for two meals only, let them take three very moderate ones. Weak and aged persons may eat often, but then it should be very little at a time. The diseases to which

we are liable often require substances of more active principles than what are found in common aliment, and hence the need of medicine, in order to, produce sudden alterations. But where such alterations are not immediately necessary, the same effect may be produced with much greater safety, by a proper attention to diet only. Abstinence is in short, one of the [305] best remedies to which we can resort; and if employed in time, will entirely cure many disorders, and check the violence of such as cannot be entirely carried off by it. In all cases where there is any inflammation, and in stomach complaints, it is particularly necessary, and may be safely continued till the symptoms of disease disappear. Where the digestion is habitually weak, a day of abstinence once a week will always be beneficial. The quality of our food is a subject of greater difficulty than the quantity. Moderation is an invariably safe guide in the latter case; but though always favourable to prevent ill effects from any error in quality, it will not always be effectual. To a person in good health, with a strong stomach, and whose constant beverage is water, or some weak liquor, the niceties in food and cooking are less material, than to persons with naturally weak stomachs, or to those in sickness, or for children. But all persons who would to a certainty preserve their health and faculties, and live out the natural term of life, should use plain food, as all high seasonings and compound mixtures, have an injurious effect, sooner or later, on the strongest constitutions. If a few instances can be shewn to the contrary, these, like other anomalies in nature, cannot constitute an exception to a well established fact. A prevailing error in the diet of this country is a too great use of animal food. The disease called the sea scurvy, often occurs from this cause, in every large town in England; and it is probable that the frequency and fatality of putrid and scarlet fevers may justly be attributed to it also. The prejudices of this country are very strong in favour of animal food, but the evidence of facts is equally strong against its absolute necessity. Instances of this are seen in the natives of Hindostan, who live upon rice, and who by way of opprobrium call the inhabitants of this country 'flesh eaters;' in the poor of Ireland, who live upon potatoes, and in the poor of Scotland, who live upon oatmeal. After all, the medium is in all probability the best; neither animal nor vegetable diet exclusively, but a reasonable proportion of both. Persons of indifferent health should be particularly cautious in their diet, and those labouring under any particular malady should carefully conform to the regimen prescribed for them by their medical advisers.—Our beverage is another very important article, in reference to health. It is essential to moisten and convey more solid food into the stomach, and from thence to the respective parts of the system. Also to allay thirst, to dilute the blood, that it may circulate through the minutest vessels, and to dissolve and carry off by watery secretions the superfluous salts taken in with the food. No liquid is so effectual for this purpose as pure water; with the exception only of a few cases. No other liquid circulates so well, or mixes so immediately with our fluids. Other liquids are impregnated with particles which act strongly upon the solids or fluids, or both; but water being simple, operates only by diluting, moistening, and cooling, which are the great uses of drink pointed out to us by nature. Hence it is evident that water in general is the best and most wholesome drink; but as some constitutions require something to warm and stimulate the stomach, fermented liquors may be proper, if taken in moderation. It is necessary however, that beer, ale, cider, and wine, be taken in a sound state and of proper age, or they will be highly detrimental. Spirituous liquors, taken too freely, or in a raw state, are attended with direful effects, and are the destruction of thousands. From the degree of [306] heat they have undergone in distillation, they acquire a corrosive and burning quality, which

makes them dangerous to the constitution. They contract the fibres and smaller vessels, especially where they are tenderest, as in the brain, and thus destroy the intellectual faculties. They injure the coat of the stomach, and so expose the nerves and relax the fibres, till the whole stomach becomes at last soft and flabby. Hence ensues loss of appetite, indigestion, and diseases that generally terminate in premature death. Light wines of a moderate strength, and matured by age, are more wholesome than strong, rich, and heavy wines, and pass off the stomach with less difficulty. Red port is strong and astringent, but white port and Spanish wines are stimulating and attenuating. French wines are lighter, and not so strong as the Portuguese and Spanish wines, which renders them wholesomer for thin and dry constitutions. Rhenish and Moselle wines are the most wholesome of any, where acidity is not hurtful. Home made wines are prejudicial to all constitutions, being very windy and heady. The notion that liquors of any kind assist digestion, is quite erroneous, as wine and all other strong liquors are as hard to digest as strong solid food. Those who drink only water or small beer at their meals, are able to eat and digest almost double the quantity of what they could, if they drank strong liquors. When the stomach is uneasy from too much food, or such as is indigestible, strong liquors produce a deceitful glow in the stomach, which induces a belief of their having the beneficial effect of assisting digestion. The fallacy of this conclusion is sufficiently apparent from the state in which cherries are found, after they have been steeped in brandy: instead of becoming more tender, they are rendered as tough as leather. Similar effects are produced on food in the stomach, as well as out of it. Strong liquors are plainly improper at meals, as by their heat and activity they hurry the food undigested into the habit, and so lay the foundation for various distempers, such as the gout, rheumatism, apoplexy, and palsy.

RENNET. This article, so necessary in making of cheese, is prepared as follows. Take out the stomach of a calf as soon as killed, and scour it inside and out with salt, after it is cleared of the curd always found in it. Let it drain a few hours, then sow it up with two good handfuls of salt in it, or stretch it on a stick well salted, and hang it up to dry.—Another way. Clean the maw as above, and let it drain a day. Then put into two quarts of fresh spring-water a handful of hawthorn tops, a handful of sweet briar, a handful of rose leaves, a stick of cinnamon, forty cloves, four blades of mace, a sprig of knotted marjoram, and two large spoonfuls of salt. Let them boil gently till the liquor is reduced to three pints, and strain it off; when only milk warm, pour it on the maw. Slice a lemon into it, let it stand two days, strain it again, and bottle it for use. It will keep good at least for twelve months, and has a very fine flavour. Sweet aromatic herbs may also be added. The liquor must be pretty salt, but not made into brine: a little of it will turn the milk. Salt the maw again for a week or two, and dry it stretched on cross sticks, and it will be nearly as strong as before. The rennet when dried must be kept in a cool place.

RESENTMENT. This is a dangerous passion, and often fatal to health. Anger disorders the whole frame, hurries on the circulation of the blood, occasions fevers and other acute disorders, and sometimes ends in sudden death. Resentment also preys upon the mind, and occasions the most obstinate disorders, which gradually waste the constitution. Those who value health therefore, will guard against indulging this malignant propensity, and endeavour to preserve a happy degree of tranquillity. [307]

RHEUMATISM. In this complaint the diet should be nourishing, with a little generous

wine; costiveness must be carefully avoided. The painful part should be kept warm with flannel, should be frequently rubbed, occasionally electrified, and supplied with the volatile liniment. Blisters, cataplasms of mustard or horseradish, may be applied with advantage. If these be not effectual, take a pint of the spirits of turpentine, and add half an ounce of camphor. Let it stand till the camphor is dissolved, then rub it on the part affected night and morning, and it will seldom fail to afford effectual relief. This mixture is also very proper for sprains and bruises, and should be kept for family use. But several of our own domestic plants as above may be used with advantage in the rheumatism. One of the best is the white *mustard*. A table-spoonful of 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 drunk in the form of tea. The ground-ivy, camomile, and several other bitters, are also 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. Cold bathing, especially in salt water, often cures the rheumatism. It is also advisable to take exercise, and wear flannel next 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 into the leg or thigh. 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 clothes, and wet feet, as much as possible. Their clothing should be warm, and they should wear flannel next their skin, and make frequent use of the flesh brush. One of the best articles of dress, not only for the prevention of rheumatism, but for powerful co-operation in its cure, is fleecy hosiery. In low marshy situations, the introduction of that manufacture has prevented more rheumatisms, colds, and agues, than all the medicines ever used there. Such of the inhabitants of marshy counties as are in easy circumstances, could not, perhaps, direct their charity and humanity to a better object than to the supplying their poor neighbours with so cheap and simple a preservative.

RHUBARB. By proper attention in the growth and preparation of this root, it may be obtained here nearly in equal goodness to the foreign. The plants are all increased by seeds, which should be sown in autumn soon after they are ripe, where the plants are designed to remain, as their roots being large and fleshy when they are removed, they do not recover it soon; nor do the roots of such removed plants ever grow so large and fair as those which remain where they were sown. When the plants appear in the spring, the ground should be well hoed over, to cut up the weeds; and where they are too close, some should be cut up, leaving them at the first hoeing six or eight inches asunder; but at the second they may be separated to a foot and a half distance, and more. When any weeds appear, the ground should be scuffled over with a Dutch hoe in dry weather; but after the plants cover the ground with their broad leaves, they keep down the weeds without any farther trouble. The [308] ground should be cleaned in autumn when the leaves decay, and in the spring, before the plants begin to put up their new leaves, be dug well between them. In the second year, many of the strongest plants will produce flowers and seeds, and in the third year most of them. It is advised, that the seeds be carefully gathered when ripe, and not permitted to scatter, lest they grow and injure the old plants. The roots continue many years without decaying, and the old roots of the true rhubarb are much preferable to the young ones. The roots may be generally taken up after four years, but if they remain longer it is so much the better. These plants delight in a rich soil, which is not too dry nor over moist: and where there is depth in

such land for their roots to run down, they attain a great size, both in the leaves and roots.

RHUBARB PIE. Peel the stalks of the plant, cut them about an inch long, put them into a dish with moist sugar, a little water and lemon peel. Put on the crust, and bake it in a moderate oven.

RHUBARB PUDDING. Put four dozen clean sticks of rhubarb into a stewpan, with the peel of a lemon, a bit of cinnamon, two cloves, and as much moist sugar as will sweeten it. Set it over the fire, and reduce it to a marmalade. Pass it through a hair sieve, then add the peel of a lemon, half a nutmeg grated, a quarter of a pound of good butter, the yolks of four eggs, and one white, and mix all well together. Line a pie dish with good puff paste, put in the mixture, and bake it half an hour. This will make a good spring pudding.

RHUBARB SAUCE. To make a mock gooseberry-sauce for mackarel, reduce three dozen sticks of rhubarb to a marmalade, and sweeten it with moist sugar. Pass it through a hair sieve, and serve it up in a boat.—Mock gooseberry-fool is made of rhubarb marmalade, prepared as for a pudding. Add a pint of good thick cream, serve it up in glasses, or in a deep dish. If wanted in a shape, dissolve two ounces of isinglass in a little water, strain it through a tammis, and when nearly cold put it to the cream. Pour it into a jelly mould, and when set, turn it out into a dish, and serve it up plain.

RHUBARB SHERBET. Boil six or eight sticks of clean rhubarb in a quart of water, ten minutes. Strain the liquor through a tammis into a jug, with the peel of a lemon cut very thin, and two table-spoonfuls of clarified sugar. Let it stand five or six hours, and it will be fit to drink.

RHUBARB SOUP. There are various ways of dressing garden rhubarb, which serves as an excellent substitute for spring fruit. Peel and well wash four dozen sticks of rhubarb, blanch it in water three or four minutes, drain it on a sieve, and put it into a stewpan with two sliced onions, a carrot, an ounce of lean ham, and a good bit of butter. Let it stew gently over a slow fire till tender, then put in two quarts of rich soup, to which add two or three ounces of bread crumbs, and boil it about fifteen minutes. Skim off all the fat, season with salt and cayenne, pass it through a tammis, and serve it up with fried bread.

RHUBARB TART. Cut the stalks in lengths of four or five inches, and take off the thin skin. Lay them in a dish, pour on a thin syrup of sugar and water, cover them with another dish, and let it simmer very slowly for an hour on a hot hearth; or put the rhubarb into a block-tin saucepan, and simmer it over the fire. When cold, make it into a tart; the baking of the crust will be sufficient, if the rhubarb be quite tender.

RIBS OF BEEF. The following is an excellent way of dressing this rich and valuable joint. Hang up three ribs three or four days, take out the bones from the whole length, sprinkle it with salt, roll the meat tight, and roast it. If done with spices, and baked as hunter's beef, it is excellent, and nothing can look nicer. [309]

RICE BROTH. Put a quarter of a pound of whole rice into a gallon of water. Let it simmer till it is quite soft, then put in a knuckle of veal, or the scrag end of a leg of mutton, with two or three pounds of gravy beef. Stew this very gently for two hours, then put in turnips, carrots, celery, leeks, or any other vegetables. Continue to stew slowly, and when

the whole is sufficiently done, season it with salt, and serve it up.

RICE CAKE. Mix ten ounces of ground rice, three ounces of flour, and eight ounces of pounded sugar. Sift the composition by degrees into eight yolks and six whites of eggs, and the peel of a lemon shred so fine that it is quite mashed. Mix the whole well in a tin stewpan with a whisk, over a very slow fire. Put it immediately into the oven in the same, and bake it forty minutes.—Another. Beat twelve yolks and six whites of eggs, with the peels of two lemons grated. Mix one pound of rice flour, eight ounces of fine flour, and a pound of sugar pounded and sifted. Beat it well with the eggs by degrees, for an hour, with a wooden spoon. Butter a pan well, and put it in at the oven mouth. A gentle oven will bake it in an hour and a half.

RICE CAUDLE. When the water boils, pour into it some grated rice, with a little cold water. When of a proper consistence, add sugar, lemon peel, cinnamon, and a spoonful of brandy, and boil all smooth.—Another way. Soak in water some fine rice for an hour, strain it, and put two spoonfuls of the rice into a pint and a quarter of milk. Simmer till it will pulp through a sieve, then put the pulp and milk into the saucepan, with a bruised clove, and a bit of lump sugar. Simmer all together ten minutes; if too thick, add a spoonful or two of milk, and serve with thin toast.

RICE CHEESECAKES. Boil four ounces of ground rice in milk, with a blade of cinnamon: put it into a pot, and let it stand till the next day. Mash it fine with half a pound of butter; add to it four eggs, half a pint of cream, a grated nutmeg, a glass of brandy, and a little sugar. Or the butter may be stirred and melted in the rice while it is hot, and left in the pot till the next day.

RICE CUSTARD. Boil three pints of new milk with a little cinnamon, lemon peel, and sugar. Mix the yolks of two eggs well beaten, with a large spoonful of rice flour, smothered in a cup of cold milk. Take a basin of the boiling milk, mix it with the cold that has the rice in it, and add it to the remainder of the boiling milk, stirring it one way till it begins to thicken. Pour it into a pan, stir it till it is cool, and add a spoonful of brandy or orange water. This is a good imitation of cream custard, and considerably cheaper.

RICE EDGING. After soaking and picking some fine Carolina rice, boil it in salt and water, until sufficiently tender, but not to mash. Drain, and put it round the inner edge of the dish, to the height of two inches. Smooth it with the back of a spoon, wash it over with the yolk of an egg, and put it into the oven for three or four minutes. This forms an agreeable edging for currie or fricassee, with the meat served in the middle.

RICE FLUMMERY. Boil with a pint of new milk, a bit of lemon peel and cinnamon. Mix with a little cold milk as much rice flour as will make the whole of a good consistence, [310]
add a little sugar, and a spoonful of peach water, or a bitter almond beaten. Boil it, but do not let it burn; pour it into a shape or pint basin, taking out the spice. When cold, turn the flummery into a dish, and serve with cream, milk, or custard round. Or put a tea-cupful of cream into half a pint of new milk, a glass of white wine, half a lemon squeezed, and sugar.

RICE MILK. Boil half a pound of rice in a quart of water, with a bit of cinnamon, till the water is wasted. Add three pints of milk, an egg beaten up with a spoonful of flour, and stir it

till it boils. Then pour it out, sweeten it, and put in currants and nutmeg.

RICE PANCAKES. Boil half a pound of rice to a jelly in a small quantity of water; when cold, mix it with a pint of cream, eight eggs, a little salt and nutmeg. Stir in eight ounces of butter just warmed, and add flour sufficient to thicken the batter. Fry in as little lard or dripping as possible.

RICE PASTE. To make a rice paste for sweets, boil a quarter of a pound of ground rice in the smallest quantity of water. Strain from it all the moisture possible, beat it in a mortar with half an ounce of butter, and one egg well beaten. It will make an excellent paste for tarts, and other sweet dishes.—To make a rich paste for relishing things, clean some rice, and put it into a saucepan. Add a little milk and water, or milk only, and an onion, and simmer it over the fire till it swells. Put some seasoned chops into a dish, and cover it with the rice. The addition of an egg will make the rice bind the better. Rabbits fricasseed, and covered with rice paste, are very good.

RICE PUDDING. If for family use, swell the rice with a very little milk over the fire. Then add more milk, an egg, some sugar, allspice, and lemon peel; and bake it in a deep dish. Or put into a deep pan half a pound of rice washed and picked, two ounces of butter, four ounces of sugar, a little pounded allspice, and two quarts of milk. Less butter will do, or some suet: bake the pudding in a slow oven. Another. Boil a quarter of a pound of rice in a quart of milk, with a stick of cinnamon, till it is thick; stir it often, that it does not burn; pour it into a pan, stir in a quarter of a pound of butter, and grate half a nutmeg; add sugar to your taste, and a small tea-cup of rose-water; stir all together till cold; beat up eight eggs, (leave out half the whites) stir all well together, lay a thin puff paste at the bottom of the dish, and nip the edge; then pour in the pudding and bake it.—Another. To make a plain rice pudding, put half a pound of rice well picked, into three quarts of milk; add half a pound of sugar, a small nutmeg grated, and half a pound of butter; butter the dish with part, and break the rest into the milk and rice; stir all well together, pour it into a dish, and bake it.—Another. To make a boiled rice pudding, take a quarter of a pound of rice well picked and washed, tie it in a cloth, leaving room for it to swell; boil it for an hour; take it up and stir in a quarter of a pound of butter, some nutmeg and sugar; tie it up again very tight, and boil it an hour more. When you send it to table, pour butter and sugar over it.—Another. To make a ground rice pudding. To a pint of milk put four ounces of ground rice; boil it for some time, keeping it stirring, lest it should burn; pour it into a pan, and stir in a quarter of a pound of butter; then beat up six eggs, leaving out half the whites, a little lemon peel finely shred, a little nutmeg grated, a quarter of a pound of sugar, a gill of cream, a little rose-water, and as much salt as you can take up between your thumb and finger; mix all well together, make a puff paste, lay [311] it round the rim of the dish, and bake it.—Lay citron or orange cut very thin, on the top, and strew a few currants on.—Another. To make rice pudding with fruit. Swell half a pound of rice with a very little milk over the fire, and then mix with it any kind of fruit; such as currants, scalded gooseberries, pared and quartered apples, raisins, or black currants. Put an egg into the pudding to bind it, boil it well, and serve it up with sugar.

RICE SAUCE. Steep a quarter of a pound of rice in a pint of milk, with an onion, a dozen pepper corns or allspice, and a little mace. When the rice is quite tender, take out the spice, and rub the rice through a sieve into a clean stewpan: if too thick, put a little milk or

cream to it. This makes a very delicate white sauce; and at elegant tables, is frequently used instead of bread sauce.

RICE SOUFFLE. Blanch some Carolina rice, strain and boil it in milk, with lemon peel and a bit of cinnamon. Let it boil till the rice is dry; then cool it, and raise a rim three inches high round the dish, having egged the dish where it is put, to make it stick. Then egg the rice all over. Fill the dish half way up with a marmalade of apples; have ready the whites of four eggs beaten to a fine froth, and put them over the marmalade. Sift fine sugar over, and set it in the oven, which should be warm enough to give it a beautiful colour.

RICE SOUP. Boil a pound of rice with a little cinnamon, in two quarts of water. Take out the cinnamon, add a little sugar and nutmeg, and let it stand to cool. Then beat up the yolks of three eggs in a little white wine, and mix it with the rice. Set it on a slow fire, stir it well, and take it up as soon as it has boiled to a proper thickness.

RICH GIBLET SOUP. Take four pounds of gravy beef, two pounds of scrag of mutton, two pounds of scrag of veal; stew them well down together in a sufficient quantity of water for a strong broth, let it stand till it is quite cold, then skim the fat clean off. Take two pair of giblets well scalded and cleaned, put them into your broth, and let them simmer till they are stewed tender; then take out your giblets, and run the soup through a fine sieve to catch the small bones; then take an ounce of butter and put it into a stew-pan, mixing a proper quantity of flour, which make of a fine light brown. Take a small handful of chives, the same of parsley, a very little penny-royal, and a very little sweet marjoram; chop all these herbs together excessive small, put your soup over a slow fire, put in your giblets, butter and flour, and small herbs; then take a pint of Madeira wine, some cayenne pepper, and salt to your palate. Let them all simmer together, till the herbs are tender, and the soup is finished. Send it to the table with the giblets in it. Let the livers be stewed in a saucepan by themselves, and put in when you dish.

RICH GRAVY. Cut lean beef into small slices, according to the quantity wanted; slice some onions thin, and flour them both. Fry them of a light pale brown, but do not suffer them on any account to get black. Put them into a stewpan, pour boiling water on the browning in the fryingpan, boil it up, and pour it on the meat. Add a bunch of parsley, thyme, and savoury, a small piece of marjoram, the same of taragon, some mace, berries of allspice, whole black pepper, a clove or two, and a bit of ham, or gammon of bacon. Simmer till the juice of the meat is extracted, and skim it the moment it boils. If for a hare, or stewed fish, anchovy should be added. [312]

RICH GRAVY SOUP. Take a pound of lean beef, two pounds of veal, and a pound of mutton cut in pieces; put them into a pot, with six quarts of water, a large faggot of sweet herbs, an onion stuck with cloves, some whole pepper, a little mace, and the upper crust of bread toasted brown. Put in an ox palate well cleaned and blanched whole; set it over a slow fire, and let it stew till half is wasted; strain it off, and put it into a clean saucepan. Take off the ox palate, shred small, some cock's combs blanched, an ounce of morels cut in pieces, four large heads of celery well washed, and cut small, with the heart of four or five savoys, about as big as a turkey's egg, put in whole; cover it close, and let it stew softly for an hour and a half. If it want any more seasoning, add it; cut some French bread toasts thin,

and crisp them before the fire. When your soup is ready, lay your bread in the dish, and put in your soup.

RICH HOME-MADE WINE.—Take new cider from the press, mix it with as much honey as will support an egg, boil it gently fifteen minutes, but not in an iron, brass, or copper pot. Skim it well, and tun it when cool, but the cask must not be quite full. Bottle it in the following March, and it will be fit to drink in six weeks, but it will be less sweet if kept longer in the cask. This will make a rich and strong wine, suitable for culinary purposes, where milk or sweet wine is to be employed. Honey, besides its other valuable uses, is a fine ingredient to assist and render palatable, new or harsh cider.

RICH PLUM PUDDING. To make a small, but very rich plum pudding, shred fine three quarters of a pound of suet, and half a pound of stoned raisins, chopped a little. Add three spoonfuls of flour, as much moist sugar, a little salt and nutmeg, the yolks of three, and the whites of two eggs. Let it boil four hours in a basin or tin mould, well buttered. When the pudding is served up, pour over it some melted butter, with white wine and sugar.—For a larger pudding of the same description, shred three pounds of suet; add a pound and a half of raisins stoned and chopped, a pound and a half of currants, three pounds of good flour, sixteen eggs, and a quart of milk. Boil it in a cloth seven hours.

RICH RICE PUDDING. Boil half a pound of rice in water, till it is quite tender, adding a little salt. Drain it dry, mix it with four eggs, a quarter of a pint of cream, and two ounces of fresh butter melted in the cream. Add four ounces of beef suet or marrow, or veal suet taken from the fillet, finely shred; three quarters of a pound of currants, two spoonfuls of brandy, a spoonful of peach water or ratifia, nutmeg, and grated lemon peel. When well mixed, put a paste round the edge, fill the dish, and bake it in a moderate oven. Slices of candied orange, lemon, and citron, may be added.

RICKETS. This disease generally attacks children between the age of nine months and two years; and as it is always attended with evident signs of weakness and relaxation, the 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. The limbs should be rubbed frequently with a warm hand, and the child kept as cheerful as possible. Biscuit is generally reckoned the best bread; and pigeons, pullet, veal, rabbits, or mutton roasted or minced, are the most proper meat. If the child be [313] too young for animal food, he may have rice, millet, or pearl barley, boiled with raisins, to which may be added a little wine and spice. His drink 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. The disease may often be cured by the nurse, but seldom by the physician. In children of a gross habit, gentle vomits and repeated purges of rhubarb may sometimes be of use, but they will seldom carry off the disease; that must depend chiefly upon such things as brace and strengthen the system; for which purpose, besides the regimen mentioned above, the cold bath, especially in the warm season, is highly recommended. It must, however, be used with prudence, as some ricketty children cannot bear it. The best time for using the cold bath is in the morning, and the child should be well rubbed with a dry cloth immediately after he comes out of it.

RING WORM. This eruption, which generally appears on the head, in a circular form, attended with painful itching, is sometimes removed by rubbing it with black ink, or mushroom ketchup. The following preparation is also recommended. Wash some roots of sorrel quite clean, bruise them in a mortar, and steep them in white wine vinegar for two or three days. Then rub the liquor on the ring worm three or four times a day, till it begin to disappear.

ROASTING. The first requisite for roasting is to have a clear brisk fire, proportioned to the joint that is to be roasted; without this every attempt must prove abortive. Next to see that the spit is properly cleaned before it enters the meat, and the less it passes through it the better. Neck and loins require to be carefully jointed before they are put on the spit, that the carver may separate them easily and neatly. The joint should be balanced evenly on the spit, that its motion may be regular, and the fire operate equally on every part; for this purpose cook-holds and balancing skewers are necessary. All roasting should be done open to the air, to ventilate the meat from its own fumes, and by the radiant heat of a glowing fire; otherwise it is in fact baked, and rendered less wholesome. Hence what are called Rumford roasters, and the machines invented by economical gratemakers, are utterly to be rejected. If they save any thing in fuel, which is doubtful, they are highly injurious to the flavour and best qualities of the meat. For the same reason, when a joint is dressed, it is better to keep it hot by the fire, than to put it under a cover, that the exhalations may freely escape. In making up the fire for roasting, it should be three or four inches longer at each end than the article on the spit, or the ends of the meat cannot be done nice and brown. Half an hour at least before the roasting begins, prepare the fire, by putting on a few coals so as to be sufficiently lighted by the time the fire is wanted. Put some of them between the bars, and small coals or cinders wetted at the back of the fire; and never put down meat to a burnt up fire. In small families, not provided with a jack or spit, a bottle jack, sold by the ironmongers, is a valuable instrument for roasting; and where this cannot be had, a skewer and a string, or rather a quantity of coarse yarn loosely twisted, is as philosophical as any of them, and will answer the purpose as well. Do not put meat too near the fire at first. The larger the joint, the farther it must be kept from the fire: if once it gets scorched, the outside will become hard, and [314] acquire a disagreeable taste. If the fire is prevented from penetrating into it, the meat will appear done, before it is little more than half ready, besides losing the pale brown colour which is the beauty of roast meat. From ten to fourteen inches is the usual distance at which it is put from the grate, when first laid down; and afterwards it should be brought nearer by degrees. If the joint is thicker at one end than the other, lay the spit slanting, with the thickest part nearest the fire. When the article is thin and tender, the fire should be small and brisk; but for a large joint the fire should be strong, and equally good in every part of the grate, or the meat cannot be equally roasted, nor possess that uniform colour which is the test of good cooking. Give the fire a good stirring before the meat is laid down, keep it clear at the bottom, and take care that there are no smoky coals in the front, to spoil the look and taste of the meat. If a jack be used, it should be carefully oiled and kept clean, and covered from the dust, or it will never go well. The dripping pan should be placed at such a distance from the fire as just to catch the drippings; if it be too near, the ashes will fall into it, and spoil the drippings. If too far from the fire to catch them, the drippings will not only be lost, but the meat will be blackened, and spoiled by the fetid smoke, which will arise when the fat falls on the live cinders. The meat must be well basted, to keep it moist. When it does not supply

dripping enough for this purpose, add some that has been saved on former occasions, and nicely prepared, which answers as well or better than butter. Meat should not be sprinkled with salt till nearly done, as it tends to draw out the gravy. Basting with a little salt and water, when the meat is first laid down, is often done, but the practice is not good. Where the fat is very fine and delicate, it is best to cover it with writing paper to prevent its wasting; but in general it is as well to expose it to the action of the fire, and let it fall into the dripping pan. Half an hour before the meat is done, prepare some gravy if necessary; and just before it is taken up, put it nearer the fire to brown it. If it is to be frothed, baste and dredge it carefully with flour. The common fault is that of using too much flour; the meat should have a fine light varnish of froth, not the appearance of being covered with a paste; and those who are particular about the froth, use butter instead of dripping. When the roast is quite done, it is best to take it up directly, as every moment beyond doing it enough does it an injury. If it cannot be sent to table immediately, which is most desirable, it should be kept hot, but so as to suffer the fumes to escape. With respect to the time required for roasting, the general rule of a quarter of an hour to a pound of meat, is a pretty fair one, but it will not do for all kinds of joints. The use of a meat screen must also be considered, as it tends materially to assist the operation, by concentrating the heat, and excluding the cold drafts of air. Attention must be paid to the nature of the joint, whether thick or thin, the strength of the fire, the nearness of the meat to it, and the frequency with which it is basted. The more it is basted the less time it will take, as it keeps the meat soft and mellow on the outside, and the fire acts upon it with greater force. Much will depend on the time the meat has been kept, and on the temperature of the weather. The same weight will be twenty minutes or half an hour longer in cold weather, than it will be in warm weather; and when the meat is fresh slain, than when it [315] has been kept till it is tender. If meat get frozen, it should be thawed by lying some time in cold water; and then be well dried in a clean cloth, before it is laid down to the fire. A sirloin of BEEF, weighing from twenty-five to thirty pounds, will generally take four hours; a part of it, from twelve to fifteen pounds, two hours and three quarters, or three hours. A piece of ribs of the same weight, much the same time, and a rump four hours. A sheet of paper should be tied over the thin part, or it will burn before the thick part is done enough. A leg of MUTTON, weighing eight or nine pounds, will require two hours and a quarter; a shoulder of seven pounds, an hour and three quarters; a chine of ten or eleven pounds, two hours and a half; a loin, rather more than an hour and a half; a neck, the same; a breast, an hour. A haunch of mutton should be dressed like venison, only in proportion as it may be less, it must not roast quite so long. A fillet of VEAL, from twelve to fourteen pounds weight, requires three hours and twenty minutes. This is usually stuffed, either in the place of the bone, when that is taken out, or under the flap. A loin takes two hours and a half, a shoulder two hours and twenty minutes, a neck nearly two hours, and a breast an hour and a half. These directions suppose the joints to be of a common size. If they are very thick, a little more time must be allowed. When veal is quite small, the time must be reduced accordingly. A quarter of LAMB, of a moderate size, will require two hours; a leg, an hour and forty minutes; a shoulder, an hour and twenty minutes; a loin, the same; a neck, an hour and ten minutes; a breast, three quarters of an hour; and ribs, an hour and a half. A leg of PORK, weighing seven pounds, will require nearly two hours; a loin of five pounds, an hour and twenty minutes. Both these should be scored across in narrow stripes, before they are laid down to the fire. A sparerib of eight or nine pounds, will take an hour and three quarters; a griskin of six or

seven pounds, an hour and a quarter; a chine, if parted down the back-bone so as to have but one side, two hours; if not parted, it will take four hours.—The BASTINGS proper for roast meat, are fresh butter, clarified suet, salt and water, yolks of eggs, grated biscuit, and orange juice. For mutton and lamb, minced sweet herbs, butter and claret; and for roast pig, melted butter and cream. The DREDGINGS, are flour mixed with grated bread; sweet herbs dried and powdered, and mixed with grated bread; lemon peel dried and pounded, or orange peel mixed with flour; sugar finely powdered, and mixed with pounded cinnamon, and flour, or grated bread; fennel seeds, corianders, cinnamon, sugar finely powdered, and mixed with grated bread or flour; sugar, bread, and salt mixed. For young pigs, grated bread or flour mixed with pounded nutmeg, ginger, pepper, sugar, and yolks of eggs.

ROAST BEEF. Take care that your spit and dripping-pan be very clean; and to prepare your fire according to the size of the joint you have to dress. If it be a sirloin or chump, butter a piece of writing paper, and fasten it on to the back of your meat, with small skewers, and lay it down to a good clear fire, at a proper distance. As soon as your meat is warm, dust on some flour, and baste it with butter; then sprinkle some salt, and at times baste with what drips from it. About a quarter of an hour before you take it up, remove the paper, dust on a little flour, and baste with a piece of butter, that it may go to table with a good froth, but not look greasy. A piece of ten pounds requires about two hours and a half, [316] and others in proportion. Salad and vegetables are eaten with it, also mustard and horseradish.

ROAST CALF'S HEAD. Wash the head very clean, take out the brains, and dry it well with a cloth. Make a seasoning of pepper, salt, nutmeg, and cloves; add a slice of bacon finely minced, and some grated bread. Strew the seasoning over the head, roll it up, skewer and tie it close with tape. Roast and baste it with butter. Make veal gravy thickened with butter rolled in flour, and garnish the edge of the dish with fried brains.

ROAST CALF'S LIVER. Cut a hole in the liver, and stuff it with crumbs of bread, mixed with chopped onions and herbs, salt, pepper, butter, and an egg. Sew up the liver, wrap it up in a veal caul, and roast it. Serve it up with brown gravy, and currant jelly.

ROAST CHEESE. Grate three ounces of fat Cheshire cheese, mix it with the yolks of two eggs, four ounces of grated bread, and three ounces of butter. Beat the whole well in a mortar, with a dessert-spoonful of mustard, and a little salt and pepper. Toast some bread, cut it into proper pieces, lay the above paste thick upon them, and lay them into a Dutch oven covered with a dish till they are hot through. Remove the dish, to let the paste brown a little, and serve it up as hot as possible, immediately after dinner.

ROAST CHICKENS. Being cleaned and trussed, put them down to a good fire. Singe them, dust them with flour, and baste them well with butter. Make gravy of their necks and gizzards, or of beef. Strain the gravy, and pour it into the dish, adding parsley and butter, or egg sauce.

ROAST COLLARED BEEF. Take out the inside meat from a sirloin of beef, sprinkle it with vinegar, and let it hang till the next day. Prepare a stuffing as for a hare, put this at one end of the meat, roll the rest round it, bind it very close, and roast it gently for an hour and three quarters, or a little more or less, proportioned to the thickness. Serve it up with gravy

the same as for hare, and with currant jelly.

ROAST COLLARED MUTTON. If a loin of mutton has been collared, take off the fat from the upper side, and the meat from the under side. Bone the joint, season it with pepper and salt, and some shalot or sweet herbs, chopped very small. Let it be rolled up very tight, well tied round, and roasted gently. About an hour and a half will do it. While this is roasting, half boil the meat taken from the under side, then mince it small, put it into half a pint of gravy; and against the time that the mutton is ready, heat this and pour it into the dish when it is served up.

ROAST COLLARED PORK. When a neck of pork has been collared, and is intended for roasting, the bones must be taken out. Strew the inside with bread crumbs, chopped sage, a very little pounded allspice, some pepper and salt, all mixed together. Roll it up very close, bind it tight, and roast it gently. An hour and a half or little more, according to the thickness, will roast it enough. A loin of pork with the fat and kidney taken out and boned, and a forehand of pork boned, are very nice dressed in the same way.

ROAST DUCK. If two are dressed, let one of them be unseasoned, in order to suit the company. Stuff the other with sage and onion, a dessert-spoonful of crumbs, a bit of butter, with pepper and salt. Serve them up with a fine gravy.

ROAST EEL. Take a good large silver eel, draw and skin it, and cut it in pieces of four inches long. Spit them crossways on a small spit, with bay leaves, or large sage leaves between each piece. When roasted, serve up the fish with butter beaten with orange or lemon juice, and some grated nutmeg. Or serve it with venison sauce, and dredge it with pounded carraway seeds, cinnamon, or grated bread. [317]

ROAST FOWL. A large barn-door fowl, well hung, should be stuffed in the crop with sausage meat. The head should be turned under the wing, as a turkey. Serve with gravy in the dish, and bread sauce. Roast fowl in general may be garnished with sausages, or scalded parsley. Egg sauce or bread sauce are equally proper.

ROAST GOOSE. After the fowl is picked, the plugs of the feathers pulled out, and the hairs carefully singed, let it be well washed and dried. Put in a seasoning of shred onion and sage, pepper and salt. Fasten it tight at the neck and rump, and then roast it. Put it first at a distance from the fire, and by degrees draw it nearer, and baste it well. A slip of paper should be skewered on the breast-bone; when the breast is rising, take off the paper, and be careful to serve it before the breast falls, or it will be spoiled by coming flat to the table. Send up a good gravy in the dish, with apple and gravy sauce. For a green goose, gooseberry sauce.

ROAST GRISKIN. Put a piece of pork griskin into a stewpan, with very little more water than will just cover it. Let it boil gradually, and when it has fairly boiled up, take it out. Rub it over with a piece of butter, strew it with a little chopped sage and a few bread crumbs, and roast it in a Dutch oven. It will require doing but a little while.

ROAST HARE. After it is skinned, let it be extremely well washed, and then soaked an hour or two in water. If an old hare, lard it, which will make it tender, as also will letting it lie in vinegar. But if put into vinegar, it should be very carefully washed in water afterwards.

Make a stuffing of the liver, with an anchovy, some fat bacon, a little suet, all finely minced; adding pepper, salt, nutmeg, a little onion, some sweet herbs, crumbs of bread, and an egg to bind it all. Then put the stuffing, a pretty large one, into the belly of the hare, and sew it up. Baste it well with milk till half done, and afterwards with butter. If the blood has settled in the neck, soaking the part in warm water, and putting it to the fire, will remove it, especially if the skin be nicked a little with a small knife to let it out. The hare should be kept at a distance from the fire at first. Serve it up with a fine froth, some melted butter, currant-jelly sauce, and a rich gravy in the dish. The ears being reckoned a dainty, should be nicely cleaned and singed. For the manner of trussing a hare or rabbit, see Plate.

ROAST HEART. Take some suet, parsley, and sweet marjoram, chopped fine. Add some bread crumbs, grated lemon peel, pepper, salt, mustard, and an egg. Mix these into a paste, and stuff the heart with it. Whether baked or roasted, serve it up with gravy and melted butter. Baking is best, if it be done carefully, as it will be more regularly done than it can be by roasting. Calf's or bullock's heart are both dressed in the same way.

ROAST LAMB. Lay the joint down to a good clear fire, that will want little stirring; then baste it with butter, and dust on a little flour; after that, baste it with what falls from it; and a little before you take it up baste it again with butter, and sprinkle on a little salt.

ROAST LARKS. Put a dozen larks on a skewer, and tie both ends of the skewer to the spit. Dredge and baste them, and let them roast ten minutes. Take the crumb of a penny loaf, grate it, and put it into a fryingpan, with a little bit of butter. Shake it over a gentle fire till it becomes brown; lay it between the birds on a dish, and pour melted butter over it. [318]

ROAST LEG OF PORK. Choose a small leg of fine young pork, cut a slit in the knuckle with a sharp knife, fill the space with chopped sage and onion, mixed together with a little pepper and salt. When half roasted, score the skin in slices, but do not cut deeper than the outer rind. Eat it with potatoes and apple sauce.

ROAST LOBSTER. When the lobster is half boiled, take it out of the water; and while hot, rub it with butter, and lay it before the fire. Continue basting it with butter till it has a fine froth.

ROAST MUTTON AND LAMB. These require to be well roasted, before a quick clear fire. A small fore quarter of lamb will take an hour and a half. Baste the joint as soon as it is laid down, and sprinkle on a little salt. When nearly done, dredge it with flour. In dressing a loin or saddle of mutton, the skin must be loosened, and then skewered on; but it should be removed before the meat is done, and the joint basted and made to froth up. When a fore quarter is sent to table, the shoulder may be taken off, the ribs a little seasoned with pepper and salt, and a lemon squeezed over them. Serve up the joint with vegetables and mint sauce. For a breast of mutton, make a savoury forcemeat, if the bones are taken out, and wash it over with egg. Spread the forcemeat upon it, roll it up, bind it with packthread, and serve it up with gravy sauce. Or roast it with the bones in, without the forcemeat.

ROAST ONIONS. They should be roasted with all the skins on. They eat well alone, with only salt and cold butter; or with beet root, or roast potatoes.

ROAST PHEASANTS. Dust them with flour, baste them often with butter, and keep them at a good distance from the fire. Make the gravy of a scrag of mutton, a tea-spoonful of lemon pickle, a large spoonful of ketchup, and the same of browning. Strain it, and put a little of it into the dish. Serve them up with bread sauce in a basin, and fix one of the principal feathers of the pheasant in its tail. A good fire will roast them in half an hour. Guinea and pea fowls eat much like pheasants, and are to be dressed in the same way.

ROAST PARTRIDGES. Partridges will take full twenty minutes. Before they are quite done, dredge them with flour, and baste them with fresh butter; let them go to table with a fine froth, and gravy sauce in the dish, and bread sauce in a tureen. The bread sauce should be made as follows. Take a good piece of stale bread, and put it into a pint of water, with some whole pepper, a blade of mace, and a bit of onion: let it boil till the bread is soft; then take out the spice and onion; pour out the water, and beat the bread with a spoon till it is like pap; put in a good piece of butter, and a little salt; set it over the fire for two or three minutes.

ROAST PIG. A sucking pig for roasting, should be put into cold water for a few minutes, as soon as it is killed. Then rub it over with a little rosin finely powdered, and put it into a pail of scalding water half a minute. Take it out, lay it on a table, and pull off the hair as quickly as possible: if any part does not come off, put it in again. When quite clean from hair, wash it well in warm water, and then in two or three cold waters, that no flavour of the rosin may remain. Take off all the feet at the first joint, make a slit down the belly, and take out the entrails: put the liver, heart, and lights to the feet. Wash the pig well in cold water, dry it [319]
thoroughly, and fold it in a wet cloth to keep it from the air. When thus scalded and prepared for roasting, put into the belly a mixture of chopped sage, bread crumbs, salt and pepper, and sow it up. Lay it down to a brisk fire till thoroughly dry; then have ready some butter in a dry cloth, and rub the pig with it in every part. Dredge over it as much flour as will lie on, and do not touch it again till it is ready for the table. Then scrape off the flour very carefully with a blunt knife, rub it well with the buttered cloth, and take off the head while it is at the fire. Take out the brains, and mix them with the gravy that comes from the pig. The legs should be skewered back before roasting, or the under part will not be crisp. Take it up when done, and without drawing the spit, cut it down the back and belly, lay it into the dish, mince the sage and bread very fine, and mix them with a large quantity of good melted butter that has very little flour. Pour the sauce into the dish after the pig has been split down the back, and garnish with the ears and the two jaws: take off the upper part of the head down to the snout. In Devonshire it is served up whole, if very small; the head only being cut off to garnish the dish.—Another way. Spit your pig, and lay it down to a clear fire, kept good at both ends: put into the belly a few sage leaves, a little pepper and salt, a little crust of bread, and a bit of butter, then sew up the belly; flour him all over very well, and do so till the eyes begin to start. When you find the skin is tight and crisp, and the eyes are dropped, put two plates into the dripping pan, to save what gravy comes from him: put a quarter of a pound of butter into a clean coarse cloth, and rub all over him, till the flour is clean taken off; then take it up into your dish, take the sage, &c. out of the belly, and chop it small; cut off the head, open it, and take out the brains, which chop, and put the sage and brains into half a pint of good gravy, with a piece of butter rolled in flour; then cut your pig down the back, and lay him flat in the dish: cut off the two ears, and lay one upon each shoulder; take off the under

jaw, cut it in two, and lay one on each side; put the head between the shoulders, pour the gravy out of the plates into your sauce, and then into the dish. Send it to table garnished with a lemon.

ROAST PIGEONS. Stuff them with parsley, either cut or whole, and put in a seasoning of pepper and salt. Serve with parsley and butter. Peas or asparagus should be dressed to eat with them.

ROAST PIKE. Clean the fish well, and sew up in it the following stuffing. Grated bread crumbs, sweet herbs and parsley chopped, capers and anchovies, pepper, salt, a little fresh butter, and an egg. Turn it round with the tail in its mouth, and roast it gently till it is done of a fine brown. It may be baked, if preferred. Serve it up with a good gravy sauce.

ROAST PLOVERS. Green plovers should be roasted like woodcocks, without drawing, and served on a toast. Grey plovers may either be roasted, or stewed with gravy, herbs, and spice.

ROAST PORK. Pork requires more doing than any other meat; and it is best to sprinkle it with a little salt the night before you use it, and hang it up; by that means it will take off the faint, sickly taste. When you roast a chine of pork, lay it down to a good fire, and at a proper distance, that it may be well soaked, otherwise it eats greasy and disagreeable. A spare-rib is to be roasted with a fire that is not too strong, but clear; when you lay it down, dust on some flour and baste it with butter: a quarter of an hour before you take it up, shred [320] some sage small; baste your pork; strew on the sage; dust on a little flour, and sprinkle a little salt just before you take it up. A loin must be cut on the skin in small streaks, and then basted; but put no flour on, which would make the skin blister; and see that it is jointed before you lay it down to the fire. A leg of pork is often roasted with sage and onion shred fine, with a little pepper and salt, and stuffed at the knuckle, with gravy in the dish; but a leg of pork done in this manner, parboil it first, and take off the skin; lay it down to a good clear fire; baste it with butter, then shred some sage fine, and mix it with pepper, salt, nutmeg, and bread crumbs; strew this over it the time it is roasting; baste it again with butter, just before you take it up, that it may be of a fine brown, and have a good froth; send up some good gravy in the dish; a griskin roasted in this manner eats finely.

ROAST PORKER'S HEAD. Clean it well, put bread and sage into it as for a young pig, sew it up tight, and put it on a hanging jack. Roast it in the same manner as a pig, and serve it up the same.

ROAST POTATOES. Half boil them first, then take off the thin peel, and roast them of a beautiful brown.

ROAST PULLET. To roast a small hen turkey or a pullet with batter, the bird must first be boned, and filled with forcemeat or stuffing. Then paper it round, and lay it down to roast. When nearly half done, drop off the paper, and baste the bird with a very smooth light batter. When the first basting is dry, baste it again, and repeat this till the bird is nicely crusted over, and sufficiently done. It will require ten minutes or a quarter of an hour longer roasting than a bird of the same size in the common way, on account of its being stuffed with forcemeat. Serve it up with white gravy, or mushroom sauce.

ROAST QUAILS. Quails may be dressed and served up like woodcocks; or dressed with the insides stuffed with sweet herbs and beef suet chopped fine, and mixed with a little spice. They must roast rather a shorter time than woodcocks.

ROAST RUMP OF BEEF. Let it lie in salt for two days, then wash it, and soak it an hour in a quart of claret, and a pint of elder vinegar. Baste it well with the liquor while roasting. Make a gravy of two beef palates cut thin and boiled, and thickened with burnt butter. Add to it mushrooms and oysters, and serve it up hot.

ROAST SIRLOIN. When a sirloin of beef is about three parts roasted, take out the meat from the under side, and mince it nicely. Season it with pepper and salt, and some shalot chopped very small. By the time the beef is roasted, heat this with gravy just sufficient to moisten it. Dish up the beef with the upper side downwards, put the mince in the inside, and strew it with bread crumbs ready prepared. Brown them of a fine colour on a hot salamander over the fire, and then serve up the beef with scraped horseradish laid round it.

ROAST SNIPES. Snipes and land rails are dressed exactly in the same manner as woodcocks, but only require a shorter time in roasting.

ROAST STURGEON. Put the fish on a lark spit, then tie it on a large spit, and baste it constantly with butter. Serve it with a good gravy, an anchovy, a squeeze of Seville orange or lemon, and a glass of sherry.—Another way is, to put into a stewpan a piece of butter rolled in flour, with four cloves, a bunch of sweet herbs, two onions, pepper and salt, half a pint of water, and a glass of vinegar. Stir it over the fire till hot, then let it become lukewarm, [321] and steep the fish in it an hour or two. Butter a paper well, tie it round, and roast it without letting the spit run through. Serve it with sorrel and anchovy sauce.

ROAST SWEETBREADS. Parboil two large ones, and then roast them in a Dutch oven. Use gravy sauce, or plain butter, with mushroom ketchup.

ROAST TONGUE. After well cleaning a neat's tongue, salt it for three days with common salt and saltpetre. This makes an excellent dish, with the addition of a young udder, having some fat to it, and boiled till tolerably tender. Then tie the thick part of one to the thin part of the other, and roast the tongue and udder together. A few cloves should be stuck in the udder. Serve them with good gravy, and currant-jelly sauce. Some people like neats' tongues cured with the root, in which case they look much larger; but otherwise the root must be cut off close to the gullet, next to the tongue, but without taking away the fat under the tongue. The root must be soaked in salt and water, and extremely well cleaned, before it is dressed; and the tongue should be laid in salt a day and a night before it is pickled.

ROAST TURKEY. The sinews of the leg should be drawn, whichever way it is dressed. The head should be twisted under the wing; and in drawing it, take care not to tear the liver, nor let the gall touch it. Put a stuffing of sausage meat; or if sausages are to be served in the dish, a bread stuffing. As this makes a large addition to the size of the fowl, observe that the heat of the fire is constantly to that part, for the breast is often not done enough. A little strip of paper should be put on the bone, to prevent its being scorched while the other parts are roasting. Baste it well, and froth it up. Serve with gravy in the dish, and plenty of bread sauce in a sauce tureen. Add a few crumbs and a beaten egg to the stuffing of sausage meat.

Another way. Bone your turkey very nicely, leaving on the pinions, rump, and legs; then take the flesh of a nice fowl, the same weight of bread grated, and half a pound of beef suet, nicely picked; beat these in a marble mortar, season with mace, one clove, pepper, nutmeg, salt beat fine, a little lemon peel shred very small, and the yolks of two eggs; mix all up together very well; then fill all the parts that the bones came out of, and raise the breast to the form it was before the bone was taken out; sew up the skin of the back, and skewer down the legs close as you do a chicken for roasting; spit it and let it be nicely roasted: send good gravy in the dish.

ROAST VEAL. Veal must be well done before a good fire. Cover the fat of the loin and fillet with paper. Stuff the fillet and shoulder in the following manner. Take a quarter of a pound of suet, parsley, and sweet herbs, and chop them fine. Add grated bread, lemon peel, pepper, salt, nutmeg, and an egg. Mix all well together, and put the stuffing safely into the veal. Roast the breast with the caul on: when nearly done, take it off, and baste and dredge the meat. Lay it in the dish, pour a little melted butter over it, and serve it up with salad, boiled vegetables, or stewed celery.

ROAST VENISON. After a haunch of venison is spitted, take a piece of butter and rub all over the fat, dust on a little flour, and sprinkle a little salt: then take a sheet of writing paper, butter it well, and lay over the fat part; put two sheets over that, and tie the paper on with small twine: keep it well basting, and let there be a good soaking fire. If a large haunch, it will take full three hours to do it. Five minutes before you send it to table take off the [322] paper, dust it over with a little flour, and baste it with butter; let it go up with a good froth; put no gravy in the dish, but send it in one boat; and currant jelly melted, in another; or if you have no currant jelly, boil half a pint of red wine with a quarter of a pound of lump sugar, a stick of cinnamon, and a piece of lemon peel in it, to a syrup. The neck and shoulder are dressed the same way; and as to the time, it depends entirely on the weight, and the goodness of your fire: if you allow a quarter of an hour to each pound, and the fire be tolerably kept up, you cannot well err. A breast of venison is excellent dressed in the following way: flour it, and fry it brown on both sides in fresh butter: keep it hot in a dish, dust flour into the butter it was fried in, till it is thick and brown. Keep it stirring that it may not burn; pour in half a pint of red wine, and a quarter of a pound of powdered sugar: stir it and let it boil to a proper thickness. Squeeze in the juice of a lemon, take off the scum very clean, and pour it over your venison, then send it to table.

ROAST WHEAT-EARS. These birds should be spitted sideways, with a vine leaf between each. Baste them with butter, and cover them with bread crumbs while roasting. Ten or twelve minutes will do them. Serve them up with fried bread crumbs in the dish, and gravy in a tureen.

ROAST WILD DUCK. A wild duck or a widgeon will require twenty or twenty-five minutes roasting, according to the size. A teal, from fifteen to twenty minutes; and other birds of this kind, in proportion to their size, a longer or a shorter time. Serve them up with gravy, and lemons cut in quarters, to be used at pleasure.

ROAST WOODCOCKS. Whether for woodcocks or snipes, put a toast of fine bread under the birds while at the fire; and as they are not to be drawn before they are spitted, let

the tail drop on the toast while roasting, and baste them with butter. When done, lay the birds on the toast in a dish, and send it warm to the table. A woodcock takes twenty minutes roasting, and a snipe fifteen.

ROBERT SAUCE. Put an ounce of butter into a pint stewpan, and when melted, add to it half an ounce of onion minced very fine. Turn it with a wooden spoon till it takes a light brown colour, and then stir into it a table-spoonful of flour, a table-spoonful of mushroom ketchup, the like quantity of port wine, half a pint of weak broth, and half a tea-spoonful of pepper and salt mixed together. Give them a boil, then add a tea-spoonful of mustard, the juice of half a lemon, and one or two tea-spoonfuls of vinegar, basil, taragon, or burnet vinegar. This sauce is in high repute, and is adapted for roast pork or roast goose.

ROLLS. Warm an ounce of butter in half a pint of milk, put to it a spoonful or more of small beer yeast, and a little salt. Mix in two pounds of flour, let it rise an hour, and knead it well. Make the paste into seven rolls, and bake them in a quick oven. If a little saffron, boiled in half a tea-cupful of milk, be added, it will be a great improvement.

ROLLED BEEF. Soak the inside of a large sirloin in a glass of port wine and a glass of vinegar mixed, for eight and forty hours: have ready a very fine stuffing, and bind it up tight. Roast it on a hanging spit, baste it with a glass of port wine, the same quantity of vinegar, and a tea-spoonful of pounded allspice. Larding it improves the flavour and appearance: serve it with a rich gravy in the dish, with currant jelly and melted butter in tureens. This [323] article will be found very much to resemble a hare.

ROLLED BREAST OF VEAL. Bone it, take off the thick skin and gristle, and beat the meat with a rolling-pin. Season it with herbs chopped very fine, mixed with salt, pepper, and mace. Roll the meat in some thick slices of fine ham, or in two or three calves' tongues of a fine red, first boiled an hour or two and peeled. Bind the meat up tight in a cloth, and tie it round with tape. Simmer it over the fire for some hours, in a small quantity of water, till it is quite tender. Lay it on the dresser with a board and weight upon it till quite cold. Then take off the tape, and pour over it the liquor, which must be boiled up twice a week, or it will not keep. Pigs' or calves' feet boiled and taken from the bones, may be put in or round the veal. The different colours placed in layers look well when cut. Boiled yolks of eggs, beet root, grated ham, and chopped parsley, may be laid in different parts to encrease the variety, and improve the general appearance.

ROLLED LOIN OF MUTTON. Hang the joint up till tender, and then bone it. Lay on a seasoning of pepper, allspice, mace, nutmeg, and a few cloves, all in fine powder. Next day prepare a stuffing as for hare, beat the meat with a rolling-pin, cover it with the stuffing, roll it up tight and tie it. Half bake it in a slow oven, let it grow cold, take off the fat, and put the gravy into a stewpan. Flour the meat, and put it in likewise. Stew it till almost ready, and add a glass of port, an anchovy, some ketchup, and a little lemon pickle. Serve it in the gravy, and with jelly sauce. A few mushrooms are a great improvement; but if to eat like hare, these must not be added, nor the lemon pickle.

ROLLED NECK OF PORK. Bone it first, then put over the inside a forcemeat of chopped sage, a very few crumbs of bread, salt, pepper, and two or three berries of allspice. Then roll the meat up very tight, place it at a good distance from the fire, and roast it

slowly.

ROLLED STEAKS. Cut a large steak from a round of beef, spread over it a forcemeat, such as is made for veal, roll it up like collared eel, and tie it up in a cloth. Boil it an hour and a half, and when done enough, cut it into slices. Prepare a rich gravy, a little thickened, and pour over the steaks.

ROMAN CEMENT. To make a mortar for outside plastering, or brick-work, or to line reservoirs, so as no water can penetrate it, mix together eighty-four pounds of drifted sand, twelve pounds of unslaked lime, and four pounds of the poorest cheese grated through an iron grater. When well mixed, add enough hot water, not boiling, to make it into a proper consistence for plastering, such a quantity of the above as is wanted. It requires very good and quick working. One hod of this mortar will go a great way, as it is to be laid on in a thin smooth coat, without the least space being left uncovered. The wall or lath work should be first covered with common hair mortar well dried. Suffolk cheese will be found to make the best cement.

ROOK PIE. Skin and draw some young rooks, cut out the backbones, and season with pepper and salt. Lay them in a dish with a little water, strew some bits of butter over them, cover the dish with a thick crust, and bake it well.

ROSE WATER. When the roses are full blown, pick off the leaves carefully, and allow a peck of them to a quart of water. Put them in a cold still over a slow fire, and distil it very gradually. Bottle the water, and cork it up in two or three days.

ROT IN SHEEP. When sheep are newly brought in, it will preserve their health to give them a table-spoonful of the juice of rue leaves, mixed with a little salt. If they are in danger of the rot, this mixture may be repeated every week or oftener, as the case requires. [324]

ROUND OF BEEF. Cut out the bone first, then skewer and tie up the beef to make it quite round. Salt it carefully, and moisten it with the pickle for eight or ten days. It may be stuffed with parsley, if approved; in which case the holes to admit the parsley must be made with a sharp-pointed knife, and the parsley coarsely cut and stuffed in tight. When dressed it should be carefully skimmed as soon as it boils, and afterwards kept boiling very gently.

ROUT CAKES. To make rout drop-cakes, mix two pounds of flour with one pound of butter, one pound of sugar, and one pound of currants, cleaned and dried. Moisten it into a stiff paste with two eggs, a large spoonful of orange-flower water, as much rose water, sweet wine, and brandy. Drop the paste on a tin plate floured, and a short time will bake them.

ROYAL CAKES. Put into a saucepan a quarter of a pint of water, a piece of butter half the size of an egg, two ounces of fine sugar, a little grated lemon peel, and a little salt. When it has boiled about half a minute, stir in by degrees four spoonfuls of flour, keeping it constantly stirring all the time, till it becomes a smooth paste, pretty stiff, and begins to adhere to the saucepan. Then take it off the fire, and add three eggs well beaten, putting them in by degrees, and stirring the paste all the time to prevent its being lumpy. Add a little orange-flower water, and a few almonds pounded fine. Make it into little cakes, and bake them upon a sheet of tin well buttered. Half an hour will bake them in a moderate oven.

ROYAL PUNCH. Take thirty Seville oranges and thirty lemons, quite sound, and pare them very thin. Put the parings into an earthen pan, with as much rum or brandy as will cover them. Cover up the pan, and let them stand four days. Take ten gallons of water, and twelve pounds of lump sugar, and boil them. When nearly cold, put in the whites of thirty eggs well beaten, and stir it and boil it a quarter of an hour. Strain it through a hair sieve into an earthen pan, and let it stand till next day. Then put it into a cask, strain the spirit from the parings of the oranges and lemons, and add as much more to it as will make it up five gallons. Put it into the cask with five quarts of Seville orange juice and three quarts of lemon juice. Stir it all together with a cleft stick, and repeat the same once a day for three successive days: then stop it down close, and in six weeks it will be fit to drink.

RUFFS AND REEVES. These are to be trussed and skewered the same as snipes and quails. Place bars of bacon over them, roast them in about ten minutes, and serve with a good gravy in the dish.

RUMP OF BEEF. Take a rump of beef, or about eight pounds of the brisket, and stew it till it is quite tender, in as much water as will cover it. When sufficiently done, take out the bones, and skim off the fat very clean. To a pint of the liquor, add the third part of a pint of port wine, a little walnut or mushroom ketchup, and some salt. Tie up some whole white pepper and mace in a piece of muslin, and stew all together for a short time. Have ready some carrots and turnips boiled tender and cut into squares, strew them upon the beef, putting a few into the dish. Truffles and morels may be added, or artichoke bottoms.

RUMP SOUP. Two or three rumps of beef will make a stronger soup, and of a far more nourishing quality, than a larger quantity of meat without them. It may be made like gravy soup, and thickened and flavoured in any way that is most approved. [325]

RUMP STEAKS. The best steaks are those cut from the middle of a rump of beef, that has been killed at least four days in moderate weather, and much longer in cold weather, when they can be cut about six inches long, four inches wide, and half an inch thick. Do not beat them, unless you suspect they will not be tender. Take care to have a very clear brisk fire, throw on it a little salt, make the gridiron hot, and set it slanting, to prevent the fat from dropping into the fire, and making a smoke. It requires more practice and care than is generally supposed to do steaks to a nicety; and for want of these little attentions, this very common dish, which every body is supposed capable of dressing, seldom comes to table in perfection. It may be underdone or thoroughly done, as happens to be preferred. It is usual to put a table-spoonful of ketchup into a dish before the fire, with a little minced shalot. In broiling, turn the steak with a pair of meat tongs, and it will be done in about ten or fifteen minutes. Rub a bit of butter over it, and send it up quite hot, garnished with pickles, and scraped horseradish.—If onion gravy is to be added, prepare it in the following manner. Peel and slice two large onions, put them into a stewpan with two table-spoonfuls of water, cover the stewpan close, and set it on a slow fire till the water has boiled away, and the onions have got a little browned. Then add half a pint of good broth, or water with a large spoonful of ketchup, and boil the onions till they are quite tender. Strain off the liquor, and chop them very fine. Thicken the broth with butter rolled in flour, and season it with mushroom ketchup, pepper and salt. Put the onion into it, let it boil gently for five minutes, and pour it over the broiled steak. Good beef gravy, instead of broth, will make the sauce

superlative.—If a cold rump steak is to be warmed up, lay it in a stewpan, with a large onion cut in quarters, six berries of allspice, and six of black pepper. Cover the steak with boiling water, let it stew gently for an hour, thicken the liquor with butter rolled in flour, shake it well over the fire for five minutes, and it is ready. Lay the steaks and onion on a dish, and pour the gravy over them through a sieve.

RUSKS. Beat seven eggs well, and mix them with half a pint of new milk, in which four ounces of butter have been previously melted. Add a quarter of a pint of yeast, and three ounces of sugar, and put them by degrees into as much flour as will make a very light paste, rather like a batter, and let it rise before the fire half an hour. Then add some more flour, to make it a little stiffer, but not much. Work it well, and divide it into small loaves, or cakes, about five or six inches wide, and flatten them. When baked and cold, slice them the thickness of rusks, and put them into the oven to brown a little. The cakes when first baked, eat deliciously buttered for tea; or made with carraways, they eat well cold.

RUSSIAN SAUCE. To four spoonfuls of grated horseradish, put two tea-spoonfuls of patent mustard, a little salt, one tea-spoonful of sugar, and a sufficient quantity of vinegar to cover the ingredients. This sauce is used for cold meat, but makes a good fish sauce, with the addition of melted butter.

RUST. To prevent iron and steel from rusting, mix with fat oil varnish, at least half, or at most four fifths of its quantity of highly rectified spirits of turpentine. This varnish must be lightly and evenly applied with a sponge; after which the article is left to dry in some situation [326] not exposed to dust. Articles thus varnished retain their metallic lustre, and do not contract any spots of rust. This varnish may also be applied to copper, of which it preserves the polish and heightens the colour.

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SACK CREAM. Boil a pint of raw cream, the yolk of an egg well beaten, two or three spoonfuls of white wine, sugar, and lemon peel. Stir it over a gentle fire till it be as thick as rich cream, and afterwards till it becomes cold. Then serve it in glasses, with long pieces of dry toast.

SACK DUMPLINS. Grate the crumb of two penny rolls, add three quarters of a pound of suet cut small, three quarters of a pound of currants washed clean, a grated nutmeg, a little sugar, the yolks of eight eggs, and two wine glasses of sack. Make the paste into dumplins of a moderate size, tie them in cloths, and boil them two hours. Melted butter for sauce, with white wine and sugar.

SACK MEAD. To every gallon of water put four pounds of honey, and boil it three quarters of an hour, taking care to skim it. To every gallon add an ounce of hops; then boil it half an hour, and let it stand till the next day. Put it into a cask, and to thirteen gallons of the liquor add a quart of brandy. Stop it lightly till the fermentation is over, and then bung it up

close. A large cask should be suffered to stand a year.

SACKS OF CORN. Seeds, and various kinds of grain, are liable to damage when kept in sacks or bins, from the want of being sufficiently aired. Make a small wooden tube nearly the length of the sack, closed and pointed at one end, and perforated with holes about an inch asunder, nearly two thirds of its length from the point end. Then at the other end fasten a leather tube, and thrust it into the corn to the bottom of the sack. Put the pipe of a pair of bellows into the leather tube, and blow into it, so that the air may be diffused among the corn throughout the holes of the wooden tube. If corn be thus treated every other day after it is first put into sacks, it will prevent the damp sweats which would otherwise injure it, and it will afterwards keep sweet with very little airing.

SADDLE OF MUTTON. When it has been well kept, raise the skin, and then skewer it on again. Take it off a quarter of an hour before serving, sprinkle on some salt, baste and dredge it well with flour. The rump should be split, and skewered back on each side. The joint may be cut large or small, according to the company: the latter is the most elegant. Being broad, it requires a high and strong fire.

SAFFRON CAKE. Take a quarter of a peck of fine flour, a pound and a half of fresh butter, a quarter of an ounce of mace and cinnamon together, beat fine, and mix the spice in the flour. Set on a quart of milk to boil, break the butter in, and stir it till the milk boils; take off all the butter, and a little of the milk; mix with the flour a pound of sugar beat fine, a penny-worth of saffron made into a tincture; take a pint of yeast that is not bitter, and stir it [327] well into the remainder of the milk; beat up six eggs very well, and put to the yeast and milk, strain it to the flour, with some rose-water, and the tincture of saffron; beat up all together with your hands lightly, and put it into a hoop or pan well buttered. It will take an hour and a half in a quick oven. You may make the tincture of saffron with the rose-water.

SAGE is raised from seed, or from slips. To have it at hand for winter it is necessary to dry it; and it ought to be cut for this purpose before it comes out into bloom, as indeed is the case with all other herbs.

SAGE CHEESE. To make this kind of cheese, bruise the tops of young red sage in a mortar, with some leaves of spinach, and squeeze out the juice. Mix it with the rennet in the milk, more or less, according as the taste and colour may be preferred. When the curd is come, break it gently, and put it in with the skimmer, till it is pressed two inches above one vat. Press it eight or ten hours, salt and turn it every day.

SAGO. To prevent the earthy taste, soak it an hour in cold water; pour off the water, and wash it well. Then add more, and simmer it gently till the berries are clear, with lemon peel and spice, if approved. Add wine and sugar, and boil all up together.—If intended for the sick, or those whom disease has left very feeble, boil a teacupful of washed, sago in a quart of water, and a taste of lemon peel. When thickened, grate in some ginger, and add half a pint of raisin wine, some brown sugar, and two spoonfuls of Geneva: boil all up together.

SAGO MILK. Cleanse the sago as in the former article, and boil it slowly in new milk. It swells so much, that a small quantity will be sufficient for a quart; and when done, it will be

diminished to about a pint. It requires no sugar or flavouring.

SAGO PUDDING. Boil a pint and a half of new milk, with four spoonfuls of sago nicely washed and picked; then add lemon peel, cinnamon, and nutmeg. Sweeten the pudding, mix in four eggs, put a paste round the dish, and bake it slowly.

SAIL CLOTH. The old mode of painting canvas was to wet it, and prime it with Spanish brown. Then to give it a second coat of a chocolate colour, made by mixing Spanish brown and black paint; and lastly, to finish it with black. This was found to harden to such a degree as to crack, and eventually to break, the canvas, and so to render it unserviceable in a short time. The new method, which is greatly superior, is to grind ninety-six pounds of English ochre with boiled oil, and to add sixteen pounds of black paint, which mixture forms an indifferent black. A pound of yellow soap, dissolved in six pints of water over the fire, is mixed while hot, with the paint. This composition is then laid upon the canvas, without being wetted as formerly, and as stiff as can conveniently be done with a brush, so as to form a smooth surface. Two days afterwards, a second coat of ochre and black is laid on, with a very small portion of soap; and allowing this coat an intermediate day for drying, the canvas is then finished with black paint as usual. Three days being then allowed for it to dry and harden, it does not stick together when taken down, and folded in cloths of sixty or seventy yards each.

SALAD MIXTURE. Salad herbs should be gathered in the morning, as fresh as possible, or they must be put into cold spring water for an hour. Carefully wash and pick them, trim off all the dry or cankered leaves, put them into a cullender to drain, and swing [328] them dry in a coarse clean napkin. Then pound together the yolks of two hard eggs, an ounce of scraped horseradish, half an ounce of salt, a table-spoonful of made mustard, four drams of minced shalots, one dram of celery seed, one dram of cress seed, and half a dram of cayenne. Add by degrees a wine glass of salad oil, three glasses of burnet, and three of tarragon vinegar. When thoroughly incorporated, set it over a very gentle fire, and stir it with a wooden spoon till it has simmered to the consistence of cream. Then pass it through a tammis or fine sieve, and add it to the salad.

SALAD SAUCE. Mix two yolks of eggs boiled hard, as much grated Parmesan cheese as will fill a dessert-spoon, a little patent mustard, a small spoonful of tarragon vinegar, and a large one of ketchup. Stir them well together, then put in four spoonfuls of salad oil, and one spoonful of elder vinegar, and beat them up very smooth.

SALADS. Cold salads are proper to be eaten at all seasons of the year, but are particularly to be recommended from the beginning of February to the end of June. They are in greater perfection, and consequently more powerful, during this period, than at any other, in opening obstructions, sweetening and purifying the blood. The habit of eating salad herbs tends considerably to prevent that pernicious and almost general disease the scurvy, and all windy humours which offend the stomach. Also from the middle of September till December, and during the winter, if the weather be mild and open, all green herbs are wholesome, and highly beneficial. It is true that they have not so much vigour in the winter season, nor are they so medicinal as in the spring of the year; yet those which continue fresh and green, will retain a considerable portion of their natural qualities; and being eaten as

salads, with proper seasoning, they will operate much in the same way as at other periods of the year. It is a necessary consequence of cold weather, that the heat of the body is driven more inward than in warm weather, as the cold of the atmosphere repels it from the surface. Hence arises an appetite for strong and solid food, and strong drinks, which for want of temperance and care, lays the foundation for diseases that commonly make their appearance in the summer following. Eating freely of salads and other vegetables in the winter, will prevent in a great treasure these ill effects; and if properly seasoned and prepared, they will warm the stomach, and be found exhilarating. The effect produced is in unison with all the operations of the human constitution, while the use of strong stimulants excites to unnatural action, which is soon succeeded by a cold and chilling languor. Green herbs in winter are much more beneficial than is generally imagined; they are particularly salutary to aged persons, and such as are subject to stoppages, or shortness of breath. In this case, instead of an onion, a clove of garlic may be put into the salad, which is a preferable way of eating it. This will open and warm the stomach, and give a general glow to the whole system.—The following are the principal herbs used as salads. Basil, balm, borage, burnet, celery, chervil, colewort, coriander, corn-salad, cresses, endive, French fennel, lettuce, mint, mustard, nasturtiums, nettle-tops, parsley, pennyroyal, radishes, rape, sage, sorrel, spinage, tarragon, and water-cresses. Onions, both young and full grown, shalots, garlic, and chives, are all used as seasoning to salads. Red beet-root, boiled and cold, is often sliced into them. Several of these herbs are very little in use as salads, but there are none of them that may not [329] be recommended as good for the purpose. The usual salads are too much limited to what is specifically called small salading, lettuce, celery, and endive. These are all excellent in their kind, but to prefer them to the exclusion of every thing else, is a mere prejudice. With a wish therefore to counteract it, and to provide a larger assortment of wholesome salads, the following particulars are given, with directions for preparing several different dishes of this description. In general it may be proper to observe, that salads of all kinds should be very fresh; or if not immediately procured in this state, they may be refreshed by being put into cold spring water. They should be very carefully washed and picked, and drained quite dry in a clean cloth. In dressing lettuce, or small herbs, it is best to arrange them, properly picked and cut, in the salad dish; then to mix the sauce in something else, and pour it to the salad down the side of the dish, so as to let it run to the bottom, and not to stir it up till used at table. This preserves the crispness of the salad, which is one of its principal delicacies. With celery and endive the sauce should be poured upon them, and the whole well stirred together to mix it equally. Lettuce, endive, and celery, may be eaten with salt only; and if well chewed, as all salads ought to be, they often agree better than when mixed with seasonings. If mustard in salad sauces occasion sickness, or otherwise disagrees, cayenne pepper will often prove an excellent substitute.—The following salads are remarkably wholesome, and have a cooling and salutary effect upon the bowels. 1. Take spinage, parsley, sorrel, lettuce, and a few onions. Then add oil, vinegar, and salt, to give it a high taste and relish, but let the salt rather predominate above the other ingredients. The wholesomest way of eating salads is with bread only, in preference to bread and butter, bread and cheese, or meat and bread; though any of these may be eaten with it, when the salad is seasoned only with salt and vinegar. It is not advisable to eat butter, cheese, or meat with salads, or any thing in which there is a mixture of oil. All fat substances are heavy of digestion, and to mix such as disagree in their nature, is to encrease this evil to a degree that

the stomach can hardly overcome. 2. Prepare some lettuce, spinage tops, pennyroyal, sorrel, a few onions, and some parsley. Then season them with oil, vinegar, and salt. 3. Another salad may be made of lettuce, sorrel, spinage, tops of mint, and onions, seasoned as before. 4. Take spinage, lettuce, tarragon, and parsley, with some leaves of balm. Or sorrel, tarragon, spinage, lettuce, onions, and parsley. Or tops of pennyroyal, mint, lettuce, spinage, sorrel, and parsley. Or lettuce, spinage, onions, pennyroyal, balm, and sorrel. Or sage, lettuce, spinage, sorrel, onions, and parsley; seasoned with salt, oil, and vinegar. 5. Make a salad of pennyroyal, sage, mint, balm, a little lettuce, and sorrel; seasoned with oil, vinegar, and salt. This is an excellent warming salad, though the above are all of an exhilarating tendency. 6. Mix some lettuce, sorrel, endive, celery, spinage, and onions, seasoned as above. 7. Take the fresh tender leaves of cole wort, or cabbage plants, with lettuce, sorrel, parsley, tarragon, nettle tops, mint, and pennyroyal; and season them with salt, oil, and vinegar. If highly seasoned, this is a very warm and relishing salad. 8. For winter salad, take some tender plants of colewort, sorrel, lettuce, endive, celery, parsley, and sliced onions; and season them as before. 9. Another winter salad may be made of lettuce, [330] spinage, endive, celery, and half a clove of garlic. Season it well with oil, vinegar, and salt. This salad is very warming and wholesome. All these aromatic herbs are particularly proper for phlegmatic and weakly persons, as they have the property of warming the stomach, and improving the blood. To supply the want of oil in salads, make some thick melted butter, and use it in the same proportion as oil. Some sweet thick cream is a still better substitute, and will do as well as oil, especially as some persons have an aversion to oil. Cream also looks well in salads. A good salad sauce may be made of two yolks of eggs boiled hard, mixed with a spoonful of Parmesan cheese grated, a little patent mustard, a spoonful of tarragon vinegar, and a larger one of ketchup. When stirred well together, add four spoonfuls of salad oil, and one of elder vinegar, and beat them up very smooth. It is very common in France, amongst all classes of people, to dress cauliflowers and French beans to eat cold, as salads, with a sauce of oil, vinegar, salt, and pepper. In some parts of France, raw salads, composed entirely of herbs growing wild in the fields, are in frequent use; and for distinction sake, are called rural salads. The English, who are not so fond of pungent flavours, are in the habit of substituting sugar instead of pepper and salt, where oil is not used, in order to soften the asperity of the vinegar.

SALMAGUNDY. This is a beautiful small dish, if in a nice shape, and the colours of the ingredients be properly varied. For this purpose chop separately the white part of cold chicken or veal, yolks of eggs boiled hard, the whites of eggs, beet root, parsley, half a dozen anchovies, red pickled cabbage, ham and grated tongue, or any thing well flavoured and of a good colour. Some people like a small proportion of onion, but it may be better omitted. A saucer, large teacup, or any other base, must be put into a small dish; then make rows round it wide at the bottom, and growing smaller towards the top, choosing such ingredients for each row as will most vary the colours. At the top, a little sprig of curled parsley may be stuck in; or without any thing on the dish, the salmagundy may be laid in rows, or put into the half-whites of eggs, which may be made to stand upright by cutting off a little bit at the round end. In the latter case, each half egg receives but one ingredient. Curled butter and parsley may be put as garnish between.

SALMON. If fresh and good, the flesh will be of a fine red, the gills particularly; the

scales very bright, and the whole fish stiff. When just killed there is a whiteness between the flakes, which gives great firmness; by keeping, this melts down, and the fish is more rich. The Thames salmon bears the highest price; that caught in the Severn is next in goodness, and by some it is preferred. Those with small heads, and thick in the neck, are best.

SALMON AU COURT-BOUILLON. Scale and clean a fresh salmon very well, score the sides deep, to take the seasoning; take of mace and cloves, and white pepper, a quarter of an ounce each, a small nutmeg, and an ounce of salt; beat these very fine in a mortar; cut a little lemon peel fine, and shred some parsley, mix all together, and season the fish inside and out; then work up near a pound of butter in flour, and fill up the notches; the rest put into the belly of the fish; lay it in a clean cloth or napkin, roll it up, and bind it round with packthread, lay it into a fish-kettle, and put to it as much white wine vinegar, and water in an equal quantity, as will be sufficient to boil it in. Set it over a good charcoal fire, and when you think it is enough, draw it off your stove, so that it may but just simmer. Fold a clean napkin the length of your dish the fish is to go up in; take up the fish, unbind it, and lay it on the napkin. Garnish your dish with picked raw parsley, and horseradish. Send plain butter in a bason, and shalots chopped fine, and simmered in vinegar in a boat. [331]

SALMON A LA BRAISE. Clean a middling salmon, take the flesh of a tench, or a large eel, and chop it very fine, with two anchovies, a little lemon peel shred, pepper, salt, nutmeg, and a little thyme and parsley; mix all together with a good piece of butter, put into the belly of the fish, and sew it up; put it into an oval stew-pan that will just hold it; brown about half a pound of fresh butter, and put to it a pint of fish broth, and a pint and a half of white wine; pour this over your fish; if it does not cover it, add some more wine and broth; put in a bundle of sweet herbs, and an onion, a little mace, two or three cloves, and some whole pepper tied up in a piece of muslin: cover it close, and let it stew gently over a slow fire. Before it is quite done, take out your onion, herbs, and spice; then put in some mushrooms, truffles, and morels, cut in pieces; let them stew all together, till the salmon is enough; take it up carefully, take off all the scum, and pour your sauce over. Garnish with horseradish, barberries, and lemon. Either of these is a fine dish for a first course.

SALMON PIE. Make puff paste, and lay over your dish; clean and scale a middling piece of salmon; cut it into three or four pieces, according to the size of your dish, and season it pretty high with mace, cloves, pepper, and salt; put some butter at the bottom, and lay in the salmon; take the meat of a lobster cut small, and bruise the body with an anchovy; melt as much butter as you think proper, stir the lobster into it, with a glass of white wine, and a little nutmeg; pour this over the salmon, lay on the top crust, and let it be well baked.

SALOOP. Boil together a little water, wine, lemon peel, and sugar. Mix in a small quantity of saloop powder, previously rubbed smooth with a little cold water. Stir it all together, and boil it a few minutes.

SALT. The properties of common salt are such as to render it an article of the greatest importance in the preparation of food, and in the preservation of health. If salt be withheld for any length of time, diseases of the stomach become general, and worms are gendered in the bowels, which are removed with great difficulty. In Ireland, salt is a well-known common remedy for bots in the horse; and among the poor people, a dose of common salt is

esteemed a sufficient cure for the worms. It is supposed by some medical men, that salt furnishes soda to be mixed with the bile: without this necessary addition, the bile would be deprived of the qualities necessary to assist in the operation of digestion. One of the greatest grievances of which the poor man can complain is the want of salt. Many of the insurrections and commotions among the Hindoos, have been occasioned by the cruel and unjust monopolies of certain unworthy servants of the East India Company, who to aggrandize their own fortunes have oftentimes bought up, on speculation, all the salt in the different ports and markets, and thus have deprived the ingenious but wretched natives of their only remaining comfort, salt being the only addition they are usually enabled to make to their poor pittance of rice. Many of the poor in England, previously to the late reduction especially, have loudly [332] lamented the high price of salt, which thousands are in the habit of using as the only seasoning to their meal of potatoes. Salt is also of the greatest use in agriculture. From one to two bushels makes fine manure for an acre of land, varied according to the quality of the soil. This answers better than almost any other compost. The Chinese have for ages been accustomed to manure their fields by sprinkling them with sea water. The Persians sprinkle the timber of their buildings with salt, to prevent them from rotting. It is used in Abyssinia instead of money, where it passes from hand to hand, under the shape of a brick, worth about eighteen pence. In feeding of cattle, it is also found to be highly beneficial. A nobleman who purchased two hundred Merino sheep in Spain, attributes the health of his flock principally to the constant use of salt. These sheep having been accustomed to that article in their native land, it was thought necessary to supply them with it, especially in this damp climate, and in the rich pastures of some parts of this country. A ton of salt is used annually for every thousand sheep: a handful is put in the morning on a flat stone or slate, ten of which, set a few yards apart, are sufficient for a hundred sheep. This quantity is given twice a week. Out of a flock of nearly a thousand, there were not ten old sheep that did not readily take it, and not a single lamb which did not consume it greedily. Salt is likewise a preventive of disorders in stock fed with rank green food, as clover or turnips, and it is deemed a specific for the rot. Horses and horned cattle are also very fond of salt: the cow gives more milk, and richer in quality, when salt is mixed with her food. The wild beasts of the American forests leave their haunts at certain seasons, and travel in company to various places where salt is to be found. There they lick the ground on which the salt lies, or which is strongly impregnated by it. Cattle fed on grass which grows on the sea shore, are always fatter and in better condition, than those which graze on in land-pastures. Considering its various uses in agriculture, as an article of food, and as a preservative from putrefaction, salt may be pronounced one of the most generally useful and necessary of all the minerals; and it is truly lamentable, that in almost all ages and countries, particularly in those where despotism prevails, this should be one of those necessaries of life, on which the most heavy taxes are imposed. Bay salt is a kind of brownish impure salt, obtained in France, Italy, and other countries, by evaporating sea water in pits. The principal part of bay salt sold in this country is however of home manufacture, being a coarse grained chrystalized salt, made dirty by powdered Turkey umber, or some such colouring material, to give it the appearance of a foreign article. The only utility which this salt appears to possess, beyond that of the common fine-grained salt usually found in the shops, is that it dissolves more slowly by moisture, and therefore is better calculated for salting of fish, and other animal substances, which cannot be wholly covered with brine. Basket salt is made from the water of the salt springs in Cheshire

and other places. It differs from the common brine salt in the fineness of the grain, as well as on account of its whiteness and purity. It is principally used at table.

SALT BEEF. Great attention is requisite in salting meat; and in the country, where large quantities are often cured, this is of particular importance. Beef and pork should be well sprinkled, and a few hours afterwards hung to drain, before it is rubbed with the salt. This [333] method, by cleansing the meat from the blood, serves to keep it from tasting strong. It should be turned every day; and if wanted soon, it should be rubbed daily. A salting tub or lead may be used, and a cover to fit close. Those who use a good deal of salt meat will find it answer well to boil up the pickle, and skim it clean; and when cold, pour it over meat that has been sprinkled and drained.—To salt beef red, which is extremely good to eat fresh from the pickle, or to hang to dry, choose a piece of the flank, or any part that has but little bone. Sprinkle it, and let it drain a day. Then rub it with common salt, bay salt, and a small proportion of saltpetre, all in fine powder. A few grains of cochineal may be added. Rub the pickle into the meat every day for a week, and afterwards turning it only will be sufficient. It will be excellent in about eight days; and in sixteen days it may be drained from the pickle. Smoke it at the mouth of the oven, when heated with wood, or send it to the baker's; a few days will be sufficient to smoke it. A little of the coarsest sugar added to the salt, will be an improvement. Red beef boiled tender, eats well with greens or carrots. If it is to be grated as Dutch beef, then cut a lean bit, boil it extremely tender, and put it hot under a press. When cold fold it in a sheet of paper, and it will keep in a dry place two or three months, ready for serving on bread and butter.—If a piece of beef is to be prepared for eating immediately, it should not weigh more than five or six pounds. Salt it thoroughly before it is to be put into the pot, take a coarse cloth, flour it well, put the meat into it, and fold it up close. Put it into a pot of boiling water, and boil it as another piece of salt meat of the same size, and it will be as salt as if it had been in pickle four or five days.

SALT COD. Soak and clean the piece intended to be dressed, and lay it all night in water, with a glass of vinegar. Boil it enough, then break it into flakes on the dish; pour over it parsnips boiled, beaten in a mortar, and boiled up with cream. Add to it a large piece of butter, rubbed in a little flour. Egg sauce may be sent up instead, or the parsnip root whole. The fish may also be boiled without flaking, and served with either of the sauces as above.

SALT FISH. Backlio, old ling, and tusk, are reckoned the best salt fish. Old ling and backlio, must be laid in water for ten or twelve hours, then taken out, and scaled very clean; wash the fish, and let it lay out of water till you want to use it; if it is the next day, it will be the better. When you dress it, put it into cold water, and let it do as gently as possible; let it be boiled so tender, that you may put a fork into any part of it without sticking, then it is enough. Lay a clean napkin over your dish, take up the fish, lay it upon the napkin, and throw the corners over each other. Send it to table with egg sauce in a basin, parsnips sliced, and butter and mustard in a boat.

SALT FISH WITH CREAM. Soak and boil some good barrel cod, till about three parts done. Divide it into flakes, put them into a saucepan with some cream, a little pepper, and a handful of parsley scalded and chopped. Stew it gently till tender, thicken the sauce with two or three yolks of eggs, and serve it up.

SALT FISH PIE. Boil a side of salt fish as you would for eating; cut a square bit out of the middle, about the bigness of your hand; take the skin off the other, and take out all the bones; mince this very small with six eggs boiled hard; season it with pepper, nutmeg, and [334] beaten mace, then slice the crumb of French rolls thin into a pan, pour over it a quart of boiling milk, and let it stand to soak; in the mean time, make a good puff paste, and sheet the dish all over; have in readiness the quantity of two spoonfuls of parsley shred very fine, beat the bread well together, then put in the fish and eggs, and chopped parsley; stir all well together; melt about three quarters of a pound of butter, and stir it into the ingredients, with a gill of Mountain; pour this into the dish, lay the square piece of fish in the middle; lay on the lid, and bake it an hour, or a little more.—You may make ling, or stock-fish pie in this manner; but you are to observe, that all the skin is to be taken off, and not to put a piece whole into the pie, according to this receipt; but mince all the fish with the yolks of hard eggs, leaving out the whites, and adding a large spoonful of made mustard when you stir the ingredients together, before you put them into the pie.

SALT PORK. To a hundred weight of pork or beef, take ten pounds of common salt, and half a pound of saltpetre. Let the meat be well cleaned from those particles of blood which hang about it when cut into four pound pieces: this is best done by washing it in salt and water, or brine that has been used, provided it be sweet. Lay the meat in rows, and rub the upper side moderately with salt; then place another layer of meat, and repeat the operation as on the first layer. In this manner continue the same proportion of salt and saltpetre, till the whole quantity is heaped up in a tub, or some other vessel, not of lead, in order to preserve the pickle from issuing from it. In this state it must remain for three days, then turn it into another tub, sprinkling it with salt in the act of turning the meat. When all is turned and salted, let the pickle procured by the first salting, be slowly poured about the meat. In this state let it remain for a week, and it will be excellent for home use. If wanted for exportation, pack it in this state into casks. But as the greatest care is required for its preservation, when sent abroad, a layer of salt must first be put into the barrel, and then a layer of meat, till the cask is full, taking care to use the hand only in packing in the pieces. When the barrel is headed, the pickle must be filtered through a coarse cloth; and when perfectly fine, fill up the cask with the pickle to the bung hole. Let it remain in this state till the next day, in order to ascertain whether the cask be quite tight, and then bung it up. Beef or pork cured in this manner will not fail to keep any reasonable length of time. The too great rubbing of meat will not keep it the better, it frequently retards the operation of the salt by filling the outward pores of the meat only to the destruction of the middle of the piece, which frequently perishes.

SALTING OF BUTTER. After the butter is well worked up and cleared from the milk, it is ready for salting. The tub in which it is to be preserved being perfectly clean, should be rubbed in the whole inside with common salt; and a little melted butter should be poured into the cavity between the bottom and the sides, before the butter is put in. Although common salt is generally employed on this occasion, yet the following composition not only preserves the butter more effectually from taint, but also makes it look better, taste sweeter, richer, and more marrowy, than if it had been cured with common salt only. Take of best common salt two parts, saltpetre one part, lump sugar one part, and beat them up together in a mortar, so [335] that they may be completely blended. To every pound of butter, add one ounce of this

composition: mix it well in the mass, and close it up for use. Butter prepared in this manner will keep good for three years, and cannot be distinguished from that which is recently salted; but it does not taste well till it has stood a fortnight or three weeks. To preserve butter for winter use, take some that is fresh and good in the month of August or September, and put it into an unglazed jar, in layers about two inches thick, till the jar is full, within three inches of the top. Make a strong brine of salt and water, boil and skim it; and when it is quite cold, pour a sufficient quantity over the butter, so that the brine may be an inch deep. Tie paper over it, and set it in a cool place. When wanted for use, cut it no deeper than the first layer till that is all used. Then cut the second in the same manner, and so on to the bottom of the tub or jar. By this means there will be no more than a part of one layer that is not covered with the brine. To make it eat like fresh butter, dip each piece into water when it is cut out of the jar; or work it over again in fresh buttermilk or milk, and make it into shapes like fresh butter. It will eat much better with toast, than most of the fresh butter that is made in winter. It is a false idea, that butter, to be preserved for winter use, requires a greater quantity of salt: experience has proved the contrary. Butter salted in the common way, and put in pots with brine over the top, retains its flavour, and is better preserved than by an additional quantity of salt. One more observation on the preservation of butter is necessary. It is universally allowed that cleanliness is indispensible, but it is not generally suspected, that butter from being made in vessels or troughs lined with lead, or in glazed earthenware pans, which glaze is principally composed of lead, is too apt to be contaminated by particles of that deleterious metal. If the butter is in the least degree rancid, this can hardly fail to take place, and it cannot be doubted, that during the decomposition of the salts, the glazing is acted on. It is better therefore to use tinned vessels for mixing the preservative with the butter, and to pack it either in wooden vessels, or in jars of the Vauxhall ware, which being vitrified throughout, do not require an inside glazing.

SAMPHIRE. This should be boiled in plenty of water, with a good deal of salt in it. Put it in when the water boils, and let it boil till quite tender. Serve it up with melted butter.

SANDWICHES. Properly prepared, these form an elegant and convenient luncheon; but they have got much out of fashion, from the bad manner in which they are commonly made. They have consisted of any offal or odd ends, that cannot be sent to table in any other form, merely laid between slices of bread and butter. Whatever kind of meat is used however, it must be carefully trimmed from every bit of skin and gristle, and nothing introduced but what is relishing and acceptable. Sandwiches may be made of any of the following materials. Cold meat, poultry, potted meat, potted shrimps or lobsters, potted cheese; grated ham, beef, or tongue; anchovy, sausages, cold pork; hard eggs, pounded with a little butter and cheese; forcemeats, and curry powder. Mustard, pepper, and salt, are to be added, as occasion requires.

SAVOURY BEEF. The tongue side of a round of beef is best adapted for the purpose; and if it weighs about fifteen pounds, let it hang two or three days. Then take three ounces of [336] saltpetre, one ounce of coarse sugar, a quarter of an ounce of black pepper, some minced herbs, and three quarters of a pound of salt. Incorporate these ingredients by pounding them together in a mortar; and if approved, add a quarter of an ounce of ginger. Take out the bone, and rub the meat well with the above mixture, turning it and rubbing it every day for a fortnight. When it is to be dressed, put it into a pan with a quart of water. Cover the meat

with about three pounds of mutton suet chopped, and an onion or two minced small. Put the whole into a pan, cover it with a flour crust, and bake it in a moderate oven for six hours. Instead of baking it may be covered with water, and stewed very gently for about five hours; and when sent to table, cover the top of it with finely chopped parsley. The gravy will be excellent for sauce or soup, or making of soy, or browning; and being impregnated with salt, it will keep several days. That the suet may not be wasted, when the dish comes from the oven, take out the beef, and strain the contents of the pan through a sieve. Clarify the fat when cold, and it will do for frying. The meat should not be cut till it is cold, and then with a sharp knife to prevent waste, and keep it smooth and even. This is a most excellent way of preparing savoury beef for sandwiches, and for other elegant and economical purposes.

SAVOURY JELLY. If to put over cold pies, make it of a small bare knuckle of veal, or of a scrag of mutton. If the pie be of fowl or rabbit, the carcases, necks, and heads, added to any piece of meat, will be sufficient, observing to give it a consistence by adding cow heel, or shanks of mutton. Put the meat into a stewpan that shuts very close, adding a slice of lean ham or bacon, a faggot of different herbs, two blades of mace, an onion or two, a small bit of lemon peel, a tea-spoonful of Jamaica pepper bruised, and the same of whole pepper, with three pints of water. As soon as it boils skim it well, let it simmer very slowly till it is quite strong, and then strain it. When cold take off the fat with a spoon first, and then, to remove every particle of grease, lay on it a clean piece of blotting paper. If not clear, after being cold, boil it a few minutes with the whites of two eggs, but do not add the sediment. Pour it through a clean sieve, with a napkin in it, which has been dipped in boiling water, to prevent waste.

SAVOURY PIES. Few articles of cookery are more generally approved than relishing pies, if properly made; and there are various things adapted to this purpose. Some eat best cold, and in that case, no suet should be put into the forcemeat that is used with them. If the pie is either made of meat that will take more dressing, to make it quite tender, than the baking of the crust will allow; or if it is to be served in an earthen pie-form, the following preparation must be observed. For instance, take three pounds of a veiny piece of beef, that has fat and lean; wash it, and season it with salt, pepper, mace, and allspice, in fine powder, rubbing them in well. Set it by the side of a slow fire, in a stewpot that will just hold it. Add about two ounces of butter, cover it quite close, and let it just simmer in its own steam till it begins to shrink. When it is cold, add more seasoning, forcemeat, and eggs. If in a dish, put some gravy to it before baking: if in a crust only, the gravy must not be added till after it is cold, and in a jelly. Forcemeat may be put both under and over the meat, if preferred to balls.

SAVOURY RICE. Wash and pick some rice quite clean, stew it very gently in a small quantity of veal or rich mutton broth, with an onion, a blade of mace, pepper and salt. When swelled, but not boiled to a mash, dry it on the shallow part of a sieve before the fire, and either serve it dry, or put it in the middle of a dish, and pour hot gravy round it. [337]

SAVOURY VEAL PIE. Make a good puff-paste, and sheet your dish; cut the veal into pieces, season it with pepper, mace, and nutmeg, finely beat, and a little salt; lay it into the crust, with lambstones, sweetbreads, the yolks of hard eggs, an artichoke bottom boiled, and cut in dice, and the tops of asparagus; put in about half a pint of water, lay pieces of

butter over the top, put on the lid, and ornament it to your fancy. In a quick oven about an hour and an half will bake it. Make a caudle for it thus: take half a pint of strong veal broth, a gill of white wine, and the yolks of three eggs; set this over the stove, and keep it stirring; put in some grated nutmeg, and a little salt; when it boils, if there is any scum, take it off; pour in a gill of cream, keep it stirring till it simmers, then take the lid of your pie off carefully, and pour the caudle over it, shake it round, lay on the lid as exact as you can, and send it to table. You may do lamb this way.

SAVOURY VEGETABLES. Wash a dish with the white of eggs. Make several divisions with mashed potatoes and yolks of eggs mixed together and put on the dish, and bake it of a nice colour. In the first division put stewed spinach, in the second mashed turnips, in the third slices of carrots, in the fourth some button onions stewed in gravy, or any other kind of vegetables to make a variety.

SAVOY BISCUITS. Take six eggs, separate the yolks and whites, mix the yolks with six ounces of sugar finely powdered, and the rind of a grated lemon. Beat them together for a quarter of an hour, then whisk the whites up in a broad dish till they are well frothed, and mix them with the yolks, adding five ounces of flour well dried. Stir the whole well together; then, with a piece of flat ivory, take out the batter, and draw it along clean white paper to the proper size of the biscuit. Sift some sugar over them, and bake them in a very hot oven. They must however be carefully watched, for they are soon done, and a few seconds over the proper time will scorch and spoil them.

SAVOY CAKE. Put four eggs into a scale, and then take their weight in fine sugar, powdered and sifted, with the weight of seven eggs in flour well dried. Break the eggs, putting the yolks into one basin, and the whites into another. Mix with the yolks the sugar that has been weighed, a little grated lemon peel, and a little orange-flower water. Beat them well together for half an hour, then add the whites whipped to a froth, and mix in the flour by degrees, continuing to beat them all the time. Then put the batter into a tin well buttered, and bake it an hour and a half. This is a very delicate light cake for serving at table, or in a dessert, and is pretty when baked in a melon mould, or any other kind of shape. It may be iced at pleasure.

SAUCE FOR BOILED MEAT. The sauces usually sent to table with boiled meat, not poured over the dish, but put into boats, are the following. Gravy, parsley and butter, chervil, caper, oyster, liver and parsley, onion, celery, shalot, and curry. The ingredients for compound sauces should be so nicely proportioned, that no one may be predominant, but that there may be an equal union of the combined flavours. All sauces should be sent to table as hot as possible, for nothing is more unsightly than the surface of a sauce in a frozen state, [338] or garnished with grease on the top.

SAUCE FOR BRAWN. Take a peck of bran, seven gallons of water, a pound of salt, a sprig of bay and rosemary. Boil the whole half an hour, strain it off, let it stand till it is cold, and then put it in the brawn.

SAUCE FOR CARP. Rub half a pound of butter with a tea-spoonful of flour, melt it in a little water, and add nearly a quarter of a pint of thick cream. Put in half an anchovy chopped fine, but not washed; set it over the fire, and as it boils up, add a large spoonful of

real India soy. If that does not give it a fine colour, add a little more. Turn it into the sauce tureen, and put in some salt and half a lemon. Stir it well to keep it from curdling.

SAUCE FOR CHICKENS. An anchovy or two boned and chopped, some parsley and onion chopped, adding pepper, oil, vinegar, mustard, and walnut or mushroom ketchup. These mixed together will make a good sauce for cold chicken, partridge, or veal.

SAUCE FOR CHOPS. To make a relishing sauce for steaks or chops, pound an ounce of black pepper, and half an ounce of allspice, with an ounce of salt, and half an ounce of scraped horseradish, and the same of shalot peeled and quartered. Put these ingredients into a pint of mushroom ketchup, or walnut pickle; let them steep for a fortnight, and then strain off the liquor. A tea-spoonful or two mixed with the gravy usually sent up for chops and steaks, or added to thick melted butter, will be found an agreeable addition.

SAUCE FOR FISH. Simmer very gently a quarter of a pint of vinegar, and half a pint of soft water, with an onion, a little horseradish, and the following spices lightly bruised: four cloves, two blades of mace, and half a tea-spoonful of black pepper. When the onion becomes tender, chop it small, with two anchovies, and boil it for a few minutes with a spoonful of ketchup. Beat the yolks of three eggs, strain them, and mix the liquor with them by degrees. When well mixed, set the saucepan over a gentle fire, keeping the basin in one hand, into which toss the sauce to and fro, and shake the saucepan over the fire that the eggs may not curdle. The sauce must not be boiled, but made hot enough to give it the thickness of melted butter.—The following sauces for fish will be found excellent.—Lobster sauce. Take a lobster, bruise the body and spawn, that is in the inside, very fine, with the back of a spoon, mince the meat of the tail and claws small, melt your butter of a good thickness, put in the bruised part, and shake it well together, then put in the minced meat with a very little nutmeg grated, and a spoonful of white wine; let it just boil up, and pour it into boats, or over your fish.—Shrimp sauce. Put half a pint of shrimps, clean picked, into a gill of good gravy; let it boil up with a lump of butter rolled in flour, and a spoonful of red wine.—Oyster sauce. Take a pint of oysters that are tolerably large; put them into a saucepan with their own liquor, a blade of mace, a little whole pepper, and a bit of lemon peel; let them stew over the fire till the oysters are plump; pour all into a clean pan, and wash them carefully, one by one, out of the liquor; strain about a gill of the liquor through a fine sieve, add the same quantity of good gravy, cut half a pound of fresh butter in pieces, roll up some in flour, and then put all to your oysters; set it over a clear fire, shake it round often till it boils, and add a spoonful of white wine: let it just boil, and pour it into your bason or boat.—Anchovy sauce. [339] Strip an anchovy, bruise it very fine, put it into half a pint of gravy, a quarter of a pound of butter rolled in flour, a spoonful of red wine, and a tea-spoonful of ketchup; boil all together till it is properly thick, and serve it up.—Another. Half a pint of water, two anchovies split, a clove, a bit of mace, a little lemon peel, a few peppercorns, and a large spoonful of red wine; boil all together, till your anchovy is dissolved; then strain it off, and thicken it with butter rolled in flour. This is the best sauce for skate, maid, or thornback.

SAUCE FOR FISH PIES. Take equal quantities of white wine, not sweet; of vinegar, oyster liquor, and mushroom ketchup. Boil them up with an anchovy, strain the liquor, and pour it through a funnel into the pie after it is baked. Or chop an anchovy small, and boil it up with three spoonfuls of gravy, a quarter of a pint of cream, and a little butter and flour.

SAUCE FOR FOWLS. Cut up the livers, add slices of lemon in dice, scalded parsley, some hard eggs, and a little salt. Mix them with butter, boil them up, and pour the sauce over the fowls. This will be found an excellent sauce for rabbit or fowl, especially to hide the bad colour of fowls. Or boil some veal gravy, with pepper and salt, the juice of a Seville orange and a lemon, and a little port wine. Pour it into the dish, or send it up in a boat.

SAUCE FOR GOOSE. Mix a table-spoonful of made mustard, and half a tea-spoonful of cayenne, in a glass and a half of port wine. Heat and pour it hot into the inside of a roast goose when it is taken up, by a slit made in the apron. What is sauce for a goose will not make bad sauce for a duck. It must be understood that this is not adapted to green geese or ducklings.

SAUCE FOR HASHES. Chop the bones and fragments of the joint, put them into a stewpan, and cover them with boiling water. Add six peppercorns, the same of allspice, a handful of parsley, half a head of celery cut in pieces, and a small sprig of savoury, lemon thyme, or sweet marjoram. Cover it up, and let it simmer gently for half an hour. Slice half an ounce of onion, put it into a stewpan with an ounce of butter, and fry it over a quick fire for two or three minutes, till it takes a little colour. Thicken it with flour, and mix with it by degrees the gravy made from the bones. Let it boil very gently for a quarter of an hour, till it acquires the consistence of cream, and strain it through a fine sieve into a basin. Return it to the stewpan, season it a little, and cut in a few pickled onions, walnuts, or gherkins. Add a table-spoonful of ketchup or walnut pickle, or some capers and caper liquor, or a table-spoonful of ale, a little shalot, or tarragon vinegar. Cover the bottom of the dish with sippets of bread, to retain the gravy, and garnish with fried sippets. To hash meat in perfection, it should be laid in this gravy only just long enough to get properly warmed through.

SAUCE FOR LENT. Melt some butter in a saucepan, shake in a little flour, and brown it by degrees. Stir in half a pint of water, half a pint of ale, an onion, a piece of lemon peel, two cloves, a blade of mace, some whole pepper, a spoonful of ketchup, and an anchovy. Boil it all together a quarter of an hour, strain it, and it will make good sauce for various dishes.

SAUCE FOR LOBSTER. Bruise the yolks of two hard boiled eggs with the back of a wooden spoon, or pound them in a marble mortar, with a tea-spoonful of water, and the soft inside and the spawn of the lobster. Rub them quite smooth with a tea-spoonful of made mustard, two table-spoonfuls of salad oil, and five of vinegar. Season it with a very little [340] cayenne, and some salt. Tarragon vinegar, or essence of anchovy, may be added occasionally.

SAUCE FOR MINCED VEAL.

Take the bones of cold roast or boiled veal, dredge them well with flour, and put them into a stewpan. Add a pint and a half of weak broth, a small onion, a little grated or finely minced lemon peel, half a tea-spoonful of salt, and a blade of pounded mace. Thicken it with a table-spoonful of flour rubbed into half an ounce of butter, stir it into the broth, and let it boil gently for about half an hour. Strain it through a tammis or sieve, and it is ready to put to the veal to warm up, which is to be done by placing the stewpan by the side of the fire. Squeeze in half a lemon, cover the bottom of the dish with sippets of toasted bread cut into

triangles, and garnish the dish with slices of ham or bacon. A little basil wine gives an agreeable vegetable relish to minced veal.

SAUCE FOR PARTRIDGE.

Rub down in a mortar the yolks of two eggs boiled hard, an anchovy, two dessert-spoonfuls of oil, three of vinegar, a shalot, cayenne if approved, and a tea-spoonful of mustard. All should be pounded before the oil is added, and strained when done. Shalot vinegar is preferable to the shalot.

SAUCE FOR POULTRY. Wash and pick some chervil very carefully, put a tea-spoonful of salt into half a pint of boiling water, boil the chervil about ten minutes, drain it on a sieve, mince it quite fine, and bruise it to a pulp. Mix it by degrees with some good melted butter, and send it up in a sauce boat. This makes a fine sauce for either fish or fowl. The flavour of chervil is a strong concentration of the combined taste of parsley and fennel, but is more aromatic and agreeable than either.

SAUCE FOR QUAILS. Shred two or three shalots, and boil them a few minutes in a gill of water, and half a gill of vinegar. Add to this a quarter of a pint of good gravy, and a piece of butter rolled in flour. Shake it over the fire till it thickens, and then serve it in the dish with roast quails, or any other small birds.

SAUCE ROBART. This is a favourite sauce for rump steaks, and is made in the following manner. Put a piece of butter, the size of an egg, into a saucepan; and while browning over the fire, throw in a handful of sliced onions cut small. Fry them brown, but do not let them burn. Add half a spoonful of flour, shake the onions in it, and give it another fry. Then put four spoonfuls of gravy, some pepper and salt, and boil it gently ten minutes. Skim off the fat, add a tea-spoonful of made mustard, a spoonful of vinegar, and the juice of half a lemon. Boil it all together, and pour it round the steaks, which should be of a fine yellow brown, and garnished with fried parsley and lemon.

SAUCE FOR STEAKS. When the steaks are taken out of the fryingpan, keep back a spoonful of the fat, or put in an ounce of butter. Add flour to thicken it, and rub it well over the fire till it is a little browned. Then add as much boiling water as will reduce it to the consistence of cream, and a table-spoonful of ketchup or walnut pickle. Let it boil a few minutes, and pour it through a sieve upon the steaks. To this may be added a sliced onion, or a minced shalot, with a glass of port wine. Broiled mushrooms are favourite relishes to beef steaks. Garnish with finely scraped horseradish, pickled walnuts, or gherkins.

SAUCE FOR VEAL. Mince any kind of sweet herbs with the yolks of two or three hard eggs. Boil them together with some currants, a little grated bread, pounded cinnamon, sugar, [341] and two whole cloves. Pour the sauce into the dish intended for the veal, with two or three slices of orange.

SAUCE FOR WILD FOWL. Simmer a tea-cupful of port wine, the same quantity of good meat gravy, a little shalot, a little pepper and salt, a grate of nutmeg, and a bit of mace, for ten minutes. Put in a piece of butter, and flour; give it all one boil, and pour it through the birds. In general they are not stuffed as tame fowl, but may be done so if approved.

SAUSAGES. Chop fat and lean pork together, season it with sage, pepper, salt, and two or three berries of allspice. Half fill some hog's guts that have been soaked and made extremely clean; or the meat may be kept in a very small pan closely covered, and so rolled and dusted with a very little flour before it is fried. The sausages must be pricked with a fork before they are dressed, or they will burst in the frying. Serve them on stewed red cabbage, or mashed potatoes put in a form, and browned with a salamander.—The following is the way of making excellent sausages to eat cold. Season some fat and lean pork with salt, saltpetre, black pepper, and allspice, all in fine powder. Rub the mixture into the meat, and let it lie in pickle for six days. Then cut it small, and mix with it some shred shalot or garlic, as fine as possible. Have ready an ox-gut that has been scoured, salted, and well soaked, and fill it with the above stuffing. Tie up the ends, and hang it to smoke as you would hams, but first wrap it in a fold or two of old muslin. It must be high dried. Some choose to boil it, but others eat it without boiling. The skin should be tied in different places, so as to make each link about eight or nine inches long.

SAUSAGES WITH APPLES. Fry some sliced apples with the sausages, till they are of a light brown. Lay the sausages in the middle of the dish, and the apples round them. Or fry them without apples, and serve them up on fried bread, with mashed potatoes. Or put the sausages into boiling water, simmer them about five minutes, and serve them up with poached eggs, or roasted potatoes.

SCALDS. When a burn or scald is trifling, and occasions no blister, it is sufficient to put a compress of several folds of soft linen upon it, dipped in cold water, and to renew it every quarter of an hour till the pain is entirely removed. When a burn or scald blisters, a compress of fine linen spread over with soft pomatum should be applied to it, and changed twice a day. If the skin is burnt through, and the flesh under it injured, the same pomatum may be applied; but instead of a compress of linen, it should be spread upon a piece of soft lint, applied directly over it, and this cover with a slip of simple adhesive plaster. For an extensive burn or scald, skilful advice should immediately be obtained, as it always endangers the life of the sufferer. A linen rag dipped in laudanum, or spread thick with honey, will be sufficient in ordinary cases. The pomatum proper, where any serious injury has been sustained, is made in the following manner. Take an ounce of the ointment called nutritum, the yolk of a small egg, or the half of a large one, and mix them well together. The nutritum may easily be made by rubbing two drains of cerus, or white lead, with half an ounce of vinegar, and three ounces of common oil, and mixing them well together. If the ingredients for making nutritum are not at hand, to make the pomatum, one part of wax should be melted with eight parts of oil, and the yolk of an egg added to two ounces of this mixture. A still more simple application, and sooner prepared, is to beat up a whole egg with two spoonfuls of sweet oil, [342] free from any rankness. When the pain of the burn and all its other symptoms have nearly subsided, it will be sufficient to apply the following plaster. Boil together to a proper consistence, half a pound of oil of roses, a quarter of a pound of red lead, and two ounces of vinegar. Dissolve in the mixture three quarters of an ounce of yellow wax, and one dram of camphor, stirring the whole well together. Take it off the fire, and spread it upon sheets or slips of paper, of any size that may be most convenient. For an adhesive plaster, melt four ounces of white wax, and add one or two spoonfuls of oil. Dip into this mixture, slips of moderately thin linen, and let them dry; or spread it thin and evenly over them.—The

following is a highly esteemed method of curing scalds or burns. Take half a pound of alum in powder, dissolve it in a quart of water; bathe the burn or scald with a linen rag wet in this mixture; then bind the wet rag thereon with a slip of linen, and moisten the bandage with the alum water frequently, without removing it, in the course of two or three days. A workman who fell into a copper of boiling liquor, where he remained three minutes before taken out, was immediately put into a tub containing a saturated solution of alum in water, where he was kept two hours; his sores were then dressed with cloths and bandages, wet in the above mixture, and kept constantly moistened for twenty-four hours, and in a few days he was able to return to business.—The application of vinegar to burns and scalds is to be strongly recommended. It possesses active powers, and is a great antiseptic and corrector of putrescence and mortification. The progressive tendency of burns of the unfavourable kind, or ill-treated, is to putrescence and mortification. Where the outward skin is not broken, it may be freely used every hour or two; where the skin is broken, and if it gives pain, it must be gently used. But equal parts of vinegar and water, in a tepid state, used freely every three or four hours, are generally the best application, and the best rule to be directed by.—House-leek, either applied by itself, or mixed with cream, gives present relief in burns, and other external inflammations.

SCALD HEAD. This disorder is chiefly incident to children, and is seated in the roots of the hair. It is frequently cured by changing the nurse, weaning the child, and removing it to a dry and airy situation. If the itching of the head becomes very troublesome, it may be allayed by gently rubbing it with equal parts of the oil of sweet almonds, and the juice expressed from the leaves of the common burdock, simmered together till they form a soapy liniment, adding a few grains only of pearlash. If this treatment be not sufficient, cut off the hair, or apply an adhesive plaster made of bees' wax, pitch, and mutton suet. After it is removed, the head should be washed with warm soapy water, and the whole body cleansed in a lukewarm bath.

SCALDED CODLINS. Wrap each in a vine leaf, and pack them close in a nice saucepan: when full, pour in as much water as will cover them. Set the saucepan over a gentle fire, and let them simmer slowly till done enough to take the thin skin off when cold. Place them in a dish, with or without milk, cream or custard: if the latter, there should be no ratafia. Dust some fine sugar over the apples.

SCALDED CREAM. Let the milk stand twenty-four hours in winter, and twelve at least in summer. Place the milk pan on a hot hearth, or in a wide brass kettle of water, large enough to receive the pan. It must remain on the fire till quite hot, but on no account boil, or [343] there will be a skim instead of cream upon the milk. When it is done enough, the undulations on the surface will begin to look thick, and a ring will appear round the pan, the size of the bottom. The time required to scald cream depends on the size of the pan, and the heat of the fire; but the slower it is done the better. When the cream is scalded, remove the pan into the dairy, and skim it the next day. In cold weather it may stand thirty-six hours, and never less than two meals. In the west of England, butter is usually made of cream thus prepared; and if made properly it is very firm.

SCALDING FRUIT. The best way of scalding any kind of fruit, is to do it in a stone jar on a hot iron hearth; or by putting the vessel into a saucepan of water, called a water-bath.

Vinegar also is best boiled in the same manner.

SCALDING PUDDING. From a pint of new milk take out enough to mix three large spoonfuls of flour into a smooth batter. Set the remainder of the milk on the fire, and when it is scalding hot, pour in the batter, and keep it on the fire till it thickens. Stir it all the time to prevent its burning, but do not let it boil. When of a proper thickness, pour it into a basin, and let it stand to cool. Then put in, six eggs, a little sugar, and some nutmeg. Boil it an hour in a basin well buttered.

SCALLOPED OYSTERS. Having opened the oysters, and washed them from the grit, put them into scallop shells or saucers, and bake them before the fire in a Dutch oven. Add to them some crumbs of bread, pepper, salt, nutmeg, and a bit of butter, before they are set to the fire.—Another way. To fill four scallop shells, have a pint and a half of oysters, put them on the fire, in their own liquor, with a blade of mace, a little salt, and some whole pepper; (put a salamander in the fire to be red hot,) grate some crumbs of bread sufficient for your shells; butter the inside of the shells very well, and strew bread crumbs thereon; take your oysters off the fire, pour them into a pan, take off the beards, and fill the shells; grate a little nutmeg into every shell, put a spoonful or two of the liquor upon the oysters, and fill up the shells quite full with bread crumbs; set them before the fire, and baste them with butter all over the bread, then set them upon a gridiron over a clear fire, for about half an hour; hold your salamander over them, till they are of a fine brown, then send them to table for a side-dish. In the same manner do shrimps, muscles, or cockles.

SCALLOPED POTATOES. When boiled, mash them with milk, pepper, salt, and butter. Fill some scallop shells, smooth the tops, set them in a Dutch oven to brown before the fire; or add the yolk of an egg, and mash them with cream, butter, salt, and pepper. Score the top with a knife, and put thin slices over, before they are put into the oven.

SCALLOPED VEAL. Mince it fine, set it over the fire a few minutes, with pepper and salt, a little nutmeg and cream. Put it into scallop shells, and fill them up with grated bread; over which put a little butter, and brown them before the fire.

SCARLET DYE. Wool may be dyed scarlet, the most splendid of all colours, by first boiling it in a solution of muris-sulphate of tin; then dying it a pale yellow with quercitron bark, and afterwards crimson with cochineal.

SCORCHED LINEN. Boil to a good consistency, in half a pint of vinegar, two ounces of fuller's earth, an ounce of hen's dung, half an ounce of cake soap, and the juice of two onions. Spread this composition over the whole of the damaged part; and, if the scorching were not quite through, and the threads actually consumed, after suffering it to dry on, and letting it receive a subsequent good washing or two, the place will appear full as white and perfect as any other part of the linen. [344]

SCOTCH BARLEY BROTH. Cut a leg of beef into pieces, and boil it in three gallons of water, with a sliced carrot and crust of bread, till reduced to half the quantity. Strain it off, and put it again into the pot. Boil it an hour, with half a pound of Scotch barley, a few heads of celery cut small, a sprig of sweet herbs, an onion, a little minced parsley, and a few marigolds. Put in a large fowl, and boil it till the broth is good. Season it with salt, take out

the onion and herbs, and serve it up with the fowl in the middle. Broth may be made with a sheep's head chopped in pieces, or six pounds of thick flank of beef, boiled in six quarts of water. Put the barley in with the meat, and boil it gently for an hour, keeping it clear from scum. The articles before-mentioned may then be added, with sliced turnips and carrots, and boiled together till the broth is good. Season it, take it up, pour the broth into a tureen, with the meat in the middle, and carrots and turnips round the dish.

SCOTCH BURGOO. This is a sort of oatmeal hasty pudding without milk, much used by the Scotch peasantry; and as an example of economy, is worthy of being occasionally adopted by all who have large families and small incomes. It is made in the following easy and expeditious manner. To a quart of oatmeal, add gradually two quarts of water, so that the whole may mix smoothly. Stir it continually over the fire, and boil it for a quarter of an hour. Take it up, and stir in a little salt and butter, with or without pepper. This quantity will provide five or six persons with a tolerable meal.

SCOTCH COLLOPS. Cut veal into thin round slices, about three inches over, and beat them with a rolling-pin. Grate a little nutmeg over, dip them into the yolk of an egg, and fry them in a little butter of a fine brown. Pour off the butter, and have ready warmed half a pint of gravy, with a little butter and flour in it, the yolk of an egg, two large spoonfuls of cream, and a dust of salt. Do not boil the sauce, but stir it till it comes to a fine thickness, and pour it over the collops.—Another way. Take what quantity of veal you want, cut into collops, and beat it with the back of a knife; season as above, and fry them in butter of a fine brown; pour off the butter, and put in half a pint of good gravy, and a small glass of white wine: you may add what other ingredients you please. Roll a piece of butter as big as a walnut in flour, toss it up, and when it boils, take off the scum very clean: let your sauce be thick enough to hang; dish it up, and garnish to your fancy.—Another way: dressed white. Take three or four pounds of a fillet of veal, cut in small thin slices; then take a clean stewpan, butter it on the inside; season your collops with beaten mace, nutmeg, and salt; dust them over with flour, and lay them into your stewpan, piece by piece, till all your meat is in: set it over the stove, and toss it up together, till all your meat be white. Put in half a pint of strong veal broth; let them boil, and take off all the scum clean; beat up the yolks of two eggs in a gill of cream, and put it to your collops, and keep it tossing all the while, till it just boils up; then squeeze in a little lemon, toss it round, and dish it up. Garnish your dish with sliced lemon. If you would make a fine dish of it, when you put in your veal broth, you must add morels, truffles, [345] mushrooms, artichoke bottoms cut in small dice, force-meat balls boiled, not fried, and a few cock's combs; then garnish your dish with fried oysters, petit-pasties, lemon, and barberries. Remember when you make a made dish, and are obliged to use cream, that it should be the last thing; for it is apt to curdle if it boils at any time.

SCOTCH EGGS. Boil five pullet's eggs, quite hard; and without removing the white, cover them completely with a fine relishing forcemeat, in which, let scraped ham, or chopped anchovy, bear a due proportion. Fry of a beautiful yellow brown, and serve with good gravy in the dish.

SCOTCH LEEK SOUP. Prepare a sheep's head, either by cleaning the skin very nicely, or taking it off, as preferred. Split the head in two, take out the brains, and put it into a kettle with plenty of water. Add a large quantity of leeks cut small, with pepper and salt. Stew

these very slowly for three hours. Mix as much oatmeal as will make the soup pretty thick, and make it very smooth with cold water. Pour it into the soup, continue stirring it till the whole is smooth and well done, and then serve it up.

SCOTCH PANCAKES. To a pint of cream beat up eight eggs, leaving out two whites, a quarter of a pound of butter melted, one spoon-full of flour, a nutmeg grated, three spoonfuls of sack, and a little sugar. When the butter is cool, mix all together into a batter; have ready a stove with charcoal, and a small fryingpan no bigger than a plate, tie a piece of butter in a clean cloth; when the pan is hot rub this round it, and put in the batter with a spoon, run it round the pan very thin and fry them only on one side; put a saucer into the middle of the dish, and lay pancakes over it, till it is like a little pyramid; strew pounded sugar between every pancake, and garnish the dish with Seville oranges cut in small quarters.

SCOURING BALLS. Portable balls for removing spots from clothes, may be thus prepared. Dry some fuller's-earth, so that it crumbles into a powder; then moisten it with the clear juice of lemons, and add a small quantity of pure pearl-ash. Knead the whole carefully together, till it acquires the consistence of a thick elastic paste: form it into convenient small balls, and dry them in the sun. To be used, first moisten the spot on the clothes with water, then rub it with the ball, and let the spot dry in the sun. After having washed it with pure water, the spot will entirely disappear.

SCROPHULA. The principal difficulty in curing the scrophula, or king's evil, arises from the circumstance, that it may remain concealed for a long time, and thus become deeply rooted in the constitution before its effects are evident. The system requires to be strengthened by the free use of Peruvian bark, sea water and sea bathing, and moderate exercise in the open air. Hemlock plasters applied to the swellings, and drinking of milk whey, have also been found useful. But in the progress of the disorder, medical advice will be necessary.

SCURVY. When the scurvy proceeds chiefly from the long-continued use of salt provisions, it will be necessary to take large portions of the juice of lemons, oranges, or tamarinds; to eat water cresses, scurvy grass, and fresh vegetables of every description. But where these cannot be procured, pickled cabbage, cucumber, onions, and other fruits, as well as horseradish and mustard, may be taken with considerable advantage. Take also a pound of water-dock roots, and boil them in six pints of water, adding an ounce or two of chrystals of tartar, till one third part of the liquor be evaporated; and drink half a pint or [346] more of it every day. Raw carrots eaten are also very good for the scurvy; and during a voyage, they should be packed up in casks of sand and kept for use. If the limbs be swelled, or joints stiff, it will be proper to foment them with warm vinegar, or bathe them in lukewarm water. A valuable ointment may be made of a pound of fresh lard, and as much cliver or goose-grass as the lard will moisten. Boil them together over a slow fire, stir the mixture till it turns brown, and strain it through a cloth. Take the ointment from the water, and rub it on the parts affected.

SCURVY GRASS ALE. Brew it as for other ale, omitting the hops; and when the liquor boils, put in half a bushel of fine wormwood, a bushel of scurvy grass, and twelve pounds of sugar. This quantity of ingredients is sufficient for a hogshead.

SEA-KALE is a highly nutritious and palatable culinary vegetable. It is an early esculent plant, the young shoots of which are used somewhat in the manner of asparagus, and may, it is said, be grown by the method of cultivation which is given hereafter, to a size and of a delicacy of flavour greatly superior to that which is commonly brought to the table. In the cultivation of it in the garden, the improved method which has lately been advised, is that of preparing the ground for it by trenching it two feet and a half deep, about the close of the year or in the beginning of it: when not that depth naturally, and of a light quality, it is to be made so by artificial means, such as the applying of a suitable proportion of fine white sand, and very rotten vegetable mould: if the ground be wet in the winter season, it should be completely drained, that no water may stagnate in it near the bottom of the cultivated mould, as the strength of the plants depends upon the dryness and richness of the bottom soil. After which the ground is to be divided into beds, four feet in width, with alleys of eighteen inches between them; then, at the distance of every two feet each way, five or six seeds are to be sown, in a circle of about four inches diameter, to the depth of two inches. This business should be performed in a strictly regular and exact manner, as the plants are afterwards to be covered by means of pots for blanching them, and the health and beauty of the crops equally depend upon their standing at regular distances. If the seeds which were sown were sound and perfect, they will come up and shew themselves in the last spring or beginning summer months; which as soon as they have made three or four leaves, all but three of the strongest and best plants should be taken away from each circle; planting out those which are pulled up, which, when done by a careful hand, may be performed so as for them to have the whole of their tap-root in a spare bed for extra forcing, or the repairs of accidents. The turnip fly and wire worm are to be carefully guarded against, the latter by picking them by the hand from out of the ground, and the former by the use of lime laid round the young plants in a circle. When the summer months prove dry, the beds should be plentifully watered. As soon as the leaves decay in the autumn they should be cleared away, and the beds be covered with light fresh earth and sand to the thickness of an inch; the compost thus used having laid some time in a heap, and been turned several times, so as to be free from weeds, and the ova of insects as well as grubs. Upon the sandy loam dressing, about six inches in depth of light stable litter is to be applied, which completes the work of the first year. In the spring of the second, when the plants are beginning to push, the stable litter is to [347] be raked off, a little of the most rotten being dug into the alleys, and another inch depth of loam and sand applied. Cutting this year is to be refrained from, notwithstanding some of the plants may rise strong, and the beds managed exactly as before during this winter season. In the third season, a little before the plants begin to stir, the covering laid on for the winter is to be raked off, and an inch in depth of pure dry sand or fine gravel now laid on. Then each circle of plants is to be covered with one of the blanching-pots already alluded to, pressing it firmly into the ground, so as to exclude all light and air, as the colour and flavour of the shoots are greatly injured by exposure to either of them. When the beds are twenty-six feet long, and four wide, they will hold twenty-four blanching-pots, with three plants under each, making seventy-two plants in a bed. They are to be examined from time to time, the young stems being cut, when about three inches above the ground, care being taken not to injure any of the remaining buds below, some of which will immediately begin to swell. In this way a succession of gatherings may be continued for the space of six weeks, after which period the plants are to be uncovered, and their leaves suffered to grow, that they may acquire and

return nutriment to the root for the next year's buds. When seeds are not wanted, the flowers should be pinched off by the finger and thumb, as long as they appear. Where the expence of blanching-pots is objected to, the beds must be covered with a large portion of loose gravel and mats; but the saving is trifling, when the time and trouble of removing and replacing the gravel, for the cutting of the crop and securing the plant, are considered. By this mode of management, sea-kale is said to have been cut which measured ten, eleven, and even twelve inches in circumference, and that each blanching-pot on the average afforded a dish of it twice in the season. The blanching-pots for this use are somewhat of the same shape and size as the large bell-glasses commonly employed in market gardens for raising tender vegetable crops, but made of the same materials as the common earthenware, having a handle at the top. They may be about a foot and a half in diameter at the rim where they apply to the ground. *Forcing sea-kale.*—It is supposed that no vegetable can be so easily and cheaply forced as this, or require so little trouble; as the dung is in the finest state possible for spring hot-beds, after the common crop has been cut and gathered. The principal circumstance necessary in this business, is that of being very attentive and particular in guarding against too great a heat. The temperature under the blanching-pots should constantly be kept as near fifty-five degrees of Fahrenheit's scale as possible, and on no account higher than sixty at any time. In this intention, in either of the two concluding months of the year, as the sea-kale may be wanted more early or late, a suitable quantity of fresh stable dung should be collected and prepared, to cover both the beds and the alleys from two to three feet in height; as in the quantity to be laid on, a great deal must always be left to the judgment of the gardener, as well as to the state of the season as to mildness or severity. It should invariably be well pressed down between the blanching-pots, heat-sticks being placed at proper intervals, by the occasional examination of which the heat below will be readily shewn. When the dung has remained in this situation four or five days, the pots [348] should be examined to see the state of the shoots It not unfrequently happens that worms spring above the surface, and spoil the delicacy of flavour in the young shoots. In order to prevent this, it is best to cover it with dry sea-coal ashes, which have been sifted neither very small nor very large. Salt has also the power of destroying them in an effectual manner, without injuring the sea-kale. The crop, it is said, will be ready to cut and gather in three weeks or a month from the first application of the heat; but as much danger and mischief are the consequence when this is violent, it is advised to begin soon enough, and to force slowly, rather than in too quick a manner. It is likewise necessary to cut the leaves off a fortnight or three weeks before they decay, in those plants which are intended to be forced at a very early period. It is also suggested that the blanching-pots used in forcing should be made in two pieces, the uppermost of which should fit like a cap upon the lower; as the crop might then be examined at all times without disturbing the hot dung. Sea-kale is cooked, and sent to the table in the same manner as asparagus.

SEA SICKNESS. This disorder may in a great measure be prevented, by taking a few drops of vitriolic æther on a bit of sugar dissolved in the mouth, or drinking a few drops of æther in water, with a little sugar.

SEA WATER. To render salt water fit for washing linen at sea, a quantity of soda should be kept at hand, and used for that purpose, as often as occasion requires. As much soda should be put into sea water as will render it turbid, and completely precipitate the lime and

magnesia which it contains. The water will then become sufficiently alkaline for the purpose of washing.

SHAVING SOAP. Cut half a pound of fine white soap in thin slices, add half an ounce of salt of tartar, and mix them with full half a pint of spirits of wine. Put the ingredients into a quart bottle, tie it down with a bladder, digest it in a gentle heat till the soap is dissolved, and let the air escape through a pinhole in the bladder. Filter the mixture through paper, and scent it with a little bergamot, or essence of lemon. It will have the appearance of fine oil. A small quantity mixed with water will produce an excellent lather, and is much superior to any other composition in washing or shaving.

SEALING OF LETTERS. To secure letters from being opened, beat up some fine bean flour with the white of an egg, and make it into a paste. Use a little of it in the form of a wafer, close the letters with it, and hold the sealed part to the spout of a tea-pot of boiling water. The steam will harden the cement so that the letter cannot be opened without tearing, and will render it more secure than either wax or wafer.

SEASONING. Though general rules may be given for stuffings and seasoning, yet much must be left to common discretion. The different tastes of people require more or less of the flavour of spices, salt, garlic, butter, and other ingredients; and the proportions must of course be regulated accordingly, taking care that a variety of flavour be given to the different dishes served at the same time. The proper articles should be kept ready for use; but if suet or bacon be not at hand, butter must be used instead, and fish gravy instead of stock or meat gravy. More depends on judgment and care than on the ingredients merely, of which the dish is composed.

SEASONING MAHOGANY. Having provided a steam-tight wooden box, capable of holding such pieces of mahogany as are wanted for chairs or other purposes, a pipe from a [349] boiler must be adapted to it, by means of which the box is to be filled with steam, to a temperature about equal to that of boiling water. The time required for wood an inch and a half thick, is about two hours; and pieces of this thickness become sufficiently dry to work, after being placed in a warm room for twenty-four hours. By this treatment the wood is something improved in colour, and the blemishes of green veins are entirely removed. The eggs also of any insect contained in the wood, will be destroyed by the heat of the steam. By this process, two important advantages are gained. There is a saving of capital, vested in wood lying to season during several months; and the warping of small pieces of wood is entirely prevented.

SEED CAKE. Mix a quarter of a peck of flour with half a pound of sugar, a quarter of an ounce of allspice, and a little ginger. Melt three quarters of a pound of butter, with half a pint of milk; when just warm, put to it a quarter of a pint of yeast, and work it up to a good dough. Add seeds or currants, let it stand before the fire a few minutes before it goes to the oven, and bake it an hour and a half.—Another way is to mix a pound and a half of flour, a pound of lump sugar, eight eggs beaten separately, an ounce of seeds, two spoonfuls of yeast, and the same of milk and water. Milk alone soon causes cake and bread to get dry. —Another. Break eighteen eggs into a large pan, and leave out eight of the whites; add to them two pounds of fresh butter, and with your hand work the butter and eggs till they are

well mixed, and like thick barme; put in two or three spoonfuls of sack, two pounds of lump sugar sifted, two pounds of fine flour, and two ounces of carraway seeds, mix the sugar, flour, and seeds, well together, and set it before the fire for half an hour, covering it with a cloth, and remember to put the flour, &c. in by degrees. Tin pudding pans are the best things to bake it in, and take care it be not over-done; they will rise very high in the oven, and when they begin to sink again, they are baked enough.—A cheap seed cake. Take half a peck of flour, set a pint of milk on the fire, and break in a pound and a half of butter; when all the butter is melted, stir in half a pint of ale yeast that is not bitter. Take half an ounce of allspice beat fine, and a pound of sugar sifted; mix these with the flour first, then make a hole in the middle of the flour, and pour in the butter, milk, and yeast. While you are working it, strew in some carraway seeds, and set it before the fire to rise; bake it an hour and a half in a quick oven. It is best baked in two cakes; if you make it in two, put currants in one, and carraway seeds in the other.—Seed cake the nun's way. To four pounds of the finest flour, add three pounds of double-refined sugar beat and sifted; mix this with the flour, and set it before the fire to dry; beat up four pounds of nice fresh butter to a cream, break three dozen of eggs (leaving out sixteen whites) and beat them up very well, with a tea-cupful of orange-flower water, strain them into the butter, and beat them well therewith; take the flour and sugar, and mix in six ounces of carraway seeds; put these ingredients to the butter and eggs by degrees, and beating all continually for two hours: butter a hoop, and bake it three hours in a moderate oven. If you please, you may add two or three grains of ambergris.

SEED WATER. Bruise a spoonful of coriander seeds, and half a spoonful of carraway. Boil them in a pint of water, strain them, beat up the yolk of an egg and mix with the water, [350] add a little sweet wine and lump sugar.

SEEDS. To discover when seeds of any kind are fully ripe and good, throw them into a basin of water. If not sufficiently ripe, they will swim on the surface; but when arrived at full maturity, they will be found uniformly to sink to the bottom; a fact that is said to hold equally true of all seeds, from the cocoa nut to the orchis.—Seeds of plants may be preserved, for many months at least, by causing them to be packed, either in husks, pods, &c. in absorbent paper, with raisins or brown moist sugar; or a good way, practised by gardeners, is to wrap the seed in brown paper or cartridge paper, pasted down, and then varnished over.—To preserve seeds, when sown, from vermin. Steep the grain or seed three or four hours, or a sufficient time for it to penetrate the skin, or husk, in a strong solution of liver of sulphur.

SHADS. They must be scaled very clean, then gut and wash them, dry them in a cloth, score them on the sides, rub them with butter, sprinkle salt over them, and broil them of a fine brown; boil sorrel, chervil, onion and parsley, chop it fine; melt a piece of butter in cream sufficient for your sauce, then put in your herbs, season it with salt, pepper, and a little nutmeg, toss it up together, and pour over your fish; or you may serve it with a ragout of mushrooms, or a brown sauce with capers, garnished with lemon.

SEVILLE ORANGE POSSET. Squeeze Seville orange or lemon juice into a glass dish, or mix them together if preferred, and sweeten it well with fine sugar. Then warm some cream over the fire, but do not let it boil. Put it into a teapot and pour it into the juice, holding the teapot up very high, that it may froth and curdle the better. Instead of cream, milk thickened with one or two yolks of eggs may be used, if more convenient.

SHALOT. As the habits of growth in roots of this nature differ greatly in the different sorts, some requiring to be nearly or quite on the surface of the ground, while others stand in need of being a considerable depth below it, which has not been well attended to in the garden culture of such roots; it may be readily supposed that these have considerable influence and effect on the growth of such root crops. In consequence of finding that crops of this root generally became mouldy and perished, and that they were usually planted, from the directions of garden cultivators, at the depth of two or three inches from the surface; the injury, failure, and destruction of such crops, were naturally ascribed to this cause. A few bulbs or bunches of this root were consequently divided, as far as possible, into single buds or bulbs, and planted upon or rather above the surface of the ground, some very rich soil being placed underneath them, and the mould on each side raised to support them, until they became firmly rooted. This mould was then removed by means of a hoe, and the use of the watering-pot, and the bulbs of course left wholly out of the ground. The growth of the plants had now so near a resemblance to that of the common onion, as not readily to be distinguished from it, until their irregularity of form, the consequence of the numerous germs within each bulb, became evident. The forms of the bulbs, however, continued constantly different from all those raised in the ordinary method, being much more broad, but of less length. The crop was a great deal better in quality, and at the same time much more abundant in quantity. It may consequently not be unworthy of the gardener's attention.— [351]
Garlic, rocambole, and shalot are chiefly used in ragouts and sauces which require to be highly flavoured, unless a separate sauce is made of them only; and indeed, the mixing of animal juices in preparations of vegetables is by no means to be recommended, where the health is to be consulted. The substitution of butter and flour, yolks of eggs and cream, mushroom or walnut ketchup, is greatly to be preferred to rich gravies, in dressing of vegetables.

SHALOT SAUCE. Put a few chopped shalots into a little gravy boiled clear, and nearly half as much vinegar. Season with pepper and salt, and boil it half an hour.

SHALOT VINEGAR. Split six or eight shalots; put them into a wide-mouthed quart bottle, and fill it up with vinegar. Stop it close; and in a month the vinegar will be fit for use.

SHALOT WINE. Peel, mince, and pound in a mortar, three ounces of shalots, and infuse them in a pint of sherry for ten days. Pour off the clear liquor on three ounces more of shalots, and let the wine stand on them ten days longer. An ounce of scraped horseradish may be added to the above, and a little lemon peel cut thin. This is rather the most expensive, but by far the most elegant preparation of shalot. It imparts the onion flavour to soups and sauces, for chops, steaks, hashes, or boiled meats, more agreeably than any other, without leaving any unpleasant taste in the mouth.

SHANK JELLY. Boil fifteen shanks of mutton in three quarts of water. Two cow heels, three calf's feet, or five sheep's feet, will answer the same purpose. Let them stew no longer than to extract a good jelly, and when cold take off the fat, and clear it from the settlement at the bottom. The jelly may be cleared with whites of eggs, and running it through a jelly bag. Orange or lemon juice, or wine, and sugar, may be added, as is suitable for the patient. Wine however should never be given to any invalid, without the express permission of the medical attendant, as it may do more harm than good, unless used with great discretion.

Much less should any kind of spirits be allowed, as they are of a much more dangerous nature than wine in such cases.

SHARP SAUCE. Put into a silver saucepan, or one that is very clean and well tinned, half a pint of the best white wine vinegar, and a quarter of a pound of pounded loaf sugar. Simmer it gently over the fire, skim it well, pour it through a tammis or fine sieve, and send it up in a basin. This sauce is adapted for venison, and is often preferred to the sweet wine sauces.

SHEEP'S EARS. Take a dozen and a half of sheep's ears, scald and clean them very well; then make a forcemeat of veal, suet, crumbs of bread, a little nutmeg, pepper, salt, and beaten mace, parsley and thyme shred fine; mix these ingredients with the yolk of an egg; fill the ears, and lay one over the other, press them close, flour them, and fry them in clean beef dripping, of a fine brown; serve them up with gravy sauce in the dish, garnished with lemon. This is a pretty side dish.

SHELFORD PUDDING. Mix three quarters of a pound of currants or raisins, one pound of suet, a pound of flour, six eggs, some good milk, lemon peel, and a little salt. Boil it in a melon shape six hours.

SHERBET. This liquor is a species of negus without the wine. It consists of water, lemon, or orange juice, and sugar, in which are dissolved perfumed cakes, made of the best Damascus fruit, and containing also an infusion of some drops of rose-water: another kind is made of violets, honey, juice of raisins, &c. It is well calculated for assuaging thirst, as the [352] acidity is agreeably blended with sweetness. It resembles, indeed, those fruits which we find so grateful when one is thirsty.

SHIN OF BEEF. A shin or leg of beef, weighing full six pounds, will make a large tureen of excellent soup. Cut half a pound of bacon into slices about half an inch thick, lay it at the bottom of a soup kettle or deep stewpan, and place the meat on this, after having first chopped the bone in two or three places. Add two carrots, two turnips, a head of celery, two large onions with two or three cloves stuck in them, a dozen black peppercorns, the same of Jamaica pepper, and a bundle of lemon thyme, winter savoury, and parsley. Just cover the meat with cold water, boil it over a quick fire, skim it well, and then let it stew very gently by the side of the fire for four hours till it is quite tender. Take out all the meat, strain off the soup, and remove the fat from the surface when cold. Cut the meat into small pieces, and put them into the soup, when it is to be warmed up for the table. A knuckle of veal may be dressed in the same way.

SHINGLES. This disorder, of the same nature as St. Anthony's fire, and requiring a similar mode of treatment, attacks various parts of the body, but chiefly the waist, around which it appears in numerous pimples of a livid hue, and seldom attended with fever. No attempt should be made to repel the eruption; the body should be kept gently open, and the part affected rubbed with a little warm wheaten flour. Then linen bags of oatmeal, camomile flowers, and a little bruised camphor may also be applied, which will effectually relieve the inflammation.

SHOE BLACKING. In three pints of small beer, put two ounces of ivory black, and

one pennyworth of brown sugar. As soon as they boil, put a dessert-spoonful of sweet oil, and then boil slowly till reduced to a quart. Stir it up with a stick every time it is used; and put it on the shoe with a brush when wanted.—Another. Two ounces of ivory black; one tea-spoonful of oil of vitriol, one table-spoonful of sweet oil; and two ounces of brown sugar; roll the same into a ball, and to dissolve it add half a pint of vinegar.—Another. Take ivory black and brown sugar candy, of each two ounces; of sweet oil a table-spoonful; add gradually thereto a pint of vinegar, cold, and stir the whole till gradually incorporated.—Another. To one pint of vinegar add half an ounce of vitriolic acid, half an ounce of copperas, two ounces of sugar candy, and two ounces and a half of ivory black: mix the whole well together.—Another. Sweet oil, half an ounce; ivory black and treacle, of each half a pound; gum arabic half an ounce; vinegar, three pints; boil the vinegar, and pour it hot on the other ingredients.—Another. Three ounces of ivory black, one ounce of sugar candy, one ounce of oil of vitriol, one ounce of spirits of salts, one lemon, one table-spoonful of sweet oil, and one pint of vinegar.—First mix the ivory black and sweet oil together, then the lemon and sugar candy, with a little vinegar to qualify the blacking, then add your spirits of salts and vitriol, and mix them all well together. N. B. The last ingredients prevent the vitriol and salts from injuring the leather, and add to the lustre of the blacking.—Another. Ivory black, two ounces; brown sugar, one ounce and a half; sweet oil, half a table-spoonful. Mix them well, and then gradually add half a pint of small beer.—Another. A quarter of a pound of ivory black, a quarter of a pound of moist sugar, a table-spoonful of flour, a piece of tallow about the size of a walnut, and a small piece of gum arabic.—Make a paste of the [353] flour, and while hot put in the tallow, then the sugar, and afterwards mix the whole well together in a quart of water, and you will have a beautiful shining blacking.

SHOES. The best way of cleaning shoes in the winter time is to scrape off the dirt with the back of a knife, or with a wooden knife made for that purpose, while the shoes are wet, and wipe off the remainder with a wet sponge, or piece of flannel. Set them to dry at a distance from the fire, and they will afterwards take a fine polish. This will save much of the trouble in cleaning, when the dirt is suffered to dry on; and by applying a little sweet oil occasionally, the leather will be prevented from growing hard. To secure the soles of shoes or boots from being penetrated with rain or snow, melt a little bees' wax and mutton suet, and rub it slightly over the edges of the sole where the stitches are; this will be sufficient to repel the wet. Occasionally rubbing the soles with hot tar, and dusting over it a small quantity of iron filings, will tend to fill up the pores of the leather, and preserve the feet dry and warm in winter. The practice of pouring brandy or spirits into shoes or boots, with a view to prevent the effects of wet or cold, is very pernicious, and often brings on inflammation of the bowels. The best remedy for damp feet is to bathe them in warm water; and if they become sore or blistered, rub them with a little mutton suet. As many evils and inconveniences arise from wearing improper shoes, it may be necessary to observe, that an easy shoe, adapted to the size and shape of the foot, is of considerable consequence. The soles should be thick, and their extremities round rather than pointed, in order to protect the toes from being injured by sharp stones, or other rough substances, that may occur in walking. Persons wearing narrow or fashionable shoes, merely for the sake of appearance, not only suffer immediate fatigue and languor when walking only a short distance, but are exposed to the pain and inconvenience of warts and corns, and numerous other maladies; while the want of dry easy shoes checks the necessary perspiration, which extends its influence to other parts

of the body. For children, a kind of half boots, such as may be laced above the ancles, are superior to shoes, as they not only have the advantage of fitting the leg, but are likewise not easily trodden down at the heels, and children can walk more firmly in them than in shoes.

SHORT BISCUITS. Beat half a pound of butter to a cream, then add half a pound of loaf sugar finely powdered and sifted, the yolks of two eggs, and a few carraways. Mix in a pound of flour well dried, and add as much cream as will make it a proper stiffness for rolling. Roll it out on a clean board, and cut the paste into cakes with the top of a glass or cup. Bake them on tins for about half an hour.—Another way. A quarter of a pound of butter beat to a cream, six ounces of fine sugar powdered and sifted, four yolks of eggs, three quarters of a pound of flour, a little mace, and a little grated lemon peel. Make them into a paste, roll it out, and cut it into cakes with the top of a wine glass. Currants or carraways may be added if agreeable.

SHORT CAKES. Rub into a pound of dried flour, four ounces of butter, four ounces of powdered sugar, one egg, and a spoonful or two of thin cream to make it into a paste. When mixed, put currants into one half, and carraways into the rest. Cut them into little cakes with the top of a wine glass, or canister lid, and bake them a few minutes on floured tins. [354]

SHORT CRUST. Dry two ounces of white sugar; after it has been pounded and sifted. Mix it with a pound of flour well dried, and rub into it three ounces of butter, so fine as not to be seen. Put the yolks of two eggs well beaten into some cream, mix it with the above into a smooth paste, roll it out thin, and bake it in a moderate oven.—Another. Mix with a pound of fine flour dried, an ounce of sugar pounded and sifted. Crumble three ounces of butter into it, till it looks all like flour; and with a glass of boiling cream, work it up to a fine paste. —To make a richer crust, but not sweet, rub six ounces of butter into eight ounces of fine flour. Mix it into a stiffish paste, with as little water as possible; beat it well, and roll it thin. This, as well as the former, is proper for tarts of fresh or preserved fruit.—Another. To a pound of flour allow six ounces of butter, and a little salt. Rub the butter well into the flour with the hand, till the whole is well united, and then put in a small quantity of cold water, just enough to mix it to a paste. Mould it quite smooth with the hand, and roll it out for use.

SHORT PASTE. Rub a quarter of a pound of butter into a pound of flour, mixed with water and two eggs. Work it up to a good stiffness, and roll it out. If for sweet tarts, two table-spoonfuls of sugar should be added.

SHOULDER OF LAMB FORCED. Bone a shoulder of lamb, and fill it up with forcemeat; braise it two hours over a slow stove. Take it up and glaze it, or it may be glazed only, and not braised. Serve with sorrel sauce under the lamb.

SHOULDER OF LAMB GRILLED. Roast a shoulder of lamb till about three parts done, score it both ways into squares about an inch large, rub it over with yolks of egg, season it with pepper and salt, and strew it over with bread crumbs and chopped parsley. Set it before the fire, brown it with a salamander, and serve it up with gravy, mushroom ketchup, lemon juice, and a piece of butter rolled in flour. Heat it over the fire till it is well thickened.

SHOULDER OF MUTTON. If intended to be boiled with oysters, hang it up some days, and then salt it well for two days. Bone it, sprinkle it with pepper, and a little pounded mace. Lay some oysters over it, and roll the meat up tight and tie it. Stew it in a small quantity of water, with an onion and a few peppercorns, till it is quite tender. Prepare a little good gravy, and some oysters stewed in it; thicken this with flour and butter, and pour it over the mutton when the tape is taken off. The stewpan should be kept close covered. If the shoulder is to be roasted, serve it up with onion sauce. The blade-bone may be broiled.

SHOULDER OF PORK. A shoulder or a breast of pork is best put into pickle. Salt the shoulder as a leg; and when very nice it may be roasted, instead of being boiled.

SHOULDER OF VEAL. Cut off the knuckle for a stew or gravy, and roast the other part with stuffing. It may be larded, and served with melted butter. The blade-bone, with a good deal of meat left on it, eats extremely well with mushroom or oyster sauce, or with mushroom ketchup in butter.

SHOULDER OF VENISON. The neck and shoulder are roasted the same as the haunch, and served with the same sauce. But if the shoulder is to be stewed, take out the bone, and beat the meat with a rolling-pin. Lay amongst it some slices of mutton fat, that have lain a few hours in a little port wine; sprinkle a little pepper and allspice over it in fine powder, roll and tie it up tight. Set it in a stewpan that will just hold it, with mutton or beef [355] gravy, half a pint of port wine, with pepper and allspice. Simmer it close covered, and very slowly, for three or four hours. When quite tender, take off the tape, set the meat on a dish, and strain the gravy over it. Serve with currant-jelly sauce. This is the best way of dressing a shoulder of venison, unless it be very fat, and then it should be roasted. The bone should be stewed with it.

SHREWSBURY CAKES. Sift one pound of sugar, some pounded cinnamon, and nutmeg grated, into three pounds of fine flour. Add a little rose water to three eggs well beaten, and mix with the flour; then pour into it as much melted butter as will make it a good thickness to roll out. Mould it well, roll it thin, and cut it into any shape you please.

SHRIMP PIE. Pick a quart of shrimps; if they be very salt, season them only with mace and a clove or two. Mince two or three anchovies, mix them with the spice, and then season the shrimps. Put some butter at the bottom of the dish, and over the shrimps, with a glass of sharp white wine. The pie will not take long in baking, and the paste must be light and thin.

SHRIMP SAUCE. If the shrimps be not ready picked pour over a little water to wash them. Put them to butter melted thick and smooth, give them one boil, and add the juice of a lemon.

SHRUB. To a gallon of rum, put a quart of the juice of Seville oranges, and two pounds and a half of loaf sugar beaten fine, and then barrel it. Steep the rinds of half a dozen oranges in a little rum, the next day strain it into the vessel, and make it up ten gallons with water that has been boiled. Stir the liquor twice a day for a fortnight, or the shrub will be spoiled.

SICK ROOMS. To purify sick rooms from noxious vapours, exhalations, and all kinds of infected air, put half an ounce of finely pulverized black oxide of manganese into a saucer, and pour upon it nearly an ounce of muriatic acid. Place the saucer on the floor of the

infected apartment, leave it and shut the door, and the contagion will be completely destroyed. Muriatic acid with red oxide of lead will have a similar effect. Sulphur burnt for the same purpose, has the power of overcoming the effects of noxious vapours. Shallow vessels filled with lime water are of great use in absorbing carbonic acid gas, especially in workshops where charcoal is burnt. Newly prepared charcoal will absorb various kinds of noxious effluvia, and might be used with considerable advantage for the purification of privies, if small pieces of it are strewed upon the floor. Never venture into a sick room if you are in a violent perspiration (if circumstances require your continuance there for any time,) for the moment your body becomes cold, it is in a state likely to absorb the infection, and give you the disease. Nor visit a sick person, (especially if the complaint be of a contagious nature) with an empty stomach; as this disposes the system more readily to receive the contagion. In attending a sick person, place yourself where the air passes from the door or window to the bed of the diseased, not betwixt the diseased person and any fire that is in the room, as the heat of the fire will draw the infectious vapour in that direction, and you would run much danger from breathing in it.

SILK DYES. Silk is usually dyed red with cochineal, or carthamus, and sometimes with Brazil wood. Archil is employed to give silk a bloom, but it is seldom used by itself, unless when the colour wanted is lilac. Silk may be dyed crimson, by steeping it in a solution of alum, and then dyeing it in the usual way in a cochineal bath. Poppy colour, cherry, rose, and [356] flesh colour, are given to silk by means of carthamus. The process consists merely in keeping the silk as long as it extracts any colour, in an alkaline solution of carthamus, into which as much lemon juice has been poured, as is sufficient to give it a fine cherry red colour. Silk cannot be dyed a full scarlet; but a colour approaching to scarlet may be given to it, by first impregnating the stuff with murio-sulphate of tin, and afterwards dyeing it in equal parts of cochineal and quercitron bark.

SILK STOCKINGS. To clean silk stockings properly, it is necessary first to wash them in a lukewarm liquor of white soap, then to rinse them in clean water, and wash them again as before. They are to be washed a third time in a stronger soap liquor, made hot and tinged with blueing, and rinsed in clean water. Before they are quite dry, they are to be stoved with brimstone, and afterwards polished with glass upon a wooden leg. Gauzes are whitened in the same manner, only a little gum is put in the soap liquor before they are stoved.

SILKS CLEANED. The best method of cleaning silks, woollens, and cottons, without damage to their texture and colour, is to grate some raw potatoes to a fine pulp in clean water, and pass the liquid matter through a coarse sieve into another vessel of water. Let the mixture stand till the fine white particles of the potatoes are precipitated; then pour off the liquor, and preserve it for use. The article to be cleaned should then be laid upon a linen cloth on a table; and having provided a clean sponge, dip it into the potatoe liquor, and apply it to the article to be cleaned, till the dirt is made to disappear; then wash it in clean water several times. Two middle-sized potatoes will be sufficient for a pint of water. The coarse pulp, which does not pass through the sieve, is of great use in cleaning worsted curtains, tapestry, carpets, and other coarse articles. The mucilaginous liquor will clean all sorts of silk, cotton or woollen goods, without hurting or spoiling the colour. It may also be used in cleaning oil paintings, or furniture that is soiled. Dirtied painted wainscots may be cleaned by wetting a sponge in the liquor, then dipping it in a little fine clean sand, and

afterwards rubbing the wainscot with it.

SILVERING. For silvering glass globes, and such kind of articles, one part of mercury, and four of tin, are generally used. But if two parts of mercury, one of tin, one of lead, and one of bismuth, are melted together, the compound which they form will answer the purpose better. Either of them must be made in an iron ladle, over a clear fire, and be frequently stirred. The glass to be silvered must be very clean and dry. The alloy is poured in at the top, and shaken till the whole internal surface is covered.

SILVERING OF IVORY. Prepare a diluted solution of nitrate of silver, and immerse in it an ivory paper knife. When the ivory has become yellow, in that part where it is in contact with the fluid, take it out and immerse it in an ale glass containing distilled water, placed in a window. In a short time, by exposure to the rays of the sun, it will become intensely black. Take it out of the water, wipe it dry, and rub it with a piece of leather. The silver will now appear on the ivory in a metallic state, and the knife will retain its silvery coat for a long time.

SILVERING ON SILK. Paint flowers or figures of any kind on a white silk ribbon, with a camel hair pencil, dipped in a solution of nitrate of silver. Immerse this whilst wet in a jar of sulphurous acid gas, by burning sulphur under a jar of atmospheric air. The penciling will [357] then assume a beautiful metallic brilliance.

SINAPISMS. The sinapism is a poultice made of vinegar instead of milk, and rendered warm and stimulating by the addition of mustard, horseradish, or garlic. The common sinapism is made of equal quantities of bread crumbs and mustard, a sufficient quantity of strong vinegar, and mixing all together into a poultice. When a sinapism is required to be more stimulating, a little bruised garlic may be added. Sinapisms are employed to recal the blood and spirits to a weak part, as in the case of palsy; they are also of service in deep-seated pains, as in the case of sciatica. When the gout seizes the head or stomach, they are applied to the feet to bring the disorder down, and are likewise applied to the soles of the feet in a low state of fever. They should not be suffered to lie on till they have raised blisters, but till the parts become red, and will continue so when pressed with the finger.

SIPPETS. When the stomach is too weak to receive meat, put on a very hot plate two or three sippets of bread, and pour over them some beef, mutton, or veal gravy. Flavour with a little salt.

SIMPLE WATERS. The most expeditious method of distilling waters is to tie a piece of muslin or gauze, over a glazed earthen pot, whose mouth is just large enough to receive the bottom of a warming pan; on this lay your herb, clipped, whether mint, lavender, or whatever else you please; then place upon them the hot warming-pan, with live coals in it, to cause heat just enough to prevent burning, by which means, as the steam issuing out of the herb cannot mount upwards, by reason of the bottom of the pan just fitting the brim of the vessel below it, it must necessarily descend, and collect into water at the bottom of the receiver, and that strongly impregnated with the essential oil and salt of the vegetable thus distilled; which, if you want to make spirituous, or compound water of, is easily done, by simply adding some good spirits, or French brandy to it, which will keep good for a long time, and be much better than if the spirits had passed through a still, which must of necessity waste some of their strength. Care should be taken not to let the fire be too strong, lest it

scorch the plants; and to be made of charcoal, for continuance and better regulation, which must be managed by lifting up and laying down the lid, as you want to increase or decrease the degrees of heat. The cooler the season, the deeper the earthen pan; and the less fire at first (afterwards to be gradually raised) in the greater perfection will the distilled water be obtained.—As the more moveable, or volatile parts of vegetables, are the aqueous, the oily, the gummy, the resinous, and the saline, these are to be expected in the waters of this process; the heat here employed being so great as to burst the vessels of the plants, some of which contain so large a quantity of oil, that it may be seen swimming on the surface of the water.—Medical waters thus procured will afford us nearly all the native virtues of vegetables, and give us a mixture of their several principles, whence they in a manner come up to the expressed juice, or extract gained therefrom: and if brandy be at the same time added to these distilled waters, so strong of oil and salt, a compound, or spirituous water, may be likewise procured, at a cheap and easy rate.—Although a small quantity only of distilled water can be obtained at a time by this confined operation, yet it compensates in strength what is deficient in quantity. Such liquors, if well corked up from the air, will keep [358] good a long time, especially if about a twentieth part of any spirits be added, in order to preserve the same more effectually.

SIZE FROM POTATOES. One of the beneficial uses of potatoes, not perhaps generally known, is, that the starch of them, quite fresh, and washed only once, may be employed to make size, which, mixed with chalk, and diluted in a little water, forms a very beautiful and good white for ceilings. This size has no smell, while animal size, which putrefies so readily, always exhales a very disagreeable odour. That of potatoes, as it is very little subject to putrefaction, appears, from experience, to be more durable in tenacity and whiteness; and, for white-washing, should be preferred to animal size, the decomposition of which is always accompanied with unhealthy exhalations.

SKATE. In the purchase of this article, observe that it be very white and thick. It requires to be hung up one day at least before it is dressed; if too fresh, it eats tough. Skate may either be boiled, or fried in crumbs, being first dipped in egg. Crimp skate should be boiled and sent up in a napkin, or it may be fried as above.

SKATE SOUP. This is made of the stock fish for soup, with an ounce of vermicelli boiled in it, a little before it is served. Then add half a pint of cream, beaten with the yolks of two eggs. Stir it by the side of the fire, but not on it. Serve it up with a small French roll warmed in a Dutch oven, and then soaked an hour in the soup.

SKIRRETS. Hamburgh parsley, scorzonera, and skirrets, are much esteemed for their roots, the only part which is eaten. They should be boiled like young carrots, and they will eat very well with meat, or alone, or in soups. The shoots of salsify in the spring, from the roots of a year old, gathered green and tender, will eat very nice, if boiled in the same manner as asparagus.

SLATE, a well-known, neat, convenient, and durable material, for the covering of the roofs of buildings. There are great varieties of this substance; and it likewise differs very greatly in its qualities and colours. In some places it is found in thick laminæ, or flakes; while in others it is thin and light. The colours are white, brown, and blue. It is so durable, in some

cases, as to have been known to continue sound and good for centuries. However, unless it should be brought from a quarry of well reputed goodness, it is necessary to try its properties, which may be done by striking the slate sharply against a large stone, and if it produce a complete sound, it is a mark of goodness; but if in hewing it does not shatter before the edge of the *sect*, or instrument commonly used for that purpose, the criterion is decisive. The goodness of slate may be farther estimated by its colour: the deep black hue is apt to imbibe moisture, but the lighter is always the least penetrable: the touch also may be in some degree a guide, for a good firm stone feels somewhat hard and rough, whereas an open slate feels very smooth, and as it were, greasy. And another method of trying the goodness of slate, is to place the slate-stone lengthwise and perpendicularly in a tub of water, about half a foot deep, care being taken that the upper or unimmersed part of the slate be not accidentally wetted by the hand, or otherwise; let it remain in this state twenty-four hours; if good and firm stone, it will not draw water more than half an inch above the surface of the water, and that perhaps at the edges only, those parts having been a little loosened in the hewing; but a spongy defective stone will draw water to the very top. There [359] is still another mode, held to be infallible. First, weigh two or three of the most suspected slates, noting the weight; then immerge them in a vessel of water twelve hours; take them out, and wipe them as clean as possible with a linen cloth; and if they weigh more than at first, it denotes that quality of slate which imbibes water: a drachm is allowable in a dozen pounds, and no more. It may be noticed, that in laying of this material, a bushel and a half of lime, and three bushels of fresh-water sand, will be sufficient for a square of work; but if it be pin plastered, it will take above as much more: but good slate, well laid and plastered to the pin, will lie an hundred years; and on good timber a much longer time. It has been common to lay the slates dry, or on moss only, but they are much better when laid with plaster. When they are to be plastered to the pin, then about the first quantity of lime and sand will be sufficient for the purpose, when well mixed and blended together, by properly working them. Slates differ very much in thickness as well as colour, which suits them for different situations and purposes. A great deal of good slate of various kinds is raised in different parts of Wales, and much excellent blue and other coloured sorts is procured from the northern parts of Lancashire, and other neighbouring places, as well as from different other counties throughout the kingdom. In some parts the slate is distributed into three kinds, as the best, the middling, and the waste or common sort.

SLEEP. 'Tired nature's sweet restorer, balmy sleep,' is indispensible to the continuance of health and life; and the night is appropriated for the recovery of that strength which is expended on the various exercises of the day. But sleep, as well as diet and exercise, ought to be duly regulated; for too little of it, as well as too much, is alike injurious. A medium ought therefore to be observed, though the real proportion cannot be ascertained by any given time, as one person will be more refreshed by five or six hours sleep, than another by eight or ten. Children may be allowed to take as much as they please; but for adults, six hours is generally sufficient, and no one ought to exceed eight. To make sleep refreshing, it is necessary to take sufficient exercise in the open air. Too much exertion will prevent sleep, as well as too little; yet we seldom hear the active and laborious complain of restless nights, for they generally enjoy the luxury of undisturbed repose. Refreshing sleep is often prevented by the use of strong tea, or heavy suppers; and the stomach being loaded, occasions frightful dreams, and broken and interrupted rest. It is also necessary to guard against anxiety and

corroding grief: many by indulging these, have banished sleep so long that they could never afterwards enjoy it. Sleep taken in the forepart of the night is most refreshing, and nothing more effectually undermines and ruins the constitution than night watching. How quickly the want of rest in due season will destroy the most blooming complexion, or best state of health, may be seen in the ghastly countenances of those who turn the day into night, and the night into day.

SLICED CUCUMBERS. Cut some cucumbers into thick slices, drain them in a cullender, and add some sliced onions. Use some strong vinegar, and pickle them in the same manner as gherkins and French beans.

SLICES OF BEEF. To prepare red beef for slices, cut off a piece of thin flank, and remove the skin. Rub the beef well with a mixture made of two pounds of common salt, two [360] ounces of bay salt, two ounces of saltpetre, and half a pound of moist sugar, pounded together in a marble mortar. Put it into an earthen pan, and turn and rub it daily for a week. Then take it out of the brine and wipe it, strew over it pounded mace, cloves, pepper, a little allspice, plenty of chopped parsley, and a few shalots. Roll it up, bind it round with tape, boil it quite tender, and press it. When cold cut it into slices, and garnish it with pickled barberries, fresh parsley, or any other approved article.

SLICES OF COD. To boil slices of codfish, put plenty of salt into some spring water. Boil it up quick, and then put in the fish. Keep it boiling, and skim it very clean. It will be done sufficiently in eight or ten minutes. Some small pieces may be fried and served round it. Oyster, shrimp, or anchovy sauce, should be served with it.

SLICES OF HAM. Bacon or ham may be fried, broiled on a gridiron over a clear fire, or toasted with a fork. The slices should be of the same thickness in every part. To have it curled, the slices should be cut about two inches long, then rolled up, and a little wooden skewer passed through them. Put them into a cheese toaster or Dutch oven, for eight or ten minutes, turning the slices as they crisp. This is considered the handsomest way of dressing rashers of bacon, but it is best uncurled, because it is crisper, and more equally done. Slices of ham or bacon should not be more than half a quarter of an inch thick, and will eat much more mellow if soaked in hot water for a quarter of an hour, and then dried in a cloth, before they are toasted.

SLICES OF SALMON. When washed, wipe the salmon quite dry. Rub the slices over with a soft brush dipped in sweet oil, season with pepper and salt, fold them neatly in clean white paper, and broil them over a clear fire.

SLIGHT WOUNDS. When fresh wounds bleed much, lint dipped in vinegar or spirits of turpentine, may be pressed upon the surface for a few minutes, and retained by a moderately tight bandage; but if the blood spirts out violently, it shows that an artery is wounded, and it must be held very firmly till a surgeon arrives. But when the blood seems to flow equally from every part of the wound, and there is no reason therefore to suppose that any considerable vessel is wounded, it may be permitted to bleed while the dressings are preparing. The edges of the wound are then to be gently pressed together, and retained by straps of sticking plaster. These may remain on for three or four days, unless the sore becomes painful, or the matter smells offensive, in which case the straps of plaster must be

taken off, the parts washed clean with warm water, and fresh slips of plaster applied, nicely adjusted to keep the wound closed. The slips must be laid over the wound crossways, and reach several inches beyond each side of it, in order to hold the parts firmly together. By keeping the limb or part very still, abstaining from strong liquors, taking only light mild food, and keeping the bowels open, all simple wounds may easily be healed in this manner. But poultices, greasy salves, or filling the wound with lint, will have an opposite effect. Even ragged or torn wounds may be drawn together and healed by sticking plaster, without any other salves or medicines. A broken shin, or slight ruffling of the skin, may be covered with lint dipped in equal parts of vinegar and brandy, and left to stick on, unless the place inflames; and then weak goulard is the best remedy. Common cuts may be kept together by sticking plaster, or with only a piece of fine linen rag, or thread bound round them. The rag [361] applied next to a cut or wound of any kind, should always be of white linen; but calico, or coloured rags, will do quite as well for outward bandages. Important wounds should always be committed to the care of a skilful surgeon.

SLUGS. These reptiles do great damage in fields and gardens, especially to crops of lettuces, cabbages, or turnips. Their track is perceived by the shining and slimy substance which they leave behind them. There are several kinds of these little animals. The white and brown leathery kind often even destroy the strong stems of young cabbage, and other similar plants. The destruction of them has been suggested to be effected by the use of tar-water, sprinkled over the ground; and also by having recourse to lime, in the preparation of the land for such crops. They conceal themselves in the holes and crevices, only making their appearance early in mornings and late in the evenings. The white slug or snail is likewise very destructive to young turnip crops, by rising out of the holes of the soils, on wet and dewy mornings and evenings. Rolling the ground with a heavy implement, before the sun rises, has been advised as a means of destroying them in these cases. Slugs of this sort are likewise very destructive, in some districts, to the roots of corn crops, during the day-time, in the early spring months, while they lie concealed in the ground, by eating and devouring them; and by coming out in the evenings, and during the night-time, to commit ravages on the blades, and other parts above the ground. Numbers of them are sometimes met with upon the same plant, and they may easily be extirpated and removed from the land by the above practice, while they are at work, especially in moon-light seasons, and any further injury to the crops be guarded against. Warm moist weather is always a great encouragement to their coming out of their hiding-places; and advantage should constantly be taken of it for their extermination, as they suddenly retire under ground during the time of cold. The strong lands of other places are occasionally much infested with them in the pea, bean, and rye crops and stubbles, as well as clover roots, when a wheat crop is put in upon them. The slugs, in some cases, are of about half an inch in length, having their backs of a blueish cast in the skin part, and their under parts wholly of a white appearance. A mixture of sulphur and lime, made so as to be conveniently applied, has been found to be highly destructive of them in general.—The use of lime-water has lately been advised as an excellent and cheap mode of destroying slugs in gardens, as well as fields, in the second volume of the Transactions of the Horticultural Society of London. It is found to be far preferable, in this intention, to quicklime, which is liable to become too soon saturated with moisture, and rendered ineffectual. The manner of employing the water is after it has been newly made from stone lime, by means of hot water poured upon it, to pour it through the fine rose of a watering-pot

over the slugs, which have been collected by means of pea-haulm, or some other similar substance, laid down on the ground in portions, at the distance of about a pole from each other. In proper weather, the slugs soon collect in this way, in great numbers, for shelter as well as to get food. When a boy takes up the substance, and by a gentle shake leaves the whole of the slugs on the ground, another person then pours a small quantity of lime-water on them, and the boy removes the haulmy material to some intermediate place, in order that [362] the same practice may be repeated. By persevering in this method for a little while, the whole of the slugs may be destroyed, as the least drop of the water speedily kills them. This practice, it is supposed, will be found highly beneficial in the flower-garden, as by watering the edgings of box, thrift, or other kinds, the slugs will be killed with certainty, even when the weather is moist. The application is considered simple, the effect certain, and the expence trifling, whether in the garden or the field; a few pots only being required, in the latter case, to the acre, which can be made with a very small quantity of lime. And the labour is not of any material consequence, so that the whole charge will not, it is imagined, exceed five shillings the acre.—To prevent slugs from getting into fruit trees. If the trees are standards, tie a coarse horse-hair rope about them, two or three feet from the ground. If they are against the wall, nail a narrow slip of coarse horse-hair cloth against the wall, about half a foot from the ground, and they will never get over it, for if they attempt it, it will kill them, as their bellies are soft, and the horse-hair will wound them.

SMALL COAL. There is generally a great waste in the article of coal, owing to the quantity of dust found amongst it; but this if wetted makes the strongest fire for the back of the grate, where it should remain untouched till it is formed into a cake. Cinders lightly wetted give a great degree of heat, and are better than coal for furnaces, ironing stoves, and ovens. They should be carefully preserved and sifted in a covered tin bucket, which prevents the dispersion of the dust.

SMALL POX. Previous to the appearance of the eruption, the patient should be kept in a cool dry apartment, and abstain from all animal food, cheese, and pastry. The diet should consist of cooling vegetables, ripe fruit, pearl barley, and sago. The drink may be barley water, with a few drops of vinegar or cream of tartar, or lukewarm milk and water; but neither beer nor wine must be allowed. In case of an obstruction of the bowels, mild laxatives or clysters may be given; and if the throat be affected, it should be gargled with vinegar and water. Warm fomentations should be applied to the neck, and mustard poultices to the feet. After the eruption has made its appearance, the recovery of the patient may be chiefly entrusted to nature, while proper attention is paid to diet and regimen. But if the pustules begin to disappear, blisters ought to be immediately applied to the calves of the legs, and parsley-root boiled in milk should frequently be eaten, in order to encourage the eruption. When the pustules suddenly sink in, it denotes danger, and medical assistance should speedily be procured. In case of inoculation, which introduces the disease in a milder form, and has been the means of saving the lives of many thousands, a similar mode of treatment is required. For about a week or ten days previous to inoculation, the patient should adhere to a regular diet; avoiding all animal food, seasoned dishes, wine and spirits, and should live sparingly on fruit pies, puddings, and vegetables. The same regimen must be observed as in the former instance, during the progress of the disease, and then, but little medicine will be required.

SMALL RICE PUDDINGS. Wash two large spoonfuls of rice, and simmer it with half a pint of milk till it is thick. Put in a piece of butter the size of an egg, and nearly half a pint of thick cream, and give it one boil. When cold, mix four yolks and two whites of eggs well beaten, sugar and nutmeg to taste. Add grated lemon, and a little cinnamon. Butter some small cups, and fill them three parts full, putting at bottom some orange or citron. Bake them three quarters of an hour in a slowish oven. Serve them up the moment they are to be eaten, with sweet sauce in the dish, or in a boat. [363]

SMELL OF PAINT. When a room is newly painted, place three or four tubs full of water near the wainscot, and renew the water daily. In two or three days it will absorb all the offensive effluvia arising from the paint, and render the room wholesome. The smell of paint may also be prevented, by dissolving some frankincense in spirits of turpentine over a slow fire, and mixing it with the paint before it be laid on.

SMELLING BOTTLE. Reduce to powder an equal quantity of sal-ammoniac and quicklime separately, put two or three drops of the essence of bergamot into a small bottle, then add the other ingredients, and cork it close. A drop or two of æther will improve it.

SMELTS. This delicate fish is caught in the Thames, and some other large rivers. When good and in season, they have a fine silvery hue, are very firm, and have a refreshing smell like cucumbers newly cut. They should not be washed more than is necessary merely to clean them. Dry them in a cloth, lightly flour them, and shake it off. Dip them in plenty of eggs, then into bread crumbs grated fine, and plunge them into a good pan of boiling lard. Let them continue gently boiling, and a few minutes will make them a bright yellow-brown. Take care not to take off the light roughness of the crumbs, or their beauty will be lost.

SMOKED HERRINGS. Clean and lay them in salt one night, with saltpetre; then hang them on a stick, through the eyes, in a row. Have ready an old cask, in which put some saw-dust, and in the midst of it a heater red-hot. Fix the stick over the smoke, and let them remain twenty-four hours.

SMOKY CHIMNIES. The plague of a smoking chimney is proverbial, and has engaged considerable attention from observers of various descriptions. Smoky chimnies in a new house, are such, frequently, for want of air. The workmanship of the rooms being all good and just out of the workman's hands, the joints of the flooring and of the pannels of the wainscoting are all true and tight; the more so as the walls, perhaps not yet thoroughly dry, preserve a dampness in the air of the room which keeps the woodwork swelled and close: the doors and the sashes too being worked with truth, shut with exactness, so that the room is perfectly tight, no passage being left open for the air to enter except the key-hole, and even that is frequently closed by a little dropping shutter. In this case it is evident that there can be no regular current through the flue of the chimney, as any air escaping from its aperture would cause an exhaustion in the air of the room similar to that in the receiver of an air-pump, and therefore an equal quantity of air would rush down the flue to restore the equilibrium; accordingly the smoke, if it ever ascended to the top, would be beat down again into the room. Those, therefore, who stop every crevice in a room to prevent the admission of fresh air, and yet would have their chimney carry up the smoke, require inconsistencies and expect impossibilities. The obvious remedy in this case is, to admit more air, and the

question will be how and where this necessary quantity of air from without is to be admitted, so as to produce the least inconvenience; for if the door or window be left so much open, it causes a cold draft of air to the fire-place, to the great discomfort of those who sit there. [364] Various have been the contrivances to avoid this, such as bringing in fresh air through pipes in the jambs of the chimney, which, pointing upwards, should blow the smoke up the funnel; opening passages in the funnel above to let in air for the same purpose; but these produce an effect contrary to that intended, for as it is the constant current of air passing from the room through the opening of the chimney into the flue, which prevents the smoke coming out into the room, if the funnel is supplied by other means with the air it wants, and especially if that air be cold, the force of that current is diminished, and the smoke in its efforts to enter the room finds less resistance. The wanted air must then indispensably be admitted into the room to supply what goes off through the opening of the chimney, and it is advisable to make the aperture for this purpose as near the ceiling as possible, because the heated air will naturally ascend and occupy the highest part of the room, thus causing a great difference of climate at different heights, a defect which will be in some measure obviated by the admission of cold air near the ceiling, which descending, will beat down and mingle the air more effectually. Another cause of smoky chimnies is too short a funnel, as, in this case, the ascending current will not always have sufficient power to direct the smoke up the flue. This defect is frequently found in low buildings, or the upper stories of high ones, and is unavoidable, for if the flue be raised high above the roof to strengthen its draft, it is then in danger of being blown down and crushing the roof in its fall. The remedy in this case is to contract the opening of the chimney so as to oblige all the entering air to pass through or very near the fire, by which means it will be considerably heated, and by its great rarefaction, cause a powerful draft, and compensate for the shortness of its column. The case of too short a funnel is more general than would be imagined, and often found where one would not expect it; for it is not uncommon in ill-contrived buildings, instead of having a separate funnel for each fire-place, to bend and turn the funnel of an upper room so as to make it enter the side of another flue that comes from below. By this means the funnel of the upper room is made short, of course, since its length can only be reckoned from the place where it enters the lower funnel, and that flue is also shortened by all the distance between the entrance of the second funnel and the top of the stack; for all that part being readily supplied with air through the second flue, adds no strength to the draft, especially as that air is cold when there is no fire in the second chimney. The only easy remedy here, is to keep the opening shut of that flue in which there is no fire. Another very common cause of the smoking of chimnies is, their overpowering one another. For instance, if there be two chimnies in one large room, and you make fires in both of them, you will find that the greater and stronger fire shall overpower the weaker, and draw air down its funnel to supply its own demand, which air descending in the weaker funnel will drive down its smoke, and force it into the room. If, instead of being in one room, the two chimnies are in two different rooms communicating by a door, the case is the same whenever that door is open. The remedy is, to take care that every room have the means of supplying itself from without, with the air its chimney may require, so that no one of them may be obliged to borrow from another, nor under the necessity of lending. Another cause of smoking is, when the tops of chimnies are commanded by higher buildings, or by a hill, so that the wind blowing over such eminences falls like water over a dam, sometimes almost [365] perpendicularly on the tops of the chimnies that lie in its way, and beats down the smoke

contained in them. The remedy commonly applied in this case is, a turn-cap, made of tin or plate-iron, covering the chimney above, and on three sides, open on one side, turning on a spindle, and which being guided or governed by a vane, always presents its back to the wind. This method will generally be found effectual, but if not, raising the flues, where practicable, so as their tops may be on a level with or higher than the commanding eminence, is more to be depended on. There is another case of command, the reverse of that last mentioned; it is where the commanding eminence is farther from the wind than the chimney commanded. For instance, suppose the chimney of a building to be so situated as that its top is below the level of the ridge of the roof, which, when the wind blows against it, forms a kind of dam against its progress. In this case, the wind being obstructed by this dam, will, like water, press and search for passages through it, and finding the top of the chimney below the top of the dam, it will force itself down that funnel in order to get through by some door or window open on the other side of the building, and if there be a fire in such chimney, its smoke is of course beat down and fills the room. The only remedy for this inconvenience is, to raise the funnel higher than the roof, supporting it, if necessary, by iron bars; for a turn-cap in this case has no effect, the dammed up air pressing down through it in whatever position the wind may have placed its opening. Chimnies otherwise drawing well are sometimes made to smoke by the improper and inconvenient situation of a door. When the door and chimney are placed on the same side of a room, if the door is made to open from the chimney, it follows, that when only partly opened, a current of air is admitted and directed across the opening of the chimney, which is apt to draw out some of the smoke. Chimnies which generally draw well, do, nevertheless, sometimes give smoke into the room, it being driven down by strong winds passing over the tops of their flues, though not descending from any commanding eminence. To understand this, it may be considered that the rising light air, to obtain a free issue from the funnel, must push out of its way, or oblige the air that is over it to rise. In a time of calm, or of little wind, this is done visibly; for we see the smoke that is brought up by that air rise in a column above the chimney. But when a violent current of wind passes over the top of a chimney, its particles have received so much force, which keeps them in a horizontal direction, and follow each other so rapidly, that the rising light air has not strength sufficient to oblige them to quit that direction, and move upwards to permit its issue. Add to this, that some of the air may impinge on that part of the inside of the funnel which is opposed to its progress, and be thence reflected downwards from side to side, driving the smoke before it into the room. The simplest and best remedy in this case is the application of a chimney-pot, which is a hollow truncated cone of earthenware placed upon the top of the flue. The intention of this contrivance is, that the wind and eddies which strike against the oblique surface of these covers may be reflected upwards instead of blowing down the chimney. The bad construction of *fire-places* is another cause of smoking chimneys; and this case will lead us to the consideration of the methods of increasing the heat and diminishing the consumption of fuel; for it will be found [366] that the improvements necessary to produce the last-mentioned end will also have a general tendency to cure smoky chimnies. On this subject the meritorious labours of Count Rumford are conspicuous, and we shall proceed to give an abridged account of his method. In investigating the best form of a fire-place, it will be necessary to consider, first, what are the objects which ought principally to be had in view in the construction of a fire-place; and, secondly, to consider how these objects can best be attained. Now the design of a chimney-

fire being simply to warm a room, it is essential to contrive so that this end shall be actually attained, and with the least possible expence of fuel, and also that the air of the room be preserved perfectly pure and fit for respiration, and free from smoke and all disagreeable smells. To cause as many as possible of the rays, as they are sent off from the fire in straight lines, to come directly into the room, it will be necessary, in the first place, to bring the fire as far forward, and to leave the opening of the fire-place as wide and high as can be done without inconvenience; and secondly, to make the sides and back of the fire-place of such form, and of such materials, as to cause the direct rays from the fire which strike against them, to be sent into the room by reflection in the greatest abundance. Now, it will be found, upon examination, that the best form for the vertical sides of a fire-place, or the *covings*, as they are called, is that of an upright plane, making an angle with the plane of the back of the fire-place of about 135 degrees. According to the old construction of chimnies, this angle is 90 degrees, or forms a right angle; but, as in this case the two covings are parallel to each other, it is evident that they are very ill contrived for throwing into the room, by reflection, the rays from the fire which fall on them. The next improvement will be to reduce the throat of the chimney, the immoderate size of which is a most essential fault in their construction; for, however good the formation of a fire-place may be in other respects, if the opening left for the passage of the smoke is larger than is necessary for that purpose, nothing can prevent the warm air of the room from escaping through it; and whenever this happens, there is not only an unnecessary loss of heat, but the warm air, which leaves the room to go up the chimney, being replaced by cold air from without, produces those drafts of air so often complained of. But though these evils may be remedied, by reducing the throat of the chimney to a proper size, yet, in doing this, several considerations will be necessary to determine its proper situation. As the smoke and hot vapour which rise from a fire naturally tend upwards, it is evident that it will be proper to place the throat of the chimney perpendicularly over the fire; but to ascertain its most advantageous distance, or how far above the burning fuel it ought to be placed, is not so easy, and requires several advantages and disadvantages to be balanced. As the smoke and vapour rise in consequence of their being rarefied by heat, and made lighter than the air of the surrounding atmosphere, and as the degree of their rarefraction is in proportion to the intensity of their heat, and as this heat is greater near the fire than at a distance from it, it is clear, that the nearer the throat of a chimney is to the fire, the stronger will be what is commonly called its draught, and the less danger there will be of its smoking, or of dust coming into the room when the fire is stirred. But, on the other hand, when a very strong draught is occasioned by the throat of the [367]
chimney being very near the fire, it may happen that the influx of air into the fire may become so strong as to cause the fuel to be consumed too rapidly. This however will very seldom be found to be the case, for the throats of chimnies are in general too high. In regard to the materials which it will be most advantageous to employ in the construction of fire-places, little difficulty will attend the determination of that point. As the object in view is to bring radiant heat into the room, it is clear that that material is best for the construction of a fire-place which reflects the most, or which absorbs the least of it, for that heat which is absorbed cannot be reflected. Now, as bodies which absorb radiant heat are necessarily heated in consequence of that absorption; to discover which of the various materials that can be employed for constructing fire-places are best adapted for that purpose, we have only to find, by an experiment very easy to be made, what bodies acquire least heat, when exposed

to the direct rays of a clear fire; for those which are least heated evidently absorb the least, and consequently reflect the most radiant heat. And hence it appears that iron, and in general metals of all kinds, which are well known to grow very hot when exposed to the rays projected by burning fuel, are to be reckoned among the very worst materials that it is possible to employ in the construction of fire-places. Perhaps the best materials are fire-stone and common bricks and mortar. These substances are fortunately very cheap, and it is not easy to say to which of the two the preference ought to be given. When bricks are used, they should be covered with a thin coating of plaster, which, when perfectly dry, should be white-washed. The fire-stone should likewise be white-washed, when that is used; and every part of the fire-place which does not come into actual contact with the burning fuel should be kept as white and clean as possible. The bringing forward of the fire into the room, or rather bringing it nearer to the front of the opening of the fire-place, and the diminishing of the throat of the chimney, being two objects principally had in view in the alterations of fire-places recommended, it is evident that both these may be attained merely by bringing forward the back of the chimney. It will then remain to be determined how far the back should be brought forward. This point will be limited by the necessity of leaving a proper passage for the smoke. Now, as this passage, which in its narrowest part is called the throat of the chimney, ought, for reasons before stated, to be immediately or perpendicularly over the fire, it is evident that the back of the chimney should be built perfectly upright. To determine therefore the place of the new back, nothing more is necessary than to ascertain how wide the throat of the chimney ought to be left. This width is determined by Count Rumford from numerous experiments, and comparing all circumstances, to be four inches. Therefore, supposing the breast of the chimney, or the wall above the mantle, to be nine inches thick, allowing four inches for the width of the throat, this will give thirteen inches for the depth of the fire-place. The next consideration will be the width which it will be proper to give to the back. This, in fire-places of the old construction, is the same with the width of the opening in front; but this construction is faulty, on two accounts; first, because the covings being parallel to each other, are ill contrived to throw out into the room the heat they receive from the fire in the form of rays; and, secondly, the large open corners occasion eddies of wind which frequently disturb the fire and embarrass the [368]
smoke in its ascent, in such a manner as to bring it into the room. Both these defects may be entirely remedied, by diminishing the width of the back of the fire-place. The width which in most cases it will be best to give it, is one-third of the width of the opening of the fire-place in front. But it is not absolutely necessary to conform rigorously to this decision, nor will it always be possible. Where a chimney is designed for warming a room of moderate size, the depth of the fire-place being determined by the thickness of the breast to thirteen inches, the same dimensions would be a good size for the width of the back, and three times thirteen inches, or three feet three inches, for the width of the opening in front, and the angles made by the back of the fire-place, and the sides of it, or covings, would be just 135 degrees, which is the best position they can have for throwing heat into the room. In determining the width of this opening in front, the chimney is supposed to be perfectly good, and well situated. If there is any reason to apprehend its ever smoking, it will be necessary to reduce the opening in front, placing the covings at a less angle than 135 degrees, and especially to diminish the height of the opening by lowering the mantle. If from any consideration, such as the wish to accommodate the fire-place to a grate or stove already on hand, it should be

wished to make the back wider than the dimension recommended, as for instance, sixteen inches; it will be advisable not to exceed the width of three feet three inches for the opening in front, as in a very wide and shallow fire-place, any sudden motion of the air in front would be apt to bring out puffs of smoke into the room. The throat of the chimney being reduced to four inches, it will be necessary to make a provision for the passage of a chimney sweeper. This is to be done in the following manner. In building up the new back of the fire-place, when this wall is brought up so high that there remains no more than about ten or eleven inches between what is then the top of it and the underside of the mantle, an opening or door-way, eleven or twelve inches wide, must be begun in the middle of the back, and continued quite to the top of it, which according to the height that it will commonly be necessary to carry up the back, will make the opening twelve or fourteen inches high, which will be quite sufficient for the purpose. When the fire-place is finished, this door-way is to be closed by a few bricks laid without mortar, or a tile or piece of stone confined in its place by means of a rebate made for that purpose in the brick-work. As often as the chimney is swept, the chimney sweeper removes this temporary wall or stone, which is very easily done, and when he has finished his work, he again puts it in its place. The new back and covings may be built either of brick-work or of stone, and the space between them and the old back and covings, ought to be filled up to give greater solidity to the structure. This may be done with loose rubbish or pieces of broken bricks or stones, provided the work be strengthened by a few layers or courses of bricks laid in mortar; but it will be indispensably necessary to finish the work where these new walls end, that is to say, at the top of the throat of the chimney, where it ends abruptly in the open canal or flue, by a horizontal course of bricks well secured with mortar. It is of much importance that they should terminate in this manner; for were they to be sloped outward and raised in such a manner as to swell out the upper extremity of the throat of the chimney in the form of a trumpet, and increase it by [369] degrees to the size of the flue of the chimney, this construction would tend to assist the winds which may attempt to blow down the chimney, in forcing their way through the throat, and throwing the smoke backward into the room. The internal form of the breast of the chimney is also a matter of great importance, and which ought to be particularly attended to. The worst form it can have is that of a vertical plane or upright flat, and next to this the worst form is an inclined plane. Both these forms cause the current of warm air from the room which will, in spite of every precaution, sometimes find its way into the chimney, to cross upon the current of smoke which rises from the fire in a manner most likely to embarrass it in its ascent and drive it back. The current of air which, passing under the mantle, gets into the chimney, should be made gradually to bend its course upwards, by which means it will unite quietly with the ascending current of smoke, and will be less likely to check and impede its progress. This is to be effected by rounding off the inside of the breast of the chimney, which may be done by a thick coating of plaster. When the breast or wall of the chimney in front is very thin, it may happen, that the depth of the fire-place determined according to the preceding rules may be too small. Thus supposing the breast to be only four inches thick, which is sometimes the case, particularly in rooms situated near the top of a house, taking four inches for the width of the throat, will give only eight inches for the depth of the fire-place. In this case, it would be proper to increase the depth of the fire-place at the hearth to twelve or thirteen inches, and to build up the back perpendicularly to the height of the top of the grate, and then sloping the back by a gentle inclination forward, bring it to its proper

place directly under the back part of the throat of the chimney. This slope, though it ought not to be too abrupt, yet should be quite finished at the height of eight or ten inches above the fire, otherwise it may perhaps cause the chimney to smoke; but when it is very near the fire, its heat will enable the current of rising smoke to overcome the obstacle which this slope will oppose to its ascent, which it could not so easily do, were the slope situated at a greater distance from the burning fuel. There is one important circumstance respecting chimney fire-places designed for burning coals which remains to be examined, and that is the grate. Although there are few grates that may not be used in chimnies, altered or constructed on the principles recommended by Count Rumford, yet they are not by any means all equally well adapted for that purpose. Those whose construction is most simple, and which of course are the cheapest, are beyond comparison the best on all accounts. Nothing being wanted but merely a grate to contain the coals, and all additional apparatus being not only useless but pernicious; all complicated and expensive grates should be laid aside, and such as are more simple substituted in their room. The proper width for grates in rooms of a middling size, will be from six to eight inches, and their length may be diminished more or less according to the difficulty of heating the room, or the severity of the weather. But where the width of a grate is not more than five inches, it will be very difficult to prevent the fire from going out. It has been before observed that the use of metals is as much as possible to be avoided in the construction of fire-places, it will therefore be proper always to line the back and sides of a grate with fire stone, which will cause the fire to burn better and give more heat into the room. [370]

SNAILS. These are a species of slugs covered with shell, and which are very destructive to wall fruit. To prevent their ascending the standard trees, tie a coarse horse-hair rope about them, two or three feet from the ground; and to secure the wall trees, nail a narrow slip of horse-hair cloth against the wall, about half an inch from the ground, underneath the branches of the tree. In the winter time the snails may be found in the holes of walls, under thorns, behind old trees or close hedges, and might be taken and destroyed. When they attack vegetables, a few sliced turnips laid on the borders will attract them in the evening, when they may easily be gathered up. Lime and ashes strewed on the ground, will also prevent their depredations.

SNIPES. These birds will keep several days, and should be roasted without drawing, and then served on toast. Butter only should be eaten with them, as gravy takes off from the fine flavour. The thigh and back are most esteemed.

SNIPES IN RAGOUT. Slit them down the backs, but do not take out the insides; toss them up with a little melted bacon fat, seasoned with pepper and salt, and a little mushroom ketchup; when they are enough, squeeze in a little juice of lemon, and serve them up.

SNIPES IN SURTOUT. Half roast your snipes, and save the trail; then make a forcemeat with veal, and as much beef suet chopped, and beat in a mortar; add an equal quantity of bread crumbs: season it with beaten mace, pepper, salt, parsley, and sweet herbs shred fine; mix all together, and moisten it with the yolks of eggs: lay a rim of this forcemeat round the dish, then put in your snipes. Take strong gravy, according to your dish, with morels and truffles, a few mushrooms, a sweetbread cut in pieces, and an artichoke bottom cut small: let all stew together, then beat up the yolks of two or three eggs with a little white

wine; pour this into your gravy, and keep it stirring till it is of a proper thickness, then let it stand to cool; work up the remainder of your forcemeat, and roll it out as you do paste; pour your sauce over the birds, and lay on your forcemeat; close the edges, and wash it over with the yolks of eggs, and strew bread crumbs over that; send it to the oven about half an hour, and then to table as hot as you can.

SNOW BALLS. Swell some rice in milk, and strain it off. Having pared and cored some apples, put the rice round them, and tie up each in a cloth. Add to each a bit of lemon peel, a clove, or cinnamon, and boil them well.

SNOW CREAM. Put to a quart of cream the whites of three eggs well beaten, four spoonfuls of sweet wine, sugar to sweeten, and a bit of lemon peel. Whip it to a froth, remove the peel, and serve the cream in a dish.

SOLDERING. Put into a crucible two ounces of lead, and when it is melted, throw in an ounce of tin. This alloy is that generally known by the name of solder. When heated by a hot iron, and applied to tinned iron, with powdered rosin, it acts as a cement or solder. It is also used to join leaden pipes, and other articles.

SOLES. A fine thick sole is almost as good eating as turbot, and may be boiled in the same way. Wash the fish and clean it nicely, put it into a fish-kettle with a handful of salt, and as much cold water as will cover it. Set it on the side of the fire, take off the scum as it rises, and let it boil gently about five minutes, or longer if it be very large. Send it up on a fish-drainer, garnished with slices of lemon and sprigs of curled parsley, or nicely fried smelts, or oysters. Slices of lemon for garnish are universally approved, either with fried or boiled fish. [371]
Parsley and butter, or fennel and butter, make an excellent sauce; chervil sauce, or anchovies, are also approved. Boiled soles are very good warmed up like eels, or covered with white wine sauce. When soles are very large, the best way is to take off the fillets, trim them neatly, and press them dry in a soft cloth. Egg them over, strew on fine bread crumbs, and fry them. Or skin and wash a pair of large soles very clean, dry them in a cloth, wash them with the yolk of an egg on both sides, and strew over them a little flour, and a few bread crumbs; fry them of a fine gold colour, in Florence oil, enough to cover them; when done, drain them, and lay them into an earthen dish that will hold them at length, and set them by to cool; then make the marinate with a pint of the best vinegar, half a pint of sherry, some salt, pepper, nutmeg, two cloves, and a blade of mace; boil all together for about ten minutes, then pour it over the fish hot, the next day they will be fit for use. When you dish them up, put some of the liquor over them; garnish the dish with fennel, sliced lemon, barberries, and horseradish. If you have any fried fish cold, you may put it into this marinate. —To fricassee soles white. Clean your soles very well, bone them nicely, and if large, cut them in eight pieces, if small, only in four; take off the heads; put the heads and bones, an anchovy, a faggot of sweet herbs, a blade or two of mace, some whole pepper, salt, an onion, and a crust of bread, all into a clean saucepan, with a pint of water, cover it close, and let it boil till a third is wasted; strain it through a fine sieve into a stew-pan; put in your soles with a gill of white wine, a little parsley chopped fine, a few mushrooms cut in two, a piece of butter rolled in flour, enough to thicken your sauce; set it over your stove, shake your pan frequently, till they are enough, and of a good thickness; take the scum off very clean, dish them up, and garnish with lemon and barberries.—Another way. Strip off the

black skin of the fish, but not the white; then take out the bones, and cut the flesh into slices about two inches long; dip the slices in the yolks of eggs, and strew over them raspings of bread; then fry them in clarified butter, and when they are fried enough, take them out on a plate, and set them by the fire till you have made the following sauce. Take the bones of the fish, boil them up with water, and put in some anchovy and sweet herbs, such as thyme and parsley, and add a little pepper, cloves and mace. When these have boiled together some time, take the butter in which the fish was fried, put it into a pan over the fire, shake flour into it, and keep it stirring while the flour is shaking in; then strain the liquor into it, in which the fish bones, herbs, and spice were boiled, and boil it together, till it is very thick, adding lemon juice to your taste. Put your fish into a dish, and pour the sauce over it; serve it up, garnished with slices of lemon and fried parsley. This dish may take place on any part of the table, either in the first or second course.—Another way. Take a pair of large soles, skin and clean them well, pour a little vinegar, and strew some salt over them; let them lay in this till they are to be used. When you want to boil them, take a clean stew-pan, put in a pint of white wine, and a little water, a faggot of sweet herbs, an onion stuck with three or four cloves, a blade of mace, a little whole pepper, and a little salt. When your soles are enough, take them up, and lay them into a dish, strain off the liquor, put it into the stew-pan, with a good piece of butter rolled in flour, and half a pint of white shrimps clean picked; toss all up [372] together, till it is of a proper thickness; take care to skim it very clean, pour it over the fish. Garnish the dish with scraped horseradish, and sliced lemon; or you may send them to table plain, and for sauce, chop the meat of a lobster, bruise the body very smooth with a spoon, mix it with your liquor, and send it to table in a boat or bason. This is much the best way to dress a small turbot.

SOLE PIE. Split some soles from the bone, and cut the fins close. Season with a mixture of salt, pepper, a little nutmeg and pounded mace, and put them in layers, with oysters. A pair of middling-sized soles will be sufficient, and half a hundred oysters. Put in the dish the oyster liquor, two or three spoonfuls of broth, and some butter. When the pie comes from the oven, pour in a cupful of thick cream, and it will eat excellently.—Another way. Clean and bone a pair of large soles; boil about two pounds of eels tender; take off all the meat, put the bones into the water they were boiled in, with the bones of the soles, a blade of mace, whole pepper, and a little salt; let this boil till you have about half a pint of strong broth. Take the flesh off the eels, and chop it very fine, with a little lemon peel, an anchovy, parsley, and bread crumbs: season with pepper, salt, nutmeg, and beaten mace; melt a quarter of a pound of butter, and work all up to a paste. Sheet the dish with a good puff-paste; lay the forcemeat on the paste, and then lay in the soles; strain off the broth, scum it clean, pour over the fish a sufficient quantity, and lay on the lid. When it comes from the oven, if you have any of the broth left, you may warm it, and pour it into the pie.

SOLID SYLLABUBS. Mix a quart of thick raw cream, one pound of refined sugar, a pint and a half of fine raisin wine, in a deep pan; and add the grated peel and the juice of three lemons. Beat or whisk it one way, half an hour; then put it on a sieve, with a piece of thin muslin laid smooth in the shallow end, till the next day. Put it in glasses: it will keep good in a cool place ten days.

SOMERSETSHIRE SYLLABUB. Put into a large china bowl a pint of port, a pint of sherry, or other white wine, and sugar to taste. Milk the bowl full. In twenty minutes' time,

cover it pretty high with clouted cream. Grate nutmeg over it, add pounded cinnamon, and nonpareil comfits.

SORE BREASTS. Sore breasts in females, during the time of suckling, are often occasioned by the improper practice of drawing the breasts, which is both painful and dangerous. If they get too full and hard before the infant can be applied, it is better to let them remain a few hours in that state, than to use any unnatural means, or else to present the breast to a child that is a few months old. It is the application of too great force in drawing them, placing a child to suck at improper times, the use of stimulating liquors and heated rooms, which frequently occasion milk fevers and abscesses in the breast. The nipple is sometimes so sore, that the mother is sometimes obliged to refuse the breast, and a stagnation takes place, which is accompanied with ulcerations and fever. To prevent these dangerous affections, the young mother should carefully protrude the nipple between her fingers to make it more prominent, and cover it with a hollow nutmeg several weeks previous to her delivery. But if the parts be already in a diseased state, it will be proper to bathe them with lime water, or diluted port wine. After this the breast should be dressed with a little spermaceti ointment, or a composition of white wax and olive oil, which is mild and [373] gentle. If this do not answer the purpose, take four ounces of diachylon, two ounces of olive oil, and one ounce of vinegar. Boil them together over a gentle fire, keep stirring them till reduced to an ointment, and apply a little of it to the nipple on a fine linen rag. If accompanied with fever, take the bark in electuary three or four times a day, the size of a nutmeg, and persevere in it two or three weeks if necessary.

SORE EYES. Pound together in a mortar, an ounce of bole-ammoniac, and a quarter of an ounce of white copperas. Shred fine an ounce of camphor, and mix the ingredients well together. Pour on them a quart of boiling water, stir the mixture till it is cold, and apply a drop or two to the eye, to remove humours or inflammation. A cooling eye-water may be made of a dram of lapis calaminaris finely powdered, mixed with half a pint of white wine, and the same of plantain water.

SORE THROAT. An easy remedy for this disorder is to dip a piece of broad black ribband into hartshorn, and wear it round the throat two or three days. If this be not sufficient, make a gargle in the following manner. Boil a little green sage in water, strain it, and mix it with vinegar and honey. Or pour a pint of boiling verjuice on a handful of rosemary tops in a basin, put a tin funnel over it with the pipe upwards, and let the fume go to the throat as hot as it can be borne. A common drink for a sore throat may be made of two ounces of Turkey figs, the same quantity of sun raisins cut small, and two ounces of pearl barley, boiled in three pints of water till reduced to a quart. Boil it gently, then strain it, and take it warm. Sometimes a handful of salt heated in an earthen pan, then put into a flannel bag, and applied as hot as possible round the throat, will answer the purpose. A fumigation for a sore throat may be made in the following manner. Boil together a pint of vinegar, and an ounce of myrrh, for half an hour, and pour the liquor into a basin. Place over it the large part of a funnel that fits the basin, and let the patient inhale the vapour by putting the pipe of the funnel into his mouth. The fumigation must be applied as hot as possible, and renewed every quarter of an hour, till the patient is relieved. For an inflammation or putrid sore throat, or a quinsey, this will be found of singular use if persisted in.

SORREL SAUCE. Wash and clean a quantity of sorrel, put it into a stewpan that will just hold it, with a piece of butter, and cover it close. Set it over a slow fire for a quarter of an hour, pass the sorrel with the back of a wooden spoon through a hair sieve, season it with pepper and salt, and a dust of powdered sugar. Make it hot, and serve it up under lamb, veal, or sweetbreads. Cayenne, nutmeg, and lemon juice, are sometimes added.

SORREL SOUP. Make a good gravy with part of a knuckle of veal, and the scrag end of a neck or a chump end of a loin of mutton. Season it with a bunch of sweet herbs, pepper, and salt, and two or three cloves. When the meat is quite stewed down, strain it off, and let it stand till cold. Clear it well from the fat, put it into a stewpan with a young fowl nicely trussed, and set it over a slow fire. Wash three or four large handfuls of sorrel, chop it a little, fry it in butter, put it into the soup, and let the whole stew till the fowl is well done. Skim it very clean, and serve it up with the fowl in the soup.

SOUPS. It has generally been considered as good economy to use the cheapest and most inferior kind of meat for broths and soups, and to boil it down till it is entirely destroyed, and hardly worth giving to the pigs. But this is a false frugality; and it is far better [374] to buy good pieces of meat, and only stew them till they are tender enough to be eaten. Lean juicy beef, mutton, or veal, form the basis of good broth; and it is therefore advisable to procure those pieces which afford the richest succulence, and such as is fresh slain. Stale meat will make the broth grouty and bad tasted, and fat is not so well adapted to the purpose. The following herbs, roots, and seasonings, are proper for making and giving a relish to broths and soups, according as the taste may suit. Scotch barley, pearl barley, wheat flour, oatmeal, bread, raspings, peas, beans, rice, vermicelli, maccaroni, isinglass, potatoe mucilage, mushroom, or mushroom ketchup, champignons, parsnips, carrots, beet root, turnips, garlic, shalots, and onions. Sliced onions fried with butter and flour till they are browned, and then rubbed through a sieve, are excellent to heighten the colour and flavour of brown soups and sauces, and form the basis of most of the fine relishes furnished by the cook. The older and drier the onion, the stronger will be its flavour, and the quantity must be regulated accordingly. Leeks, cucumber, or burnet vinegar; celery, or celery seed pounded. The latter, though equally strong, does not impart the delicate sweetness of the fresh vegetable; and when used as a substitute, its flavour should be corrected by the addition of a bit of sugar. Cress seed, parsley, common thyme, lemon thyme, orange thyme, knotted marjoram, sage, mint, winter savoury, and basil. As fresh green basil is seldom to be procured, and its fine flavour is soon lost, the best way of preserving the extract is by pouring wine on the fresh leaves. Bay leaves, tomata, tarragon, chervil, burnet, allspice, cinnamon, ginger, nutmeg, clove, mace, black pepper, white pepper, essence of anchovy, lemon peel, lemon juice, and Seville orange juice. The latter imparts a finer flavour than the lemon, and the acid is much milder. The above materials, with wine and mushroom ketchup, combined in various proportions, will make an endless variety of excellent broths and soups. The general fault of English soups seems to be the employment of an excess of spice, and too small a proportion of roots and herbs. This is especially the case with tavern soups, where cayenne and garlic are often used instead of black pepper and onion, for the purpose of obtaining a higher relish. Soups, which are intended to constitute the principal part of a meal, certainly ought not to be flavoured like sauces, which are only designed to give a relish to some particular dish. The principal art in composing a good rich soup, is so to proportion

the several ingredients one to another, that no particular taste be stronger than the rest; but to produce such a fine harmonious relish, that the whole becomes delightful. In order to this, care must be taken that the roots and herbs be perfectly well cleaned, and that the water be proportioned to the quantity of meat, and other ingredients. In general a quart of water may be allowed to a pound of meat for soups; and half the quantity for gravies. If they stew gently, little more water need be put in at first, than is expected at the end; for when the pot is covered quite close, and the fire gentle, very little is wasted. Gentle stewing is incomparably the best; the meat is more tender, and the soup better flavoured. The cover of a soup kettle should fit very close, or the most essential parts of the broth will soon evaporate, as will also be the case with quick boiling. It is not merely the fibres of the meat that afford nourishment, but chiefly the juices they contain; and these are not only extracted [375] but exhaled, if it be boiled fast in an open vessel. A succulent soup can never be made but in a well closed vessel, which preserves the nutritive parts by preventing their dissipation, yet the flavour is perhaps more wholesome by an exposure to the air. Place the soup kettle over a moderate fire, sufficient to make the water hot, without causing it to boil; for if the water boils immediately, it will not penetrate the meat, and cleanse it from the clotted blood and other matters, which ought to go off in scum. The meat will be hardened all over by violent heat, will shrink up as if it were scorched, and afford very little gravy. On the contrary, by keeping the water heating about half an hour without boiling, the meat swells, becomes tender, and its fibres are dilated. By this process, it yields a quantity of scum, which must be taken off as soon as it appears. After the meat has had a good infusion for half an hour, the fire may be improved to make the pot boil, and the vegetables be put in with a little salt. These will cause more scum to rise, which must be taken off immediately. Then cover the boiler very closely, and place it at a proper distance from the fire, where it is to boil very gently and equally, but not fast. Soups will generally take from three to six hours doing. The better way is to prepare them the evening before, as that will give more time to attend to the dinner the next day. When the soup is cold, the fat may much more easily and completely be removed; and when it is decanted, take care not to disturb the settlings at the bottom of the vessel, which are so fine that they will escape through a sieve. A tammis is the best strainer, the soup appears smoother and finer, and the cloth is easier cleaned than any sieve. If you strain it while it is hot, let the tammis or napkin be previously soaked in cold water; the coldness of the strainer will tend to coagulate the fat, and only suffer the pure broth to pass through. The full flavour of the ingredients can only be extracted by long and slow simmering, during which the boiler must be kept close covered, to prevent evaporation. Clear soups must be perfectly transparent, thickened soups about the consistence of cream; the latter will require nearly double the quantity of seasoning, but too much spice makes it unwholesome. To thicken and give body to soups and sauces, the following materials are used. Bread raspings, potatoe mucilage, isinglass, flour and butter, barley, rice, or oatmeal and water rubbed well together. Any of these are to be mixed gradually with the soup, till thoroughly incorporated, and it should afterwards have at least half an hour's gentle simmering. If it appears lumpy, it must be passed through a tammis or fine sieve. A piece of boiled beef pounded to a pulp, with a bit of butter and flour, and rubbed through a sieve, and gradually incorporated with the soup, will be found an excellent addition. If the soup is too thin or too weak, take off the cover of the boiler, and let it boil till some of the watery part of it has evaporated; or add some of the thickening materials before mentioned. When soups and

gravies are kept from day to day, in hot weather, they should be warmed up every day, and put into fresh scalded pans or tureens, and placed in a cool cellar. In temperate weather, every other day may be sufficient.—It has been imagined that soups tend to relax the stomach; but so far from being prejudicial in this way, the moderate use of such kind of liquid food may rather be considered as salutary, and affording a good degree of nourishment. Soup of a good quality, if not eaten too hot, or in too great a quantity, is [376] attended with great advantages, especially to those who drink but little. Warm fluids in the form of soup, unite with our juices much sooner and better, than those which are cold and raw. On this account, what is called Restorative Soup is the best food for those who are enfeebled by disease or dissipation, and for old people, whose teeth and digestive organs are impaired. After taking cold, or in nervous headachs, cholics, indigestions, and different kinds of cramps and spasms in the stomach, warm broth or soup is of excellent service. After intemperate eating, to give the stomach a holiday for a day or two, by a diet on mutton broth, is the best way to restore its tone. The stretching of any power to its utmost extent, weakens it; and if the stomach be obliged every day to do as much as it can, it will every day be able to do less. It is therefore a point of wisdom to be temperate in all things, frequently to indulge in soup diet, and occasionally in almost total abstinence, in order to preserve the stomach in its full tone and vigour.—Cheap soups for charitable purposes are best made of fat meat, well boiled with vegetables. Much unreasonable prejudice has prevailed on this subject, as if fat was unsuitable for such a purpose, when it is well known that the nutritious parts of animal and vegetable diet depend on the oil, jelly, mucilage, and sweetness which they contain. The farina of grain, and the seeds of vegetables, contain more of the nutritious and essential parts of the plant than any other, as is evident from the use of celery seed, the eighth part of an ounce of which will give more relish to a gallon of soup, than a large quantity of the root or stalk. On the same principle, the fat is the essence of meat, nearly so as the seeds of plants are of their respective species. To establish this fact, a simple experiment will be sufficient. Boil from two to four ounces of the lean part of butcher's meat in six quarts of water, till reduced to a gallon. Thicken it with oatmeal, and the result of the decoction will be found to be water gruel, or something like it. But dissolve the same quantity of the fat of meat in a gallon of water, thicken it over the fire with oatmeal, and the result will be a very pleasant broth, possessing the identical taste of the meat in a considerable degree, whether of beef or mutton. If some of the gelatinous parts of meat be added, the broth is then of a rich and nutritious quality, and can be made very cheap. For example: take from four to six ounces of barley, oatmeal two ounces, onions or leeks a small quantity; beef fat, suet, or drippings, from two to four ounces; celery seed half a spoonful, pepper and salt to give the soup a relish, and water sufficient to make a gallon. Boil the barley, previously washed, in six quarts of water, which when boiled sufficiently soft will be reduced to a gallon. It will be necessary to skim it clean in the course of the boiling, and to stir it well from the bottom of the boiler. The celery seed should be bruised, and added with the leeks and onions, towards the end of the process. The oatmeal is to be mixed in a little cold water, and put in about an hour before the soup is done. In the last place add the fat, melted before the fire, if not in a state of drippings, and season with pepper and salt. A few grains of cayenne would give the soup a higher relish. Wheat flour may be used instead of oatmeal, but in a smaller proportion. The addition of turnips, carrots, and cabbages, will be a considerable improvement. The intention of the oatmeal or flour is, by the mucilage they

contain, assisted with barley broth, to unite the fat with the liquid, so as to form one uniform mass. Where the fat is suspended in the soup, and not seen floating on the top, by which it is rendered easier of digestion, and more readily convertible into good chyle, it is evident that it must be more palatable, as well as abundantly more nutritious. Some may think this kind of soup unwholesome, from the quantity of fat it contains; but a little reflection will shew the contrary. Suet puddings and dumplins are not unwholesome, neither are mutton drippings with potatoes or other vegetables. In short, fat is eaten daily by all ranks of people, in some way or other, in much larger quantities than is prescribed for soup. A labouring man would find no difficulty in eating as much suet at one meal, in a flour pudding, or as much drippings as is necessary for a gallon of soup, in a mass of potatoes or cabbages; while at the same time a quart of soup with a slice of bread, would be a very hearty meal. In no other way could meat drippings be applied to so good a purpose, as in the manufacture of a gallon of soup, sufficient to give a dinner to a whole family. The quantity of fat or drippings necessary for the soup is so small, that it may easily be spared from a joint of roast meat, while enough will remain for other purposes. When mutton dripping is made into soup, wheat flour is better than oatmeal; but the mucilage of potatoe is better still, requiring only one ounce to the gallon. When pork is roasted, peas should be used in preference to boiled barley, and the soup will be very superior in flavour to any that is made with the bones of meat, or combined with bacon. Fat pork is eaten daily in large quantities, in most of the counties of England; and in some parts, hog's lard is spread on bread instead of butter, besides the abundance of lard that is used by all ranks of people, in puddings, cakes, and pasties. Fat enters so much into the composition of our diet, that we could scarcely subsist without it; and the application of it to soups is only a different mode of using it, and certainly more frugal and economical than any other. It may readily be perceived how soups made from lean meat might be improved by the addition of a little fat, mixed up and incorporated with a mucilage of potatoes, of wheat flour, oatmeal, peas, and barley. But where a quantity of fat swims on the surface of the broth, made from a fat joint of meat, and it cannot from its superabundance be united with the liquid, by means of any mucilage, it had better be skimmed off, and preserved for future use; otherwise the soup will not be agreeable, for it is the due proportion of animal and vegetable substance that makes soup pleasant and wholesome. To make good soup of a leg of beef or an ox cheek, which is generally called stew, a pretty large quantity of the vegetable class ought to be added; and none seems better adapted than Scotch barley, by which double and treble the quantity of soup may be made from the same given weight of meat. One pint of well prepared leg of beef, or ox cheek soup, together with the fat, will make a gallon of good soup at the trifling expense of four-pence. In the same way soups may be made from the stew of beef, mutton, veal, or pork, choosing those parts where mucilage, jelly, and fat abound. Bacon is allowed to be a considerable improvement to the taste of veal, whether roasted or boiled; and it is the same in soup. When therefore veal broth is made for family use, two ounces of fat bacon should be added to every gallon, melted before the fire or in a fryingpan. The soup should then be thickened with flour, potatoe starch, and barley. The last article should seldom be omitted in any soup, it being so very cheap and pleasant, as well as wholesome and nutritious. Soup made of tripe is another cheap article. Boil a pound of well cleaned tripe in a gallon of barley broth, with onions and parsley, adding two ounces of bacon fat, with salt and pepper. This produces an extremely nutritious soup, from the gelatinous principle with which the tripe abounds. Cow heels,

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calves and sheep's feet, are also well adapted to the purpose. Excellent soups may be made from fried meat, where the fat and gravy are added to the boiled barley; and for that purpose, fat beef steaks, pork and mutton chops, should be preferred, as containing more of the nutritious principle. Towards the latter end of frying the steaks, add a little water to produce a gravy, which is to be put to the barley broth. A little flour should also be dredged in, which will take up all the fat left in the fryingpan. A quantity of onions should previously be shred, and fried with the fat, which gives the soup a fine flavour, with the addition of pepper, salt, and other seasoning. There would be no end to the variety of soups that might be made from a number of cheap articles differently combined; but perhaps the distribution of soup gratis does not answer so well as teaching people how to make it, and to improve their comforts at home. The time lost in waiting for the boon, and fetching it home, might by an industrious occupation, however poorly paid for labour, be turned to a better account than the mere obtaining of a quart of soup. But it unfortunately happens, that the best and cheapest method of making a nourishing soup, is least known to those who have most need of it. The labouring classes seldom purchase what are called the coarser pieces of meat, because they do not know how to dress them, but lay out their money in pieces for roasting, which are far less profitable, and more expensive in the purchase. To save time, trouble, and firing, these are generally sent to the oven to be baked, the nourishing parts are evaporated and dried up, the weight is diminished nearly one third, and what is purchased with a week's earnings is only sufficient for a day or two's consumption. If instead of this improvident proceeding, a cheap and wholesome soup were at least occasionally substituted, it would banish the still more pernicious custom of drinking tea two or three times a day, for want of something more supporting and substantial. In addition then to the directions already given, the following may be considered as one of the cheapest and easiest methods of making a wholesome soup, suited to a numerous family among the labouring classes. Put four ounces of Scotch barley washed clean, and four ounces of sliced onions, into five quarts of water. Boil it gently for one hour, and pour it into a pan. Put into a saucepan nearly two ounces of beef or mutton drippings, or melted suet, or two or three ounces of minced bacon; and when melted, stir into it four ounces of oatmeal. Rub these together into a paste, and if properly managed, the whole of the fat will combine with the barley broth, and not a particle, appear on the surface to offend the most delicate stomach. Now add the barley broth, at first a spoonful at a time, then the rest by degrees, stirring it well together till it boils. Put into a teacup a dram of finely pounded cress or celery seed, and a quarter of a dram of finely pounded cayenne, or a dram and a half of ground black pepper or allspice, and mix it up with a little of the soup. Put this seasoning into the whole quantity, stir up the soup thoroughly, let it simmer gently a quarter of an hour, and add a little salt. The flavour may be [379] varied by doubling the portion of onions, or adding a clove of garlic or shalot, and leaving out the celery seed. Change of food is absolutely necessary, not only as a matter of pleasure and comfort, but also of health. It may likewise be much improved, if instead of water, it be made of the liquor that meat has been boiled in. This soup has the advantage of being very soon made, with no more fuel than is necessary to warm a room. Those who have not tasted it, cannot imagine what a savoury and satisfying meal is produced by the combination of these cheap and homely ingredients.

SOUP WITH CUCUMBERS. Pare and cut the cucumbers, then stew them with some good broth, and veal gravy to cover them. When done enough, heat the soup with the liquor

they were stewed in, and season it with salt. Serve up the soup garnished with the cucumbers. These will be a proper garnish for almost any kind of soup.

SOUP A L' EAU. Put into a saucepan holding about three pints, a quarter of a cabbage, four carrots, two parsnips, six onions, and three or four turnips. Add a root of celery, a small root of parsley, some sorrel, a bunch of white beet leaves and chervil, and half a pint of peas tied in a piece of linen. Add water in proportion to the vegetables, and stew the whole for three hours. Strain off the broth, add some salt, heat it and serve it up, garnished with the vegetables.

SOUP GRAVY. Take some good juicy lean beef, free from sinews or other offal substance; or take the lean of a neck, or loin, or the fleshy part of a leg of mutton, or well-grown fowl, in the proportion of a pound of meat to a quart of water to beef, and rather less to mutton or fowl. Cut the meat in pieces, and let it stew very gently till the pure gravy is fairly drawn from the meat, without extracting the dregs. The time required for this will vary according to the quantity, the proper degree of heat being of course longer in penetrating the larger portion. From an hour and a half to three hours, at discretion, will allow sufficient time for any quantity that is likely to be wanted at once for soup, at least in private families. When done, strain the gravy through a hair sieve into an earthen pot, and let it stand till cold. Take off the fat, and pour the gravy clear from the sediment at the bottom.

SOUP MAIGRE. Melt half a pound of butter into a stewpan, shake it round, and throw in half a dozen sliced onions. Shake the pan well for two or three minutes, then put in five heads of celery, two handfuls of spinach, two cabbage lettuces cut small, and some parsley. Shake the pan well for ten minutes, put in two quarts of water, some crusts of bread, a tea-spoonful of beaten pepper, and three or four blades of mace. A handful of white beet leaves, cut small, may be added. Boil it gently an hour. Just before serving, beat in two yolks of eggs, and a large spoonful of vinegar.—Another. Flour and fry a quart of green peas, four sliced onions, the coarse stalks of celery, a carrot, a turnip, and a parsnip. Pour on three quarts of water, let it simmer till the whole will pulp through a sieve, and boil in it the best of the celery cut thin.—Another way. Take a bunch of celery washed clean and cut in pieces, a large handful of spinage, two cabbage lettuces, and some parsley; wash all very clean, and shred them small; then take a large clean stewpan, put in about half a pound of butter, and when it is quite hot, slice four large onions very thin, and put into your butter; stir them well about for two or three minutes; then put in the rest of your herbs; shake all well together for near twenty minutes, dust in some flour, and stir them together; pour in two quarts of boiling [380] water; season with pepper, salt, and beaten mace: chip a handful of crust of bread, and put in; boil it half an hour, then beat up the yolks of three eggs in a spoonful of vinegar; pour it in, and stir it for two or three minutes; then send it to table.

SOUP WITH ONIONS. Blanch some small white onions in scalding water, peel off the first skin, and stew them in a little broth. When ready, lay them in a row round the edge of the dish intended for the soup. To keep them in their place, put a thin slip of bread rubbed with white of egg round the rim of the dish, and set the dish for a moment over a stove to fasten the bread. Slips of bread may be used in this manner to keep all kinds of garnishing to soups in their proper place.

SOUP A LA REINE. Blanch and beat very fine in a marble mortar, three quarters of a pound of sweet almonds, with the white part of a cold roasted fowl. Slice to these the crumb of four small rolls, and then strain to it three quarts of good veal gravy, boiled with a blade of mace. Simmer these all together for a quarter of an hour, then rub them through a tammis, season it with salt, give it a boil, and serve it up with a small tea-cupful of cream stirred into it, and the slices of crust cut off the rolls laid on the top.—Another way. Have ready a strong veal broth that is white, and clean scummed from all fat; blanch a pound of almonds, beat them in a mortar, with a little water, to prevent their oiling, and the yolks of four poached eggs, the lean part of the legs, and all the white part of a roasted fowl; pound all together, as fine as possible; then take three quarts of the veal broth, put it into a clean stew-pot, put your ingredients in, and mix them well together; chip in the crust of two French rolls well rasped; boil all together over a stove, or a clear fire. Take a French roll, cut a piece out of the top, and take out all the crumb: mince the white part of a roasted fowl very fine, season it with pepper, salt, nutmeg, and a little beaten mace; put in about an ounce of butter, and moisten it with two spoonfuls of your soup strained to it; set it over the stove to be thoroughly hot: cut some French roll in thin slices, and set them before the fire to crisp; then strain off your soup through a tammis or a lawn strainer, into another clean stew-pot; let it stew till it is as thick as cream; then have your dish ready; put in some of your crisp bread; fill your roll with your mince, and lay on the top as close as possible; put it into the middle of your dish, and pour a ladleful of your soup over it; put in your bread first, then pour in your soup, till your dish is full. Garnish with petty patties; or make a rim for your dish, and garnish with lemon raced. If you please, you may send a chicken boned in the middle, instead of your roll; or you may send it to table with only crisp bread.

SOUP A-LA SAP. Boil half a pound of grated potatoes, a pound of beef sliced thin, a pint of grey peas, an onion, and three ounces of rice, in six pints of water till reduced to five. Strain it through a cullender, pulp the peas into it, and return it into the saucepan with two heads of sliced celery. Stew it tender, add pepper and salt, and serve it with fried bread.

SOUR BEER. If beer be brewed ever so well, much will depend on the management afterwards, to prevent its becoming sour or vapid. Different conveniences of cellarage will materially affect beer. If the cellar is bad, there should not be more than six weeks between brewing and brewing. Where beer is kept too long in a bad cellar, so as to be affected by [381]
the heat of the weather, it will putrefy, though ever so well bunged. Hops may prevent its turning sour, but will not keep it from becoming vapid. It should be well understood, that there is no certainty in keeping beer, if not brewed at the proper season. In winter there is a danger of wort getting too cold, so as to prevent the process of fermentation; and in the summer, of its not being cool enough, unless brewed in the dead of night. In temperate weather, at the spring or autumn, the spirit of the beer is retained, and it is thereby enabled to work the liquor clear; whereas in hot weather, the spirit quickly evaporates, leaving the wort vapid and flat, unable to work itself clear, but keeping continually on the fret, till totally spoiled. This is the obvious reason for the use of sugar, prepared for colour, because sugar will bear the heat better than malt; and when thoroughly prepared, possesses such a strong principle of heat in itself, as to bid defiance to the hottest temperature of the air, and to render its turning sour almost impossible. Clean casks are also essential to the preservation of good beer. To keep the casks sweet and in order, never allow them to remain open; but

whenever the beer is drawn off, bung them up tight with the lees within them. In a good cellar they will never spoil. Should the casks get musty, the following method will remedy the evil. Soak them well for three or four days in cold water, then fill them full of boiling hot water; put in a lump or two of lime, shake it thoroughly till quite dissolved, let the casks stand about half an hour, then wash them out with cold water, and they will be clean and sweet. If still apprehensive of the beer getting flat or sour, put into a cask containing eighteen gallons, a pint of ground malt suspended in a bag, and close the bung perfectly. This will prevent the mischief, and the beer will improve during the whole time of drawing it. When beer has actually turned sour, put in some oyster shells, calcined to whiteness, or a little powdered chalk. Either of these will correct the acidity, and make it brisk and sparkling. Salt of tartar, or soda powder, put into the beer at the time of drinking it, will also destroy the acidity, and make it palatable.

SOUR KROUT. Take some full-grown hard cabbages of the closest texture, and cut them into slices about an inch thick, opening them a little, that they may receive the salt more effectually. Rub a good deal of salt amongst them, lay them into a large pan, and sprinkle more salt over them. Let them remain twenty-four hours, turning them over four or five times, that every part may be alike saturated. Next day put the cabbage into a tub or large jar, pressing it down well, and then pour over it a pickle made of a pint of salt to a quart of water. This pickle must be poured on boiling hot, and the cabbage entirely covered with it. Let it stand thus twenty-four hours longer, when it will have shrunk nearly a third. Then take the cabbage out, and put it into a fresh tub or jar, pressing it down well as before, and pour over it a pickle made as follows. To one quart of the salt and water pickle which had been used the day before, put three quarts of vinegar, four ounces of allspice, and two ounces of carraway seeds. This must be poured on cold, so as to cover the cabbage completely. Let it stand one day loosely covered, and then stop it down quite close.

SOUR SAUCE FOR FISH. Boil two blades of mace in a wine glass of water, and half as much sharp vinegar, for a quarter of an hour. Then take out the mace, and put in a quarter of a pound of butter, and the yolk of an egg well beaten. Shake these over the fire one way [382] till the sauce is properly thickened, without suffering it to boil.

SOUSE FOR BRAWN. Boil a quarter of a pint of wheat bran, a sprig of bay, and a sprig of rosemary, in two gallons of water for half an hour, adding four ounces of salt. Strain it, and let it cool. This will do for pig's feet and ears, as well as brawn.

SOUSED STURGEONS. Draw and divide the fish down the back, and then into pieces. Put the fish into salt and water, clean it well, bind it with tape, and boil it very carefully in vinegar, salt, and water. When done lay it to cool, and pack it up close in the liquor it was boiled in.

SOUSED TRIPE. Boil the tripe, but not quite tender; then put it into salt and water, which must be changed every day till it is all used. When the tripe is to be dressed, dip it into a batter of eggs and flour, and fry it of a good brown.

SOY. To make English soy, pound some walnuts when fit for pickling, in a marble mortar, very small. Squeeze them through a strainer, let the liquor stand to settle, and then pour off the fine. To every quart of liquor put a pound of anchovies, and two cloves of

shalot. Boil it enough to make the scum rise, and clear it well. Add two ounces of Jamaica pepper, a quarter of an ounce of mace, and half a pint of vinegar. Boil it again, until the anchovies are dissolved and the shalot tender, and let it stand till the next day. Then pour off the fine, and bottle it for use. Strain the thick through a sieve, and put it by separately. When used for fish, put some of the soy to the usual anchovies and butter, or to plain butter.

SPANISH CARDOONS. Cut them three inches long, leaving out any that are hollow and green. Boil them in water half an hour, and then put them into warm water to pick them. Stew them with some broth, with a spoonful of flour mixed in it. Add salt, onions, roots, a bunch of sweet herbs, a dash of verjuice, and a little butter. When they are well done take them out, and put them into a good cullis, with a little broth. Boil them half an hour in this sauce to give them a flavour, and then serve them up. Let the sauce be neither too clear nor too thick, and of a fine light colour.

SPANISH FLUMMERY. Scald a quart of cream, with a little cinnamon or mace. Mix this gradually into half a pound of rice flour, and then stir it over a gentle fire till it acquires the thickness of jelly. Sweeten it to the taste, and pour it into cups or shapes. Turn it out when cold, and serve it up. Cream, wine, or preserves eat well with it, or it may be eaten alone as preferred. Oatmeal may be used instead of rice.

SPANISH FRITTERS. Cut the crumb of a French roll into square lengths, of the thickness of one's finger, nutmeg, sugar, pounded cinnamon, and an egg. When well soaked, fry the fritters of a nice brown; and serve with butter, wine, and sweet sauce.

SPANISH PUFFS. Boil a stick of cinnamon, a piece of lemon peel, and a little sugar, in three quarters of a pint of water for ten minutes. Let it cool, then add three eggs well beaten, and shake in three large spoonfuls of flour. Beat these well together, add three more eggs, and simmer the whole over the fire, till it thickens almost to a paste. Drop this with a tea-spoon into boiling lard, and fry these little puffs of a delicate light brown.

SPANISH SAUCE. Put some gravy into a saucepan with a glass of white wine, and the same of good broth. Add a bunch of parsley and chives, two cloves of garlic, half a bay leaf, a pinch of coriander seed, two cloves, a sliced onion, a carrot, half a parsnip, and two spoonfuls of salad oil. Stew these for two hours over a very slow fire. Skim off the fat, pass the sauce through a tammis, season it with pepper and salt, and use it with any thing as approved. [383]

SPARERIB. Baste it with a very little butter and flour; and when done, sprinkle it with dried sage crumbled. Serve it with potatoes and apple sauce.

SPARROW. A mischievous destructive bird in corn-fields, and which should mostly be destroyed. It is observed, that were all the farmers in a neighbourhood to agree to their destruction, by offering rewards for their heads, their numbers might be lessened; and that were the practice general, surely the whole race might be extirpated. It is supposed that six-pence a dozen the first year, nine-pence the second, and a shilling the third year, would nearly reach their complete extirpation. To enforce which it should be considered how soon twelve sparrows destroy twelve penny-worth of wheat. In Kent, they use a species of trap, which is very effectual in taking them. It consists of a small wicker basket, resembling a fruit-

sieve of the London markets, with a cover of the same material fitted to it, and formed on the principle of the fish-pot, and the vermin trap, into which the entrance is easy, but the return difficult. These traps, which are an ordinary article of sale in the markets of the district, are constituted of brown unpeeled oziers. The diameter about two feet; the depth nine inches; the cover is somewhat dishing, with a tunnel or inverted cone, in the centre, reaching to within an inch of the bottom of the basket; the aperture or entrance, formed by the points of the twigs, of which the tunnel is constructed, being about an inch and a half in diameter. And the usual bait is wheat scattered in the basket. The number caught at once, is frequently more than theory would suggest; the contentions of a few that have entered, seldom failing to bring others to the combat. These mischievous birds, however, soon grow too cunning to be taken in any sort of trap to any extent, which has a chance of extirpating and destroying the race; consequently some more effectual and certain plan, such as that suggested above, or some other, which is better and more fully adapted to the purpose, must be had recourse to in order to completely exterminate them, and prevent the injury they do annually to the farmer, in the destruction of his wheat and other crops. Though these are only small birds, they destroy vast quantities of grain, much more than has indeed been commonly supposed. It is stated to have been calculated to have amounted to a hundred sacks of wheat besides the oats and barley, in the course of only one season, in a township of no very great extent in the north-western part of the kingdom. Where rewards or sums of money are paid for the taking or destroying them, no advantages are gained, except where there are sufficiently ample and proper regulations entered into and enforced, the whole district, parish, or township, becomes partakers in the business. No languid or half measures will do any thing useful, or to the purpose, in this sort of undertaking. It is not improbable, but that these destructive birds might be greatly extirpated and thinned down in their numbers, by the use of some tasteless infusion of a strongly poisonous nature, either to the ears of the grain at the time of harvest, or to the naked grain in the winter season, when they are extremely eager for food, as they are constantly found to remain hovering about houses or other buildings, where the effects of such trials might easily be ascertained. If such a method should succeed, the whole race might readily, and with great facility and certainty, be exterminated. [384]

SPASMS. An involuntary and painful contraction of the muscles may arise from various causes, and require different modes of treatment. But if no medical assistance be at hand, the application of volatile liniments to the part affected, a clyster with a little laudanum in it, or the warm bath, may be tried with advantage.

SPERMACETI OINTMENT. This is made of a quarter of a pint of fine salad oil, a quarter of a pound of white wax, and half an ounce of spermaceti, melted over a gentle fire, and kept stirring till the ointment is cold.

SPICES. As it regards health, spices are generally improper; but black pepper, ginger, and cayenne, may be esteemed the best. Nutmegs, cloves, mace, cinnamon, and allspice, are generally productive of indigestion and headach, in persons of a weakly habit.

SPIDERS. These industrious insects are generally loathed and destroyed, though they are extremely useful in reducing the quantity of flies, and serve as a very accurate barometer for the weather. When they are totally inactive, it is a certain sign that rain will shortly follow; but if they continue to spin during a shower, it indicates that the rain will soon be over, and

that calm and fine weather will succeed. If the weather be about to change, and become wet or windy, the spider will make the supporters of his web very short; but if the threads be extended to an unusual length, the weather will continue serene for ten or twelve days, or more, according to the length of the threads which support the web. The red spider however is very injurious and destructive to different sorts of plants and fruit-trees, especially in forcing houses. It is found particularly so to those of the forced French bean, melon; peach, vine, cherry, currant, and some other kinds. The generation and production of this insect are greatly caused and promoted by the dry warm heat that is constantly kept up in the houses which contain these sorts of plants and trees, and there are many other circumstances which combine in bringing it forth. It is an insect which has no wings, and the female is oviparous. Several different methods have been attempted in order to the removal and destruction of it. Constant daily watering, or washing the trees, are said to have the power of subduing it, but in the execution of the work, care is always to be taken that every part of the leaves be wetted, otherwise the insects shelter and save themselves in the dry parts, and are preserved from the effects of the water. Moisture conveyed in some way or other is certainly found to be the most destructive, of any thing yet discovered, of these pernicious insects, as well as many others that infest hot-houses. Throwing weak lime-water in a plentiful manner on the under sides of the leaves, where these insects are commonly found, will, for the most part, soon destroy them. The following directions have been given for the destruction of this sort of spider, when it becomes injurious to melon plants; and the same may probably be found useful for those of the forced French bean, and some other similar kinds. In cases of dry weather, and with a dry heat, melon plants are very subject to be infested with the red spider; and the appearances of it may constantly be long noticed before the insects can be seen with the naked eye, by the leaves beginning to curl and crack in their middle parts. Whenever they are discovered to be in this state or condition, and there is fine warm sunny weather, the watering of them all over the leaves, both on the under and upper sides, is [385] advised; a watering-pot, with a rose finely perforated with holes, or a garden-engine, which disperses the water in a fine dew-like manner, being employed for the purpose. The work should be performed about six o'clock in the morning, and the plants be shaded with mats about eight, if the sun shine with much power, shutting the frames down closely until about eleven; and then admitting a small quantity of fresh air, letting the mats remain until about three in the afternoon, when they should be wholly taken away. The shade which is thus afforded by the mats prevents the leaves of the plants from being scorched or otherwise injured by the action of the heat of the sun while they are in a wet cooled down state. Where a southerly breeze prevails, watering them again about three in the afternoon is recommended, shutting them up close as before, to keep the heat in, which causes a strong exhalation of the moisture, and is greatly destructive of the spiders. In all these waterings, the water is to be thrown as much and as finely as possible on the under sides of the leaves, where the insects mostly lodge; the vines or stems of the plants being gently turned in that intention, taking great care not to injure them, by which means the water is capable of being easily thrown over the whole of the under sides of the leaves, it being done in a gentle manner, in the modes already suggested, so as not to wash up the mouldy matters unto the plants: the lights and sides of the frames which contain the plants, should also, at the same time, have water plentifully thrown on and against them. When these waterings are finished, the vines or stems of the plants are to be carefully laid down again in their former positions.

And if the day be sunny, the mats may be let remain, as already directed, until the leaves of the plants become perfectly dry, air being admitted according to the heat that may be present at the time. It is likewise further advised as a precautionary measure, that, before the frames and lights, which are to contain plants of this sort, are employed, they should be well washed, both inside and out, first with clean water, and then with a mixture of soap-suds and urine; a brush or woollen rag being made use of in the operation; as by this method the ova or eggs of the spiders or other insects that may have been deposited and lodged in or on them, in the preceding season, may be cleared away and destroyed. The exhalations of the water which has been thrown upon the plants, and the frames or boxes that contain them, may also be useful in killing these insects, in other cases by keeping them in a close state. These washings should never, however, be performed in cold frosty seasons; and the water made use of in such cases should always be of the rain or soft kind.

SPINACH. This vegetable requires to be carefully washed and picked. When that is done, throw it into a saucepan that will just hold it, sprinkle it with a little salt, and cover it close. Set the pan on the fire, and shake it well. When sufficiently done, beat up the spinach with some butter, but it must be sent to table pretty dry. It would look well, if pressed into a tin mould in the form of a large leaf, which is sold at the tin shops. A spoonful of cream is an improvement.

SPINACH CREAM. Beat the yolks of eight eggs with a whisk or a wooden spoon, sweeten it well, and add a stick of cinnamon, a pint of rich cream, and three quarters of a pint of new milk. Stir it well, and then add a quarter of a pint of spinach juice. Set it over a gentle stove, and stir it constantly one way, till it is as thick as a hasty pudding. Put into a [386] custard dish some Naples biscuits, or preserved orange, in long slices, and pour the mixture over them. It is to be eaten cold, and is a dish either for supper, or for a second course.

SPINACH AND EGGS. The spinach must be well washed, then throw a small handful of salt into a saucepan of boiling water, before the spinach is put in, and press it down as it boils. When it becomes tender, press it well in a sieve or cullender. Break the eggs into cups, and put them into a stewpan of boiling water. When done, take them out with a slice, and lay them on the spinach. Send them to table with melted butter.

SPINACH PUDDING. Scald and chop some spinach very fine, four ounces of biscuit soaked in cream, the yolks of eight eggs beat up, a quarter of a pound of melted butter, a little salt and nutmeg, and sugar to your taste; beat up all together, and set it over the fire till it is stiff, but do not let it boil; cool it, and bake it in puff-paste; or you may butter a bason, and boil it.—Another. Boil a pint of cream, with some lemon-peel, a blade of mace, half a nutmeg cut in pieces; strain it off, and stir it till it is cold, then boil a good handful of young spinach tender; chop it very fine; beat up eight eggs, leave out four whites, add some fine sugar pounded, and a glass of sack; mix all well together, put it into the dish, with a puff-paste at the bottom, and lay on the top candied orange and lemon cut in thin slices. Half an hour, or a little better, will bake it.

SPINACH SOUP. Shred two handfuls of spinach, a turnip, two onions, a head of celery, two carrots, and a little parsley and thyme. Put all into a stewpot, with a bit of butter the size of a walnut, and a pint of good broth, or the liquor in which meat has been boiled.

Stew till the vegetables are quite tender, and work them with a spoon through a coarse cloth or sieve. To the vegetable pulp and liquor, add a quart of fresh water, salt and pepper, and boil all together. Have ready some suet dumplins the size of a walnut, and put them into a tureen, before the soup is poured over. The suet must be quite fresh, and not shred too fine.

SPIRITS. Good pure spirits ought to be perfectly clear, pleasant, and strong, though not of a pungent odour, and somewhat of a vinous taste. To try the purity of spirits, or whether they have been diluted with water, see whether the liquor will burn away without leaving any mixture behind, by dipping in a piece of writing paper, and lighting it at the candle. As pure spirit is much lighter than water, put a hollow ivory ball into it: the deeper the ball sinks, the lighter the liquor, and consequently the more spirituous.

SPIRITS OF CLARY. Distil a peck of clary flowers in a cold still, and then another peck of flowers, adding to them the distilled liquor. Put to this a bottle of sack or sweet wine, and another peck of flowers, and put all together into a glass still. Let it distil on white sugar candy, with the addition of a little ambergris.

SPIRITS OF LAVENDER. Take fourteen pounds of lavender flowers, ten gallons and a half of rectified spirits of wine, and one gallon of water. Draw off ten gallons by a gentle fire, or which is much better, by a sand-bath heat. To convert this into the red liquid known by the name of compound lavender spirits, take of the above lavender spirits two gallons, of Hungary water one gallon, cinnamon and nutmegs three ounces each, and of red saunders one ounce. Digest the whole for three days in a gentle heat, and then filtre it for use. Some [387] add saffron, musk, and ambergris, of each half a scruple; but these are now generally omitted.

SPIRITS OF SAFFRON. Pick eight ounces of English saffron very clean, cut it fine, and steep it twenty-four hours in a gallon of the best white wine. Put it into an alembic with three gallons of water, draw it off gently so long as the saffron tastes, and sweeten it with white sugar candy. Dissolve the candy in some of the weaker extract, after the stronger part is drawn off, by setting it on the fire, and then mix the whole together.

SPITS. Roasting spits require to be kept bright and clean, and should be scoured with nothing but sand and water. If they are wiped clean, as soon as the meat is drawn from them, and while they are hot, a very little cleaning will be necessary. A very useful kind of spit is sold at the ironmongers, which sustains the meat without the necessity of passing it through, which is much to be preferred.

SPITCHCOCK EELS. Take one or two large eels, leave the skin on, cut them into pieces of three inches long, open them on the belly side, and clean them nicely. Wipe them dry, smear them over with egg, and strew on both sides chopped parsley, pepper and salt; a very little sage, and a bit of mace pounded fine and mixed with the seasoning. Rub the gridiron with a bit of suet, broil the fish of a fine colour, and serve with anchovy and butter sauce.

SPLINTERS. To run splinters, prickles or thorns, such as those of roses, thistles, or chesnuts, into the hands, feet, or legs, is a very common accident; and provided any such substance is immediately extracted, it is seldom attended with any bad consequences. But

the more certainly to prevent any ill effects, a compress of linen dipped in warm water, may be applied to the part, or it may be bathed a little while in warm water. If the thorn or splinter cannot be extracted directly, or if any part of it be left in, it causes an inflammation, and nothing but timely precaution will prevent its coming to an abscess. A plaster of shoemaker's wax spread upon leather, draws these wounds remarkably well. When it is known that any part of it remains, an expert surgeon would open the place and take it out; but if it be unobserved, as will sometimes happen, when the thorn or splinter is very small, till the inflammation begins, and no advice can be at once procured, the steam of water should be applied to it at first, and then a poultice of bread and milk, with a few drops of peruvian balsam. It is absolutely necessary that the injured part should be kept in the easiest posture, and as still as possible. If this does not soon succeed, good advice must be obtained without delay, as an accident of this kind neglected, or improperly treated, may be the occasion of losing a limb. In this and all cases of inflammation, a forbearance from animal food, and fermented liquors, is always advisable.

SPONGE CAKE. Weigh ten eggs, add their weight in very fine sugar, and of flour the weight of six eggs. Beat the yolks with the flour, and the whites alone, to a very stiff froth. Mix by degrees the whites and the flour with the other ingredients, beat them well half an hour, and bake the cake an hour in a quick oven.—Another, without butter. Dry a pound of flour, and a pound and a quarter of sugar. Grate a lemon, add a spoonful of brandy, and beat the whole together with the hand for an hour. Bake the cake in a buttered pan, in a quick oven. Sweetmeats may be added if approved.

SPOONMEATS FOR INFANTS. It is something more than a human axiom, that milk [388]
is for babes; and as this forms the basis of nearly all the food from which their nourishment is derived, it is necessary to observe, that the best way of using it is without either skimming or boiling it. The cream is the most nutritious balsamic part of milk, and to deprive it of this is to render it less nourishing, and less easy of digestion, than in its pure state. In some particular cases skimmed milk may be preferable, but it may be adopted as a general rule, that new milk is the wholesomest and the best. If it stands any time before it is used, instead of taking off the cream, it should be mixed in with the milk. Boiling the milk, if it be only a little, fixes it, and entirely alters its qualities. As a proof of this, it will not afterwards afford any cream, but merely a thin skin. In this state it is hard of digestion, and therefore apt to occasion obstructions. It is most proper for food in its natural state, or when only scalded.—One of the first and simplest preparations for infants is Bread Pap, made by pouring scalding water on thin slices of good white bread, and letting it stand uncovered till it cools. The water is then drained off, the bread bruised fine, and mixed with as much new milk as will make it of a tolerable consistence. It is then warm enough for use, without setting it upon the fire. Sugar is very commonly put into this pap, but it is much better without it. The palate of the child will not require sugar in any kind of food, till habit makes it familiar.—Egg Pap is another suitable article for young children. Set a quart of spring water on a clear brisk fire. Mix two spoonfuls of fresh fine flour with the yolks of two or three eggs well beaten, adding a little cold water. When the water is ready to boil, stir in the batter before it boils, till of a sufficient thickness. Then take it off the fire, add a little salt, pour it into a basin, and let it cool of itself till it become about as warm as milk from the cow. If eggs cannot be procured, a small piece of butter may be added with the salt, and stirred in gently till well mixed, to prevent its oiling.

Eggs however are to be preferred. This food is extremely wholesome, affords real nourishment, opens all the passages, breeds good blood and lively spirits, is pleasant to the palate, and grateful to the stomach. The frequent use of it purifies the blood and all the humours, prevents windy distempers and griping pain, both of the stomach and bowels. From all the ingredients bearing a resemblance to each other, no predominant quality prevails, so that it may justly claim the first place amongst all spoonmeats or paps, and as food for infants it is next to the milk of the breast. In some cases it is much better, on account of the various diseases to which suckling women are subject, and the improper food in which they too frequently indulge. No other ingredients should however be added to this kind of food, such as sugar, spices, or fruits, which tend only to vitiate the diet, and to render it less nutritious. This and other sorts of spoonmeat should be made rather thin than otherwise, and abounding with liquid, whether milk or water. All porridges and spoonmeats that are made thin, and quickly prepared, are sweeter, brisker on the palate, and easier of digestion, than those which are thick, and long in preparing. Food should never be given to children more than milk warm, and the proper way to cool it is by letting it stand uncovered to cool itself; for much stirring alters the composition, and takes off the sweetness. Covering it down too, keeps in the fumes that ought to go off, and by excluding the air, renders it less pure.—Flour Pap. To two thirds of new milk, after it has stood five or six hours from the [389] time of milking, add one third of spring water, and set it on a quick clear fire. Make a batter of milk and fine flour, and just as the milk and water is ready to boil, pour in the batter, and stir it a few minutes. When it is ready to boil again, take it off, add a little salt, and let it stand to cool. A good spoonful of flour is sufficient to thicken a pint of milk, or milk and water. This will make it about the thickness of common milk porridge, which is what will eat the sweetest, and be the easiest of digestion. This kind of food affords substantial nourishment, it neither binds nor loosens the body, but keeps it in proper order, nourishes the blood, and tends to produce a lively disposition. Pap prepared in this way is far more friendly to nature than in the common way of boiling, and may be constantly eaten with much better effect, and without ever tiring or cloying the stomach.—Oatmeal Pap. Mix a pint of milk and water, in the proportion of two thirds milk and one third water, with a good spoonful of oatmeal, but it is best not to be too thick. Set it in a saucepan upon a quick clear fire, and when it is near boiling take it off. Pour it from one basin into another, backwards and forwards seven or eight times, which will bring out the fine flour of the oatmeal, and incorporate it with the milk. Then return it into the saucepan, set it upon the fire, and when it is again ready to boil take it off, and let it stand in the saucepan a little to fine, for the husky part of the oatmeal will sink to the bottom. When settled, pour it off into a basin, add a little salt, and let it stand to cool. This is an excellent pap, very congenial to a weak constitution, affording good nourishment, and easy of digestion.—Water Gruel. Take a spoonful and a half of fresh ground oatmeal, mix with it gradually a quart of spring water, and set it on a clear fire. When ready to boil take it off, pour it from one basin into another, backwards and forwards five or six times, and set it on the fire again. Take it off again just before it boils, and let it stand a little time in the saucepan, that the coarse husks of the oatmeal may sink to the bottom. Then pour it out, add a little salt, and let it stand to cool. When water gruel is made with grots, it must boil gently for some time. The longer it boils the more it will jelly; but moderation must be observed in this respect, for if it be very long boiled and becomes very thick, it will be flat and heavy. A mistaken idea very generally prevails, that water gruel is not nourishing; on the

contrary, it is a light, cleansing, nourishing food, good either in sickness or in health, both for old and young.—Milk Porridge. Make some water gruel, and when it has stood awhile to cool, add to it about one third part of new milk without boiling. It may be eaten with or without salt. Milk porridge is exceedingly cleansing and easy of digestion, and is agreeable to the weakest stomach. There is also another way of making it, which some prefer. Stir a pint of water gradually into three large spoonfuls of fresh oatmeal, let it stand till clear, and then pour off the water. Put a pint of fresh water to the oatmeal, stir it up well, and leave it till the next day. Strain off the liquor through a fine sieve, and set it in a saucepan over a clear brisk fire. Add about half the quantity of milk gradually while it is warming, and when it is just ready to boil take it off, pour it into a basin, add a little salt, and let it stand to cool. This as well as the former porridge is very light, and proper for weak stomachs.—Indian Arrow Root is another excellent preparation for children. Put a dessert-spoonful of the powdered root into a basin, and mix with it as much cold new milk as will make it into a paste. Pour [390] upon this half a pint of milk scalding-hot, stirring it briskly to keep it smooth. Set it on the fire till it is ready to boil, then take it off, pour it into a basin, and let it cool. This may be made with water instead of milk, and some cold milk mixed with it afterwards; or if the stomach be very weak, it will be best without any milk at all. Great care must be taken to procure the genuine arrow root, which makes a very strengthening and excellent food for infants or invalids.—Sago Jelly. Soak a large spoonful of sago for an hour in cold water, then pour off the water, add a pint of fresh water to the sago, and stew it gently till it is reduced to about half the quantity. When done, pour it into a basin, and let it cool.—Sago with Milk. Prepare a large spoonful of sago by soaking it for an hour in cold water, but instead of adding water afterwards, put in a pint and a half of new milk. Boil it gently till reduced to about half the quantity, then pour it into a basin, and let it cool.—Tapioca Jelly. Wash two good spoonfuls of the large sort of tapioca in cold water, and then soak it in a pint and a half of water for four hours. Stew it gently in the same water till it is quite clear. Let it stand to cool after it is poured out of the saucepan, and use it either with or without the addition of a little new milk. —Pearl Barley Gruel. Put two ounces of pearl barley, after it has been well washed, into a quart of water. Simmer it gently till reduced to a pint, then strain it through a sieve, and let it cool.—Rice Gruel. Soak two large spoonfuls of rice in cold water for an hour. Pour off the water, and put a pint and a quarter of new milk to the rice. Stew it gently till the rice is sufficiently tender to pulp it through a sieve, and then mix the pulp into the milk that the rice was stewed in. Simmer it over the fire for ten minutes, and if it appear too thick, gradually add a little more milk, so as not to damp it from simmering. When done, pour it into a basin to cool.—Rice Milk. To four large spoonfuls of whole rice, washed very clean in cold water, add a quart of new milk, and stew them together very gently for three hours. Let it stand in a basin to cool before it is used. Another way of making rice milk is boiling the rice first in water, then pouring off the water, and boiling the rice with milk. A better way perhaps is, after washing the rice well, setting it over the fire for half an hour with a little water to break it. Add a little at a time some warm milk, till it is sufficiently done, and of a proper thickness. Let it simmer slowly, and season it with salt and sugar; but for children the sugar had better be omitted.—Ground Rice Milk. Mix a large spoonful of ground rice into a batter, with two or three spoonfuls of new milk. Set a pint of new milk on the fire, and when it is scalding hot, stir in the batter, and keep it on the fire till it thickens, but it must not boil. It should be carefully stirred to prevent its burning, and cooled by standing by in a basin.—Millet Milk.

Wash three spoonfuls of millet seed in cold water, and put it into a quart of new milk. Simmer it gently till it becomes moderately thick, and cool it in a basin till wanted for use. All those preparations which require some time in doing, also require the precaution of being carefully stirred, to prevent their burning.—Drinks for young children, in addition to their diet, are best made of milk and water, whey, barley water, pearl barley water, apple water, and toast and water. For Milk and Water, put one third of new milk to two thirds of spring water. This is best drunk cold; but if it must be warmed, it should be by putting warm water to cold milk. It ought not to be made more than milk warm. For Whey, take a quart of new [391] milk before it is cold, and put in as much rennet as will turn it to a clear whey. Let it stand till it is properly turned, and pour it off through a cheesecloth without pressing the curd, that the whey may be the purer. It may be drunk cold, or just warmed by setting it before the fire for a little while. If new milk cannot be had, other milk must be warmed to the degree of new milk.—Barley Water is made of a handful of common barley well washed, and simmered in three pints of water, till of a proper thickness for use; but the longer the barley boils, the thinner the liquor will become. Pearl Barley Water is made of an ounce of pearl barley, heated in half a pint of water over the fire in order to clean it. The water is then poured off, and a quart of fresh water added to the pearl barley. Simmer it half an hour, and if it appears too thick, add more water, but let it be kept warm, as any quantity of cold water would damp it too suddenly, and thus tend to spoil it. Both this and barley water may be used cold, or milk warm.—Apple Water. Slice into a jug two or three sound ripe apples, and pour on them a quart of scalding hot water. Let it stand to cool, and it will be fit for use. The apples should not be pared, as it takes off their spirit.—Toast and Water is made of a slice of white bread toasted quite dry, and of a dark brown colour. It is then put into a jug, and spring water poured upon it. After an hour it is fit for use. As all these preparations, both of drinks and spoonmeats, become flat and good for little by long standing, it is better to make only such quantities of them at a time as will soon be used. When they are warmed up, no more should be done at once than is just sufficient for the occasion, as repeated warming injures the nutritious quality of every thing. When it can be avoided it is better not to set things on the fire to warm them up, but to place them before or on the side of the fire. Care however must be taken not to let them dry and scorch, as it makes them very strong and unwholesome. Some earthenware vessel should be used for this purpose, as less liable to produce an injurious effect. A very good method of warming things is by setting them in a basin over boiling water, or by placing them in it.

SPRAINS. These generally proceed from some external injury, attended with pain, swelling, and inflammation. A fomentation of vinegar, or camphorated spirits of wine, if applied immediately, will generally be sufficient: if not, a few drops of laudanum should be added. The fomentation should be frequently renewed, and the sprained part kept in a state of rest and relaxation.

SPRATS. When quite good and fresh, their gills are of a fine red, their eyes and whole body beautifully bright. After being scaled and cleaned, they should be fastened in rows by a skewer run through the heads; then broiled, and served up hot and hot.

SPRATS LIKE ANCHOVIES. Salt them well, and let the salt drain from them. In twenty-four hours wipe them dry, but do not wash them. Mix four ounces of common salt, an ounce of bay salt, an ounce of saltpetre, a quarter of an ounce of sal-prunella, and half a

tea-spoonful of cochineal, all in the finest powder. Sprinkle it amongst three quarts of the fish, and pack them in two stone jars. Keep them in a cool place, fastened down with a bladder. These artificial anchovies are pleasant on bread and butter, but the genuine should be used for sauce.

SPRING FRUIT PUDDING. Peel and wash four dozen sticks of rhubarb, put them into [392] the stewpan with a lemon, a little cinnamon, and sweeten the whole with moist sugar. Set it over the fire, and reduce it to a marmalade. Pass it through a hair sieve, add the yolks of four eggs and one white, a quarter of a pound of fresh butter, half a nutmeg, and the peel of a lemon grated. Beat all well together, line the inside of a pie dish with good puff paste, put in the pudding, and bake it half an hour.

SPRING SOUP. Put a pint of peas into a saucepan with some chervil, purslain, lettuce, sorrel, parsley, three or four onions, and a piece of butter. Shake them over the fire a few minutes, add warm water in proportion to the vegetables, and stew them till they are well done. Strain off the soup, and pulp the vegetables through a tammis or sieve. Heat the pulp with three parts of the soup, mix six yolks of eggs with the remainder of it, and thicken it over the fire. When ready to serve, add this to the soup, and season the whole with salt.

SPROUTS. Before the sprouts of greens are boiled, trim and wash them very nicely, and drain them in a cullender. Then put them into boiling water, with some salt thrown in, and sprinkle a little more upon the sprouts. Boil them very fast, and clear off any scum that may arise. When the stalks are quite tender, drain the sprouts off directly into a cullender, or they will lose both their flavour and colour. Serve them up laid neatly in the dish with a fork, as that will not break them like a spoon. Borecole and Brussel sprouts, like all the cabbage species, should be boiled in plenty of water, changing it when about half done, and boiling them well.

SPRUCE BEER. Pour sixteen gallons of warm water into a barrel, with twelve pounds of molasses, and half a pound of the essence of spruce. When cool, add a pint of yeast, stir it well for two or three days, and put it into stone bottles. Wire down the corks, pack the bottles in saw dust, and the liquor will ripen in about a fortnight.

SQUAB PIE. Prepare apples as for other pies, and lay them in rows with mutton chops. Shred some onion, and sprinkle it among them, and also some sugar.—Another. Make a good crust, and sheet your dish all over; lay a layer of pippins, and strew sugar over them; cut a loin of mutton into steaks, season them with pepper and salt; lay a layer of steaks, then pippins; then lay some onions sliced thin on the apples, then the rest of your mutton, and apples and onions over all; pour in a pint of water, and lid your pye; let it be well baked.

STAFFORDSHIRE BEEF STEAKS. Beat them a little with a rollingpin, then flour and season, and fry them of a fine light brown, with sliced onions. Lay the steaks into a stewpan, and pour over them as much boiling water as will serve for sauce. Stew them very gently for half an hour, and add a spoonful of ketchup or walnut liquor, before they are served up.

STAFFORDSHIRE SYLLABUB. Put into a bowl a pint of cider, and a glass of brandy, with sugar and nutmeg. Pour into it some warm milk, from a large tea-pot, held up high, and moved over it.

STAINS BY ACIDS. Wet the injured part, and lay on some salt of wormwood; then rub it, without diluting it with more water. Or let the cloth imbibe a little water without dipping, and hold the part over a lighted match at a due distance. The spots will be removed by the sulphureous gas. Another way is to tie up some pearl ash in the stained part, then scrape some soap into cold soft water to make a lather, and boil the linen till the stain disappears. [393]

STAINS IN MAHOGANY. If any kind of furniture get stained with ink, dilute half a tea-spoonful of oil of vitriol with a large spoonful of water, and touch the stained part with a feather dipped in the liquid. It must be watched, and not suffered to remain too long, or it will leave a white mark. It is better to rub it quick, and to moisten it again, if the stain be not entirely removed.

STAINING OF BONE. This article must first be prepared, by being steeped for several days in a mixture of roche alum, vitriol, verdigris, and copper filings, infused in white wine vinegar. When the ingredients are dissolved, the mixture may be boiled with the bone in it, and it will take a fine green colour. By infusing brazil wood, French berries, or indigo in the vinegar, with a little roche alum, either red, yellow, or blue may be produced. Either bone, ivory, or wood, may be coloured in this manner.

STAINING OF PARCHMENT. Paper or parchment may be stained of a green colour, by gradually dissolving some copper filings in aqua-fortis, or the spirits of salt, putting in the filings till the ebullition ceases. A solution of verdigris in vinegar, or the crystals of verdigris in water, will answer the same purpose. A fine crimson stain may be produced by a tincture of the Indian lake, made by infusing the lake several days in spirits of wine, and pouring off the tincture from the dregs. A beautiful yellow may be formed from the tincture of turmeric, made in the same way. If the colours be wanted of a deeper cast, arnatto or dragon's blood may be added to the tincture.

STAINING OF WOOD. To stain wood of a mahogany colour, put it into a mixture of oil of turpentine and pounded dragon's blood, and let it stand an hour over a slow fire. When taken off the fire, the wood may remain in the liquor all night. The dye may be made stronger or weaker, by using more or less of dragon's blood, and by a greater or less degree of digestion and boiling. The best wood for this purpose is plane tree, because it may easily be sawn and polished, and is beautifully veined and spotted. To stain wood a fine black, drop a little oil of vitriol into a small quantity of water, rub it on the wood, and hold it to the fire. It will then become a fine black, and receive a beautiful polish.

STALKS OF BEET LEAVES. Trim and well wash the stalks of green and white beet leaves, and boil them in water, moving them frequently, to prevent the upper ones from turning black. When done enough, drain them in a cullender. Make a white sauce with a little flour and water, a piece of butter, some pepper and salt, and a taste of vinegar. Thicken this over the fire, and put in the stalks to stew gently for a few minutes, to give them a flavour. If the butter oils, it is a sign that the sauce is too thick. In this case add another spoonful or two of water, and shake the stewpan till the sauce recovers it appearance.

STARCH is a substance which is extracted from wheaten flour, by washing it in water. All farinaceous seeds, and the roots of most vegetables, afford this substance in a greater or

less degree; but it is most easily obtained from the flour of wheat, by moistening any quantity thereof with a little water, and kneading it with the hand into a tough paste: this being washed with water, by letting fall upon it a very slender stream, the water will be rendered turbid as it runs off, in consequence of the fecula or starch which it extracts from the flour, and which will subside when the water is allowed to stand at rest. The starch so obtained, when dried in the sun, or by a stove, is usually concreted into small masses of a long figure and columnar [394] shape, which have a fine white colour, scarcely any smell, and very little taste. If kept dry, starch in this state continues a long time uninjured, although exposed to the air. It is not soluble in cold water; but forms a thick paste with boiling-hot water, and when this paste is allowed to cool, it becomes semi-transparent and gelatinous, and being dried, becomes brittle, and somewhat resembles gum. Starch, although found in all nutritive grains, is only perfect when they have attained maturity, for before this it is in a state approaching to mucilage, and so mixed with saccharine matter and essential oils, that it cannot be extracted in sufficient purity to concrete into masses. Wheat, or such parts of it as are not used for human food, are usually employed for manufacturing starch, such as the refuse wheat and bran; but when the finest starch is required, good grain must be used. This, being well cleaned, and sometimes coarsely bruised, is put into wooden vessels full of water to ferment: to assist the fermentation, the vessels are exposed to the greatest heat of the sun, and the water is changed twice a day, during eight or twelve days, according to the season. When the grain bursts easily under the finger, and gives out a milky white liquor when squeezed, it is judged to be sufficiently softened and fermented. In this state, the grains are taken out of the water by a sieve, and put into a canvas sack, and the husks are separated and rubbed off, by beating and rubbing the sack upon a plank: the sack is then put into a tub filled with cold water, and trodden or beaten till the water becomes milky and turbid, from the starch which it takes up from the grain. A scum sometimes swims upon the surface of the water, which must be carefully removed; the water is then run off through a fine sieve into a settling-vessel, and fresh water is poured upon the grains, two or three times, till it will not extract any more starch, or become coloured by the grain. The water in the settling-vessels being left at rest, precipitates the starch which it held suspended; and to get rid of the saccharine matter, which was also dissolved by the water, the vessels are exposed to the sun, which soon produces the acetous fermentation, and takes up such matter as renders the starch more pure and white. During this process, the starch for sale in the shops receives its colour, which consists of smalt mixed with water and a small quantity of alum, and is thoroughly incorporated with the starch; but this starch is unfit for medicinal purposes. When the water becomes completely sour, it is poured gently off from the starch, which is washed several times afterwards with clean water, and at last is placed to drain upon linen cloths supported by hurdles, and the water drips through, leaving the starch upon the cloths, in which it is pressed or wrung, to extract as much as possible of the water; and the remainder is evaporated, by cutting the starch into pieces, which are laid up in airy places, upon a floor of plaster or of slightly burnt bricks, until it becomes completely dried from all moisture, partly by the access of warm air, and partly by the floor imbibing the moisture. In winter time, the heat of a stove must be employed to effect the drying. Lastly, the pieces of dried starch are scraped, to remove the outside crust, which makes inferior starch, and these pieces are broken into smaller pieces for sale. The grain which remains in the sack after the starch is extracted, contains the husks and the glutinous part of the wheat, which are found very

nutritious food for cattle. The French manufacturers, according to "Les Arts et Metiers," pursue a more economical method, as they are enabled, by employing an acid water for the [395] fermentation in the first instance, to use the most inferior wheat, and the bran or husks of wheat. This water they prepare, by putting a pailful of warm water into a tub, with about two pounds of leaven, such as some bakers use to make their dough rise or ferment. The water stands two days, and is then stirred up, and half a pailful of warm water added to it; then being left to settle till it is clear, it is poured off for use. To use this water in the fermentation of the materials, a quantity of it is poured into a tub, and about as much fair water is poured upon it as will fill the tub half full: the remainder of the tub is then filled up with the materials, which are one half refuse wheat, and the other half bran. In this tub it continues to steep and ferment during ten days, or less, according to the strength of the leaven-water, and according to the disposition of the weather for fermentation. When the materials have been sufficiently steeped, or fermented, an unctuous matter, which is the oil of the grain, will be seen swimming on the surface, having been thrown up by the fermentation. This must be scummed off; and the fermented grain, being taken out of the tub, is put into a fine hair sieve, placed over a settling-tub, when fair water is poured upon it, and washed through the sieve into the tub; by which means the starch is carried through the sieve with the water, of which about six times the quantity of the grain are used. The water stands in the settling tub for a day, and becomes clear at top; when it is carefully laded out of the tub, leaving at the bottom a white sediment, which is the starch. The water which is taken off is sour, and is called *sure* water: this is the proper leaven for the first steeping of the materials. The starch now obtained must be rendered marketable; for which purpose, as much water is poured upon it as will enable it to be pounded and broken up with a shovel, and then the tub is filled up with fair water. Two days after this, the water is laded out from the tub, and the starch appears in the bottom, but covered over with a dark-coloured and inferior kind of starch, which is taken off, and employed for fattening hogs. The remainder of the sediment, which is good starch, is washed several times, to remove all the inferior starch; and when this is done, about four inches of thick starch should be found at the bottom of each tub: but the quantity varies, according to the goodness of the meal or bran which has been used. It is evident that the refuse wheat, when employed for making starch, ought to afford more, the whole being used, than the bran or husks; but the starch so extracted is always of an inferior quality to that which is extracted from the bran of good wheat, particularly in the whiteness of its colour. The starch in the different tubs is brought together into one, and there worked up with as much water as will dissolve it into a thin paste, which is put into a silk sieve, and strained through with fresh water. This water is settled in a tub, and afterwards poured off, but before it is so completely settled as to lose all its white colour: this renders the starch which is deposited, still finer and whiter; and the starch which is deposited by the water so poured off, is of a more common quality. The starch, thus purified, is taken out of the bottom of the tubs, and put into wicker-baskets, about eighteen inches long and ten deep, rounded at the corners, and lined with linen cloths, which are not fastened to the baskets. The water drips from the starch through the cloths for a day, and the baskets are then carried up to apartments at the top of the house, where the floor is made of very clean white plaster; and the windows are thrown open, to admit a current of air. Here the baskets are turned [396] downwards upon the plaster-floor, and the linen cloths, not being fastened to the baskets, follow the starch, and when taken off, leave loaves, or cakes of starch, which are left to dry

a little, and are then broken into smaller pieces, and left on the plaster-floor, till very dry. But if the weather is at all humid, the starch is removed from the plaster-floor and spread out upon shelves, in an apartment which is warmed by a stove, and there it remains till perfectly dry. The pieces are afterwards scraped, to remove the outside crust, which makes common starch; and the scraped pieces being again broken small, the starch is carried to the stove, and spread out to a depth of three inches, on hurdles covered with cloths. The starch must be turned over every morning and evening, to prevent it from turning to a greenish colour, which it would otherwise do. Those manufacturers who are not provided with a stove, make use of the top of a baker's oven to spread the starch upon; and after being thoroughly dried here, it is ready for sale. Starch may be made from potatoes, by soaking them about an hour in water, and taking off their roots and fibres, then rubbing them quite clean by a strong brush: after this they are reduced to a pulp, by grating them in water. This pulp is to be collected in a tub, and mixed up with a large quantity of clear water: at the same time, another clean tub must be provided; and a hair sieve, not too fine, must be supported over it by two wooden rails extended across the tub. The pulp and water are thrown into the sieve, and the flour of starch is carried through with the water; fresh water must then be poured on, till it runs through quite clear. The refuse pulp which remains in the sieve, being boiled in water, makes an excellent food for animals; and the quantity of this pulp is near seven-eighths of all the potatoes employed. The liquor which has passed through the sieve is turbid, and of a darkish colour, from the extractive matter which is dissolved in it. When it is suffered to rest for five or six hours, all this matter deposits or settles to the bottom, and the liquor which remains is to be poured off as useless; and a large quantity of fresh water is thrown upon the flour, and stirred up: it is then settled for a day, and the water being poured off, the flour will be found to have again settled in a whiter state. But to improve it, another quantity of water is poured on, and mixed up with it; in which state it is passed through a fine silk sieve, to arrest any small quantity of the pulp which may have escaped the first hair sieve. The whole must afterwards be suffered to stand quiet, till the flour is entirely settled, and the water above become perfectly clear; but if the water has any sensible colour or taste, the flour must be washed again with fresh water, for it is absolutely necessary that none of the extractive matter be suffered to remain with it. The flour, when thus obtained pure, and drained from the water, may be taken out of the tub with a wooden shovel, and placed upon wicker-frames covered with paper, to be dried in some situation properly defended from dust. When the manufacture of starch from potatoes is attempted in a large way, some kind of mill must be used to reduce them to a pulp, as the grating of them by hand is too tedious an operation. A mill invented by M. Baumé is very complete for this purpose. In its general structure it resembles a large coffee-mill: the grater consists of a cone of iron plate, about seven inches in diameter, and eight inches in height, the exterior surface of which is made toothed, like a rasp, by piercing holes through the plate from the inside. This cone is fixed upon a verticle axle, with a handle at the top to turn it by; and is mounted [397] on the pivots of the axle, within a hollow cylinder of plate-iron, toothed withinside like the outside of the cone; the smallest end of the interior cone being uppermost, and the lower or larger end being as large as the interior diameter of the hollow cylinder. A conical hopper is fixed to the hollow cylinder, round the top of it, into which the potatoes are thrown; and falling down into the space between the outside of the cone and the inside of the hollow cylinder, they are ground, and reduced to a pulp, when the interior cone is turned round by

its handle; and as the lower part of the cone is fitted close to the interior diameter of the cylinder, the potatoes must be ground to a fine pulp before they can pass through between the two. The machine, when at work, is placed in a tub filled with water; and as fast as the grinding proceeds, the pulp mixes regularly with the water, ready for the process before described. Poland starch is reckoned the best: its quality may be judged of by the fineness of the grain, its being very brittle, and of a good colour. The price of starch depends upon that of flour; and when bread is cheap, starch may be bought to advantage. If it be of good quality it will keep for some years, covered close, and laid up in a dry warm room. In the year 1796, lord William Murray obtained a patent for manufacturing starch from horse-chesnuts. The method was to take the horse-chesnuts out of the outward green prickly husk, and either by hand, with a knife or tool, or else with a mill adapted for the purpose, the brown rind was carefully removed, leaving the chesnuts perfectly white, and without the smallest speck. In this state the nuts were rasped or ground to a pulp with water, and the pulp washed with water through a coarse horse-hair sieve, and twice afterwards through finer sieves, with a constant addition of clear cold water, till all the starch was washed clean from the pulp which remained in the sieve; and the water being settled, deposited the starch, which was afterwards repeatedly washed, purified, and dried, in the same manner as the potatoe-starch before described. We are not informed if this manufacture has been carried into effect. The sour, nauseous, milky liquor obtained in the process of starch-making, appears, upon analysis, to contain acetous acid, ammonia, alcohol, gluten, and phosphate of lime. The office of the acid is to dissolve the gluten and phosphate of lime, and thus to separate them from the starch. Starch is used along with smalt, or stone-blue, to stiffen and clear linen. The powder of it is also used to whiten and powder the hair. It is also used by the dyers, to dispose their stuffs to take colours the better. Starch is sometimes used instead of sugar-candy for mixing with the colours that are used in strong gum-water, to make them work more freely, and to prevent their cracking. It is also used medicinally for the same intentions with the viscous substance which the flour of wheat forms with milk, in fluxes and catarrhs, under various forms of powders, mixtures, &c. A drachm of starch, with three ounces of any agreeable simple water, and a little sugar, compose an elegant jelly, of which a spoonful may be taken every hour or two. These gelatinous mixtures are likewise an useful injection in some diarrhœas, particularly where the lower intestines have their natural mucus rubbed off by the flux, or are constantly irritated by the acrimony of the matter.

STEAKS FRIED. Moisten the pan with butter, put in some beef steaks, and when done, lay them on a dish. Put to the gravy that comes out of them, a glass of port wine, half an anchovy, a sliced shalot with nutmeg, pepper, and salt. Give it a boil in the pan, pour it over [398] the steaks, and send them hot to table. In a plainer way, put a little flour and water into the pan with the gravy when the steaks are taken out, adding a spoonful of ketchup, an onion or shalot. The wine and anchovy may be omitted. Garnish with scraped horse-radish round the dish.

STEAK PIE. Raise a crust pretty deep and thick. Divide a breast or neck of mutton into steaks, beat and season them with nutmeg, pepper, and salt. Add some sweet herbs cut very fine, two onions sliced, the yolks of three or four hard eggs minced, and two spoonfuls of capers. Scatter these among the steaks as they are laid into the pie. Put on the top crust, and let the pie soak in a moderately hot oven for two hours or longer, according to its size.

Have some gravy ready to put into it through a funnel, when it is to be served up.

STEAK PUDDING. Make a paste of suet or dripping and flour, roll it out, and line a basin with it. Season the meat, and put it in. Cover it with the paste, pinch it close round the edge, tie it up in a cloth, and boil it two hours, but be careful not to break it.—Another way. Make a good paste, with suet shred very fine, and flour; mix it up with cold water, and a little salt, and make your crust pretty stiff; about two pounds of suet to a quarter of a peck of flour. Let the steaks be either beef or mutton, well seasoned with pepper and salt; make it up like an apple-pudding, tie it in a cloth tight, and put it into the water boiling. If it be a large pudding, it will take four or five hours; if a middling one, three hours.

STEAKS ROLLED. After beating them to make them tender, spread them over with any quantity of high seasoned forcemeat. Then roll them up, and skewer them tight. Fry the steaks in nice dripping, till they become of a delicate brown. Then take them out of the fat in which they were fried, and put them into a stewpan with some good gravy, a spoonful of port wine, and some ketchup. When sufficiently stewed, serve them up with the gravy, and a few pickled mushrooms.

STEAM. Steam is employed to great advantage for culinary purposes. It is made to communicate with vessels in the form of boilers, as a substitute for having fires under them, which is a great advantage, both in the economy of fuel, and in avoiding at the same time the nuisance of ashes and smoke. The most convenient application of steam for culinary purposes is, when it directly acts upon the substance to be heated. This has been generally effected by placing the substance, whether meat or vegetables, in a vessel without water, and allowing the steam to enter and condense upon it. The most convenient apparatus of this kind we have yet heard of, consists of a cast-iron plate about thirty inches or three feet square, standing horizontally in a recess in the wall, like a table. Round the edge of this plate is a groove, about half an inch wide and two inches deep. Into this groove fits an inverted tin vessel, like a dish-cover. This is capable of being elevated and depressed by a pulley and chain, having a counterpoise, in order to expose the table at any time. The steam comes under the table and enters in the centre. The dishes to receive the heat are placed on any part within the groove, the steam being common to all. The water resulting from the condensation runs into the groove, and at a point short of the top runs off. The water which remains forms a complete water-lute, to prevent the escape of steam. The table being placed in a recess, like a common stone hearth, a small flue is placed over it to take away any steam that may escape when the cover is lifted up. The great quantity of hot water required in a [399]
scullery should be perpetually kept up by a supply of steam. For this purpose a large cylindrical vessel of cast-iron should be elevated in a corner of the scullery, in order that water may be drawn from it by a cock. This vessel should be connected from the bottom with a cold-water cistern, the bottom of which is level with the top of the cylinder, by which the latter is kept constantly full. The hot-water cylinder is closed firmly at the top, and therefore, when the air is allowed to escape, the water rises to the top. If now a pipe be connected with the top, coming down to where it is to be drawn off, if any portion is drawn out here, as much will come in at the bottom of the cylinder from the reservoir above. So far we have described this cylinder without its steam-vessel. Within this cylinder, and about the middle, is a distinct vessel, nearly of the width of the cylinder; but having a free space round the inner vessel about an inch wide. The depth of the inner vessel must be about one-sixth

that of the outer one. This inner vessel must have no connection with the outer one, and must be so water-tight, that although it is surrounded with the water of the outer one, none should get in. The inner vessel is on one side connected by a pipe with a steam-boiler, having another pipe to allow the condensed water to run off, which may be preserved as distilled water, and is valuable for many purposes. The heat arising from the condensation is communicated to the water in the outer vessel, the hottest being at the top, where the mouth of the exit-pipe is placed. When, therefore, a portion of hot water is drawn from the cock, the pipe of which comes from the top of the vessel immediately under the cover, an equal quantity comes in at the bottom from the reservoir. This useful apparatus is the invention of an ingenious economist of Derby, and is at present in use in his kitchen. The art of boiling vegetables of all kinds in steam instead of water, might probably be managed to advantage, as a greater degree of heat might be thus given them, by contriving to increase the heat of the steam after it has left the water; and thus the vegetable mucilage in roots and seeds, as in potatoes and flour puddings, as well as in their leaves, stems, and flower-cups, might be rendered probably more nutritive, and perhaps more palatable; but that many of the leaves of vegetables, as the summits of cabbage-sprouts, lose their green colour by being boiled in steam, and look like blanched vegetables. Steam has likewise lately been applied in gardening to the purpose of forcing plants of different kinds in the winter season, in order to have their produce at an early period, as to the cucumber, and some other vegetables of a somewhat similar nature; but the exact manner of its application in this intention, so far as we know, has not yet been communicated to the public; it is, however, by some mode of flues, pipes, and other contrivances for conveying and containing it, so as that its heat may be uninterruptedly, equally, and regularly afforded to the roots of the plants which it is designed to push forward into the fruiting state. It is said to have been used in some instances in different parts of Lancashire with great success. But how far the expense and advantage of such a method may admit of and encourage its being introduced into general practice, have not, probably, yet been well or fully ascertained. If it should be found capable of perfectly succeeding in this use, on more full and correct experience, it will, however, constitute not only a neat and clean, but an elegant mode of forcing plants into fruit at early seasons. [400]

STEAMED POTATOES. The potatoes must be well washed, but not pared, and put into the steamer when the water boils. Moderate sized potatoes will require three quarters of an hour to do them properly. They should be taken up as soon as they are done enough, or they will become watery.

STEEL. To transform iron into steel, put four ounces of cast iron into a crucible, with a considerable degree of heat. While in a state of fusion, immerse in it a polished iron wire of some thickness, and keep it there for some time, but not so long as to fuse it. When cold, the wire will be so hard as to resist the action of a common file, being converted into steel.

STEEL RUST. The prevention of rust, on such articles of furniture as are made of polished steel, is an object of great importance in domestic economy. The cutlers in Sheffield, when they have given a knife or razor blade the requisite degree of polish, rub them with powdered quick-lime, in order to prevent them from tarnishing; and it seems that articles made of polished steel are dipped in lime water, before they are sent into the retail market. But when steel has contracted rust, the method of cleaning and polishing it is to oil the rusty parts, and let it remain in that state two or three days. Then wipe it dry with clean

rags, and polish with emery or pumice stone, or hard wood. After the oil is cleared off, a little fresh lime finely powdered will often be found sufficient; but where a higher polish is required, it will be necessary to use a paste composed of finely levigated bloodstone and spirits of wine.

STEEL STOVES. To preserve them effectually from rust, beat into three pounds of unsalted lard, two drams of camphor sliced thin, till the whole is absorbed. Then take as much black lead as will make it of the colour of broken steel; dip a rag into it, rub it thick on the stove, and the steel will never rust, even if wetted. When the stove is to be used, the grease must be washed off with hot water, and the steel be dried before polishing.

STEWED ARTICHOKES. Wash and pare some Jerusalem artichokes, and part them in two. Boil them in a small quantity of gravy till almost done, and the liquor nearly consumed. Then add some cream, a piece of butter rolled in flour and a little salt, all in proportion to the number of artichokes. Stew them gently for ten minutes, and serve them up with sippets of white bread fried.

STEWED ARTICHOKE BOTTOMS. Boil some artichokes till about half done, and then take off the leaves and the choke. Trim the bottoms nicely, and stew them gently in some gravy, with a little lemon-juice or vinegar, and some salt, till they are quite tender. Before serving them up, wipe them dry, then lay them in a dish with sippets of toasted or fried bread laid round it, and pour some strong clear gravy over them. Dried artichoke bottoms may also be used for stewing, but should first be soaked a little while in warm water.

STEWED BREAST OF VEAL. Take a nice breast of veal, cut off the thin end, and boil it down for your sauce, with a faggot of sweet herbs, an onion stuck with three cloves, two blades of mace, some whole pepper and salt; put to it a quart of water, and let it stew gently till half is wasted, then raise the skin off your breast of veal, and make a forcemeat of the sweetbread first parboiled, a few crumbs of bread, a little beef suet, and some parsley shred very fine; season it with pepper, salt, and nutmeg; moisten it with a spoonful of cream, and an egg; mix all well together, and force your veal; skewer it down close, dredge it over with flour, tie it up in a clean cloth, and let it boil an hour and a half. If your gravy is done, strain it [401]
off, and take off the fat very clean; blanch and beard half a pint of oysters, a gill of pickled mushrooms, a little lemon-peel shred very fine: put this to your gravy, and thicken it with a piece of butter rolled in flour; fry six or eight large oysters, dipped in batter for garnish. When your veal is enough, dish it up, and pour your sauce over. Garnish your dish with lemon, oysters, and barberries.

STEWED BRISKET OF BEEF. Stew nine pounds of brisket of beef, in two gallons of water, for two or three hours over night. When made sufficiently tender, take out the bones, and carefully skim off the fat. Boil in some of the liquor a few carrots, turnips, onions, celery, and white cabbage, till they become quite tender. Add some salt, and the remainder of the broth to the beef, and stew all together till sufficiently done.

STEWED CALF'S LIVER LARDED. Take a calf's liver, and lard it, and put it into a stewpan, with some water, a bundle of sweet herbs, an onion, a blade of mace, some whole pepper, and a little salt; cover it close, and let it stew till it is enough; then take up your liver,

and put it into the dish you intend; cover it over, and take out your herbs and spice; skim off all the fat very clean; put in a piece of butter rolled in flour; boil it till it is of a proper thickness; pour it over your liver, and send it to table garnished with lemon.

STEWED CARDOONS. Cut them into pieces, not more than five or six inches long. Take off the outward skin, and wash and scald them. Put them into a stewpan, with gravy enough to cover them, and let them stew gently till almost done, and the liquor nearly exhausted. Add a small quantity of fresh gravy, and continue stewing them gently till quite tender. Serve them up with sippets of toasted bread round the edge of the dish. If the gravy is not sufficiently seasoned, add a little salt and cayenne.

STEWED CARP. Scale and clean the fish, and preserve the roe. Lay the carp in a stewpan, with a rich beef-gravy, an onion, eight cloves, a dessert-spoonful of Jamaica pepper, the same of black pepper, and a glass of port or cider. Simmer it closely covered; when nearly done, add two anchovies chopped fine, a dessert-spoonful of made mustard, a little fine walnut ketchup, and a bit of butter rolled in flour. Shake it, and let the gravy boil a few minutes. Serve with sippets of fried bread, the roe fried, and a good deal of horseradish and lemon.—Another way. Scale your carp, then gut and wash them very clean, and dry them in a cloth; put a piece of butter into a stewpan, when it is hot, fry them as quick as you can, till they are of a fine brown; boil the roes, then fry them of a fine gold colour; take them up, and keep them hot before the fire: then put to your carp half port wine and half water, as much as will cover them a little more than half way; put in some thyme, parsley, a piece of lemon-peel, whole pepper, a few cloves, a blade or two of mace, an onion, some horse-radish sliced, and two spoonfuls of ketchup; put on your cover, and let it stew very gently, till your fish is enough; do not turn them in the pan, but with a ladle take some of the liquor, and pour over your fish every now and then, while they are stewing, then cover them close again: When they are done enough, take them out of the pan with a slice, and take care not to break them; put them into the dish you intend to send them to table in, then strain the liquor, and thicken it up with a piece of butter rolled in flour; let it boil till it is pretty thick, pour the sauce over the fish, and garnish your dish with the roes, lemon, and horseradish, [402] and send it to table. You may squeeze a little lemon into the sauce, if you like it, and add oysters fried in butter; or you may stew them in cider, instead of wine, and it is very little inferior. Tench may be done the same way.—To stew carp white. Scale and gut your fish very clean, save the roes and melts, then stove them in some good white broth; season them with mace, salt, whole pepper, an onion stuck with cloves, a faggot of sweet herbs, and about half a pint of white wine; cover them close, and let them stew gently over a charcoal fire. Dip the roes and melts in the yolk of an egg; flour them, and fry them of a fine brown, and have fried parsley and sippets ready. When the fish is near done, take out the onion and faggot, beat up the yolks of four or five eggs, take up the fish carefully, and put it into the dish you serve it in; pour off the sauce, then strain it into a stewpan, and put in your eggs; keep it stirring till it is as fine as cream, then pour it over the dish. Garnish with the roes, fried parsley, sippets, horseradish scraped, and lemon: send it as hot as possible to table.—A plain way to stew carp. Clean your carp very well, cut them in two, put them into a stewpan, with a little onion shred fine, pepper, salt, a little beaten mace, a few capers chopped small, and some crusts of bread chipped in. Then pour in a gill of white, and a gill of red wine, and as much water as will just cover them; cover the pan close, and let them stew till they are

enough, and the sauce grown thick. Serve it up with lemon and horseradish for garnish.

STEWED CARROTS. Half boil, scrape them nicely, and slice them into a stewpan. Add half a tea-cupful of weak broth, the same quantity of cream, with pepper and salt. Simmer till the carrots are quite tender, but not broken. Before serving, warm them up with a bit of butter rubbed in flour. Chopped parsley may be added, if approved, ten minutes before serving.

STEWED CELERY. Wash six heads, and strip off the outer leaves. Either divide or leave them whole, according to their size, and cut them into lengths of four inches. Put them into a stewpan with a cup of broth, or weak gravy, and stew them tender. Add two spoonfuls of cream, and a little flour and butter seasoned with pepper, salt, and nutmeg, and simmer them all together.

STEWED CHICKENS. Cut two chickens into quarters; wash them clean, and put them into a stewpan, with half a pint of red wine, and a gill of water, an onion, a faggot of sweet herbs, seasoned with mace, pepper, and salt; cover them close, and let them stew half an hour, then take the quantity of an egg of butter rolled in flour; take out the onion and sweet herbs; shake it round till it is of a good thickness, and take off all the scum very clean: dish it up garnished with lemon.—To stew chickens for a tender stomach. Take two nice chickens, and half boil them; then take them up into a small soup-dish; separate all the joints, and add three or four spoonfuls of the liquor they are boiled in, with a little beaten mace, and salt; then cover them close with another dish, and keep in all the steam; set it over a clear stove, and let it stew till the chickens are enough, and send them hot to table in the same dish they were stewed in.

STEWED COD. Cut a cod in slices, as you would for crimping, lay it in a clean stewpan; season it with nutmeg, a little mace finely beaten, pepper, and salt, and a bundle of sweet herbs; then pour in white wine and water an equal quantity, just to cover it: put on the cover, and let it simmer for six or eight minutes; skim it very clean, put in half a pint of [403] shrimps clean picked, a good piece of butter rolled in flour, and the juice of a lemon; cover it, and shake your pan round gently: as soon as it begins to boil, take off all the scum as it rises: if your sauce is of a proper thickness, your fish will be enough; wipe the rim of the pan very clean, and slide the fish into your dish, taking care not to break it. Garnish with lemon and scraped horse-radish.—Another way. Lay the slices into a large stewpan, so that they need not be laid one upon another. Season with nutmeg, pepper, and salt, a bundle of sweet herbs, and an onion. Add half a pint of white wine, and a quarter of a pint of water. Simmer it gently a few minutes, squeeze in a lemon, add a few oysters, the liquor strained, a piece of butter rolled in flour, and a little mace. Cover it close, and let it stew gently, shaking the pan often. When done take out the herbs and onions, and serve it up with the sauce poured over it.

STEWED CUCUMBERS. Slice them thick, or halve and divide them into two lengths. Strew over them some salt and pepper, and sliced onions: add a little broth, or a bit of butter. Simmer very slowly, and put in a little flour and butter before serving.—Another way. Slice the onions, and cut the cucumbers large. Flour and fry them in butter, then stew them in good broth or gravy, and skim off the fat.

STEWED DUCK. Half roast a duck, put it into a stewpan with a pint of beef gravy, a few leaves of sage and mint cut small, pepper and salt, and a small bit of onion shred as fine as possible. Simmer them a quarter of an hour, skim it clean, and add nearly a quart of green peas. Cover the stewpan close, and simmer near half an hour longer. Put in a piece of butter and a little flour, give it one boil, and serve all together in a dish.

STEWED EELS. Melt an ounce of butter in a stewpan, add a handful of sorrel cut in large pieces, a dozen sage leaves finely minced, five pounds of eels cut in pieces, and seasoned with pepper and salt. Then put in two anchovies boned and minced, half a nutmeg, and half a pint of water. Stew them gently together for half an hour, take out the onion, squeeze in a lemon, and lay toasted bread round the dish. Half this quantity will be sufficient for a small dish.—Another way. Take what quantity of eels you please; after they are cleaned, fry them in butter, then pour the butter clear off; put into your pan a bundle of sweet herbs, an onion stuck with two or three cloves, a blade of mace, some whole pepper, and a little salt; then add a pint of red wine and water, and let them stew till they are tender: put the eels into a dish, strain off the sauce, and thicken it up with a piece of butter rolled in flour, or a piece of thickened burnt butter. Garnish your dish with horse-radish and lemon.—Another way. Having cleaned your eels very well, cut them in pieces, put them into a stewpan, with a bundle of sweet herbs, an onion stuck with cloves, mace, whole pepper, and a little salt; put to them a gill of white wine, half a pint of red, and a gill of water; cover them close, and let them stew till tender; strain off the gravy, thicken it up, and send it to table.—To stew an eel whole. Take a fine large eel, clean it well, force the inside with crumbs of bread, an anchovy cut fine, salt, pepper, a little nutmeg, and two or three oysters bruised, with some parsley shred fine; fill the inside as full as you can, sew it up with fine thread, turn it round, and run a small skewer through it, to keep it in its folds; put it into a small stewpan, with an onion stuck with cloves, and a faggot of herbs; put over it red wine; cover the pan down very close, and let it stew gently till tender; take out the onion, &c. put the eel into a dish, and a plate over it; [404] thicken the sauce with butter rolled in flour, and squeeze a little lemon into the plate. If you have any forcemeat left, make them into small balls, and fry them; put them into the sauce, give them a toss, and pour it over the eel. Garnish the dish with fried oysters, horseradish, and lemon.

STEWED ENDIVE. Trim off all the green parts of the endive, wash and cut into pieces, and scald it till about half done. Drain it well, chop it a little, put it into a stewpan with a little strong gravy, and stew it gently till quite tender. Season it with some pepper and salt, and serve it up as a sauce to any kind of roast meat; or it eats well with potatoes.

STEWED FOWL WITH CELERY. Take a fowl or turkey trussed short as for boiling, press down the breast-bone, put it into a clean stewpan, with good veal broth, as much as will cover it; season it with beaten mace, pepper and salt, a faggot of sweet herbs, and an onion; cover it close, and let it boil; in the mean time, take a large bunch of celery, cut all the white part small, and wash it very clean; if your turkey or fowl boils, take out the onion and herbs; scum it very clean, and put in your celery; cover it down close, and let it stew till your celery is very tender, and your fowl likewise; take a clean stewpan, and set it over your stove; take up your fowl or turkey, and keep it hot; pour your celery and sauce into your stewpan; beat up the yolks of two or three eggs in half a pint of cream, and a large spoonful of white wine; stir it till it is of a good thickness, and just at boiling squeeze in a little juice of

lemon, or a little mushroom pickle; shake it round, and pour it over your fowl. Garnish your dish with lemon.

STEWED FRENCH BEANS. Prepare some young beans as for boiling, and boil them in plenty of water, with salt in it, till they are rather more than half done. Drain them in a cullender, beat up the yolks of three eggs with a quarter of a pint of cream, put them into a stewpan with two ounces of fresh butter, and set it over a slow fire. When hot, put in the beans, with a spoonful of vinegar, and simmer them quite tender, stirring the mixture to keep it from curdling or burning. To stew French beans with gravy, pursue the same method, only instead of the eggs and cream, put half a pint of gravy. Use only half the quantity of butter, and add that rolled in flour, to thicken up the whole after the beans are put in. The vinegar should be omitted, and cayenne and salt added if required.

STEWED GIBLETS. After very nicely cleaning goose or duck giblets, and removing the thick membrane from the gizzards, stew them, in a little water. Season them with salt and pepper, and a very small piece of mace. Before serving, give them one boil with a cup of cream, and a piece of butter rubbed in a tea-spoonful of flour.

STEWED GREEN PEAS. To a quart of peas add a quart of gravy, two or three lumps of sugar, with pepper and salt. Stew them gently till the peas are quite tender, and if the gravy is not sufficiently thick, add a piece of butter rolled in flour. If the peas are old, half boil them first in hard water, before they are stewed. Whether for young or old peas, the gravy must be strong. To stew them in a mild way, put a pint of young peas into a stewpan, with very little water, and two young lettuces cut small. Stew them gently till the peas are tender, then add four spoonfuls of cream, a lump of sugar, and the yolks of two eggs. Stir the whole together over the fire for a short time, but do not allow it to boil. A little salt should be added before serving up the stew. Another way is to take a quart of young peas, a small [405] onion sliced, two lettuces cut small, and a sprig or two of mint. Put them into a stewpan, adding some salt, a little pepper and mace, and half a pint of hard water. Stew these gently for twenty minutes, then put in a quarter of a pound of butter rolled in flour, and a spoonful of mushroom ketchup. Keep the stewpan over the fire till the peas are quite tender, shaking it frequently, and never suffering them to boil. Receipts for stewing peas might be multiplied to almost any extent, for there is no one preparation in cookery perhaps more varied than this, though without any very material difference.

STEWED HARE. Take off the legs and shoulders, cut out the backbone, cut into pieces the meat which comes off the sides, and put all into a stewpan. Add 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, and a little salt. Stew it gently for an hour, close covered, and put to it a quart of gravy. Stew it gradually two hours longer, or till it is quite tender. Take out the hare, rub smooth half a spoonful of flour in a little gravy, add it to the sauce, and boil it up. Then add a little salt and cayenne, and put in the hare again. When heated through, serve it up in a tureen or deep dish, adding port wine if approved.

STEWED KNUCKLE OF VEAL. Take a knuckle of veal of about five pounds; wash it clean, and put it into a clean stewpan, with two quarts of water, a faggot of sweet herbs, two blades of mace, an onion stuck with three or four cloves, some whole pepper, and a little

salt; put in a crust of the upper part of a loaf, cover it down close, and make it boil, then scum it very clean, and let it just simmer for full two hours. When you take it up, put your veal into the dish first, and strain your broth through a fine sieve over it, then take off all the fat very clean, and put some thin slices of French roll in your dish, and toasted bread cut in dice, in a plate. Serve it up hot. You may boil a quarter of a pound of rice in fair water, till it is very tender; then strain it off; and when you send your veal to table, lay your rice all over it.—Rice is better boiled by itself, for when you boil it with the meat, the scum is apt to discolour it, and make it eat greasy.

STEWED LOBSTER. Pick the meat out of the shell, put it into a dish that has a lamp, and rub it down with a bit of butter. Add two spoonfuls of any sort of gravy, one of soy or walnut ketchup, a little salt and cayenne, and a spoonful of port. A lobster thus stewed will have a very fine relish.

STEWED MUSCLES. Wash your muscles very clean, then put them into a large stewpan over a good fire; put over them a coarse wet cloth doubled: when they begin to boil, take up the cloth; if the shells are open, take them off the fire, and pick out the fish, beard them, and cut off the tongue: when you have picked about a quart, strain half a pint of the liquor to them, roll two ounces of butter in flour, add a glass of white wine, a little beaten mace, and squeeze in a little lemon juice; let them stew till of a proper thickness, put toasted sippets in the dish, pour in the muscles, and send them to table. Cockles may be done the same way.

STEWED MUSHROOMS. The large buttons are best, and the small flaps while the fur is still red. Rub the large buttons with salt and a piece of flannel, cut out the fur, and take off the skin from the others. Sprinkle them with salt, put them into a stewpan, and add some peppercorns. Let it simmer slowly till it is done, then put in a small bit of butter and flour, and two spoonfuls of cream. Give it one boil, and serve up the dish with sippets of bread. [406]

STEWED MUTTON CHOPS. Take some chops of the best end of a loin of mutton, or some slices out of the middle part of a leg. Season them with pepper and salt, lay them into a stewpan with some sliced onion, and cover them with water and a little gravy. When done on one side, turn the steaks on the other, and thicken the gravy at the same time with some butter and flour. A little shalot or ketchup, or both, may be added at pleasure. Twenty or twenty-five minutes will stew them, but long stewing will make them hard.

STEWED ONIONS. Peel six large onions, fry them gently of a fine brown, but do not blacken them. Then put them into a small stewpan, with a little weak gravy, pepper and salt. Cover and stew them gently two hours, and let them be lightly floured at first.

STEWED OX CHEEK. Soak and cleanse a fine cheek the day before it is to be eaten. Put it into a stewpan that will cover close, with three quarts of water; simmer it after it has first boiled up, and been well skimmed. In two hours put in plenty of carrots, leeks, two or three turnips, a bunch of sweet herbs, some whole pepper, and four ounces of allspice. Skim it often, and when the meat is tender, take it out. Let the soup get cold, take off the cake of fat, and serve the soup separately, or with the meat. It should be of a fine brown, which may be done by adding a little burnt sugar, or by frying some onions quite brown with flour, and simmering them with it. This last method improves the flavour of all soups and gravies of the

brown sort. If vegetables are not approved, they may be taken out of the soup, and a small roll be toasted, or bread fried and added. Celery is a great addition, and should always be served. When out of season, the seed of it gives quite as good a flavour, boiled in, and strained off.—Another way. Soak an ox cheek three hours, and clean it with plenty of water. Take the meat off the bones, and put it into a stewpan with a large onion, a bunch of sweet herbs, some bruised allspice, pepper and salt. Lay the bones on the top, pour on two or three quarts of water, and cover the pan close with stout paper, or a dish that will fit close. Let it stand eight or ten hours in a slow oven, or simmer it by the side of the fire, or on a hot hearth. When done tender, put the meat into a clean pan, and let it get cold. Take off the cake of fat, and warm the head in pieces in the soup. Serve with any sort of vegetables.

STEWED OYSTERS. Open the shells, separate the liquor from the oysters, and wash them from the grit. Strain the liquor, add to the oysters a bit of mace, lemon peel, and a few white peppers. Simmer them very gently, put in some cream, a little flour and butter, and serve them up with sippets. Boiled oysters should be served in the shell, and eaten with cold butter.

STEWED PARSNIPS. Boil the parsnips in milk and water, or milk alone, till fully half done. Slice and divide them into two, down the middle and across. Stew them gently with some good gravy, seasoned with pepper and salt; and five minutes before they are taken up, add a piece of butter rolled in flour. If parsnips are to be stewed white, put in broth and cream in equal quantities, instead of gravy.

STEWED PEARS. Pare and quarter some large pears; throw them into water as soon as pared, and before they are divided, to prevent their turning black. Pack them round a block-tin stewpan, and sprinkle as much sugar over as will make them pretty sweet. Add lemon peel, a clove or two, and some bruised allspice; just cover them with water, and add a little red liquor. Cover them close, and stew three or four hours: when tender, take them [407] out, and pour the liquor upon them.

STEWED PEAS. Steep some old peas in water all night, if not fine boilers; otherwise only half an hour. Put them into a stewpan of water, just enough to cover them, with a good bit of butter, or a piece of beef or pork. Stew them very gently till the peas are soft, and the meat is tender. If it be not salt meat, add salt and a little pepper, and serve the peas round the meat.

STEWED PHEASANTS. Stew your pheasants in a strong veal gravy. While they are simmering, prepare artichoke bottoms cut in dice, and some chesnuts roasted, blanched, and cut in four: let your pheasants stew till your gravy is half wasted, then scum it very clean, and put in your chesnuts and artichoke bottoms; season with a little beaten mace, pepper, and salt, a small glass of white wine, and a little juice of lemon. If your sauce is not thick enough, roll a piece of butter in flour, and let it boil up: in case any scum arises, take it clean off; dish your pheasants, and pour the sauce over them; garnish with lemon.

STEWED PIGEONS. See that they are quite fresh, carefully cropped, drawn, and washed; then soak them half an hour. In the mean time cut a hard white cabbage in slices, as if for pickling, and put it in water. Then drain and boil it in milk and water; drain it again, and lay some of it at the bottom of a stewpan. Put the pigeons upon it, but first season them well

with salt and pepper, and cover them with the remainder of the cabbage. Add a little broth, and stew gently till the pigeons are tender; then put among them two or three spoonfuls of cream, and a piece of butter and flour for thickening. After a boil or two, serve up the birds in the middle of the dish, with the cabbage placed round them.—Another way is to stew the birds in a good brown gravy, either stuffed or not; and seasoned high with spice and fresh mushrooms, or a little ketchup.—Another way. Take your pigeons trussed as for baking; bruise the livers, and mix them up with a few bread crumbs, parsley, and a little lemon peel chopped small; season it with mace, nutmeg, pepper, and salt; work all up with a piece of butter, and stuff the bellies of your pigeons; tie up the necks and vents; then stew them with some butter, till they are brown all over; put them into another pan that will just hold them, with as much strong gravy as will cover them; let them stew till they are tender, then bruise an anchovy, a shalot shred fine, a piece of butter rolled in flour, and a spoonful of white wine; let all boil together to a proper thickness; scum very clean; dish up, and garnish with crisp bacon and lemon.

STEWED PIPPINS. Scoop out the core of some golden pippins, pare them very thin, and throw them into water. For every pound of fruit, make half a pound of refined sugar into a syrup, with a pint of water. When skimmed, put in the pippins, and stew them quite clear. Grate some lemon over, be careful not to break them, and serve them up in the syrup. They make an elegant corner dish, or a dessert.—Another way. Pare your pippins nicely, cut them in halves, and take out the cores; to a quart of spring water, put a pound of double refined sugar, and a piece of lemon-peel; boil it almost to a syrup; take out the peel, and put in the pippins; boil them till they are pretty tender, then draw them to one side of the fire, and let them stew till clear; take them out carefully one at a time, and lay them in a china or earthen dish for use. If golden pippins are done this way, they are very little inferior to apricots. [408]

STEWED PORK STEAKS. Cut some steaks from the best end of a loin or neck of pork. Take off the skin, and nearly all the fat, and fry them of a nice brown. Put the steaks into a stewpan, with good gravy enough to make a proper sauce to them, adding pepper and salt. Ten minutes before they are done, thicken the gravy with a piece of butter rolled in flour. A little shalot, or ketchup, or both may be added.

STEWED POTATOES. Half boil some potatoes, drain and peel them nicely, and cut them into neat pieces. Put them into a stewpan with some cream, fresh butter, and salt, each proportioned to the quantity of potatoes; or stew them in good gravy, with pepper and salt. Simmer them gently till they are well done and be careful not to let them break.

STEWED PRUNES. Stew some prunes gently in a little water, till the stones will slip out easily, but they must not be boiled too much. These are useful in fevers, or in any complaint where fruit is proper; and when fruit more acid would not agree.

STEWED RABBIT. Divide them into quarters, flour and fry them in butter; then put them into a stewpan, with some good gravy, and a glass of white wine. Season with salt, pepper, and a sprig of sweet herbs. Cover them close, and let them stew till they become tender. Strain off the sauce, thicken it with flour and butter, and pour it over them.

STEWED RED CABBAGE. Slice a small red cabbage, or half a large one, and wash it

clean. Put it into a saucepan with pepper, salt, and butter, but no water except what hangs about the cabbage. Stew it tender, and when ready to serve, add two or three spoonfuls of vinegar, and give it one boil over the fire. It may be eaten with cold meat, or with sausages laid upon it.—Another way. Shred the cabbage, and wash it. Put it into a saucepan with pepper, salt, some slices of onion; and a little plain gravy. When it is boiled quite tender, add a bit of butter rubbed with flour, a few minutes before serving, with two or three spoonfuls of vinegar, and boil it up.—Another. Cut the cabbage very thin, put it into a stewpan with a small slice of ham, and half an ounce of butter at the bottom. Put in half a pint of broth, and a gill of vinegar, and let it stew three hours covered down. When it is very tender, add a little more broth, salt, pepper, and a table-spoonful of pounded sugar. Mix these well, and boil it till the liquor is wasted. Then put it into the dish, and lay fried sausages upon it.

STEWED RUMP OF BEEF. Wash it well, and season it high with pepper, cayenne, salt, allspice, three cloves, and a blade of mace, all in fine powder. Bind it up tight, and lay it into a pot that will just hold it. Fry three large onions sliced, and put them to it, with three carrots, two turnips, one shalot, four cloves, a blade of mace, and some celery. Cover the meat with good beef broth, or weak gravy. Simmer it as gently as possible for several hours, till quite tender. Clear off the fat, and add to the gravy half a pint of port wine, a glass of vinegar, and a large spoonful of ketchup; half a pint of beer may be added. Simmer for half an hour, and serve in a deep dish. The herbs to be used should be burnet, tarragon, parsley, thyme, basil, savoury, marjoram, pennyroyal, knotted marjoram, and some chives; a good handful all together. But observe to proportion the quantities to the pungency of the several sorts. Garnish with carrots, turnips, or truffles and morels, or pickles of different colours, cut small, and laid in little heaps separate. Chopped parsley, chives, and beet root may be added. If there is too much gravy for the dish, take only a part to season for serving, the less [409]
the better; and to increase the richness, add a few beef bones and shanks of mutton in stewing. A spoonful or two of made mustard is a great improvement to the gravy.—Another way. Half roast the rump, then put it into a large pot with three pints of water, one of small beer, one of port vine, some salt, three or four spoonfuls of vinegar, and two of ketchup. Add a bunch of sweet herbs, consisting of burnet, tarragon, parsley, thyme, basil, savoury, pennyroyal, marjoram, knotted marjoram, and a leaf or two of sage; also some onions, cloves, and cayenne. Cover it close, and simmer it for two or three hours, till quite tender. When done lay it into a deep dish, set it over some hot water, and cover it close. Skim the gravy, put in a few pickled mushrooms, truffles, morels, and oysters if agreeable, but it is very good without. Thicken the gravy with flour and butter, heat it with the above, and pour it over the beef. Forcemeat balls of veal, anchovies, bacon, suet, herbs, spice, bread, and eggs to bind, are a great improvement. A rump of beef is excellent roasted; but in the country it is generally sold whole with the edge-bone, or cut across instead of lengthways as in London, where one piece is for boiling, and the rump for stewing or roasting. This must be attended to, the whole being too large to dress together.—Another way. Raise the lean next the chump-end; cut that bone off, but leave the chine-bone, then with two skewers fasten the meat as if the bone was not taken away: Put it into a pot with a little more water than will cover it: Add parsley, thyme, two or three large onions, a handful of salt, whole pepper half an ounce, half a quarter of an ounce of cloves, the same quantity of mace; cover it close down, and stew it over a slow fire for three hours, till your beef is very tender. To make your sauce, take two pounds of gravy beef, cut it in pretty thick slices, and flour them well;

put a piece of butter into your stewpan, over a stove, or a quick fire. When that is brown, put in the slices of beef, and fry them brown, as quick as you can; then add water as much as you think will be sufficient to make a very strong gravy; cut an onion cross with parsley, thyme, pepper, and salt, two or three cloves, and a blade of mace; let this stew till your gravy is very rich, then strain it off, and thicken it up with a piece of butter rolled in flour.

STEWED SAVOYS. These may be done in the same manner as red cabbage; but the better way is to boil the savoy in water till about half done, and then stew it. This takes off the strong flavour, and makes it much more agreeable.

STEWED SCALLOPS. Boil them very well in salt and water; take out the fish, stew them in some of their liquor, with a little white wine, two or three blades of mace, a little nutmeg, and a good piece of butter rolled in flour; let them be thoroughly stewed, then pour in a little cream, shake your pan round, and squeeze in the juice of a Seville orange. Send them to table garnished with baked sippets and orange.

STEWED SOLES. Half fry them in butter, take out the fish, and put a quart of water or gravy into the pan, two anchovies, and a sliced onion. When they have boiled slowly for a quarter of an hour, put the fish in again, and stew them gently about twenty minutes. Take them out, thicken the liquor with butter and flour, boil it gently, strain it over the fish, and serve it with oyster, cockle, or shrimp sauce.

STEWED SORREL. Wash it clean, and put it into a silver vessel, or stone jar, with no more water than hangs to the leaves. Simmer it as slowly as possible; and when done enough, beat it up with a piece of butter. This is very fine with a fricandeau, with roast meat, [410]
mackarel, or any thing usually eaten with an acid sauce. The same thickening may be added, as for spinach and sorrel. It is as well prepared in a stone jar set before the fire, only it requires a longer time.

STEWED SPINACH WITH CREAM. Boil the spinach till nearly done enough, then squeeze all the water from it, and put it into a stewpan, with a piece of butter and some salt. Stir it over the fire till the butter is well mixed in with it, and add as much cream as will make it of a moderate thickness. Shake it for a minute or two over the fire, and serve it up with sippets of bread, either fried or toasted.

STEWED SPINACH WITH GRAVY. Pick the spinach nicely, then wash it well, and put it into a stewpan, with a few spoonfuls of water, and a little salt. Stew this till quite tender, shaking the pan very often to prevent its burning. When done enough, put it into a sieve to drain, and give it a slight squeeze. Beat the spinach well, then return it to the stewpan with some gravy, pepper, salt, and a piece of butter. Let it stew about a quarter of an hour, stirring it frequently. Serve it up either in a dish by itself, or with poached eggs upon it, according to the occasion for which it is wanted.

STEWED SPINACH WITH SORREL. Take spinach and sorrel, in the proportion of three fourths of spinach to one of sorrel. Pick and wash these very nicely; cut them a little, and put them into a stewpan, with two or three spoonfuls of water. Keep them stirring over the fire, till they begin to soften and to liquify. Then leave it to stew at a distance over the fire for an hour or more, stirring it every now and then. Thicken it with a little flour, and when

quite done, add some pepper and salt, and serve it up. This will form an excellent sauce to all kinds of meat, or to eat with potatoes. Almost any kind of cold vegetables may be added to this stew. They should be put in just long enough to heat, and mixed in properly with the spinach before it is served up.

STEWED TONGUE. Prepare a tongue with saltpetre and common salt for a week, and turn it every day. Boil it tender enough to peel, and afterwards stew it in a moderately strong gravy. Season it with soy, mushroom ketchup, cayenne, pounded cloves, and salt if necessary. Serve with truffles, morels, and mushrooms. The roots of the tongue must be removed before it is salted, but some fat should be left.

STEWED TURKEY. Have a nice hen turkey trussed close, and the breast-bone broken; put it into a stewpan with a good piece of butter; let the breast and pinions be glazed of a fine brown; then put it into a stewpan that is very clean; and a faggot of sweet herbs, an onion stuck with three cloves, two blades of mace, some whole pepper, and a little salt; then put in as much strong broth or gravy as will just cover it; cover it very close, and let it stew over a moderate fire, till you think it is tender; in the mean time make some forcemeat balls of veal, &c. and let them be fried of a fine brown, in readiness. When your turkey is done, take it up, put it into your dish, and keep it hot; strain off your liquor into a clean stewpan, and scum it very clean: if it is not thick enough, roll apiece of butter in flour; put in half a glass of white wine, and your forcemeat balls; toss up all together, till your sauce is of a good thickness; squeeze in a little lemon; pour your sauce over the turkey, and garnish your dish with lemon. In the same manner you may do a large fowl; and you may add morels, truffles, artichoke bottoms, &c.—Another. Put turkey or fowl into a stewpan, with a sufficient quantity of gravy or good broth, a head of celery cut small, whole pepper, and a [411] sprig of thyme tied up in a muslin bag. When these are stewed enough, take them up, thicken the liquor with flour and butter, lay the meat in a dish, and pour the sauce over it.

STEWED VEAL. Cut off the neck end of a breast of veal, and stew it for gravy. Make a forcemeat of the sweetbread boiled, a few crumbs of bread, a little beef suet, an egg, pepper and salt, a spoonful or two of cream, and a little grated nutmeg. Mix them all together, raise the thin part of the breast, and put in the stuffing. Skewer the skin close down, dredge it over with flour, tie it up in a cloth, and stew it in milk and water rather more than an hour: if a large one, an hour and a half. The proper sauce for this dish is made of a little gravy, a few oysters, a few mushrooms chopped fine, and a little lemon juice, thickened with flour and butter. If preferred, the veal may be stewed in broth, or weak gravy. Then thicken the gravy it was stewed in, pour it over the veal, and garnish with forcemeat balls.

STEWED VENISON. Let the meat hang as long as it will keep sweet. Take out the bone, beat the meat with a rolling-pin, lay on some slices of mutton fat, sprinkle over it a little pepper and salt, roll it up light and tie it. Stew it in mutton or beef gravy, with a quarter of a pint of port wine, some pepper and allspice. Cover it close, and simmer it as slowly as possible for three or four hours. When quite tender take off the tape, lay the meat on a dish, strain the gravy over it, and serve it up with currant jelly.

STEWED WATER CRESSES. Pick and wash a quantity of water cresses, and boil them for a few minutes. Drain and press them dry, chop them slightly, and put them into a

stewpan, either with good gravy or cream, and a seasoning of salt and pepper. Add a thickening of butter rolled in flour, if necessary. Stew them gently for ten minutes, or a quarter of an hour, and serve them up with a garnish of sippets, of fried or toasted bread.

STICKING PLASTER. Melt three ounces of diachylon with half an ounce of rosin, and when cooled to about the thickness of treacle, spread it upon a piece of smooth soft linen.

STILTON CHEESE. This rich and relishing article is made in the following manner. The night's cream is put into the morning's milk, with the rennet. When the curd is come, it is not broken, as is usually done with other cheese, but taken out whole, and put into a sieve to drain. Here it is pressed till it becomes firm and dry, when it is placed in a wooden hoop made to fit it, in order to prevent its breaking. After being taken out of the hoop, the cheese is bound with cloths, which are changed every day, till it is sufficiently firm to support itself. The cloths are then removed, and the cheese is rubbed with a brush and turned every day. The rennet bag should be kept perfectly sweet and fresh: if it be in the least degree tainted, the cheese will never have a good flavour.

STINGS. The stings of bees are often more virulent than those of wasps, and attended with more painful effects. The sting being barbed, it is always left in the wound. When therefore a person is stung by a bee, the sting should be instantly extracted, or it will communicate more of its poison, according to the time it is permitted to remain. It should be carefully pulled out with a steady hand, for if any of it break in, remedies will in a great measure be ineffectual. When the sting is completely extracted, the wounded part should be sucked, and very little inflammation will ensue. If a few drops of the spirits of hartshorn be [412] immediately rubbed on the part affected, the cure will be more speedily accomplished. Another simple remedy is, a solution of indigo in water, or of potash, a little oil of tartar, or common sweet oil, rubbed upon the part. Honey and olive oil, or some bruised mallows, may occasionally be substituted with advantage; but their application should be repeated till the pain ceases. Rubbing on a little common salt, after it has been moistened, is also said to be an effectual cure. If a wasp or bee has been incautiously swallowed in a glass of liquor, take a spoonful of common salt, or repeated doses of salt and water. This will immediately kill the insect, and prevent the injurious effects of the sting. To remove the disagreeable itching which arises from the sting of gnats, wash the part directly with cold water; or at night, rub on fuller's earth mixed with water.

STOCK. To make a clear brown stock, for gravy or gravy soup, put into a stewpan with two quarts of water, a pound of lean beef, a pound of the lean of a gammon of bacon, all sliced. Add two or three scraped carrots, two onions, two turnips, and two heads of sliced celery. Stew the meat quite tender, but do not let it brown. When thus prepared, it will serve either for soup, or brown or white gravy. If for brown, put in some soup colouring, and boil it a few minutes.

STOCK-FISH. Put it into water, and let it remain there two days, shifting the water often; then take it out, and clean the skin and inner part with a hard brush, and hang it up for one night in the air. In the morning put it again into water, and let it remain till the next morning, shifting the water often; take it out, and hang it up for another day, when it will be fit for dressing. Roll up the fish round, and tie it close with a tape; put it into a fish-kettle, the

water of which simmers when you put it on: let it remain simmering for three quarters of an hour, then let it boil for five minutes, and the fish is enough.

STOMACHIC TINCTURE. In low nervous affections arising from a languid circulation, and when the stomach is in a state of debility, the following tincture will be found to be strengthening and beneficial. An ounce and a half of peruvian bark bruised, and an ounce of orange peel, steeped in a pint of the best brandy, for ten days. Shake the bottle every day, then let it settle for two days, and decant off the clear liquor. Take a tea-spoonful of the tincture in a wine glass of water, twice a day, when the stomach feels empty and uneasy, an hour before dinner, and also in the evening. This agreeable aromatic tonic will procure an appetite, and aid digestion. Tea made with dried Seville orange peel, in the same way as common tea, and drunk with milk and sugar, has been taken by nervous persons with great benefit. Sucking a bit of dried orange peel about an hour before dinner, when the stomach is empty, is very grateful and strengthening.

STONE STAIRS AND HALLS. In order to clean these properly, boil a pound of pipe-maker's clay with a quart of water, a quart of small beer, and a bit of stone blue. Wash the stairs or the floor with this mixture, and when dry, rub it with flannel and a brush.

STOPPLES. When a glass stopple is set fast, in a bottle or decanter, rub a drop or two of olive oil round it, close to the mouth of the decanter, and place it near the fire. The oil will soon insinuate itself downwards, and the stopple may then be loosened by the hand, or by striking it lightly with a piece of soft wood. Sometimes the rubbing of the neck of the bottle with a small key, and striking the head of the stopper, will be sufficient to loosen it, without the application of any oil. [413]

STORING. The storing of fruits, vegetables, and roots, has been performed in various ways, which are well known already; but lately some better modes have been suggested for this purpose. For apples and pears, after they have been carefully gathered from the trees, and laid in heaps covered with clean cloths or mats for sweating, which is effected in three or four days, they remaining for that length of time afterwards, they are to be wiped separately with clean cloths; when some glazed earthen jars are to be provided with tops and covers, and likewise a quantity of pure pit-sand, which is quite free from any mixture. This is to be thoroughly dried upon a flue. Then put a layer of this sand an inch thick on the bottoms of the jars; above this layer of fruit, a quarter of an inch free of each other; covering the whole with sand to the depth of an inch; then a second course of fruit is to be laid in, and again covered with an inch of the sand, proceeding in the same way until the whole be finished and completed. An inch and a half in depth of sand may be laid over the last or uppermost layer of fruit; when the jars are to be closed and placed in some dry situation, as cool as possible, but entirely out of the way of frost. The usual time at which each kind of such fruits should be ready for the table being known, the jars containing such fruit may, it is said, be examined, by turning out the sand and fruit together cautiously into a sieve. The ripe fruit may then be laid upon the shelves of the fruit-room for use, and the unripe be carefully replaced in the jars as before, but with fresh dry sand. Some kinds of apples managed in this way, will, it is said, keep a great while, as till July; and pears until April, and in some sorts till June. It is not improbable but that many other sorts of fruit might be stored and preserved in somewhat the same way. Vegetables of the cauliflower kind have been stored and kept well through a

great part of the winter, by putting them, when in full head, on a dry day, into pits about eighteen inches in depth, and much the same breadth, in a perfectly dry soil, with the stalks and leaves to them, the latter being carefully doubled over and lapped round the heads, instead of hanging them up in sheds or other places, as is the usual practice in preserving them. In performing the work, it is begun at one end of the pits, laying the heads in with the root-stalks uppermost, so as that the former may incline downwards, the roots of the one layer covering the tops or heads of the other, until the whole is completed. The pits are then to be closely covered up with the earth into a sort of ridge, and beaten quite smooth with the back of the spade, in order that the rain-water may be fully thrown off. Fine cauliflowers have been thus stored and kept for the occasional supply of the table until the middle of the following January. For storing and preserving different kinds of roots for common summer use, until the coming in or return of the natural crops, the following method has likewise been proposed. As the ice in ice-houses has commonly subsided some feet, as four, five, or more, by the beginning of the spring, it is proposed to deposit in the rooms or vacancies so left empty, the roots that are to be preserved. As soon as any openings in the places have been well stuffed with straw, and the surfaces of the ice covered with the sort of material, case-boxes, dry ware, casks, baskets, or any other such vessels, are to be placed upon it, which are then to be filled with the roots, such as turnips, carrots, beets, celery, potatoes in particular, and some others. In cases where there are not ice-houses, vegetation may be [414] greatly retarded, and the roots preserved by storing them in deep vaulted cellars, caves, coal-pits, mines, or in any place seated deep in the earth. Potatoes have also been well stored and preserved, it is said, by earthing them in small parcels, as about two bolls each, heaped up, and covered in the usual way with straw and earth; which are turned over into other pits in the early spring, first rubbing off all the sprouts or shoots, and having the roots well watered in small quantities as they are put into the other pits, the whole earthy covering being also well watered and beaten together at the time with the back part of the spade. This covering is to be made to the thickness of about two feet. The same practice or process is to be repeated every time the potatoes are turned over, which should be about once in three weeks, as the state of the weather may be. And where the pits or heaps are not in the shade, it is sometimes proper, when the season is very hot, to cover them with mats supported on sticks, so as to permit a free current of air between the mats and the heaps. In this way it is stated that these roots have been preserved quite plump and entire in the taste until the end of September, or till the succeeding crop becomes perfectly ripe, so as to be used without loss, as that must always be the case where the roots are largely employed before they are in a state of mature growth. It is asserted, too, that in this manner potatoes are even capable of recovering in plumpness and taste, where they have been suffered, by improper exposure to air or heat, to become deficient in these qualities.

STOVE BLACKING, for backs of grates, hearths, and the fronts of stoves, is made in the following manner. Boil a quarter of a pound of the best black lead, with a pint of small beer, and a bit of soap the size of a walnut. When that is melted, dip in a painter's brush, and wet the grate, having first cleared off all the soot and dust. Then take a hard brush, and rub it till it is quite bright. A mixture of black lead and whites of eggs well beaten together, will answer the same purpose.

STRAMONIUM. This celebrated plant, commonly called the Thorn Apple, often grows

on dunghills, and flowers in the month of July. Having lately been discovered as possessing very powerful medical properties, and as affording the most effectual remedy for the asthma, it is now frequently transplanted into gardens, though its odour is extremely offensive. A kind of herb tobacco is made of the dried leaves, mixed with a little rosemary to prevent nausea, and a pipeful is smoked in the evening before going to bed. The practice should be continued for some time, or as often as asthma returns, and it will afford very sensible relief. The plant may easily be raised from seed; but an elegant preparation of the stramonium, or the asthmatic tobacco, may be had of several medicine vendors in the kingdom.

STRAWBERRIES. Sir Joseph Banks, from a variety of experiments, and the experience of many years, recommends a general revival of the now almost obsolete practice of laying straw under strawberry plants, when the fruit begins to swell; by which means the roots are shaded from the sun, the waste of moisture by evaporation prevented, the leaning fruit kept from damage, by resting on the ground, particularly in wet weather, and much labour in watering saved. Twenty trusses of long straw are sufficient for 1800 feet of plants. On the management of strawberries in June and July, the future prosperity of them greatly depends; and if each plant has not been kept separate, by cutting off the runners, they will be in a state of confusion, and you will find three different sorts of plants. 1. Old plants, whose roots are [415] turned black, hard, and woody. 2. Young plants, not strong enough to flower. 3. Flowering plants, which ought only to be there, and perhaps not many of them. Before the time of flowering is quite over, examine them, and pull up every old plant which has not flowered; for, if once they have omitted to flower you may depend upon it they will never produce any after, being too old, and past bearing; but to be fully convinced, leave two or three, set a stick to them, and observe them next year. If the young plants, runners of last year, be too thick, take some of them away, and do not leave them nearer than a foot of the scarlet, alpines, and wood, and fifteen or sixteen inches of all the larger sorts; and in the first rainy weather in July or August, take them all up, and make a fresh plantation with them, and they will be very strong plants for flowering next year. Old beds, even if the plants be kept single at their proper distance, examine, and pull all the old plants which have not flowered. When the fruit is nearly all gathered examine them again, and cut off the runners; but if you want to make a fresh plantation, leave some of the two first, and cut off all the rest. Then stir up the ground with a trowel, or three-pronged fork, and in August they will be fit to transplant. If you have omitted in July do not fail in August, that the runners may make good roots to be transplanted in September, for, if later, the worms will draw them out of the ground, and the frost afterwards will prevent them from striking root; the consequence of which is, their not flowering the next spring; and you will lose a year.

STRAWBERRY AND RASPBERRY FOOL. Bruise a pint of scarlet strawberries, and a pint of raspberries, pass them through a sieve, and sweeten them with half a pound of fine sugar pounded, add a spoonful of orange-flower water, then boil it over the fire, for two or three minutes; take it off, and set on a pint and a half of cream, boil it and stir it till it is cold; when the pulp is cold, put them together, and stir them till they are well mixed; put the fool into glasses, or basins, as you think proper.

STRAWBERRY JAM. Dissolve four pounds of lump sugar in a quart of currant juice, then boil and scum it quite clean. Mash four quarts of raspberries, and mix with it. Let it boil quick, over a clear fire, for nearly an hour, or till the sugar and raspberries are quite mixed.

This may be known by putting a little on a plate; if the juice drains from the fruit, it must be boiled longer. When done enough, put it into pots, and the next day put brandy papers over them. Tie them down with another paper, and set the jars in a dry place.

STRAWBERRIES PRESERVED. To keep whole strawberries, take equal weights of the fruit and double refined sugar. Lay the strawberries in a large dish, and sprinkle over them half the sugar in fine powder. Shake the dish gently, that the sugar may touch the under side of the fruit. Next day make a thin syrup with the remainder of the sugar, and instead of water, allow to every pound of strawberries a pint of red currant juice. Simmer the fruit in this, until sufficiently jellied. Choose the largest scarlet strawberries, before they are dead ripe. They will eat well in thin cream, served up in glasses.

STRAWBERRIES IN WINE. Put a quantity of the finest strawberries into a gooseberry bottle, and strew in three spoonfuls of fine sugar. Fill up the bottle with madeira, or fine sherry.

STRENGTHENING DRAUGHT. For weakly persons, any of the following [416]
preparations will be highly beneficial. Put two calves' feet in two pints of water, and the same quantity of new milk; bake them in a jar closely covered, three hours and a half. When cold remove the fat, and take a large teacupful of the mucilage, morning and evening. It may be flavoured by baking in it lemon peel, cinnamon, or mace: sugar is to be added afterwards.—Or simmer six sheeps' trotters, with two blades of mace, a bit of cinnamon, lemon peel, a few hartshorn shavings, and a little isinglass, in two quarts of water till reduced to one. When cold, remove the fat, and take nearly half a pint twice a day, warming it with a little new milk.—Another way. Boil an ounce of isinglass shavings, forty peppercorns, and a bit of brown crust of bread, in a quart of water, till reduced to a pint, and strain it. This makes a pleasant jelly to keep in case of sickness, and a large spoonful may be taken in wine and water, in milk, tea, soup, or any other way.—Or boil a quarter of an ounce of isinglass shavings with a pint of new milk, till reduced one half. Add a little sugar, and for a change a bitter almond. Take this at bed-time, but not too warm. Dutch flummery, jellies, or blamange, if not too rich, are also very strengthening.

STRENGTHENING JELLY. Put an ounce of isinglass shavings, with a few Jamaica peppercorns, and a toast of bread. Boil it to a pint, and strain it off. A large spoonful of the jelly may be taken in wine and water, milk, tea, or any other agreeable liquor. Or boil a quarter of an ounce of isinglass shavings in a pint of new milk, till it is reduced to half a pint, adding a bitter almond, or a little sugar, by way of change.

STRONG GRAVY. Take a stewpan that will hold four quarts, lay at the bottom of it a slice or two of undressed ham or bacon, about a quarter of an inch thick, and two pounds of beef or veal. Add a carrot, a large onion with four cloves stuck in it, one head of celery, a bundle of parsley, lemon thyme, and savoury; a few leaves of sweet basil, a bay leaf, a shalot, a piece of lemon peel, and a dozen corns of allspice. Pour on half a pint of water, cover it close, and let it simmer gently on a slow fire for half an hour, in which time it will be almost dry. Watch it very carefully, and let it take a nice brown colour. Turn the meat and herbs, to brown on all sides; then put in a pint of water to a pound of meat, and let it boil for two hours. It will now be formed into a rich strong gravy, easily converted into cullis, or

thickened gravy.

STUCCO. A stucco for walls, &c. may be formed of the grout or putty, made of good stone-lime, or the lime of cockle-shells, which is better, properly tempered and sufficiently beat, mixed with sharp grit-sand, in a proportion which depends on the strength of the lime: drift-sand is best for this purpose, and it will derive advantage from being dried on an iron plate or kiln, so as not to burn; for thus the mortar would be discoloured. When this is properly compounded, it should be put up in small parcels against walls, or otherwise, to mellow, as the workmen term it; reduced again to a soft putty, or paste, and spread thin on the walls without any undercoat, and well trowelled. A succeeding coat should be laid on, before the first is quite dry, which will prevent joints of brick-work appearing through it. Much depends upon the workmen giving it sufficient labour, and trowelling it down. If this stucco, when dry, is laid over with boiling linseed oil, it will last a long time, and not be liable, when once hardened, to the accidents to which common stucco is liable. Liardet's, or, as it is commonly called, *Adams oil-cement*, or stucco, is prepared in the following manner: for the [417] first coat, take twenty-one pounds of fine whiting, or oyster-shells, or any other sea-shells calcined, or plaster of Paris, or any calcareous material calcined and pounded, or any absorbent material whatever, proper for the purpose; add white or red lead at pleasure, deducting from the other absorbent materials in proportion to the white or red lead added; to which put four quarts, beer measure, of oil; and mix them together with a grinding-mill, or any levigating machine: and afterwards mix and beat up the same well with twenty-eight quarts, beer measure, of any sand or gravel, or of both, mixed and sifted, or of marble or stone pounded, or of brick-dust, or of any kind of metallic or mineral powders, or of any solid material whatever, fit for the purpose. For the second coat, take sixteen pounds and a half of super-fine whiting, or oyster-shells, or any sea-shells calcined, &c. as for the first coat; add sixteen pounds and a half of white or red lead, to which put six quarts and a half of oil, wine measure, and mix them together as before: afterwards mix and beat up the same well with thirty quarts, wine measure, of fine sand or gravel sifted, or stone or marble pounded, or pyrites, or any kind of metallic or mineral powder, &c. This composition requires a greater proportion of sand, gravel, or other solids, according to the nature of the work, or the uses to which it is to be applied. If it be required to have the composition coloured, add to the above ingredients such a proportion of painter's colours, as will be necessary to give the tint or colour required. In making the composition, the best linseed or hempseed, or other oils proper for the purpose, are to be used, boiled or raw, with drying ingredients, as the nature of the work, the season, or the climate requires; and in some cases, bees' wax may be substituted in place of oil: all the absorbent and solid materials must be kiln-dried. If the composition is to be of any other colour than white, the lead may be omitted, by taking the full proportion of the other absorbents; and also white or red lead may be substituted alone, instead of any other absorbent material. The first coat of this composition is to be laid on with a trowel, and floated to an even surface with a rule or darby, (i. e. a handle-float.) The second coat, after it is laid on with a trowel, when the other is nearly dry, should be worked down and smoothed with floats edged with horn, or any hard smooth substance that does not stain. It may be proper, previously to laying on the composition, to moisten the surface on which it is to be laid by a brush with the same sort of oil and ingredients which pass through the levigating machine, reduced to a more liquid state, in order to make the composition adhere the better. This composition admits of being

modelled or cast in moulds, in the same manner as plasterers or statuaries model or cast their stucco work. It also admits of being painted upon, and adorned with landscape, or ornamental, or figure-painting, as well as plain painting.—To make an excellent stucco, which will adhere to wood work, take a bushel of the best stone lime, a pound of yellow ochre, and a quarter of a pound of brown umber, all in fine powder. Mix them to a proper thickness, with a sufficient quantity of hot water, but not boiling, and lay it on with a new white-washer's brush. If the wall be quite smooth, one or two coats will do; but each must be dry before the next is put on. The month of March is the best season for doing this.

STUCCO WASHES. The most beautiful white-wash is made of clean good lime mixed with skim milk instead of water. For Blue wash, put four pounds of blue vitriol into an iron or [418] brass pot, with a pound of the best whiting, and a gallon of water. Let it boil an hour, stirring it all the time. Then pour it into an earthen pan, and set it by for a day or two till the colour is settled. Pour off the water, and mix the colour with the white-washer's size. Wash the walls over three or four times, according as it may be necessary. To make Yellow wash, dissolve in soft water over the fire equal quantities of umber, bright ochre, and blue black. Add as much white-wash as is necessary for the work, and stir it all together. If either cast predominates, put in more of the others, till the proper tint is obtained.

STUFFINGS. Forcemeat or stuffing is generally considered as a necessary accompaniment to most of the made dishes, and when composed with good taste, it gives to them additional spirit and relish. It is often employed in making of patties, for stuffing of veal, game, and poultry. The ingredients should be so proportioned, that no one flavour predominates; and instead of using the same stuffing for veal, hare, and other things, it is easy to make a suitable variety. The poignancy of forcemeat should be regulated by the savouriness of the viands, to which it is intended to give an additional zest. Some dishes require a very delicately flavoured stuffing, while for others it should be full and high seasoned. The consistence of forcemeats is attended with some difficulty; they are almost always either too heavy or too light. They should be mixed perfectly smooth, and the ingredients thoroughly incorporated. Forcemeat balls must not be larger than a small nutmeg. If for brown sauce, flour and fry them: if for white sauce, put them into boiling water, and boil them for three minutes: the latter are by far the most delicate. Parboiled sweetbreads and tongues are the principal ingredients for stuffing or forcemeat. Besides these, yolks of hard eggs, flour, bread crumbs, boiled onion, mashed potatoe, mutton, beef, veal suet, marrow, calf's udder or brains, veal minced and pounded, and potted meats. Also of garden herbs and roots, parsley, thyme, spinach, marjoram, savoury, tarragon, sage, chervil, basil, burnet, bay leaf, truffles, morels, mushrooms, leeks, shalot, onions, and garlic. Of fish, shrimps, prawns, crabs, oysters, lobsters, and anchovies. Of spices, pepper, mace, allspice, cinnamon, ginger, nutmeg, cayenne, and cloves. These, with bacon and ham, form the principal ingredients for various kinds of stuffing. The liquids in general consist of meat gravy, lemon juice, syrup of lemons, essence of anchovy, mushroom ketchup, vegetable essences, and the essence of spices.

STUFFING FOR GOOSE. Chop very fine one or two onions, and a little green sage. Add a large teacupful of bread crumbs, a very little pepper and salt, half the liver parboiled, and the yolks of two eggs. Incorporate the whole well together, put it into the goose, but leave a little room for the stuffing to swell.

STUFFING FOR HARE. Two ounces of beef suet chopped fine, three ounces of fine bread crumbs, a little parsley, marjoram, lemon thyme, or winter savory; a dram of grated lemon peel, half a dram of nutmeg, of shalot, and the same of pepper and salt. Mix these with an egg, so as to make them cohesive; but if the stuffing be not of a sufficient consistence, it will be good for nothing. If the liver be quite sound, it may be parboiled, minced very fine, and added to the above. Put the stuffing into the hare, and sow it up.

STUFFING FOR PIG. Rub some of the crumb of a stale loaf through a cullender, mince [419]
fine a handful of sage, and a large onion. Mix these together with an egg, some pepper and salt, and a piece of butter. Fill the belly of the pig with the stuffing, and sow it up. Lay the pig to the fire, and baste it with salad oil, without leaving it for a moment.

STUFFING FOR PIKE. Take equal parts of fat bacon, beef suet, and fresh butter; some parsley, thyme, and savoury; a small onion, and a few leaves of scented marjoram shred fine; an anchovy or two, a little salt and nutmeg, and some pepper. Oysters will be an improvement, with or without anchovies; add some crumbs, and an egg to bind.

STUFFING FOR POULTRY. Mince a quarter of a pound of beef suet, (marrow is better,) the same weight of bread crumbs, two drams of parsley leaves, nearly as much of sweet marjoram or lemon thyme, and the same of grated lemon peel. Add an onion or shalot, chopped as fine as possible, a little grated nutmeg, pepper and salt. Pound all together thoroughly, with the yolk and white of two eggs. This is about the quantity for a turkey poult; a very large turkey will take nearly twice as much. To the above may be added an ounce of dressed ham.

STUFFING FOR VEAL. Take an equal quantity of grated bread and beef suet, shred very fine. Add parsley and sweet herbs chopped small, a minced anchovy, some nutmeg, pepper, and salt, and a little grated lemon peel. Mix these well together with raw egg or milk. This stuffing will do for roast turkey or hare.

STURGEON. Fresh sturgeon should be cut in slices, rubbed over with egg, and sprinkled with grated bread, parsley, salt and pepper. Then fold the slices in white paper, and broil them gently. For sauce, send up butter, anchovy, and soy.—Another way. Clean the sturgeon, and prepare as much liquor as will cover it, thus: take a pint of vinegar, about two quarts of water, a stick of horseradish cut in slips, some lemon peel, two or three bay leaves, and a small handful of salt, boil it in this pickle, till you think it is enough, and serve it with the following sauce: melt a pound of butter, with an anchovy bruised, a blade or two of mace, the body of a crab, or lobster bruised, a little ketchup, a small glass of white wine, half a pint of white shrimps, boil all together, till it is of a proper thickness, squeeze in some lemon, and scraped horseradish; pour a little sauce over your fish, the rest send in boats.

STURTIUMS. Gather them young and dry, and put them into a jar of old vinegar, which has been taken from green pickles and onions. The vinegar must be boiled afresh, or boil some fresh vinegar with salt and spice, and when cold, put in the sturtiums.

SUBSTITUTE FOR CREAM. As milk or cream is difficult to procure in some situations, particularly during a long voyage, a very good substitute may be found in beating up a fresh egg, and gradually pouring on boiling water to prevent its curdling. The taste of

this composition in tea will scarcely be distinguished from the richest cream, and eggs may easily be preserved for a considerable length of time.

SUBSTITUTE FOR GRAVY. Mix a gill of water, a gill of table beer, a spoonful of ketchup, an onion sliced thin, a clove or two, three or four peppercorns, and a little salt, all together. Melt a piece of butter, the size of an egg in a small saucepan, and when hot dredge in some flour, stirring it till the froth subsides, by which time it will be browned. Add to it the mixture already prepared, give it a boil, and flavour it with a very small quantity of the [420] essence of anchovy.

SUCCORY. Wild white succory is only good to eat in salads. The green is used to put into cooling broths, and to make decoctions in medicine. Common white succory is eaten in salads, and used for ragouts. First pick and wash it, then scald it half an hour in water, put it afterwards into fresh water, in order to press it well with the hands. Stew it with some broth, a little butter, and some cullis, if any at hand. If not, brown a little flour to thicken the sauce. When done enough, take off the fat, season it nicely, and add a little shalot. Serve it under a shoulder, a leg, or neck of mutton, roasted.

SUCKERS. The season for taking up or transplanting suckers of trees and shrubs, is almost any time, in open weather, from October till March, being careful to dig them up from the mother-plant with as much and many root-fibres as possible, and trimming them ready for planting, by shortening the long straggling fibres, and cutting off any thick-nobbed part of the old root that may adhere to the bottom, leaving only the fibres arising from the young wood; though it is probable some will appear with hardly any fibres; but as the bottom part, having been under ground, and contiguous to the root of the main plant, is naturally disposed to send forth fibres for rooting; preparatory to planting them out, the stems of the shrub and tree-suckers should likewise be trimmed occasionally, by cutting off all lower laterals; and any having long, slender, and weak tops, or such as are intended to assume a more dwarfish or bushy growth, may be shortened at top in proportion, to form about half a foot to one or two feet in length, according to their nature or strength; and others that are more strong, or that are designed to run up with taller stems, may have their tops left entire, or shortened but little: when thus taken up and trimmed, they should be planted out in rows in the nursery; the weak suckers separately in close rows; and also the shortened and stronger plants, each separately in wider rows; so that the rows may be from one to two feet asunder, in proportion to the size and strength of the suckers: and after being thus planted out, they should have the common nursery-culture of cleaning from weeds in summer, and digging the ground between the rows in winter, &c. and in from one to two or three years they will be of a proper size for planting out where they are to remain: and some kinds of trees, large shrubs, &c. produce suckers strong enough in one season to be fit for planting where they are to remain; as well as some sorts of roses, and numerous other flowering shrubs; also some plants of the strong shooting gooseberries, currants, raspberries, and others of similar kinds. It may generally be observed of such trees and shrubs as are naturally disposed to send up many suckers, that by whatsoever method they are propagated, whether by seeds, suckers, layers, cuttings, &c. they commonly still continue their natural tendency in this respect. When it is, therefore, required to have any sorts to produce as few suckers as possible, not to over-run the ground, or disfigure the plants, it is proper, both at the time of separating the suckers, or planting them off from the main plants, and at the time of their final

removal from the nursery, to observe if at the bottom part they shew any tendency to emit suckers, by the appearance of prominent buds, which, if the case, should all be rubbed off as close as possible: as, however, many sorts of trees and shrubs are liable to throw out considerably more than may be wanted, they should always be cleared away annually at [421] least, and in such as are not wanted for increase, it is proper to eradicate them constantly, as they are produced in the spring and summer seasons. Also numerous herbaceous and succulent plants are productive of bottom offset suckers from the roots, by which they may be increased. In slipping and planting these sorts of offset suckers, the smaller ones should be planted in nursery beds, pots, &c. according to the nature of growth and temperature of the different sorts, to have the advantage of one summer's advanced growth; and the larger ones be set at once, where they are to remain, in beds, borders, pots, &c. according to the different sorts or descriptions of them. The suckers of many of the finer kinds of flower-plants, as in the auricula and others, may be separated or taken off from the parent plants any time between the month of February and that of August, as they may become of a proper size, or be wanted for increase; but if they be not wanted for this use, they should never be suffered to remain. They can often be slipped off by the fingers, or a sharp piece of wood, without removing much earth, or the plants from the pots; but when they are large, and cannot be thus separated with a sufficient number of fibres to their bottom parts, they may be taken out of the pots, and be removed by the knife without danger, which is perhaps the best way, as affording most fibres. The suckers of such old flower-plants, when they are wanted to blow strong, should always be taken off without disturbing the plants in the pots, especially when they are few. The suckers, in all cases of this sort, should constantly be planted as soon as possible after they are slipped, in proper small upright pots, giving a slight watering at the time, with suitable temporary shade. They should be placed in proper situations out of the droppings of trees. They thus soon become rooted. The suckers of such flower-plants must, however, never be removed after the latter of the above periods, as they have then done shooting, and are become inactive, and as the winter immediately succeeds, seldom do well, especially without great care and trouble.

SUCKING PIG. When the pig has been killed and well cleaned, cut off the feet at the first joint, and put them with the heart, liver, and lights, to boil for gravy. Before the pig is spitted, chop a little sage very fine, mix it with a handful of bread crumb, a little pepper and salt, and sow it up in the belly. Lay it down to a brisk fire, rub it with butter tied up in a piece of thin rag, during the whole time of roasting. Take off the head while at the fire, take out the brains and chop them, mix them with the gravy that comes from the pig, and add a little melted butter. Before the spit is drawn, cut the pig down the back and belly, and lay it in the dish. Put a little of the sauce over it, take the bottom jaws and ears to garnish with, and send brown gravy sauce to table, mixed with the bread and sage that comes out of the pig. Currant sauce is frequently eaten with it. A moderate sized pig will require about an hour and a half roasting.

SUET. The proper way of treating suet, is to choose the firmest part as soon as it comes in, and pick it free from skin and veins. Set it in a nice saucepan at some distance from the fire, that it may melt without frying, or it will taste. When melted, pour it into a pan of cold water. When it comes to a hard cake, wipe it very dry, fold it in fine paper, and then in a linen bag. Keep it in a dry cool place. Suet prepared in this way, will keep a twelvemonth. [422]

When used, scrape it fine, and it will make a good crust, either with or without butter.

SUET DUMPLINS. Take a pound of suet, or the outward fat of loins or necks of mutton, and shred it very fine. Mix it well with a pound and a quarter of flour, two eggs, a sufficient quantity of milk to make it, and a little salt. Drop the batter into boiling water, or boil the dumplins in a cloth.

SUET DUMPLINS WITH CURRANTS. Take a pint of milk, four eggs, a pound of suet shred fine, and a pound of currants well cleaned, two tea-spoonfuls of salt, and three of beaten ginger; first take half the milk and mix it like a thick batter, then put in the eggs, the salt, and ginger, then the rest of the milk by degrees, with the suet and currants, and flour enough to make it like a light paste. Make them up about the bigness of a large turkey's egg, flat them a little, and put them into boiling water; move them softly that they do not stick together, keep the water boiling, and a little more than half an hour will do them.

SUET DUMPLINS WITH EGGS. Mix up a pint of milk, two eggs, three quarters of a pound of beef suet chopped fine, a tea-spoonful of grated ginger, and flour enough to make it into a moderately stiff paste. Make the paste into dumplins, roll them in a little flour, and put them into boiling water. Move them gently for a little while to prevent their sticking together. If the dumplins are small, three quarters of an hour will boil them; if large, the time must be proportioned to their size. They will boil equally well in cloths, which is often preferred for keeping the outside drier.

SUET PUDDING. Shred a pound of suet; mix with it a pound and a quarter of flour, two eggs beaten separately, some salt, and as little milk as will make it. Boil the pudding four hours. It eats well the next day, cut in slices and broiled. The outward fat of a loin or neck of mutton finely shred, makes a more delicate pudding than suet.

SUET PUDDING WITH EGGS. To a pound of beef suet chopped very fine, add six large spoonfuls of flour, a tea-spoonful of grated ginger, and a tea-spoonful of salt. Gradually mix with these ingredients a quart of milk, and four eggs well beaten. Boil it three hours in a buttered basin, or two hours and a half in a cloth well floured.

SUFFOCATION. Immediately on discovering a person in this unfortunate situation, whatever be the cause, the windows and doors ought to be opened; the body undressed, covered with blankets, removed to the open air, and supported in a leaning posture on a chair. The patient's face should be sprinkled with vinegar, the pit of the stomach with water, and the legs plunged into a cold bath; at the same time rubbing the skin with flannel, or a soft brush. Clysters of vinegar and water will also be useful, and an attempt should be made to promote sickness, by tickling the throat with a feather dipped in oil. When the patient is able to swallow, the most proper drink is vinegar and water, or infusions of mint and balm.

SUFFOLK CHEESE. The curd is broken up in the whey, which is poured off as soon as the former has subsided. The remainder, with the curd, is put into a coarse strainer, left to cool, and is then pressed as tightly as possible. After this it is put into the vat, and set in a press to discharge the remaining whey. The curd is then taken out, broken again as finely as possible, salted, and returned to the press.

SUFFOLK DUMPLINS. Make a very light dough with yeast, as for bread; add a little

salt, and use milk instead of water. Let it rise an hour before the fire. Round the dough into balls, the size of a middling apple; throw them into boiling water, and let them boil twenty minutes. To ascertain when they are done enough, stick a clean fork into one; and if it come out clear, they are ready to take up. Do not cut, but tear them apart on the top with two forks, for they become heavy by their own steam. They should be eaten immediately, with gravy or cold butter, or with meat.

SUGARS. These being an article of considerable expense in all families, the purchase demands particular attention. The cheapest does not go so far as the more refined, and there is a difference even in the degree of sweetness. Of white sugar that should be preferred which is close, heavy, and shining. The best sort of brown sugar has a bright gravelly appearance, and it is often to be bought pure as imported. East India sugars are finer for the price, but not so strong, consequently unfit for wines and sweetmeats, but do well for common purposes, if good of their kind. To prepare white sugar pounded, rolling it with a bottle and sifting it, wastes less than pounding it in a mortar.

SUGAR CAKES. Make into a paste a pound of flour, twelve ounces of fine sugar sifted, the yolks of two eggs, a little nutmeg, and orange-flower water. Roll it out thin, cut out the cakes with a tin or glass, sift sugar over them, and bake them in a quick oven.

SUGAR PASTE. To a pound of flour put two ounces of loaf sugar rolled and sifted, and rub in half a pound of butter. Mix it up with one egg well beaten, and cold water sufficient to make it into a paste. Mould it with the hand till it is quite smooth, and roll it out for use.

SUGAR VINEGAR. To every gallon of water, add two pounds of the coarsest sugar; then boil and skim it thoroughly, and add one quart of cold water for every gallon of hot. When cool, put in a toast spread with yeast. Stir it nine days, then barrel it off, and set it in the sun, with a piece of slate on the bung hole. Make the vinegar in March, and it will be ready in six months. When sufficiently sour it may be bottled, or may be used from the cask with a wooden spigot and faucet.

SUN FLOWER. The valuable properties of the sun flower are too much neglected, and might be rendered of general advantage. The leaves furnish abundance of agreeable fodder for cattle, the flower is enriched with honey for the bees, the dry stalks burn well, affording a considerable quantity of alkali from the ashes, and the seed is highly valuable in feeding pigs and poultry. The cultivation of this plant cannot be too much recommended, and requires but little management.

SUPPER DISH. To make a pretty supper dish, wash a tea-cupful of rice in milk, and boil it tender. Strain off the milk, lay the rice in small heaps on a dish, strew over them some finely-powdered sugar and cinnamon, and put warm wine and a little butter into the dish.

SUPPERS. Hot suppers are not much in use where people dine late, nor indeed in ordinary cases. When required, the top and bottom of the table may be furnished with game, fowls, rabbit; boiled fish, such as soles, mackarel, oysters, stewed or scalloped; French beans, cauliflower, or Jerusalem artichokes, in white sauce; brocoli with eggs, stewed spinach with eggs, sweetbreads, small birds, mushrooms, scalloped potatoes; cutlets, roast onions, salmagundi, buttered eggs on toast, cold neat's tongue, ham, collared things, sliced

hunter's beef, buttered rusks with anchovies, grated hung beef with butter, with or without rusks; grated cheese round, and butter dressed in the middle of a plate; radishes the same, custards in glasses with sippets, oysters cold or pickled; potted meats, fish, birds, cheese; good plain cake sliced, pies of birds or fruit; lobsters, prawns, cray fish, any sweet things, and fruits. A sandwich set with any of the above articles, placed on the table at a little distance from each other, will look well. The lighter the things, the better they appear, and glass intermixed has the best effect. Jellies, different coloured things, and flowers, add to the beauty of the table. An elegant supper may be served at a small expense, by those who know how to make trifles that are in the house form the greatest part of the entertainment. [424]

SUSAN PUDDING. Boil some Windsor beans, just as they begin to be black-eyed, till they are quite tender. Then peel them, and beat up half a pound of them very smooth in a marble mortar. Add four spoonfuls of thick cream, sugar to taste, half a pound of clarified butter, and eight eggs, leaving out half the whites. Beat up the eggs well with a little salt, and white wine sufficient to give it an agreeable flavour. Line a dish with puff paste, add a pretty good layer of candied citron cut in long pieces, pour in the other ingredients, and bake it in a moderate oven three quarters of an hour.

SWEEPING OF CHIMNIES. The common practice of employing poor children to sweep narrow chimnies, is most inhuman and unwise: many lives are lost by this means, and much injury is done to the building. The children being obliged to work themselves up by pressing with their feet and knees on one side, and their back on the other, often force out the bricks which divide the chimnies, and thereby encrease the danger, in case a foul chimney should take fire, as the flames frequently communicate by those apertures to other apartments, which were not suspected to be in any danger. To avoid these consequences, a rope twice the length of the chimney should be provided, to the middle of which a bunch of furze or broom is to be tied, sufficient to fill the cavity of the chimney. Put one end of the rope down the chimney, with a stone fastened to it, and draw the brush after it, which will clear the sides of the chimney, and bring down the soot. If necessary, a person at top may draw the brush up again to the top of the chimney, keeping hold of the rope, and thus clean the chimney thoroughly without difficulty or danger.

SWEET HERBS. It is of some importance to know when the various seasons commence for procuring sweet and savoury herbs, fit for culinary purposes. All vegetables are in the highest state of perfection, and fullest of juice and flavour, just before they begin to flower. The first and last crop have neither the fine flavour nor the perfume of those which are gathered in the height of the season; that is, when the greater part of the crop of each species is ripe. Let them be gathered on a dry day, and they will have a better colour after being preserved. Cleanse them well from dust and dirt, cut off the roots, separate the bunches into smaller ones, and dry them by the heat of a stove, or in a Dutch oven before the fire. Take them in small quantities, that the process may be speedily finished, and thus their flavour will be preserved. Drying them in the sun exhausts some of their best qualities. In the application of artificial heat, the only caution requisite is to avoid burning; and of this, a sufficient test is afforded by the preservation of the colour. The common custom is, when they are perfectly dried, to put them in bags, and lay them in a dry place. But the best way to preserve the flavour of aromatic plants, is to pick off the leaves as soon as they are dried; then to pound and pass them through a hair sieve, and keep them in well-stopped bottles.— [425]

Basil is in the best state for drying, from the middle of August, and three weeks afterwards. Knotted marjoram, from the beginning of July to the end of the month. Winter savoury, the latter end of July, and throughout August. Thyme, lemon thyme, and orange thyme, during June and July. Mint, the latter end of June, and throughout July. Sage, August and September. Tarragon, June, July, and August. Chervil, May, June, and July. Burnet, June, July, and August. Parsley, May, June, and July. Fennel, the same. Elder flowers, and orange flowers, May, June, and July. Herbs carefully dried, are a very agreeable substitute; but when fresh ones can be had, their flavour and fragrance are much finer, and therefore to be preferred.

SWEET LAMB PIE. Make a good puff paste; then cut a loin of lamb into chops, and season with salt and nutmeg; lay a paste over the bottom of your dish; put in your chops, with a handful of currants washed and picked very clean; lay on your lid, and bake it. When it comes from the oven, take off the lid nicely, and pour over a caudle made of white wine, the yolks of eggs, a little nutmeg, and sugar pounded: lay the lid on again, and send it to table as hot as you can.

SWEET MACARONI. To make a very nice dish of macaroni, boil two ounces of it in a pint of milk, with a bit of cinnamon and lemon peel, till the pipes are swelled to their utmost size without breaking. Lay them on a custard dish, pour a custard over them, and serve them up cold.

SWEET PATTIES. Chop the meat of a boiled calf's foot, the liquor of which is intended for jelly; two apples, one ounce of orange and lemon peel candied, and some fresh peel and juice. Mix with them half a nutmeg grated, the yolk of an egg, a spoonful of brandy, and four ounces of currants washed and dried. Fill some small pattipans lined with paste, and bake them.—To make patties resembling mince pies, chop the kidney and fat of cold veal, apple, orange and lemon peel candied; adding some fresh currants, a little wine, two or three cloves, a little brandy and sugar.

SWEET POT. Take three handfuls of orange flowers, three of clove gilliflowers, three of damask roses, one of knotted marjoram, one of lemon thyme, six bay leaves, a handful of rosemary, one of myrtle, one of lavender, half one of mint, the rind of a lemon, and a quarter of an ounce of cloves. Chop all together, and put them in layers, with pounded bay-salt between, up to the top of the jar. If all the ingredients cannot be got at once, put them in when obtained, always throwing in salt with every fresh article. This will be found a quick and easy way of making a sweet-scented pot.

SWEET SAUCE. Put some currant jelly into a stewpan, and when melted, pour it into a sauce boat. This is a more salubrious relish for venison or hare, than either spice or salt, and is an agreeable accompaniment to roast or hashed meats.

SWEETBREADS FRICASSEE. Cut the sweetbreads in pretty thick slices, boil them till about half done, with a little more water than just to cover them. Add a little salt, white pepper, and mace. Then some butter, the yolks of four eggs beaten with a little white wine, and some verjuice. Keep this over the fire, shaking it well, till the sauce is properly thickened. Serve it up with the juice of a Seville orange squeezed over it. If it is to be a brown fricassee, fry the sweetbreads first in butter till the outside is browned. Then pour

away the butter, put water to the sweetbreads, and boil and finish them as before. An onion or a clove of garlic may be added to the water; or if broth be used instead of water, it will make the fricassee more savoury.

SWEETBREADS FRIED. Cut them into long slices, rub them over with egg, season with pepper, salt, and grated bread, and fry them in butter. Serve them up with melted butter and ketchup, garnished with crisped parsley, and thin slices of toasted bacon.

SWEETBREADS RAGOUT. Cut them about the size of a walnut, wash and dry them, then fry them of a fine brown. Pour on them a good gravy, seasoned with salt, pepper, allspice, and either mushrooms or mushroom ketchup, adding truffles and morels, if approved. Strain, and thicken with butter and a little flour.

SWEETBREADS ROASTED. Parboil two large ones; when cold, lard them with bacon, and roast them in a Dutch oven. For sauce, plain butter and mushroom ketchup.

SWEETMEATS. Preserves or sweetmeats should be carefully kept from the air, and set in a very dry place. If they have only a small proportion of sugar, a warm situation would not injure them; but if they have not been sufficiently boiled, the heat will make them ferment, and the damp will cause them to grow mouldy. They should be inspected two or three times in the first two months that they may be gently boiled again, if not likely to keep. It is necessary to observe, that the boiling of sugar more or less, constitutes the chief art of the confectioner; and those who are not practically acquainted with the subject, and only preserve fruit in a plain way for family use, are not aware that in two or three minutes, a syrup over the fire will pass from one gradation to another, called by the confectioners, degrees of boiling, of which there are six, and those sub-divided. Without entering, however, into the minutiæ of the business, it is only necessary to make the observation in order to guard against under boiling, which prevents sweetmeats from keeping; and quick and long boiling, which reduces them to candy. Attention, without much practice, will enable a person to do any of the following sorts of sweetmeats and preserves, which are quite sufficient for a private family. The higher articles of preserved fruits may be bought at less expense than made. Jellies of fruit are made with an equal quantity of sugar, that is, a pound to a pint, and require no very long boiling. A pan should be kept for the purpose of preserving, of double block tin, with a bow handle for safety, opposite the straight one: and if when done with, it be carefully cleaned and set by in a dry place, it will last for several years. Pans of copper or brass are extremely improper, as the tinning wears out by the scraping of the ladle. Sieves and spoons should likewise be kept on purpose for sweetmeats. Sweetmeats keep best in drawers that are not connected with a wall. If there be the least damp, cover them only with paper dipped in brandy, and laid on quite close; and to prevent the mouldiness occasioned by insects, cover them with fresh paper in the spring. When any sweetmeats are to be dried in the sun, or in a stove, it will be best in private families, where there is not a regular stove for the purpose, to place them in the sun on flag stones, which reflect the heat, and to cover them with a garden glass to keep off the insects. If put into an oven, take care that it be not too warm, and watch to see them done properly and slowly. When green fruits are to be [427] preserved, take pippins, apricots, pears, plums, or peaches, and put them into a block tin preserving pan, with vine leaves under and over them, and cover them with spring water. Put on the tin cover to exclude the air, and set the pan on the side of the fire. When the fruit

begins to simmer, remove the pan from the fire, pour off the water, and if not green, put fresh leaves when cold, and repeat the same. Take them out carefully with a slice, peel and do them as directed for the different kinds of preserves. When fruit is plentiful, and sweetmeats are wanted for tarts, divide two pounds of apricots just ripe, and take out and break the stones. Put the kernels without their skins to the fruit; add three pounds of greengages, and two pounds and a half of lump sugar. The sugar should be broken in large pieces, and just dipped in water, and added to the fruit over a slow fire. Simmer it till reduced to a clear jam, but observe that it does not boil, and skim it well. If the sugar be clarified, it will make the jam the better. Put it into small pots, which art the best for preserving sweetmeats.

SWEETMEAT PIES. Sweetmeats made with syrups are made into pies the same as raw fruit, and the same crusts may be used for them. Tarts made of any kind of jam are commonly made with a crust round the bottom of the dish, the sweetmeat then put in, and only little ornaments of crust cut with a jagging iron, and laid over the top. Sugar paste may be used if preferred. Little tartlets are made in the same way, only baked in tins and turned out.

SWOONS. In a swooning fit, the patient should immediately be exposed to the open air, and the face and neck sprinkled with cold water. Pungent odours, or volatile spirits, should be held to the nostrils, and the feet rubbed with hot flannels, or put into warm water.

SYLLABUB. Put a pint of cider and a bottle of strong beer into a large punch bowl, grate in a nutmeg, and sweeten it. Put in as much new milk from the cow as will make a strong froth, and let it stand an hour. Clean and wash some currants, and make them plump before the fire: then strew them over the syllabub, and it will be fit for use. A good imitation of this may be made by those who do not keep cows, by pouring new milk out of a tea-pot into the cider and beer, or wine.—A fine syllabub from the cow. Make your syllabub either of wine or cyder, (if cyder, put a spoonful of brandy in) sweeten it, and grate in some nutmeg; then milk into the liquor till you have a fine light curd; pour over it half a pint, or a pint of good cream, according to the quantity of syllabub you make: you may send it in the basin it was made in, or put it into custard-cups, and tea-spoons with it on a salver.—To make very fine syllabubs. Take a quart and half a pint of cream, a pint of Rhenish, and half a pint of sack; grate the rind of three lemons into the cream; with near a pound of double-refined sugar; squeeze the juice of three lemons into the wine, and put it to the cream; then beat all together with a whisk half an hour, take it up together with a spoon, and fill the glasses. It is best at three or four days old, and will keep good nine or ten days. These are called the everlasting syllabubs.

SYMPATHETIC INK. Write on paper with a solution of nitrate of bismuth, and smear the writing over with a feather, moistened with an infusion of galls. The letters which were before invisible, will now appear of a brown colour. Or write with a solution of muriate of antimony, and smear the writing over with a feather dipped in a solution of galls. The writing [428]
before invisible, will now turn yellow. Or write with a transparent infusion of gall nuts, and smear it over with a solution of metallic salt; and on a slight exposure to the air, the writing will turn quite black. If written with a solution of sulphate of iron, and rubbed over with a solution of prussiate of potass, it will appear of a beautiful blue colour.

SYRUP OF CREAM. Scald a pint of perfectly fresh cream, add to it a pound and a quarter of powdered lump sugar. Keep it in a cool place for two or three hours, then put it into small phials, holding one or two ounces each, and cork it close. It will keep good thus for several weeks, and will be found very useful in voyages.

SYRUP OF DIACODIUM. Steep two pounds and a quarter of poppy heads in a gallon of water, and let it infuse twenty-four hours. Boil the infusion till reduced to three pints, and add to it a pound and a half of sugar.

SYRUP OF MULBERRIES. Put the mulberries into a jar, and the jar into a kettle of water over the fire, till the juice runs from them. Then squeeze the fruit, and add to the juice twice its weight in sugar. Set it over a slow fire, skim it clean, and keep it simmering till the sugar is all dissolved.

T.

TABLE BEER. If the quantity to be brewed is taken as a barrel, or six and thirty gallons, two bushels and a half of malt will be sufficient. The dimensions of the vessels may be supposed to correspond with those used in a moderate family, and the copper holding about thirty gallons. A quantity of boiling water being poured into the mash tub, is suffered to remain there till the steam is nearly all evaporated. The malt previously ground, is then thrown into the water, and thoroughly stirred and mixed with it. This agitation of the malt and water, commonly called mashing, is kept up for a quarter of an hour, by which the malt is more effectually brought into contact with the water, and a greater proportion of its soluble matter extracted. After this the mash tub is covered over in order to retain as much heat as possible, and the whole is suffered to remain undisturbed for an hour and a half or two hours. At the end of that time, the water thus impregnated with the malt, in which state it is commonly called sweet wort, is slowly drawn off into another vessel. The quantity of water used in the first mashing is about twenty-five gallons; of which, not above fifteen are afterwards obtained, the rest being absorbed by the malt, with the exception of a small quantity carried off by evaporation. This first wort being drawn off from the malt, a fresh portion of hot water is thrown into the mash tub, and the process of mashing is repeated for ten minutes. The tub being again covered, the whole is suffered to remain for about an hour, when a second wort is drawn off. The quantity of water used in this second mashing is about fifteen gallons; and the malt having already retained as much water as is sufficient to saturate [429] it, the whole amount of the fifteen gallons is afterwards recovered from the mash tub. About twelve gallons of hot water is now added to the malt, and the mixture being mashed for a few minutes, is suffered to remain another hour, in order to form a third wort. In the meantime a part of the two first worts is poured into the copper, with a pound and a half or two pounds of hops, and boiled for an hour, or an hour and a half; after which it is strained through a sieve into another vessel. The third wort is now drawn off from the mash tub, and being mixed with the remaining part of the first and second wort, it is boiled for an hour or

more, with the hops used in the former instance. The three worts are then distributed into shallow vessels or coolers, and suffered to remain there till the liquor is reduced to a lukewarm state. It is then collected into the tun tub, and fermented with about a quart of yeast, which converts it into beer. But as table beer is sometimes brewed in considerable quantities for the use of large families, and in a still more economical manner, an estimate will be given, in order to show the saving that is made in private brewing. The following is a preparation for ten barrels.

	£	*s.*	*d.*
Malt, one quarter	2	10	0
Hops, eight pounds	0	10	0
Colouring, ditto	0	4	0
Spanish liquorice, 8oz.	0	0	8
Treacle, ten pounds	0	3	4
	3	8	0
Ten barrels bought at the brewery at 16*s.*	8	0	0
Ten barrels brewed at home	3	8	0
Clear gain	4	12	0

Liquorice root and other flavouring substances may be added: what are here inserted are only the general requisites.—Another way of making a cheap and wholesome table beer, is to dissolve four pounds of coarse sugar in ten gallons of water. Then put in three ounces of hops, boil the whole for three quarters of an hour, and let it work as usual. It should be kept a week or ten days before it is tapped, and it will improve daily afterwards, if not kept too long. Or for a still smaller quantity, put a pound of treacle to eight quarts of boiling water: add two bay leaves, and a quarter of an ounce of powdered ginger. Boil the whole for fifteen minutes, then let it cool, and work it with yeast.

TAINTED MEAT. When the weather is so hot that meat will scarcely keep from day to day, wrapping it in a thin cloth dipped in vinegar, and not wrung very dry, will help to keep it from being tainted. Or rubbing the meat with black pepper will preserve it, and let it be hung up as usual. It is much better however, that meat should not be kept so long as to risk its being tainted.

TAN GLOVES. To dye gloves to look like York tan or Limerick, put some saffron into a pint of water boiling hot, and let it infuse all night. Next morning wet the leather over with a brush, but take care that the tops of the gloves be sewn close, to prevent the colour from getting in.

TANSEY. To make a tansey, beat up seven eggs, yolks and whites separately. Add a pint of cream, nearly the same of spinach juice, and a little tansey juice, gained by pounding it in a stone mortar; a quarter of a pound of Naples biscuit, a glass of white wine, and a little sugar and nutmeg. Set all in a saucepan, just to thicken, over the fire; then put it into a dish,

lined with paste to turn out, and bake it.—Another. Beat ten eggs very well with a little salt, half a pound of loaf sugar pounded, half a pint of spinach juice, and a spoonful of the juice of tansey; mix them well together, and strain it to a quart of cream; grate in half a pound of Naples biscuits, and a nutmeg; add a quarter of a pound of Jordan almonds blanched and beat fine, with a little rose water, and mix all well together; put it into a stewpan, with a piece of butter the bigness of a golden pippin. Set it over a slow charcoal fire; keep it stirring till it is hardened; then butter a dish very well, that will just hold it: put in the tansey, bake it in a moderate oven, taking care that it is not scorched. When it comes home, turn it upon a pie plate, cut Seville oranges in small quarters, and lay round it, and on the tansey, citron, and orange peel cut thin, with double refined sugar laid in little heaps between. If you have not Naples biscuits, grate seven ounces of the finest stale bread you have.—*A boiled tansey.* Cut the crumb of a stale penny loaf thin, pour over as much hot cream as will wet it, and cover it over till cold; then beat and strain six eggs to it, a little lemon peel shred fine, a little grated nutmeg, and salt; green it as you did the baked tansey, and sweeten it to your taste; stir all very well together, butter a bason, that will hold it, butter also a cloth to lay over the top, tie it tight, and boil it an hour and quarter; turn it into a dish, and garnish with Seville orange; stick candied orange cut thin on the top.

TANSEY PUDDING. Grate four ounces of bread, blanch two ounces of sweet almonds, and beat them fine in a marble mortar, with orange-flower water. Mix these, and four ounces of fine powdered sugar with the bread. Add five eggs, a little salt, a pint of cream, a grated nutmeg, half a pint of spinach juice expressed from the leaves, beaten in a marble mortar, and strained through a cloth, and two or three spoonfuls of tansey juice beaten out and strained in the same manner. Stir the whole together, and put it into a saucepan with a small piece of butter. Set it over the fire till it thickens, stirring it all the time, but do not let it boil. When done, cool it in a basin, then pour it into a dish well buttered, and bake it half an hour. Turn it out of the dish before it is sent to table, sift some fine sugar over it, and lay a Seville orange round it cut in pieces, and squeeze the juice upon it.

TAPIOCA JELLY. Choose the largest sort, pour on cold water to wash in two or three times, and then soak it in fresh water five or six times. Simmer it in the same until it become quite clear, with a bit of lemon peel. Then add lemon juice, wine, and sugar.

TAPIOCA PUDDING. Wash six spoonfuls of the large kind of tapioca, and stew it gently in a quart of milk till it is pretty thick. Let it stand uncovered to cool. Add two eggs well beaten with some salt, and sugar to the taste. Bake it with a crust round the edge of a dish, in a moderate oven, for an hour.

TAR WATER. Pour a gallon of cold water on a quart of tar, and stir and mix them thoroughly with a ladle or flat stick, for the space of three or four minutes; after which the vessel must stand forty-eight hours, that the tar may have time to subside; when the clear water is to be poured off, and kept for use, no more being made from the same tar, which may still serve for common purposes. The general rule for taking it is, about half a pint night and morning, on an empty stomach, which quantity may be varied according to the case and age of the patient; provided it be always taken on an empty stomach, and about two hours before or after a meal. Tar water cures indigestion, and gives a good appetite. It is an excellent medicine in an asthma; it imparts a kindly warmth, and quick circulation to the

juices, without heating, and is therefore useful, not only as a pectoral and balsamic, but also as a powerful and a safe deobstruent in cachectic and hysteric cases. As it is both healing and diuretic, it is very good for the gravel. It is believed to be of great use in a dropsy, having been known to cure a very bad anasarca in a person whose thirst, though very extraordinary, was in a short time removed by the drinking of tar water. It is also believed to be the best and safest medicine, either for preventing the gout, or for so strengthening nature against the fit, as to drive it from the vitals. It may likewise be safely used in inflammatory cases; and, in fact, hath been found an admirable febrifuge, at once the safest cooler and cordial. The salts and more active spirits of tar are got by infusion in cold water; but the resinous part is not to be dissolved thereby. Hence the prejudice which some, perhaps, may entertain against tar water, the use of which might inflame the blood by its sulphur and resin, as a medicine, appears not to be well grounded. It is observed by chemists, that all sorts of balsamic wood afford an acid spirit, which is the volatile oily salt of the vegetable. Herein is chiefly contained their medicinal virtues; and it appears that the acid spirit in tar water possesses the virtues, in an eminent degree, of that of guaiacum, and other medicinal woods. It is certain tar water warms, and therefore some may perhaps still think it cannot cool. The more effectually to remove this prejudice, let it be farther considered, that, as on one hand, opposite causes do sometimes produce the same effect; for instance, heat by rarefaction, and cold by condensation, do both increase the air's elasticity; so, on the other hand, the same cause shall sometimes produce opposite effects. Heat, for instance, in one degree thins, in another coagulates, the blood. It is not therefore strange, that tar water should warm one habit and cool another; have one good effect on a cold constitution, and another good effect on an inflamed one; nor, if this be so, that it should cure opposite disorders. A medicine of so great virtue in so many different disorders, and especially in that grand enemy the fever, must needs be a benefit to mankind in general. There are nevertheless three sorts of people to whom it may be peculiarly recommended; seafaring persons, ladies, and men of studious and sedentary lives. If it be asked, what precise quantity, or degree of strength is required in tar water? It is answered, that the palate, the stomach, the particular case and constitution of the patient, the very season of the year, will dispose and require him to drink more or less in quantity, stronger or weaker in degree. Precisely to measure its strength by a scrupulous exactness, is by no means necessary. It is to be observed, that tar water should not be made in unglazed earthen vessels, these being apt to communicate a nauseous sweetness to the water. Tar water is also recommended in the plague, and for the distemper among horned cattle; with what success must be left to experience.

TARRAGON VINEGAR. Fill a wide-mouthed bottle with tarragon leaves, gathered on a dry day, just before the plant begins to flower. Dry the leaves a little before the fire, steep them a fortnight in the best vinegar, and strain it fine through a flannel jelly bag. Pour it into half-pint bottles, cork them up carefully, and keep them in a dry place. This forms an agreeable addition to soups and salad sauce, and to mix with mustard.

TARTAR WINE. Add to a quantity of mare's milk a sixth part of water, and pour the [432]
mixture into a wooden vessel. Use as a ferment an eighth part of sour cow's milk; but at any future preparation, a small portion of old koumiss will answer better. Cover the vessel with a thick cloth, and set it in a place of moderate warmth, leaving it at rest for twenty four hours. At the end of this time the milk will become sour, and a thick substance will be gathered on

its surface. Now with a churn-staff, beat it till the thick substance just mentioned, be intimately blended with the subjacent fluid. In this situation leave it at rest for twenty four hours more. Afterwards pour it into a higher and narrower vessel, resembling a churn, where the agitation must be repeated as before, till the liquor appear to be perfectly combined. In this state it is called koumiss, the taste of which ought to be a pleasant mixture of sweet and sour. Agitation must be employed every time before it is used. This wine, prepared by the Tartars, is cooling and antiseptic. Sometimes aromatic herbs, as angelica, are infused in the liquor during fermentation.

TARTS. Sweetmeats made with syrups are formed into pies and tarts the same as raw fruits, and the same crusts may be used for them. Tarts made of any kind of jam are usually formed with a crust round the bottom of the dish, the sweetmeat is then put in, and little ornaments of crust placed over the top, made with a jagging iron. Sugar paste is suitable for these. Little tartlets are made in the same way, only baked in tins and turned out.——Take apples, or pears, cut them in small quarters, and set them over the fire, with a piece of lemon peel, and some cinnamon; let them simmer in as much water as will cover them, till tender; and if you bake them in tin pattipans, butter them first, and lay over a thin paste; lay in some sugar, then the fruit, with three or four tea-spoonfuls of the liquor they were simmered in; put in a little more sugar, and lid them over. If your tarts are made of apricots, green almonds, nectarines, or green plums, they must be scalded before you use them, and observe to put nothing to them but sugar, and as little water as possible; make use of the syrup they were scalded in, as you did for your apples, &c. Cherries, currants, raspberries, and all ripe fruits need not be scalded; and if you make your tarts in china, or glass patties, lay the sugar at bottom, then the fruit, with a little more sugar on the top; put no paste at the bottom, only lid them over, and bake them in a slack oven. You have receipts how to make crust for tarts; mince pies must be baked in tin patties, that you may slip them out into a dish, and a puff paste is the best for them. When you make sweetmeat tarts, or a crocant tart, lay in the sweetmeats, or preserved fruit either in glass or china patties that are small, for that purpose; lay a very thin crust on the top, and let them be baked no more than till your crust is nicely coloured, and that in a slow oven. If you would have a crocant tart for the middle of the table, or a side-dish, have a glass, or china dish, of what size you please, and lay in the preserved fruit of different sorts, (you must have a round cover just the size of the inside of your dish) roll out a sugar crust, the thickness of an half crown, and lay over the cover; mark it with marking irons made on purpose for that use, of what shapes you please; then put the crust, with the cover, into a very slack oven, not to discolour it, only to have it crisp. When you take it out of the oven, loosen it from the cover very gently, and when quite cold, take it carefully off, and lay over your sweetmeats, and it being hollow, you will see the fruit through it. If the tart is not eaten, only take off the lid, and your sweetmeats may be put into the pots again. [433]

TEA. The habit of drinking tea frequently, and in large quantities, cannot fail to be injurious, as it greatly weakens and relaxes the tone of the stomach. This produces indigestion, nervous trembling and weakness, attended with a pale, wan complexion. When tea is taken only at intervals, and after solid food, it is salutary and refreshing; but when used as a substitute for plain nourishing diet, as is too commonly the case amongst the lower classes, it is highly pernicious, especially as large quantities of a spurious description are too

frequently imposed upon the public. The policy which compels a very numerous class to purchase this foreign article, for procuring which immense sums are sent out of the country, while the produce of our own soil is comparatively withheld by an exorbitant system of taxation, cannot be too severely condemned, as alike injurious to health, to the interests of agriculture, and to the comfort and industry of the people. The duty on foreign tea has indeed been greatly encreased, but at the same time, so has the duty on malt and beer; no encouragement therefore is given to the home consumption, but the money which ought to be paid for the production of barley and malt is given to the foreigner, while by the enormous price of the article, a powerful stimulus is furnished for attempting an illicit importation, and for the pernicious adulteration of what is now esteemed almost a common necessary of life. It is desirable to lessen the injurious effects of tea as much as possible by mixing it with milk, which will render it softer and more nutritious. With the addition of sugar it may be made to form a wholesome breakfast for those who are strong and live freely, operating as a diluent for cleansing the bladder and kidnies, and the alimentary passages. Persons of weak nerves ought however to abstain from tea, as they would from drains and cordials, as it causes the same kind of irritation on the delicate fibres of the stomach, which ends in lowness, trembling, and vapours. Tea should never be drunk hot at any time, as it tends still more to produce that relaxation which ought to be carefully avoided. Green tea is less wholesome than black or bohea.

TEA CAKES. Rub four ounces of butter into eight ounces of flour, mix with it eight ounces of currants, and six of fine Lisbon sugar. Add two yolks and one white of eggs, and a spoonful of brandy. Roll the paste about the thickness of a biscuit, and cut it out with a wine glass into little cakes. The white of the other egg beaten up, may be washed over them, and then they may be dusted with fine sugar.

TEA-KETTLES. Hard water used for tea is apt to form an offensive crust inside the tea-kettle, which may be prevented by frequent cleaning, or putting a flat oyster shell at the bottom. This will attract the stony particles that are in the water, and the concretion will be formed upon it.

TEA-POTS. An infusion of tea is always more perfect in a metal tea-pot, than in one of stone or earthenware. If boiling water be poured into two tea-pots, one of bright silver or polished tin, and the other of black stoneware, and they be left in a room of moderate temperature, it will be found that the former will retain its heat nearly twice as long as the other. Tea-pots of polished metal are therefore to be preferred.

TEATS. Sore teats, in Neat Cattle, is an affection in those of the cow kind, to which some are much more subject than others; especially such as have newly or lately calved. When the teats of these animals are affected during the summer months, they often become ulcerated, and by the teazing of the flies, the cattle are rendered difficult to be milked; they [434] also become a very great nuisance at the periods of milking, as the discharges from them are apt, without much attention, to pass between the fingers of the operator into the milk-pail, and spoil the milk. The affection is caused by inflammation, irritation, and too much distention of the parts by the milk. In order to the removal of it, the milk should be first frequently drawn, and the parts well washed with soft soap and warm water; after which, a substance composed of elder ointment and wax melted together, to which is then added a

little alum and sugar of lead, in fine powder, may be used to the parts after milking at night and in the morning; or a weak solution of white vitriol and a little sugar of lead, in soft water may be made use of in the same way, in some cases, with more advantage. The addition of a little assafœtida, and such like substances, in powder, is, it is said, beneficial in the summer season in driving away the flies. Great care is to be taken to keep the teats as clean as possible during the time of cure.

TEETH AND GUMS. In order to preserve the teeth and gums, they require to be cleaned very carefully; for if the enamel of the teeth be worn off by an improper mode of cleaning, they will suffer more injury than by a total neglect. A common skewer of soft wood, bruised and bitten at the end, will make the best brush for this purpose. Once a week dip the skewer brush into a few grains of gunpowder, after they have been bruised, and it will remove every spot and blemish till the teeth appear beautifully white. The mouth should be well washed after the operation, to prevent any ill effects of the gunpowder. Teeth, if not regularly cleaned, are apt to contract a false kind of enamel which is injurious to the gums, leaving the fangs of the teeth bare, so that they are soon destroyed, by being exposed to the air, and for want of being protected by the gums. This tartarous enamel must therefore be scaled off, that the gums may grow up to their proper place. Raspberries or strawberries eaten plentifully have been found to dissolve these concretions, and contribute to the preservation of the teeth and gums. Tooth powders and tinctures also have their use. A very convenient powder may be made of charcoal pounded in a mortar, and sifted fine. Apply a little of it to the teeth twice a week, and it will not only render them beautifully white, but also make the breath sweet, and the gums firm and comfortable. The charcoal may be ground in water, and so preserved for use. A tincture for the gums may be made of three ounces of the tincture of bark, and half an ounce of sal ammoniac, mixed together. Dip the finger into a tea-spoonful of the tincture, and rub the gums and teeth with it, which are afterwards to be washed with warm water. This tincture not only cures the toothache, but preserves the teeth and gums, and causes them to adhere to each other.

TENANT AT SUFFERANCE. When a lease is expired, and the tenant keeps possession without any new contract, he is deemed a tenant at sufferance. But on the landlord's acceptance of any rent after the expiration of the lease, the tenant may hold the premises from year to year, till half a year's notice is given.

TENANT AT WILL. A tenant at will is one who holds an estate or tenement at the will of the landlord, and may at any time be ejected. Meanwhile he is at liberty to leave when he chooses, on giving proper notice, and cannot be compelled to occupy.

TENCH. These are a fine flavoured fresh-water fish, and should be killed and dressed as [435]
soon as caught. They abound very much in the dykes of Lincolnshire. When they are to be bought, examine whether the gills are red and hard to open, the eyes bright, and the body stiff. The tench has a slimy matter about it, the clearness and brightness of which indicate freshness. The season for this delicate fish is July, August, and September. When to be dressed, put them into cold water, boil them carefully, and serve with melted butter and soy. They are also very fine stewed, or fricasseed, as follows. To fricassee tench white. Having cleaned your tench very well, cut off their heads, slit them in two, and if large, cut each half in three pieces, if small, in two: melt some butter in a stewpan, and put in your tench; dust in

some flour, and pour in some boiling water, and a few mushrooms, and season it with salt, pepper, a bundle of sweet herbs, and an onion stuck with cloves: when this boils, pour in a pint of white wine boiling hot; let it stew till sufficiently wasted; take out the fish, and strain the liquor, saving the mushrooms; bind your fricassee with the yolk of three or four eggs beaten up with a little verjuice, some parsley chopped fine, and a little nutmeg grated; stir it all the time it boils, scum it very clean, pour your sauce over the fish, and send it to table.—To fricassee tench brown. Prepare your tench as in the other receipt; put some butter and flour into a stewpan, and brown it; then put in the tench with the same seasoning you did your white fricassee; when you have tossed them up, moisten them with a little fish broth; boil a pint of white wine, and put to your fricassee, stew it till enough, and properly wasted; then take the fish up, and strain the liquor, bind it with a brown cullis, and serve it up. If asparagus or artichokes are in season, you may boil these, and add them to your fricassee.

TENCH BROTH. Clean the fish, and set them on the fire with three pints of water; add some parsley, a slice of onion, and a few peppercorns. Simmer till the fish is broken, the broth become good, and reduced one half. Add some salt, and strain it off. Tench broth is very nutricious, and light of digestion.

THICK MILK. Beat up an egg, and add to it a tea spoonful of flour. Mix it smooth with a tea-spoonful of cold milk, and put to it a pint of boiling milk. Stir it over a slow fire till it boils, then pour it out, and add a little sugar and nutmeg. The saucepan should have a little cold water put into it first, to prevent the milk from burning at the bottom, or marbles boiled in it will answer the same purpose.

THICKENED GRAVY. To a quart of gravy allow a table-spoonful of thickening, or from one to two table-spoonfuls of flour, according to the thickness required. Put a ladleful of the gravy into a basin with the thickening, stir it up quick, add the rest by degrees, till it is all well mixed. Then pour it back into a stewpan, and leave it by the side of the fire to simmer for half an hour longer, that the thickening may be thoroughly incorporated with the gravy. Let it neither be too pale nor too dark a colour. If not thick enough, let it stew longer, or add to it a little glaze or portable soup. If too thick, it may be diluted with a spoonful or too of warm broth or water.

THICKENED SOUP. Put into a small stewpan three table-spoonfuls of the fat taken off the soup, and mix it with four table-spoonfuls of flour. Pour in a ladleful of the soup, mix it with the rest by degrees, and boil it up till it is smooth. This may be rendered more savoury by adding a little ketchup. The soup should be strained through a tammis. [436]

THICKENING. Clarified butter is best for this purpose, or put some fresh butter into a stewpan over a slow clear fire. When it is melted, add fine flour sufficient to make it the thickness of paste. Stir it well together with a wooden spoon for fifteen or twenty minutes, till it is quite smooth, and the colour of a guinea. This must be done very gradually and patiently, or it will be spoiled. Pour it into an earthen pan, and it will keep good a fortnight in summer, and longer in winter. Particular attention must be paid in making it; if it gets any burnt smell or taste, it will spoil every thing it is put into. When cold, it should be thick enough to cut out with a knife, like a solid paste. This is a very essential article in the kitchen, and the basis of consistency in most made dishes, soups, sauces, and ragouts. In making this thickening, the

less butter and the more flour is used the better. They must be thoroughly worked together, and the broth or soup added by degrees. Unless well incorporated, the sauce will taste floury, and have a greasy disagreeable appearance. To prevent this, it must be finished and cleansed, after it is thickened, by adding a little broth or warm water, and setting it by the side of the fire to raise any fat that is not thoroughly incorporated with the gravy, that it may be carefully removed as it comes to the top. Some cooks merely thicken their soups and sauces with flour, or the farina of potatoe; and others use the fat skimmings off the top of broth, as a substitute for butter.

THORNS AND SPLINTERS. To run prickles or thorns, such as those of roses, thistles, and chesnuts, or little splinters of wood or bone, into the hands, feet, or legs, is a very common accident, and provided any such substance be immediately extracted, it is seldom attended with any bad consequences. But the more certain prevention is a compress of linen dipped in warm water, and applied to the part, or to bathe it a little while in warm water. If the thorn or splinter cannot be extracted directly, or if any part of it be left in, it causes an inflammation, and nothing but timely precaution will prevent its coming to an abscess. A plaster of shoemaker's wax spread upon leather, draws these wounds remarkably well. When it is known that any part of the splinter remains, an expert surgeon would open the place and take it out; but if it be unobserved, as will sometimes happen when the substance is very small, till the inflammation begins, and no advice can at once be procured, the steam of water should be applied to it first, and then a poultice of bread crumb and milk, with a few drops of peruvian balsam. It is quite necessary that the injured part should be kept in the easiest posture, and as still as possible. If this does not soon succeed, good advice must be procured without delay, as an accident of this kind neglected, or improperly treated, may be the occasion of losing a limb. In this and all other cases of inflammation, a forbearance from animal food and fermented liquors, is always advisable.

THRUSH. This disorder in children affects the mouth and throat, and sometimes the stomach. In the former case it will be sufficient to cleanse the mouth with a little sage tea, sweetened with the honey of roses, and mixed with a dram of borax. In the latter, great benefit may be derived from a decoction of carrots in water, or an ounce of linseed boiled in a pint of water till reduced to a consistence, and sweetened with two ounces of honey, a table-spoonful of which may be given occasionally. This complaint may generally be [437] prevented by a due attention to cleanliness, daily washing and bathing the child in lukewarm water, washing its mouth after it has been applied to the breast, giving it pure air, and removing any obstruction in the bowels by the use of manna or tamarinds.

THYME. These plants may be easily raised from seed, by slipping the roots and branches, and by cuttings; but the seed method is seldom practised, except with the second sort, or garden thyme. The seed should be sown in the early spring on light, rich, dry ground, which should be properly dug over, and the surface be made moderately smooth with the spade. As the seed is small, it should not be sown too thick, or be covered too deep: the seed is best sown while the ground is fresh stirred, either broad-cast on the surface, raking it in lightly, or in flat shallow drills, earthed over thinly: the plants appear in two or three weeks. It is necessary to be careful to keep them well weeded, giving occasional light waterings in dry weather; and by June they will require thinning, especially if the plants are to grow stocky, and with bushy full heads; in which case they should be set out to six or eight inches

distance; when those thinned out may be planted in another place, in rows six or eight inches asunder, giving water till fresh rooted, keeping the whole clean from weeds by occasional hoeing between them in dry days, which will also stir the surface of the earth, and much improve the growth of the plants: they will be in perfection for use in summer, or early in autumn. Some think the common thyme best cultivated for kitchen use in beds or borders, in rows at least half a foot apart, employing for the purpose either the young seedling plants, which are fit to set out, or the root slips of old plants, each of which soon increase into plants of bushy growths proper for being cropped for the above use. It may also often be well cultivated as an edging to herbary and other compartments; in both of which methods the plants multiply exceedingly fast by offsets, and are abiding, furnishing the means of great future increase. Some should, however, always be annually raised from seed in the above manner, as such plants possess a stronger aromatic quality than those from old ones. When it is intended to increase any particular varieties, and continue them the same with certainty, it can only be effected by slips and cuttings. In respect to the offsets and slips, all the sorts multiply by offsets of the root and slips of the branches: the rooted slips are the most expeditious method, as the old plants increase into many offset stems rising from the root, each furnished with fibres; and by taking up the old plants in the spring, &c. and slipping or dividing them into separate parts, not too small, with roots to each, and planting them in beds of good earth, in rows half a foot asunder, giving water directly, and repeating it occasionally in dry weather till they have taken root, and begin to shoot at top; they soon grow freely, and form good bushy plants in two or three months. The strong slips of the branches without roots, succeed when planted any time in the early spring season in a shady border, in rows four or five inches distant, giving due waterings; and become good plants by autumn, when they may be planted out where they are to remain. The cuttings of the young branches grow readily, the same as the slips, when planted at the same season in a shady place, and well watered. The common thyme is in universal use as a pot-herb for various culinary purposes; it may also be employed in assemblage with other small plants, to embellish the fronts of flower-borders, shrubbery clumps, small and sloping banks, &c. placing the plants detached [438] or singly, to form little bushy tufts, and in which the variegated sorts, and the silver thyme and lemon thyme particularly, form a very agreeable variety. The lemon thyme is also in much estimation for its peculiar odoriferous smell. Some of each of these sorts may also be potted, in order to be moved occasionally to any particular places as may be required, and under occasional shelter in severe winters, to preserve the plants more effectually in a lively state; likewise some of the mastick thyme. Spanish and Portugal thymes are also sometimes potted for the same purpose, and to place under the protection of a garden frame or greenhouse in winter, to continue them in a more fresh and lively growth; and sometimes some of the smaller thymes are sown or planted for edgings to particular beds or borders for variety, such as the lemon thyme, silver-leaved and variegated sorts; also occasionally the common thyme; and all kept low, close and regular, by clipping them at the sides and tops annually in the summer season. All the several sorts and varieties possess an aromatic quality, which principally resides in the leaves, whence it is imparted and affords a line agreeable fragrance. But the first three kinds are much the most noted and valued in kitchen gardens, and more especially the common thyme, which is so very useful as a culinary herb.

TIN COVERS. Properly to clean tin covers and pewter pots, get the finest whiting, which is only sold in large cakes, the small being mixed with sand. Powder and mix a little of

it with a drop of sweet oil, rub the pots and covers well with it, and wipe them clean. Then dust over some dry whiting in a muslin bag, and rub the articles bright with dry leather. The last is to prevent rust, which must be carefully guarded against by wiping thoroughly dry, and setting them by the fire when they come from table. If covers are once hung up without wiping, the steam will be sure to rust the inside.

TINCTURE OF ALLSPICE. Bruise three ounces of allspice, and steep it in a quart of brandy. Shake it up occasionally and after a fortnight pour off the clear liquor. It makes a most grateful addition in all cases where allspice is used, in gravies, or to flavour and preserve potted meats.

TINCTURE OF BARK. To make the compound tincture, take two ounces of Peruvian bark powdered, half an ounce of Seville orange peel, and half an ounce of bruised cinnamon. Infuse the whole in a pint and a half of brandy, let it stand five or six days in a close vessel, and then strain off the tincture. Take one or two tea-spoonfuls twice a day in any suitable liquor, sharpened with a few drops of the spirits of vitriol. This tincture is highly beneficial in intermitting fevers, and in slow, nervous, or putrid fevers, especially towards their decline.

TINCTURE OF CINNAMON. This exhilirating cordial is made by pouring a bottle of the best brandy on three ounces of bruised cinnamon. A tea-spoonful of it, and a lump of sugar, in a glass of good sherry or madeira, with the yolk of an egg beaten up in it, was formerly considered as the balsam of life. Two tea-spoonfuls of it in a wine glass of water, are at present a very pleasant remedy in nervous languors, and in relaxations of the bowels. In the latter case, five drops of laudanum may be added to each dose.

TINCTURE OF CLOVES. Bruise three ounces of cloves, steep them for ten days in a quart of brandy, and strain off the tincture through a flannel sieve. It imparts an excellent flavour to mulled wine. In all cases tinctures are to be preferred to essences, as affording a much finer flavour. [439]

TINCTURE OF LEMON PEEL. A very easy and economical way of obtaining and preserving the flavour of lemon peel, is to fill a wide-mouthed pint bottle half full of brandy or rum; and when a lemon is used, pare off the rind very thin, and put it into the spirits. In the course of a fortnight the liquor will be strongly flavoured with the lemon.

TINCTURE OF NUTMEG. Steep three ounces of nutmeg in a quart of brandy, and let it stand a fortnight. Shake it up occasionally, and then pour off the clear liquor.

TINCTURE OF RHUBARB. Take two ounces and a half of rhubarb, and half an ounce of lesser cardamon seeds; steep them for a week in a quart of brandy, and strain off the tincture. To make the bitter tincture of rhubarb, add an ounce of gentian root, and a dram of snake root. The tincture is of great use in case of indigestion, pain or weakness of the stomach; and from one to three or four spoonfuls may be taken every day.

TINGEING OF GLASS. The art of tingeing glass of various colours is by mixing with it, while in a state of fusion, some of the metallic oxides; and on this process, well conducted, depends the formation of pastes. Blue glass is formed by means of oxide of cobalt; green, by the oxide of iron or copper; violet, by oxide of manganese; red, by a mixture of the oxides of

copper and iron; purple, by the purple oxide of gold; white, by the oxides of arsenic and of zinc; yellow, by the oxide of silver, and by combustible bodies.

TOAST AND WATER. Take a slice of fine and stale loaf-bread, cut very thin, (as thin as toast is ever cut) and let it be carefully toasted on both sides, until it be completely browned all over, but no wise blackened or burned in any way. Put this into a common deep stone or china jug, and pour over it, from the tea kettle, as much clean boiling water as you wish to make into drink. Much depends on the water being actually in a boiling state. Cover the jug with a saucer or plate, and let the drink stand until it be quite cold; it is then fit to be used; the fresher it is made the better, and of course the more agreeable. The above will be found a pleasant, light, and highly diuretic drink. It is peculiarly grateful to the stomach, and excellent for carrying off the effects of any excess in drinking. It is also a most excellent drink at meals, and may be used in the summer time, if more agreeable to the drinker.

TOASTED CHEESE. Mix some fine butter, made mustard, and salt, into a mass. Spread it on fresh made thin toasts, and grate some Gloucester cheese upon them.

TOMATOES. These are chiefly used in soups and sauces, and serve as little dishes at table at any part of a dinner. When they are to be baked, cut the tomatoes lengthways in the middle, with the part where there is a rind downwards. Strew upon each a seasoning of pepper, salt, and sweet herbs chopped small. Set them in the oven till they are soft, and serve them up, without any other sauce. The fruit of the purple egg plant is eaten, prepared in the same manner.

TOMATA SAUCE. For hot or cold meats put tomatas, when perfectly ripe, into an earthen jar. Set it in an oven when the bread is drawn, till they are quite soft; then separate the skins from the pulp, and mix this with capsicum vinegar, and a few cloves of pounded garlic, which must both be proportioned to the quantity of fruit. Add powdered ginger and salt to taste. Some white wine vinegar and cayenne may be used instead of capsicum vinegar. Keep the mixture in small wide-mouthed bottles, well corked, and in a cool dry [440] place.

TONGUES. When a tongue is intended to be eaten cold, season it with common salt and saltpetre, brown sugar, a little bay salt, pepper, cloves, mace, and allspice, in fine powder, and let it lie a fortnight. Then take away the pickle, put the tongue into a small pan, and lay some butter on it. Cover it with brown crust, and bake it slowly till it becomes so tender that a straw would go through it. The thin part of tongues, when hung up to dry, grates like hung beef, and also makes a fine addition to the flavour of omlets.—To boil a tongue. If it is a dried tongue, soak it over night; the next day put it into cold water, and let it have a good deal of room; it will take at least four hours. If it is a green tongue out of the pickle, you need not soak it, but it will require near the same time. About an hour before you send it to table, take it out and blanch it, then put it into the pot again till you want it, by this means it will eat the tenderer.

TONGUE AND UDDER. Clean the tongue nicely, rub it with salt, a very little saltpetre, and a little coarse sugar, and let it lie for two or three days. When to be dressed, have a fresh tender udder with some fat to it, and boil that and the tongue gently till half done. Take them very clean out of the water, then tie the thick end of the one to the thin end of the other,

and roast them with a few cloves stuck into the udder. Serve them up with gravy in the dish, and currant jelly in a tureen. A dried tongue to be boiled, requires to be previously soaked for ten or twelve hours. A tongue out of pickle is only to be washed, and boiled in the same way. It will take four hours to do it well, and for the first two hours it should only simmer. About an hour before it is done it should be taken up and peeled, and then put into the boiler again to finish it. Serve it up with turnips nicely mashed, and laid round it.

TOOTH ACH. The best possible preventive of this disorder is to keep the teeth clean, as directed for the Teeth and Gums. If the gums be inflamed, recourse should be had to bleeding by leeches, and blisters behind the ears. A few drops of laudanum in cotton, laid on the tooth, will sometimes afford relief. In some cases, vitriolic æther dropped on the cheek, and the hand held to the part till the liquid is evaporated, is found to answer the purpose. But it is much easier to prescribe the means of preventing the disorder, than to point out a specific remedy; and the nostrums generally given on this subject are either ineffectual or injurious.

TOURTE CRUST. To make a crust for French pies called tourtes, take a pound and a half of fine flour, a pound of butter, and three quarters of an ounce of salt. Put the flour upon a clean pie board, make a hole in the middle, and put in the salt, with the butter cut into small pieces. Pour in the water carefully, as it is of great importance that the crust be rather stiff; and for this purpose there should only be just water enough to make it hold together so as to roll it out smooth. Work up the butter and water well together with the hand, and mix it in the flour by degrees. When the flour is all mixed in, mould the paste till it is quite smooth and free from lumps, and let it lie two hours before it be used. This is a very nice crust for putting round the dish for baked puddings.

TOURTES OF FISH. Prepare the crust and put it into the dish, as for meat tourtes. Then take almost any kind of fish, cut them from the backbone, and lay them in slices upon the crust, with a little bunch of sweet herbs in the middle, some salt and pounded spice, [441] according to the taste. Lay butter all over the top crust, and bake it an hour and a half. Cut the crust round after it is baked, take out the herbs, skim off the remainder of the fat, pour on a sauce of fish gravy, and serve it up. Mushrooms are very nice in the sauce, and so are capers, but the flavour of the sauce must be regulated by the taste. Truffles and morels may also be put in, as in the meat tourtes. Eels, pike, salmon, tench, whiting, are proper for the purpose. Nothing makes a nicer tourte in this way than large soles, taking off the flesh from the backbone, without the side fins. Lobsters also make an excellent tourte, and oysters are very nice mixed with other fish.

TOURTES OF MEAT. Prepare a crust of paste, roll it out, and line a dish with it not deeper than a common plate. Veal, chicken, pigeons, sweetbread, or game of any kind, may be prepared as follows. Cut in pieces whichever is preferred, just heat it in water, drain it, season it with pepper and salt, lay it upon the crust without piling it up high, and leave a border round the rim of the dish. Place some pieces of butter upon the meat to keep it moist, and add truffles, mushrooms, morels, artichoke bottoms, or forcemeat balls, at pleasure. Cover the whole with slices of fat bacon, and then lay a crust over it exactly corresponding with that underneath. Glaze over the upper crust with yolk of egg, and set the tourte into an oven. When it has been in a quarter of an hour, draw it to the mouth of the oven, and make

a hole in the centre of the crust to let out the fumes. Let it stand nearly three hours longer in the oven, then take it out, cut the crust round with the rim, take it off, take out the bacon, and clear off any fat that may remain on the top. Have ready a rich ragout sauce to pour over it, then replace the crust, and serve it up. This dish is according to the French fashion.

TRANSPARENT MARMALADE. Cut the palest Seville oranges in quarters, take out the pulp, and put it in a bason, picking out the seeds and skins. Let the outsides soak in water with a little salt all night, then boil them in a good quantity of spring water till tender; drain, and cut them in very thin slices, and put them to the pulp. To every pound, add a pound and a half of double-refined sugar beaten fine; boil them together twenty minutes, but be careful not to break the slices. It must be stirred all the time very gently, and put into glasses when cold.

TRANSPARENT PAINTINGS. The paper must be fixed in a straining frame, in order to place it between the eye and the light, when required. After tracing the design, the colours must be laid on, in the usual method of stained drawings. When the tints are got in, place the picture against the window, on a pane of glass framed for the purpose, and begin to strengthen the shadows with Indian ink, or with colours, according as the effect requires; laying the colours sometimes on both sides of the paper, to give greater force and depth of colour. The last touches for giving final strength to shadows and forms, are to be done with ivory black or lamp black, prepared with gum water; as there is no pigment so opaque, and capable of giving strength and decision. When the drawing is finished, and every part has got its depth of colour and brilliancy, being perfectly dry, touch very carefully with spirits of turpentine, on both sides, those parts which are to be the brightest, such as the moon and fire; and those parts requiring less brightness, only on one side. Then lay on immediately with a pencil, a varnish made by dissolving one ounce of Canada balsam in an equal quantity of [442] spirit of turpentine. Be cautious with the varnish, as it is apt to spread. When the varnish is dry, tinge the flame with red lead and gamboge, slightly touching the smoke next the flame. The moon must not be tinted with colour. Much depends on the choice of the subject, and none is so admirably adapted to this species of effect, as the gloomy Gothic ruin, whose antique towers and pointed turrets finely contrast their dark battlements with the pale yet brilliant moon. The effect of rays passing through the ruined windows, half choked with ivy; or of a fire among the clustering pillars and broken monuments of the choir, round which are figures of banditti, or others, whose haggard faces catch the reflecting light; afford a peculiarity of effect not to be equaled in any other species of painting. Internal views of cathedrals also, where windows of stained glass are introduced, have a beautiful effect. The great point to be attained is, a happy coincidence between the subject and the effect produced. The fine light should not be too near the moon, as its glare would tend to injure her pale silver light. Those parts which are not interesting, should be kept in an undistinguishing gloom; and where the principal light is, they should be marked with precision. Groups of figures should be well contrasted; those in shadow crossing those that are in light, by which means the opposition of light against shade is effected.

TRANSPARENT PUDDING. Beat up eight eggs, put them into a stewpan, with half a pound of sugar finely pounded, the same quantity of butter, and some grated nutmeg. Set it on the fire, and keep it stirring till it thickens. Then set it into a basin to cool, put a rich puff paste round the dish, pour in the pudding, and bake it in a moderate oven. It will cut light

and clear. Candied orange and citron may be added if approved.

TRANSPLANTING OF FLOWERS. Annuals and perennials, sown in March or April, may be transplanted about the end of May. A showery season is preferable, or they must frequently be watered till they have taken root. In the summer time the evening is the proper season, and care should be taken not to break the fibres in digging up the root. Chinasters, columbines, marigolds, pinks, stocks, hollyhocks, mallows, sweetwilliams, wallflowers, and various others, may be sown and transplanted in this manner.

TRAPS. Garden traps, such as are contrived for the purpose of destroying mice and other vermin; which are often conveyed into such places with the straw, litter, and other matters that are made use of in them; and which are extremely hurtful and troublesome in the spring season, in destroying peas and beans, as well as lettuces, melons, and cucumbers in frames. Traps for this purpose are contrived in a great many ways; but as field vermin are very shy, and will rarely enter traps which are close, the following simple cheap form has been advised, though it has nothing of novelty in it. These traps may be made by stringing garden beans on a piece of fine pack-thread, in the manner of beads, and then driving two small stake-like pieces of wood into the ground at the breadth of a brick from each other, and setting up a brick, flat stone, or board with a weight on it, inclining to an angle of about forty-five degrees; tying the string, with the beans on it, round the brick or other substances and stakes, to support them in their inclining position, being careful to place all the beans on the under sides of the bricks or other matters. The mice in eating the beans, in such cases, will also destroy the pack-thread, and by such means disengage the brick or other weighty body, which by falling on them readily destroys them. Mice are always best got rid of by some sort of simple open traps of this nature. [443]

TREACLE BEER. Pour two quarts of boiling water on a pound of treacle, and stir them together. Add six quarts of cold water, and a tea-cupful of yeast. Tun it into a cask, cover it close down, and it will be fit to drink in two or three days. If made in large quantities, or intended to keep, put in a handful of malt and hops, and when the fermentation is over, stop it up close.

TREACLE POSSET. Add two table-spoonfuls of treacle to a pint of milk, and when ready to boil, stir it briskly over the fire till it curdles. Strain it off after standing covered a few minutes. This whey promotes perspiration, is suitable for a cold, and children will take it very freely.

TREATMENT OF CHILDREN. It ought to be an invariable rule with all who have the care of children, to give them food only when it is needful. Instead of observing this simple and obvious rule, it is too common, throughout every period of childhood, to pervert the use of food by giving it when it is not wanted, and consequently when it does mischief, not only in a physical but in a moral point of view. To give food as an indulgence, or in a way of reward, or to withhold it as a matter of punishment, are alike injurious. A proper quantity of food is necessary in all cases, to sustain their health and growth; and their faults ought to be corrected by more rational means. The idea of making them suffer in their health and growth on account of their behaviour, is sufficient to fill every considerate mind with horror. It is the project only of extreme weakness, to attempt to correct the disposition by creating bodily

sufferings, which are so prone to hurt the temper, even at an age when reason has gained a more powerful ascendancy. Eatables usually given to children by well-meaning but injudicious persons, in order to pacify or conciliate, are still worse than the privations inflicted by way of punishment. Sugar plums, sugar candy, barley sugar, sweetmeats, and most kinds of cakes, are unwholesome, and cloying to the appetite. Till children begin to run about, the uniformity of their lives makes it probable that the quantity of food they require in the day is nearly the same, and that it may be given to them statedly at the same time. By establishing a judicious regularity with regard to both, much benefit will accrue to their health and comfort. The same rule should be applied to infants at the breast, as well as after they are weaned. By allowing proper intervals between the times of giving children suck, the breast of the mother becomes duly replenished with milk, and the stomach of the infant properly emptied to receive a fresh supply. The supposition that an infant wants food every time it cries, is highly fanciful; and it is perfectly ridiculous to see the poor squalling thing thrown on its back, and nearly suffocated with food to prevent its crying, when it is more likely that the previous uneasiness arises from an overloaded stomach. Even the mother's milk, the lightest of all food, will disagree with the child, if the administration of it is improperly repeated. A very injurious practice is sometimes adopted, in suckling a child beyond the proper period, which ought by all means to be discountenanced, as evidently unnatural, and tending to produce weakness both in body and mind. Suckling should not be continued after the cutting of the first teeth, when the clearest indication is given, that the food which was adapted to the earliest stage of infancy ceases to be proper. Attention should also be paid to the quantity as well as to quality of the food given, for though a child [444]
will sleep with an overloaded stomach, it will not be the refreshing sleep of health. When the stomach is filled beyond the proper medium, it induces a similar kind of heaviness to that arising from opiates and intoxicating liquors; and instead of awakening refreshed and lively, the child will be heavy and fretful. By the time that children begin to run about, the increase of their exercise will require an increase of nourishment: but those who overload them with food at any time, in hopes of strengthening them, are very much deceived. No prejudice is equally fatal to such numbers of children. Whatever unnecessary food a child receives, weakens instead of strengthening it: for when the stomach is overfilled, its power of digestion is impaired, and food undigested is so far from yielding nourishment, that it only serves to debilitate the whole system, and to occasion a variety of diseases. Amongst these are obstructions, distention of the body, rickets, scrophula, slow fevers, consumptions, and convulsion fits. Another pernicious custom prevails with regard to the diet of children, when they begin to take other nourishment besides their mother's milk, and that is by giving them such as their stomachs are unable to digest, and indulging them also in a mixture of such things at their meals as are hurtful to every body, and more especially to children, considering the feeble and delicate state of their organs. This injudicious indulgence is sometimes defended on the plea of its being necessary to accustom them to all kinds of food; but this idea is highly erroneous. Their stomachs must have time to acquire strength sufficient to enable them to digest varieties of food; and the filling them with indigestible things is not the way to give them strength. Children can only acquire strength gradually with their proper growth, which will always be impeded if the stomach is disordered. Food for infants should be very simple, and easy of digestion. When they require something more solid than spoonmeats alone, they should have bread with them. Plain puddings, mild

vegetables, and wholesome ripe fruits, eaten with bread, are also good for them. Animal food is better deferred till their increased capacity for exercise will permit it with greater safety, and then care must be taken that the exercise be proportioned to this kind of food. The first use of it should be gradual, not exceeding two or three times in a week. An exception should be made to these rules in the instances of scrophulous and rickety children, as much bread is always hurtful in these cases, and fruits are particularly pernicious. Plain animal food is found to be the most suitable to their state. The utmost care should be taken under all circumstances to procure genuine unadulterated bread for children, as the great support of life. If the perverted habits of the present generation give them an indifference as to what bread they eat, or a vitiated taste for adulterated bread, they still owe it to their children as a sacred duty, not to undermine their constitution by this injurious composition. The poor, and many also of the middling ranks of society are unhappily compelled to this species of infanticide, as it may almost be called, by being driven into large towns to gain a subsistence, and thus, from the difficulty of doing otherwise, being obliged to take their bread of bakers, instead of making wholesome bread at home, as in former times, in more favourable situations. While these are to be pitied, what shall be said of those whose fortunes place them above this painful necessity. Let them at at least rear their children on wholesome food, and with unsophisticated habits, as the most unequivocal testimony of [445]
parental affection performing its duty towards its offspring. It is proper also to observe, that children ought not to be hurried in their eating, as it is of great importance that they should acquire a habit of chewing their food well. They will derive from it the various advantages of being less likely to eat their food hot, of thus preparing what they eat properly for the stomach, instead of imposing upon it what is the real office of the teeth; and also that of checking them from eating too much. When food is not properly masticated, the stomach is longer before it feels satisfied; which is perhaps the most frequent, and certainly the most excusable cause of eating more than is fairly sufficient. Thoughtless people will often, for their own amusement, give children morsels of high dishes, and sips of spirituous or fermented liquors, to see whether they will relish them, or make faces at them. But trifling as this may seem, it would be better that it were never practised, for the sake of preserving the natural purity of their tastes as long as possible.

TREATMENT OF THE SICK. Though an unskilful dabbling in cases of illness, which require the attention of the most medical practitioners, is both dangerous and presumptuous; yet it is quite necessary that those who have the care of a family should be able to afford some relief in case of need, as well as those whose duty it is more immediately to attend upon the sick. Uneasy symptoms are experienced at times by all persons, not amounting to a decided state of disease, which if neglected may nevertheless issue in some serious disorder that might have been prevented, not only without risk, but even with greater advantage to the individual than by an application to a positive course of medicine. Attention to the state of the bowels, and the relief that may frequently be afforded by a change of diet, come therefore very properly within the sphere of domestic management, in connection with a few simple medicines in common use. The sensations of lassitude or weariness, stiffness or numbness, less activity than usual, less appetite, a load or heaviness at the stomach, some uneasiness in the head, a more profound degree of sleep, yet less composed and refreshing than usual; less gaiety and liveliness, a slight oppression of the breast, a less regular pulse, a propensity to be cold, or to perspire, or sometimes a suppression of a former disposition to

perspire, are any of them symptomatic of a diseased state, though not to any very serious or alarming degree. Yet under such circumstances persons are generally restless, and scarcely know what to do with themselves; and often for the sake of change, or on the supposition that their sensations proceed from lowness, they unhappily adopt the certain means of making them terminate in dangerous if not fatal diseases. They increase their usual quantity of animal food, leave off vegetables and fruit, drink freely of wine or other strong liquors, under an idea of strengthening the stomach, and expelling wind; all of which strengthen nothing but the disposition to disease, and expel only the degree of health yet remaining. The consequence of this mistaken management is, that all the evacuations are restrained, the humours causing and nourishing the disease are not at all attempered and diluted, nor rendered proper for evacuation. On the contrary they become sharper, and more difficult to be discharged. By judicious management it is practicable, if not entirely to prevent a variety of disorders, yet at least to abate their severity, and so to avert the ultimate danger. As soon [446] as any of the symptoms begin to appear, the proper way is to avoid all violent or laborious exercise, and to indulge in such only as is gentle and easy. To take very little or no solid food, and particularly to abstain from meat, or flesh broth, eggs, and wine, or other strong liquors. To drink plentifully of weak diluting liquor, by small glasses at a time, at intervals of about half an hour. If these diluents are not found to answer the purpose of keeping the bowels open, stronger cathartics must be taken, or injections for the bowels, called lavements. By pursuing these precautions, the early symptoms of disease will often be removed, without coming to any serious issue: and even where this is not the case, the disorder will be so lessened as to obviate any kind of danger from it. When confirmed diseases occur, the only safe course is to resort to the most skilful medical assistance that can be obtained. Good advice and few medicines will much sooner effect a cure, than all the drugs of the apothecary's shop unskilfully administered. But the success of the best advice may be defeated, if the patient and his attendants will not concur to render it effectual. If the patient is to indulge longings for improper diet, and his friends are to gratify them, the advantage of the best advice may be defeated by one such imprudent measure. Patients labouring under accidents which require surgical assistance, must be required strictly to attend to the same directions. General regulations are all that a physician or surgeon can make respecting diet, many other circumstances will therefore require the consideration of those who attend upon the sick, and it is of consequence that they be well prepared to undertake their charge, for many fatal mistakes have arisen from ignorance and prejudice in these cases. A few rules that may be referred to in the absence of a medical adviser, are all that are necessary in the present instance, more especially when the patient is so far recovered as to be released from medicines, and put under a proper regimen, with the use of a gentle exercise, and such other regulations as a convalescent state requires.—When for example, persons are labouring under acute disorders, or accidents, they are frequently known to suffer from the injudiciousness of those about them, in covering them up in bed with a load of clothes that heat and debilitate them exceedingly, or in keeping them in bed when the occasion does not require it, without even suffering them to get up and have it new made, and by never allowing a breath of fresh air to be admitted into the room. The keeping patients quiet is undoubtedly of essential importance; they should not be talked to, nor should more persons be admitted into the room than are absolutely necessary. Every thing that might prove offensive should immediately be removed. Sprinkling the room sometimes

with vinegar, will contribute to keep it in a better state. The windows should be opened occasionally for a longer or shorter time, according to the weather and season of the year, without suffering the air to come immediately upon the patient. Waving the chamber door backward and forward for a few minutes, two or three times in a day, ventilates the room, without exposing the sick person to chilness. Occasionally burning pastils in the room, or a roll of paper, is also useful. The bed linen, and that of the patient, should be changed every day, or in two or three days, as circumstances may require. A strict forbearance from giving sick persons any nourishment beyond what is prescribed by their medical attendant, should invariably be observed. Some persons think they do well in this respect to cheat the doctor, [447] while in fact they cheat the patient out of the benefit of his advice, and endanger his life under a pretence of facilitating his recovery. In all cases it is important to wait with patience the slow progress of recovery, rather than by injudicious means to attempt to hasten it; otherwise the desired event will only be retarded. What has long been undermining the stamina of health, which is commonly the case with diseases, or what has violently shocked it by accident, can only be removed by slow degrees. Medicines will not operate like a charm; and even when they are most efficacious, time is required to recover from the languid state to which persons are always reduced, both by accident and by disease. When the period is arrived at which sick persons may be said to be out of danger, a great deal of patience and care will still be necessary to prevent a relapse. Much of this will depend on the convalescent party being content for some time with only a moderate portion of food, for we are not nourished in proportion to what we swallow, but to what we are well able to digest. Persons on their recovery, who eat moderately, digest their food, and grow strong from it. Those in a weak state, who eat much, do not digest it; instead therefore of being nourished and strengthened by it, they insensibly wither away. The principal rules to be observed in this case are, that persons in sickness, or those who are slowly recovering, should take very little nourishment at a time, and take it often. Let them have only one sort of food at each meal, and not change their food too often; and be careful that they chew their food well, to make it easy of digestion. Let them diminish their quantity of drink. The best drink for them in general is water, with a third or fourth part of white wine. Too great a quantity of liquids at such a time prevents the stomach from recovering its tone and strength, impairs digestion, promotes debility, increases the tendency to a swelling of the legs; sometimes it even occasions a slow fever, and throws back the patient into a languid state. Persons recovering from sickness should take as much exercise in the open air as they are able to bear, either on foot, in a carriage, or on horseback: the latter is by far the best. The airing should be taken in the middle of the day, when the weather is temperate, or before the principal meal. Exercise taken before a meal strengthens the organs of digestion, and therefore tends to health; but when taken after a meal, it is injurious. As persons in this state are seldom quite so well towards night, they should take very little food in the evening, in order that their sleep may be less disturbed and more refreshing. It would be better not to remain in bed above seven or eight hours; and if they feel fatigued by sitting up, let them lie down for half an hour to rest. The swelling of the legs and ancles, which happens to most persons in a state of weakness and debility, is attended with no danger, and will generally disappear of itself, if they live soberly and regularly, and take moderate exercise. The most solicitous attention must be paid to the state of the bowels; and if they are not regular, they must be kept open every day by artificial means, or it will produce heat and restlessness, and pains in the head. Care

should be taken not to return to hard labour too soon after recovering from illness; some persons have never recovered their usual strength for want of this precaution.—Common colds, though lightly regarded, are often of serious consequence. A cold is an inflammatory disease, though in no greater degree than to affect the lungs or throat, or the thin membrane which lines the nostrils, and the inside of certain cavities in the bones of the cheeks and [448] forehead. These cavities communicate with the nose in such a manner, that when one part of this membrane is affected with inflammation, it is easily communicated to the rest. When the disorder is of this slight kind, it may easily be cured without medicine, by only abstaining from meat, eggs, broth, and wine; from all food that is sharp, fat, and heavy. Little or no supper should be eaten, but the person should drink freely of an infusion of barley, or of elder flowers, with the addition of a third or fourth part of milk. Bathing the feet in warm water before going to bed, will dispose the patient to sleep. In colds of the head, the steam of warm water alone, or of water in which elder flowers or some mild aromatic herbs have been boiled, will generally afford speedy relief. These also are serviceable in colds which affect the breast. Hot and close rooms are very hurtful in colds, as they tend to impede respiration; and sitting much over the fire increases the disorder. Spermaceti is often taken in colds and coughs, which must from its greasy nature impair the digestive faculty, and cannot operate against the cause of a cold; though the cure of it, which is effected in due time by the economy of nature, is often ascribed to such medicines as may rather have retarded it. Whenever a cold does not yield to the simple treatment already described, good advice should be procured, as a neglected cold is often the origin of very serious disorders.—A few observations on the nature of the diet and drink proper for sickly persons, will be necessary at the close of this article, for the information of those who occasionally undertake the care of the afflicted. As the digestion of sick persons is weak, and very similar to that of children, the diet suited to the latter is generally proper for the former, excepting in the two great classes of diseases called putrid and intermittent fevers. In case of putrid fever no other food should be allowed, during the first weeks of recovery, than the mildest vegetable substances. When recovering from agues and intermittent fevers, animal jellies, and plain animal food, with as little vegetable as possible, is the proper diet. Meat and meat broth, generally speaking, are not so well adapted for the re-establishment of health and strength, as more simple diets. Flesh being the food most used by old and young at all other times, is consequently that from which their distempers chiefly proceed, or at least it nourishes those disorders which other causes may have contributed to introduce. It is of a gross, phlegmatic nature and oily quality, and therefore harder of digestion than many other sorts of food, tending to generate gross humours and thick blood, which are very unfavourable to the recovery of health. The yolk of an egg lightly boiled or beaten up raw with a little wine may be taken, when animal food is not forbidden, and the party cannot chew or swallow more solid food. The spoonmeats and drinks directed for children, and simple puddings made as for them, may all be used for invalids, subject only to the restrictions imposed by their medical attendant. Puddings and panadoes made of bread are better for weak stomachs than those made of flour.—Diet drinks may be made of an infusion of herbs, grains, or seeds. For this purpose the herbs should be gathered in their proper season, then dried in the shade, and put into close paper bags. When wanted for use, take out the proper quantity, put it into a linen bag, suspend it in the beer or ale, while it is fermenting, from two to six or eight hours, and then take it out. Wormwood ought not to be infused so long; three

or four hours will be sufficient, or it will become nauseous, and soon turn to putrefaction. The same is to be understood in infusing any sort of well-prepared herbs, and great care is required in all preparations of this kind that the pure properties are neither evaporated, nor overpowered by the bad ones. Beer, ale, or any other liquor in which herbs are infused, must be unadulterated, or the benefit of these infusions will be destroyed by its pernicious qualities. Nothing is more prejudicial to health than adulterated liquors, or liquors that are debased by any corrupting vegetable substance. Those things which in their purest state are of a doubtful character, and never to be trusted without caution, are by this means converted into decided poisons.—Herb Tea of any kind should always be made with a moderate proportion of the herb. When the tea is of a proper strength, the herb should be taken out, or it will become nauseous by long infusion. These kinds of tea are best used quite fresh.—Herb Porridge may be made of elder buds, nettle tops, clivers, and water cresses. Mix up a proper quantity of oatmeal and water, and set it on the fire. When just ready to boil, put in the herbs, cut or uncut; and when ready again to boil, lade it to and fro to prevent its boiling. Continue this operation six or eight minutes, then take it off the fire, and let it stand awhile. It may either be eaten with the herbs, or strained, and should not be eaten warmer than new milk. A little butter, salt, and bread, may be added. Another way is, to set some oatmeal and water on a quick fire; and when it is scalding hot, put in a good quantity of spinage, corn salad, tops of pennyroyal, and mint cut small. Let it stand on the fire till ready to boil, then pour it up and down six or seven minutes, and let it stand off the fire that the oatmeal may sink to the bottom. Strain it, and add butter, salt, and bread. When it is about milk-warm it will be fit to eat. This is an excellent porridge, pleasant to the palate and stomach, cleansing the passages by opening obstructions. It also breeds good blood, thus enlivens the spirits, and makes the whole body active and easy.—A Cooling Drink may be made of two ounces of whole barley, washed and cleansed in hot water, and afterwards boiled in five pints of water till the barley opens. Add a quarter of an ounce of cream of tartar, and strain off the liquor. Or bruise three ounces of the freshest sweet almonds, and an ounce of gourd melon seeds in a marble mortar, adding a pint of water, a little at a time, and then strain it through a piece of linen. Bruise the remainder of the almonds and seeds again, with another pint of water added as before; then strain it, and repeat this process a third time. After this, pour all the liquor upon the bruised mass, stir it well, and finally strain it off. Half an ounce of sugar may safely be bruised with the almonds and seeds at first; or if it be thought too heating, a little orange-flower water may be used instead.—Currant Drink. Put a pound of the best red currants, fully ripe and clean picked, into a stone bottle. Mix three spoonfuls of good new yeast with six pints of hot water, and pour it upon the currants. Stop the bottle close till the liquor ferments, then give it as much vent as is necessary, keep it warm, and let it ferment for about three days. Taste it in the mean time to try whether it is become pleasant; and as soon as it is so, run it through a strainer, and bottle it off. It will be ready to drink in five or six days.—Boniclapper is another article suited to the state of sickly and weakly persons. Boniclapper is milk which has stood till it has acquired a pleasant sourish taste, and a thick slippery substance. In very hot weather this will be in about twenty-four hours from the time [450] of its being milked, but longer in proportion as the weather is colder. If put into vessels which have been used for milk to be soured in, it will change the sooner. New milk must always be used for this purpose. Boniclapper is an excellent food at all times, particularly for those who are troubled with any kind of stoppages; it powerfully opens the breast and

passages, is itself easy of digestion, and helps to digest all hard or sweeter foods. It also cools and cleanses the whole body, renders it brisk and lively, and is very efficacious in quenching thirst. No other sort of milkmeat or spoonmeat is so proper and beneficial for consumptive persons, or such as labour under great weakness and debility. It should be eaten with bread only, and it will be light and easy on the stomach, even when new milk is found to disagree. If this soured milk should become unpleasant at first, a little custom and use will not only render it familiar, but agreeable to the stomach and palate; and those who have neither wisdom nor patience to submit to a transient inconvenience, will never have an opportunity of knowing the intrinsic value of any thing. To these may be added a variety of other articles adapted to a state of sickness and disease, which will be found under their respective heads; such as Beef Tea, Flummery, Jellies of various kinds, Lemon Whey, Vinegar Whey, Cream of Tartar Whey, Mustard Whey, Treacle Posset, Buttermilk, Onion Porridge, Water Gruel, and Wormwood Ale.

TREES. Several different methods have been proposed of preventing the bark being eaten off by hares and rabbits in the winter season; such as twisting straw-ropes round the trees; driving in small flat stakes all about them; and the use of strong-scented oils. But better and neater modes have lately been suggested; as with hog's lard, and as much whale-oil as will work it up into a thin paste or paint, with which the stems of the trees are to be gently rubbed upwards, at the time of the fall of the leaf. It may be done once in two years, and will, it is said, effectually prevent such animals from touching them. Another and still neater method, is to take three pints of melted tallow to one pint of tar, mixing them well together over a gentle fire. Then, in the month of November, to take a small brush and go over the rind or bark of the trees with the composition in a milk-warm state, as thin as it can be laid on with the brush. It is found that such a coating does not hinder the juices or sap from expanding in the smallest degree; and the efficacy of the plan is proved, in preventing the attacks of the animals, by applying the liquid composition to one tree and missing another, when it was found that the former was left, while the latter was attacked. Its efficacy has been shewn by the experience of five years. The trees that were gone over the first two years have not been touched since; and none of them have been injured by the hares.—The Mossing of trees is their becoming much affected and covered with the moss-plant or mossy substance. It is found to prevail in fruit-grounds of the apple kind, and in other situations, when they are in low, close, confined places, where the damp or moisture of the trees is not readily removed. It is thought to be an indication of weakness in the growth, or of a diseased state of the trees, and to require nice attention in preventing or eradicating it. The modes of removing it have usually been those of scraping, rubbing, and washing, but they are obviously calculated for trees only on a small scale. How far the use of powdery matters, such as lime, chalk, and others, which are capable of readily absorbing and taking up the wetness that may hang about the branches, and other parts of the trees, by being well dusted [451] over them, may be beneficial, is not known, but they would seem to promise success by the taking away the nourishment and support of the moss, when employed at proper seasons. And they are known to answer in destroying moss in some other cases, when laid about the stems of the plants, as in thorn-hedges, &c. The mossing in all sorts of trees is injurious to their growth by depriving them of a portion of their nourishment, but more particularly hurtful to those of the fruit-tree kind, as preventing them from bearing full good crops of fruit by rendering them in a weak and unhealthy state.——The following are substances destructive

of insects infesting fruit shrubs and trees in gardening, or of preventing their injurious ravages and effects on trees. Many different kinds of substances have been recommended for the purpose, at different times; but nothing perhaps has yet been found fully effectual in this intention, in all cases. The substances and modes directed below have lately been advised as useful in this way. As preventives against gooseberry caterpillars, which so greatly infest and injure shrubs of that kind, the substances mentioned below have been found very simple and efficacious. In the autumnal season, let a quantity of cow-urine be provided, and let a little be poured around the stem of each bush or shrub, just as much as merely suffices to moisten the ground about them. This simple expedient is stated to have succeeded in an admirable manner, and that its preventive virtues have appeared to extend to two successive seasons or years. The bushes which were treated in this manner remained free from caterpillars, while those which were neglected, or intentionally passed by, in the same compartment, were wholly destroyed by the depredations of the insects. Another mode of prevention is proposed, which, it is said, is equally simple and effectual; but the good effects of which only extend to the season immediately succeeding to that of the application. This is, in situations near the sea, to collect as much drift or sea-weed from the beach, when occasion serves, as will be sufficient to cover the whole of the gooseberry compartment to the depth of four or five inches. It should be laid on in the autumn, and the whole covering remain untouched during the winter and early spring months; but as the fruiting season advances, be dug in. This method, it is said, has answered the most sanguine expectations; no caterpillars ever infesting the compartments which are treated in this manner. Another method, which is said to have been found successful, in preventing or destroying caterpillars on the above sort of fruit shrubs, is this: as the black currant and elder bushes, growing quite close to those of the gooseberry kind, were not attacked by this sort of vermin, it was conceived that an infusion of their leaves might be serviceable, especially when prepared with a little quick-lime, in the manner directed below. Six pounds each of the two first sorts of leaves are to be boiled in twelve gallons of soft water; then fourteen pounds of hot lime are to be put into twelve gallons of water, and, after being well incorporated with it, they are both to be mixed well together. With this mixture the infested gooseberry bushes by fruit trees are to be well washed or the hand garden-engine; after which a little hot lime is to be taken and laid about the root of each bush or tree so washed, which completes the work. Thus the caterpillars will be completely destroyed, without hurting the foliage of the bushes or trees in any way. A dull day is to be preferred for performing the work of washing, &c. As soon as all the foliage [452] is dropped off from the bushes or trees, they are to be again washed over with the hand-engine, in order to clean them of all decayed leaves, and other matters; for which purpose any sort of water will answer. The surface of the earth, all about the roots of the bushes and trees, is then to be well stirred, and a little hot lime again laid about them, to destroy the ova or eggs of the insects. This mode of management has never failed of success, in the course of six years' practice. It is noticed, that the above quantity of prepared liquid will be sufficient for about two acres of ground in this sort of plantation, and cost but little in providing. The use of about a gallon of a mixture of equal proportions of lime-water, chamber-ley, and soap-suds, with as much soot as will give it the colour and consistence of dunghill drainings, to each bush in the rows, applied by means of the rose of a watering-pot, immediately as the ground between them is dug over, and left as rough as possible, the whole being gone over in this way without treading or poaching the land, has also been found highly successful by

others. The whole is then left in the above state until the winter frosts are fairly past, when the ground between the rows and bushes are levelled, and raked over in an even manner. By this means of practice, the bushes have been constantly kept healthy, fruitful, and free from the annoyance of insects. The bushes are to be first pruned, and dung used where necessary. A solution of soft soap, mixed with an infusion of tobacco, has likewise been applied with great use in destroying caterpillars, by squirting it by the hand-syringe upon the bushes, while a little warm, twice in the day. But some think that the only safety is in picking them off the bushes, as they first appear, together with the lower leaves which are eaten into holes: also, the paring, digging over, and clearing the foul ground between the bushes, and treading and forcing such foul surface parts into the bottoms of the trenches. Watering cherry-trees with water prepared from quick-lime new burnt, and common soda used in washing, in the proportion of a peck of the former and half a pound of the latter to a hogshead of water, has been found successful in destroying the green fly and the black vermin which infest such trees. The water should stand upon the lime for twenty-four hours, and be then drawn off by a cock placed in the cask, ten or twelve inches from the bottom, when the soda is to be put to it, being careful not to exceed the above proportion, as, from its acridity, it would otherwise be liable to destroy the foliage. Two or three times watering with this liquor, by means of a garden engine, will destroy and remove the vermin. The application of clay-paint, too, has been found of great utility in destroying the different insects, such as the coccus, thrips, and fly, which infest peach, nectarine, and other fine fruit trees, on walls, and in hot-houses. This paint is prepared by taking a quantity of the most tenacious brown clay, and diffusing it in as much soft water as will bring it to the consistence of a thick cream or paint, passing it through a fine sieve or hair-searce, so as that it may be rendered perfectly smooth, unctuous, and free from gritty particles. As soon as the trees are pruned and nailed in, they are all to be carefully gone over with a painter's brush dipped in the above paint, especially the stems and large branches, as well as the young shoots, which leaves a coat or layer, that, when it becomes dry, forms a hard crust over the whole tree, which, by closely enveloping the insects, completely destroys them, without doing any injury to either the bark or buds. And by covering the trees with mats or canvas in wet seasons, it may be preserved on them [453] as long as necessary. Where one dressing is not effectual, it may be repeated; and the second coating will mostly be sufficient. Where peach and nectarine trees are managed with this paint, they are very rarely either hide-bound or attacked by insects. This sort of paint is also useful in removing the mildew, with which these kinds of trees are often affected; as well as, with the use of the dew-syringe, in promoting the equal breaking of the eyes of vines, trained on the rafters of pine stoves. Watering the peach tree borders with the urine of cattle, in the beginning of winter, and again in the early spring, has likewise been thought beneficial in destroying the insects which produce the above disease. Careful and proper cleaning and washing these trees, walls, and other places in contact with them, has, too, been found of great utility in preventing insects from accumulating on them.

TRIFLE. To make an excellent trifle, lay macaroons and ratifia drops over the bottom of a dish, and pour in as much raisin wine as they will imbibe. Then pour on them a cold rich custard, made with plenty of eggs, and some rice flour. It must stand two or three inches thick: on that put a layer of raspberry jam, and cover the whole with a very high whip made the day before, of rich cream, the whites of two well-beaten eggs, sugar, lemon peel, and raisin wine, well beat with a whisk, kept only to whip syllabubs and creams. If made the day

before it is used, the trifle has quite a different taste, and is solid and far better.

TRIPE. After being well washed and cleaned, tripe should be stewed with milk and onion till quite tender. Serve it in a tureen, with melted butter for sauce. Or fry it in small pieces, dipped in batter. Or cut the thin part into bits, and stew them in gravy. Thicken the stew with butter and flour, and add a little ketchup. Tripe may also be fricasseed with white sauce.

TROUGHS. Water troughs of various kinds, which require to be rendered impervious to the wet, may be lined with a strong cement of gypsum and quicklime, mixed up with water. Four fifths of pulverised coal or charcoal, and one fifth of quicklime, well mixed together, and infused in boiling pitch or tar, will also form a useful cement for this purpose. It requires to be of the consistence of thin mortar, and applied hot with a trowel.

TROUT. Open them along the belly, wash them clean, dry them in a cloth, and season them with pepper and salt. Set the gridiron over the fire, and when it is hot rub the bars with a piece of fresh suet. Lay on the fish, and broil them gently over a very clear fire, at such a distance as not to burn them. When they are done on one side, turn them carefully on the other, and serve them up the moment they are ready. This is one of the best methods of dressing this delicate fish; but they are sometimes broiled whole, in order to preserve the juices of the fish, when they are fresh caught. Another way is, after they are washed clean and well dried in a napkin, to bind them about with packthread, and sprinkle them with melted butter and salt; then to broil them over a gentle fire, and keep them turning. Make a sauce of butter rolled in flour, with an anchovy, some pepper, nutmeg, and capers. Add a very little vinegar and water, and shake it together over a moderate fire, till it is of a proper thickness. Put the trout into a dish, and pour this sauce over them. Trout of a middle size are best for broiling. The gurnet or piper is very nice broiled in the same manner, and served with the same kind of sauce. Mullets also admit of the same treatment. Trout are very [454]
commonly stewed, as well as broiled; and in this case they should be put into a stewpan with equal quantities of Champaigne, Rhenish, or Sherry wine. Season the stew with pepper and salt, an onion, a few cloves, and a small bunch of parsley and thyme. Put into it a crust of French bread, and set it on a quick fire. When the fish is done, take out the bread, bruise it, and then thicken the sauce. Add a little flour and butter, and let it boil up. Lay the trout on a dish, and pour the thickened sauce over it. Serve it with sliced lemon, and fried bread. This is called Trout á la Genevoise. A plainer way is to dry the fish, after it has been washed and cleaned, and lay it on a board before the fire, dusted with flour. Then fry it of a fine colour with fresh dripping; serve it with crimp parsley and plain butter.

TROUT PIE. Scale and wash the fish, lard them with pieces of silver eel, rolled up in spice and sweet herbs, with bay leaves finely powdered. Slice the bottoms of artichokes, lay them on or between the fish, with mushrooms, oysters, capers, and sliced lemon or Seville orange. Use a dish or raised crust, close the pie, and bake it gently.—Another way. Clean and scale your trouts, and cut off the heads and fins; boil an eel for forcemeat; when you have cut off the meat of the eel, put the bones and the heads of the trout into the water it was boiled in, with an onion, mace, whole pepper, a little salt, and a faggot of sweet herbs; let it boil down till there is but enough for the pie. Chop the meat of the eel very fine, add grated bread, an anchovy chopped small, sweet herbs, and a gill of oysters blanched and bearded,

the yolks of two hard eggs chopped very fine, and as much melted butter as will make it into a stiff forcemeat; season the trout with mace, pepper and salt; fill the belly with the forcemeat, and make the remainder into balls; sheet your dish with a good paste, lay some butter on that, then the trout and forcemeat; strain off the fish broth, and scum it very clean, and add a little white wine, and a piece of butter rolled in flour; when it is all melted, pour it into the pie, and lid it over; bake it in a gentle oven, and let it be thoroughly done.

TRUFFLES. The largest are the most esteemed; those which are brought from Perigord are the best. They are usually eaten dressed in wine, and broth seasoned with salt, pepper, a bunch of sweet herbs, some roots and onions. Before being dressed they must be soaked in warm water, and well rubbed with a brush, that no earth may adhere to them. When dressed, serve them in a plate as an entremet. The truffle is also very excellent in all sorts of ragouts, either chopped or out into slices, after they are peeled. It is one of the best seasonings that can be used in a kitchen. Truffles are also used dried, but their flavour is then much diminished.

TRUFFLES RAGOUT. Peel the truffles, cut them in slices, wash and drain them well. Put them into a saucepan with a little gravy, and stew them gently over a slow fire. When they are almost done enough, thicken them with a little butter and flour. Stewed in a little water, and thickened with cream and yolk of egg, they make a nice white ragout. Truffles, mushrooms, and morels are all of them very indigestible.

TUNBRIDGE CAKES. Rub six ounces of butter quite fine into a pound of flour; then mix six ounces of sugar, beat and strain two eggs, and make the whole into a paste. Roll it very thin, and cut it with the top of a glass. Prick the cakes with a fork, and cover them with carraways; or wash them with the white of an egg, and dust a little white sugar over. [455]

TURBOT. This excellent fish is in season the greatest part of the summer. When fresh and good, it is at once firm and tender, and abounds with rich gelatinous nutriment. Being drawn and washed clean, it may be lightly rubbed with salt, and put in a cold place, and it will keep two or three days. An hour or two before dressing it, let it soak in spring water with some salt in it. To prevent the fish from swelling and cracking on the breast, score the skin across the thickest part of the back. Put a large handful of salt into a fish kettle with cold water, lay the turbot on a fish strainer and put it in. When it is beginning to boil, skim it well; then set the kettle on the side of the fire to boil as gently as possible for about fifteen or twenty minutes; if it boil fast, the fish will break to pieces. Rub a little of the inside coral spawn of the lobster through a hair sieve, without butter; and when the turbot is dished, sprinkle the spawn over it. Garnish the dish with sprigs of curled parsley, sliced lemon, and finely scraped horseradish. Send up plenty of lobster sauce. The thickest part of the fish is generally preferred. The spine bone should be cut across to make it easier for carving.

TURBOT PIE. Take a middling turbot, clean it very well, cut off the head, tail, and fins. Make a forcemeat thus; take a large eel, boil it tender, then take off the flesh; put the bones of the turbot and eel into the water the eel was boiled in, with a faggot of herbs, whole pepper, an onion, and an anchovy; let this boil till it becomes a strong broth. In the mean time, cut the eel very fine; add the same quantity of grated bread, a little lemon-peel, an anchovy, parsley, and the yolks of two or three hard eggs, and half a pint of oysters

blanched and bearded; chop all these as fine as possible; mix all together with a quarter of a pound of melted butter; and with this forcemeat lay a rim in the inside of the dish; put in the turbot, and fill up the vacancies with forcemeat; strain off the broth, scum it very clean, and add a lump of butter rolled in flour, and a glass of white wine; pour this over the fish. Make a good puff paste, cover the pie with it, and let it be thoroughly baked. When it comes from the oven, warm the remainder of the liquor; pour it in, and send it to table.

TURKEYS. When young they are very tender, and require great attention. As soon as hatched, put three peppercorns down their throat. They must be carefully watched, or they will soon perish. The hen turkey is so careless, that she will stalk about with one chicken, and leave the remainder, or even tread upon and kill them. Turkeys are violent eaters, and must therefore be left to take charge of themselves in general, except one good feed a day. The hen sets twenty-five or thirty days, and the young ones must be kept warm, as the least cold or damp kills them. They must be fed often, and at a distance from the hen, or she will pick every thing from them. They should have curds, green cheese parings cut small, and bread and milk with chopped wormwood in it. Their drink milk and water, but must not be left to turn sour. All young fowls are a prey for vermin, therefore they should be kept in a safe place where none can come. Weasels, stoats, and ferrets will creep in at a very small crevice. The hen should be under a coop, in a warm place exposed to the sun, for the first three or four weeks; and the young ones should not be suffered to wander about in the dew, at morning or evening. Twelve eggs are enough to put under a turkey; and when she is about to lay, lock her up till she has laid every morning. They usually begin to lay in March, and set [456] in April. Feed them near the hen-house, and give them a little meat in the evening, to accustom them to roosting there. Fatten them with sodden oats or barley for the first fortnight; and the last fortnight give them as above, and rice swelled with warm milk over the fire twice a day. The flesh will be beautifully white and fine flavoured. The common way in Norfolk is to cram them, but they are so ravenous that it seems unnecessary, if they are not suffered to wander far from home, which keeps them lean and poor.—When fat turkeys are to be purchased in the market, in order to judge of their quality it is necessary to observe, that the cock bird when young has a smooth black leg, and a short spur. If fresh and sweet, the eyes are full and bright, and the feet moist and supple. If stale, the eyes will be sunk, and the feet stiff and dry. The hen turkey is known by the same rules; but if old, the legs will be red and rough.

TURKEY PATTIES. Mince some of the white part, and season it with grated lemon, nutmeg, salt, a dust of white pepper, a spoonful of cream, and a very small piece of butter warmed. Fill the patties, and bake them.

TURKEY PIE. Break the bones, and beat the turkey flat on the breast. Lard it with bacon, lay it into a raised crust with some slices of bacon under it, and well seasoned with salt, pepper, nutmeg, whole cloves, and bay leaves. Lay a slice of bacon over it, cover it with a crust, and bake it. When baked, put a clove of garlic or shalot into the whole in the middle of the crust, and let it stand till cold. The turkey may be boned if preferred. Duck or goose pie may be made in the same manner.

TURKEY SAUCE. Open some oysters into a bason, and pour the liquor into a saucepan as soon as it is settled. Add a little white gravy, and a tea-spoonful of lemon

pickle. Thicken it with flour and butter, boil it a few minutes, add a spoonful of cream, and then the oysters. Shake them over the fire, but do not let them boil. Or boil some slices or fine bread with a little salt, an onion, and a few peppercorns. Beat it well, put in a bit of butter, and a spoonful of cream. This sauce eats well with roast turkey or veal.

TURKISH YOGURT. Let a small quantity of milk stand till it be sour, then put a sufficient quantity of it to new milk, to turn it to a soft curd. This may be eaten with sugar only, or both this and the fresh cheese are good eaten with strawberries and raspberries, as cream, or with sweetmeats of any kind.

TURNIPS. To dress this valuable root, pare off all the outside coat, cut them in two, and boil them with beef, mutton, or lamb. When they become tender take them up, press away the liquor, and mash them with butter and salt, or send them to table whole, with melted butter in a boat. Young turnips look and eat well with a little of the top left on them. To preserve turnips for the winter, cut off the tops and tails, and leave the roots a few days to dry. They should then be stacked up with layers of straw between, so as to keep them from the rain and frost, and let the stack be pointed at the top.

TURNIPS MASHED. Pare and boil them quite tender, squeeze them as dry as possible between two trenchers, put them into a stewpan, and mash them with a wooden spoon. Then rub them through a cullender, add a little bit of butter, keep stirring them till the butter is melted and well mixed with them, and they are ready for the table.

TURNIP BUTTER. In the fall of the year, butter is apt to acquire a strong and disagreeable flavour, from the cattle feeding on turnips, cabbages, leaves of trees, and other [457] vegetable substances. To correct the offensive taste which this produces, boil two ounces of saltpetre in a quart of water, and put two or more spoonfuls of it into a pail before milking, according to the quantity of milk. If this be done constantly, the evil will be effectually cured: if not, it will be owing to the neglect of the dairy maid.

TURNIP FLY. To prevent the black fly from injuring the turnip crop, mix an ounce of sulphur daily with three pounds of turnip seed for three days successively, and keep it closely covered in an earthen pan. Stir it well each time, that the seed may be duly impregnated with the sulphur. Sow it as usual on an acre of ground, and the fly will not attack it till after the third or fourth leaf be formed, when the plant will be entirely out of danger. If garden vegetables be attacked by the fly, water them freely with a decoction of elder leaves.

TURNIP PIE. Season some mutton chops with salt and pepper, reserving the ends of the neck bones to lay over the turnips, which must be cut into small dice, and put on the steaks. Add two or three spoonfuls of milk, also a sliced onion if approved, and cover with a crust.

TURNIP SAUCE. Pare half a dozen turnips, boil them in a little water, keep them shaking till they are done, and the liquor quite exhausted, and then rub them through a tammis. Take a little white gravy and cut more turnips, as if intended for harrico. Shake them as before, and add a little more white gravy.

TURNIP SOUP. Take from a knuckle of veal all the meat that can be made into cutlets,

and stew the remainder in five pints of water, with an onion, a bundle of herbs, and a blade of mace. Cover it close, and let it do on a slow fire, four or five hours at least. Strain it, and set it by till the next day. Then take the fat and sediment from it, and simmer it with turnips cut into small dice till tender, seasoning it with salt and pepper. Before serving, rub down half a spoonful of flour with half a pint of good cream, and a piece of butter the size of a walnut. Let a small roll simmer in the soup till fully moistened, and serve this with it. The soup should be as thick as middling cream.

TURNIP TOPS. These are the shoots which come out in the spring from the old turnip roots, and are to be dressed in the same way as cabbage sprouts. They make very nice sweet greens, and are esteemed great purifiers of the blood and juices.

TURNPIKES. Mix together a quarter of a pound each of flour, butter, currants, and lump sugar powdered. Beat up four eggs with two of the whites, make the whole into a stiff paste, with the addition of a little lemon peel. Roll the paste out thin, and cut it into shapes with a wine glass. The addition of a few carraway seeds will be an improvement.

TURTLE. The morning that you intend to dress the turtle, fill a boiler or kettle with a quantity of water sufficient to scald the callapach and callapee, the fins, &c. and about nine o'clock hang up your turtle by the hind fins, cut off its head, and save the blood; then with a sharp pointed knife separate the callapach from the callapee (or the back from the belly part) down to the shoulders, so as to come at the entrails, which take out, and clean them, as you would those of any other animal, and throw them into a tub of clean water, taking great care not to break the gall, but cut it off the liver, and throw it away. Then separate each distinctly, and take the guts into another vessel, open them with a small penknife, from end to end, wash them clean, and draw them through a woollen cloth in warm water, to clear away the slime, and then put them into clean cold water till they are used, with the [458] other part of the entrails, which must all be cut up small to be mixed in the baking dishes with the meat. This done, separate the back and belly pieces entirely, cutting away the four fins by the upper joint, which scald, peel off the loose skin, and cut them into small pieces, laying them by themselves, either in another vessel, or on the table, ready to be seasoned. Then cut off the meat from the belly part, and clean the back from the lungs, kidneys, &c. and that meat cut into pieces as small as a walnut, laying it likewise by itself. After this you are to scald the back and belly pieces, pulling off the shell from the back and the yellow skin from the belly; when all will be white and clean, and with the kitchen cleaver cut those up likewise into pieces about the bigness or breadth of a card. Put those pieces into clean cold water, wash them out, and place them in a heap on the table, so that each part may lie by itself. The meat, being thus prepared and laid separately for seasoning, mix two third parts of salt, or rather more, and one third part of Cayenne pepper, black pepper, and a spoonful of nutmeg and mace pounded fine, and mixed together; the quantity to be proportioned to the size of the turtle, so that in each dish there may be about three spoonfuls of seasoning to every twelve pounds of meat. Your meat being thus seasoned, get some sweet herbs, such as thyme, savoury, &c. let them be dried and rubbed fine, and having provided some deep dishes to bake it in, (which should be of the common brown ware) put in the coarsest parts of the meat at the bottom, with about a quarter of a pound of butter in each dish, and then some of each of the several parcels of meat, so that the dishes may be all alike, and have equal portions of the different parts of the turtle; and between each laying of the meat, strew

a little of this mixture of sweet herbs. Fill your dishes within an inch and an half, or two inches of the top; boil the blood of the turtle, and put into it; then lay on forcemeat balls made of veal, or fowl, highly seasoned with the same seasoning as the turtle; put into each dish a gill of good Madeira wine, and as much water as it will conveniently hold; then break over it five or six eggs, to keep the meat from scorching at the top, and over that shake a small handful of shred parsley, to make it look green; which done, put your dishes into an oven made hot enough to bake bread, and in an hour and half, or two hours, (according to the size of the dishes) it will be sufficiently done. Send it to the table in the dishes in which it is baked, in order to keep it warm while it is eating.

TURTLE FINS. Put into a stewpan five large spoonfuls of brown sauce, with a bottle of port wine, and a quart of mushrooms. When the sauce boils, put in four fins; and after taking away all the small bones that are seen breaking through the skin, add a few sprigs of parsley, a bit of thyme, one bay leaf, and four cloves, and let it simmer one hour. Ten minutes before it is done, put in five dozen of button onions ready peeled, and see that it is properly salted.

TURTLE SOUP. The best sized turtle is one from sixty to eighty pounds weight, which will make six or eight tureens of fine soup. Kill the turtle the evening before; tie a cord to the hind fins, and hang it up with the head downwards. Tie the fore fins by way of pinioning them, otherwise it would beat itself, and be troublesome to the executioner. Hold the head in the left hand, and with a sharp knife cut off the neck as near the head as possible. Lay the turtle on a block on the back shell, slip the knife between the breast and the edge of the back shell; and when the knife has been round, and the breast is detached from the back, [459] pass the fingers underneath, and detach the breast from the fins, always keeping the edge of the knife on the side of the breast; otherwise if the gall be broken, the turtle will be spoiled. Cut the breast into four pieces, remove the entrails, beginning by the liver, and cut away the gall, to be out of danger at once. When the turtle is emptied, throw the heart, liver, kidneys, and lights, into a large tub of water. Cut away the fins to the root, as near to the back shell as possible; then cut the fins in the second joint, that the white meat may be separated from the green. Scrape the fat from the back shell by skimming it, and put it aside. Cut the back shell into four pieces. Set a large turbot pan on the fire, and when it boils dip a fin into it for a minute, then take it out and peel it very clean. When that is done, take another, and so on till all are done; then the head, next the shell and breast, piece by piece. Be careful to have the peel and shell entirely cleaned off, then put in the same pan some clean water, with the breast and back, the four fins, and the head. Let it boil till the bones will leave the meat, adding a large bundle of turtle herbs, four bay leaves, and some thyme. If two dishes are to be made of the fins, they must be removed when they have boiled one hour. Put into a small stewpan the liver, lights, heart, and kidneys, and the fat that was laid aside. Take some of the liquor that the other part was boiled in, cover the stewpan close, and let it boil gently for three hours. Clean the bones, breast, and back from the green fat, and cut it into pieces an inch long, and half an inch wide, but suffer none of it to be wasted. Put all these pieces on a dish, and set it by till the broth is ready. To prepare the broth, put on a large stockpot, and line the bottom of it with a pound and a half of lean ham, cut into slices. Cut into pieces a large leg of veal, except a pound of the fillet to be reserved for forcemeat; put the rest upon the ham, with all the white meat of the turtle, and a couple of old fowls. Put it on a smart fire, with two ladlefuls of rich broth, and reduce it to a glaze. When it begins to stick to the

bottom, pour the liquor in which the turtle was boiled into the pot where the other part of the turtle has been boiled. Add to it a little more sweet herbs, twenty-four grains of allspice, six blades of mace, two large onions, four carrots, half an ounce of whole pepper, and some salt. Let it simmer for four hours, and then strain the broth through a cloth sieve. Put into it the green part of the turtle that has been cut in pieces and nicely cleaned, with two bottles of Madeira. When it has boiled a few minutes with the turtle, add the broth to it. Melt half a pound of butter in a stewpan, add four large spoonfuls of flour, stir it on the fire till of a fine brown colour, and pour some of the broth to it. Mix it well, and strain it through a hair sieve into the soup. Cut the liver, lights, heart, kidneys, and fat into small square pieces, and put them into the soup with half a tea-spoonful of cayenne, two of curry powder, and four table-spoonfuls of the essence of anchovies. Let it boil an hour and a half, carefully skimming off the fat. Pound the reserved veal in a marble mortar for the forcemeat, and rub it through a hair sieve, with as much of the udder as there is of meat from the leg of veal. Put some bread crumbs into a stewpan with milk enough to moisten it, adding a little chopped parsley and shalot. Dry it on the fire, rub it through a wire sieve, and when cold mix it all together, that every part may be equally blended. Boil six eggs hard, take the yolks and pound them with the other ingredients; season it with salt, cayenne, and a little curry powder. Add three raw eggs, mix all well together, and make the forcemeat into small balls the size of a pigeon's egg. [460] Ten minutes before the soup is ready put in the forcemeat balls, and continue to skim the soup till it is taken off the fire. If the turtle weighs eighty pounds, it will require nearly three bottles of Madeira for the soup. When the turtle is dished, squeeze two lemons into each tureen. It is also very good with eggs boiled hard, and a dozen of the yolks put in each tureen. This is a highly fashionable soup, and such as is made in the royal kitchen; but it is difficult of digestion, and fit only for those who 'live to eat.' Foreigners in general are extremely fond of it; and at the Spanish dinner in 1808, eight hundred guests attended, and two thousand five hundred pounds weight of turtle were consumed.

TUSK. Lay the tusk in water the first thing in the morning; after it has lain three or four hours, scale and clean it very well; then shift the water, and let it lie till you want to dress it. If it is large, cut it down the back, and then across; if small, only down the back; put it into cold water, and let it boil gently for about twenty minutes. Send it to table in a napkin, with egg sauce, butter and mustard, and parsnips cut in slices, in a plate.

TWOPENNY. The malt beverage thus denominated, is not formed to keep, and therefore not likely to be brewed by any persons for their own consumption. The following proportions for one barrel, are inserted merely to add to general information in the art of brewing.

	£	*s.*	*d.*
Malt, a bushel and a half	0	9	0
Hops, one pound	0	1	6
Liquorice root, a pound and a half	0	1	6
Capsicum, a quarter of an ounce	0	0	1
Spanish liquorice, 2 ounces	0	0	2
Treacle, five pounds	0	1	8
	0	13	11

	£	*s.*	*d.*
One barrel of twopenny, paid for at the publican's, 128 quarts, at *4d.* per quart	2	2	8
Brewed at home, coals included	0	15	0
Clear gain,	1	7	8

It is sufficient to observe respecting this liquor, that it requires no storing, being frequently brewed one week, and consumed the next. The quantity of capsicum in one barrel of twopenny, is as much as is commonly contained in two barrels of porter: this readily accounts for the preference given to it by the working classes, in cold winter mornings. Twopenny works remarkably quick, and must be carefully attended to, in the barrels.

V.

VACCINE INOCULATION. One of the most important discoveries in the history of animal nature is that of the Cow Pox, which was publicly announced by Dr. Jenner in the year 1798, though it had for ages been known by some of the dairymen in the west of England. This malady appears on the nipples of cows in the form of irregular pustules, and it is now ascertained that persons inoculated with the matter taken from them are thereby rendered [461] incapable of the small pox infection. Innumerable experiments have been made in different countries, in Asia and America, with nearly the same success; and by a series of facts duly authenticated, in many thousands of instances, it is fully proved that the vaccine inoculation is a milder and safer disease than the inoculated small pox; and while the one has saved its tens of thousands, the other is going on to save its millions. With a view of extending the beneficial effects of the new inoculation to the poor, a new dispensary, called the Vaccine Institution, has been established in London, where the operation is performed gratis, and the vaccine matter may be had by those who wish to promote this superior method of inoculation. The practice itself is very simple. Nothing more is necessary than making a small puncture in the skin of the arm, and applying the matter. But as it is of great consequence that the matter be good, and not too old, it is recommended to apply for the assistance of those who make it a part of their business, as the expense is very trifling.

VARNISH FOR BOOTS. To render boots and shoes impervious to the wet, take a pint of linseed oil, half a pound of mutton suet, six or eight ounces of bees' wax, and a small piece of rosin. Boil all together in a pipkin, and let it cool to milk warm. Then with a hair brush lay it on new boots or shoes; but it is better still to lay it on the leather before the articles are made. The shoes or boots should also be brushed over with it, after they come from the maker. If old boots or shoes are to be varnished, the mixture is to be laid on when the leather is perfectly dry.

VARNISH FOR BRASS. Put into a pint of alcohol, an ounce of turmeric powder, two drams of arnatto, and two drams of saffron. Agitate the mixture during seven days, and filter it into a clean bottle. Now add three ounces of clean seed-lac, and agitate the bottle every day for fourteen days. When the lacquer is used, the pieces of brass if large are to be first warmed, so as to heat the hand, and the varnish is to be applied with a brush. Smaller pieces may be dipped in the varnish, and then drained by holding them for a minute over the bottle. This varnish, when applied to rails for desks, has a most beautiful appearance, like that of burnished gold.

VARNISH FOR DRAWINGS. Mix together two ounces of spirits of turpentine, and one ounce of Canada balsam. The print is first to be sized with a solution of isinglass water, and dried; the varnish is then to be applied with a camel-hair brush. But for oil paintings, a different composition is prepared. A small piece of white sugar candy is dissolved and mixed with a spoonful of brandy; the whites of eggs are then beaten to a froth, and the clear part is poured off and incorporated with the mixture. The paintings are then brushed over with the varnish, which is easily washed off when they are required to be cleaned again, and on this account it will be far superior to any other kind of varnish for this purpose.

VARNISH FOR FANS. To make a varnish for fans and cases, dissolve two ounces of gum-mastic, eight ounces of gum-sandaric, in a quart of alcohol, and then add four ounces of Venice turpentine.

VARNISH FOR FIGURES. Fuse in a crucible half an ounce of tin, with the same quantity of bismuth. When melted, add half an ounce of mercury; and when perfectly combined, take the mixture from the fire and cool it. This substance, mixed with the white of an egg, forms a very beautiful varnish for plaster figures.

VARNISH FOR FURNITURE. This is made of white wax melted in the oil of [462]
petrolium. A light coat of this mixture is laid on the wood with a badger's brush, while a little warm, and the oil will speedily evaporate. A coat of wax will be left behind, which should afterwards be polished with a woollen cloth.

VARNISH FOR HATS. The shell of the hat having been prepared, dyed, and formed in the usual manner, is to be stiffened, when perfectly dry, with the following composition, worked upon the inner surface. One pound of gum kino, eight ounces of gum elemi, three pounds of gum olibanum, three pounds of gum copal, two pounds of gum juniper, one pound of gum ladanum, one pound of gum mastic, ten pounds of shell lac, and eight ounces of frankincense. These are pounded small and mixed together; three gallons of alcohol are then placed in an earthen vessel to receive the pounded gums, and the vessel is then to be frequently agitated. When the gums are sufficiently dissolved by this process, a pint of liquid ammonia is added to the mixture, with an ounce of oil of lavender, and a pound of gum myrrh and gum opoponax, dissolved in three pints of spirit of wine. The whole of the ingredients being perfectly incorporated and free from lumps, constitute the patent water-proof mixture with which the shell of the hat is stiffened. When the shell has been dyed, shaped, and rendered perfectly dry, its inner surface and the under side of the brim are varnished with this composition by means of a brush. The hat is then placed in a warm drying-room until it becomes hard. This process is repeated several times, taking care that

the varnish does not penetrate through the shell, so as to appear on the outside. To allow the perspiration of the head to evaporate, small holes are to be pierced through the crown of the hat from the inside outward; and the nap of silk, beaver, or other fur, is to be laid on by the finisher in the usual way. That on the under side of the brim, which has been prepared as above, is to be attached with copal varnish.

VARNISH FOR PAINTINGS. Mix six ounces of pure mastic gum with the same quantity of pounded glass, and introduce the compound into a bottle containing a pint of oil of turpentine. Now add half an ounce of camphor bruised in a mortar. When the mastic is dissolved, put in an ounce of Venice turpentine, and agitate the whole till the turpentine is perfectly dissolved. When the varnish is to be applied to oil paintings, it must be gently poured from the glass sediment, or filtered through a muslin.

VARNISH FOR PALING. A varnish for any kind of coarse wood work is made of tar ground up with Spanish brown, to the consistence of common paint, and then spread on the wood with a large brush as soon as made, to prevent its growing too stiff and hard. The colour may be changed by mixing a little white lead, whiting, or ivory black, with the Spanish brown. For pales and weather boards this varnish is superior to paint, and much cheaper than what is commonly used for that purpose. It is an excellent preventive against wet and weather, and if laid on smooth wood it will have a good gloss.

VARNISH FOR SILKS. To one quart of cold-drawn linseed oil, add half an ounce of litharge. Boil them for half an hour, and then add half an ounce of copal varnish. While the ingredients are heating in a copper vessel, put in one ounce of rosin, and a few drops of neatsfoot oil, stirring the whole together with a knife. When cool, it is ready for use. This varnish will set, or keep its place on the silk in four hours, the silk may then be turned and varnished on the other side.

VARNISH FOR STRAW HATS. For straw or chip hats, put half an ounce of black [463]
sealing-wax powdered into two ounces of spirits of wine or turpentine, and place it near the fire till the wax is dissolved. If the hat has lost its colour or turned brown, it may first be brushed over with writing ink, and well dried. The varnish is then to be laid on warm with a soft brush, in the sun or before the fire, and it will give it a new gloss which will resist the wet.

VARNISH FOR TINWARE. Put three ounces of seed-lac, two drams of dragon's blood, and one ounce of turmeric powder, into a pint of well-rectified spirits. Let the whole remain for fourteen days, but during that time, agitate the bottle once a day at least. When properly combined, strain the liquid through a piece of muslin. This varnish is called lacquer; it is brushed over tinware to give it a resemblance to brass.

VARNISH FOR WOOD. The composition which is the best adapted to preserve wood from the decay occasioned both by the wet and the dry rot, is as follows. Melt twelve ounces of rosin in an iron kettle, and when melted, add eight ounces of roll brimstone. When both are in a liquid state, pour in three gallons of train oil. Heat the whole slowly, gradually adding four ounces of bees' wax in small pieces, and keep the mixture stirring. As soon as the solid ingredients are dissolved, add as much Spanish brown, red or yellow ochre, ground fine with some of the oil, as will give the whole a deep shade. Lay on this varnish as hot and

thin as possible; and some days after the first coat becomes dry, give a second. This will preserve planks and other wood for ages.

VEAL. In purchasing this article, the following things should be observed. The flesh of a bull calf is the firmest, but not so white. The fillet of the cow calf is generally preferred for the udder. The whitest meat is not the most juicy, having been made so by frequent bleeding, and giving the calf some whiting to lick. Choose that meat which has the kidney well covered with fat, thick and white. If the bloody vein in the shoulder look blue, or of a bright red, it is newly killed; but any other colour shows it stale. The other parts should be dry and white: if clammy or spotted, the meat is stale and bad. The kidney turns first in the loin, and the suet will not then be firm. This should carefully be attended to, if the joint is to be kept a little time. The first part that turns bad in a leg of veal, is where the udder is skewered back: of course the skewer should be taken out, and both that and the part under it wiped every day. It will then keep good three or four days in hot weather. Take care also to cut out the pipe that runs along the chine of a loin of veal, the same as in beef, to hinder it from tainting. The skirt of the breast of veal is likewise to be taken off, and the inside of the breast wiped and scraped, and sprinkled with a little salt.

VEAL BLANQUETS. Cut thin slices off a fillet of veal roasted. Put some butter into a stewpan, with an onion chopped small; fry them till they begin to brown, then dust in some flour, and add some gravy, and a faggot of sweet herbs, seasoned with pepper, salt, and mace; let this simmer till you have the flavour of the herbs, then put in your veal; beat up the yolks of two eggs in a little cream, and grated nutmeg, some chopped parsley, and a little lemon peel shred fine. Keep it stirring one way till it is smooth, and of a good thickness: squeeze in a little juice of orange, and dish it up. Garnish with orange and barberries.

VEAL BROTH. To make a very nourishing veal broth, take off the knuckle of a leg or shoulder of veal, with very little meat to it, and put it into a stewpot, with three quarts of [464] water. Add an old fowl, four shank-bones of mutton extremely well soaked and bruised, three blades of mace, ten peppercorns, an onion, and a large slice of bread. Cover it close, boil it up once, and skim it carefully. Simmer it four hours as slowly as possible, strain and take off the fat, and flavour it with a little salt.—Another way. Take a scrag of veal, of about three pounds; put it into a clean saucepan, with a tea-spoonful of salt; when it boils, scum it clean; put in a spoonful of ground rice, some mace, a faggot of herbs, and let it boil gently for near two hours, or till you have about two quarts: send it to table with your veal in the middle, toasted bread, and parsley and butter in a boat.

VEAL A LA CREME. Take the best end of a loin of veal, joint it, and cut a little of the suet from the kidney. Make it lie flat, then cut a place in the middle of the upper part about three inches deep and six inches long, take the piece out and chop it, add a little beef suet or beef marrow, parsley, thyme, green truffles, mushrooms, shalots, lemon peel chopped fine, and season it with pepper, salt, and a little beaten allspice. Put all together into a marble mortar, add the yolks of two eggs, and a little French bread soaked in cream. Pound the ingredients well, fill the cavity with the forcemeat, and cover it with a piece of veal caul. Then tie it down close, cover the whole with a large piece of caul, and roast it gently. When to be served up, take off the large caul, let it colour a little, glaze it lightly, and put under it a white sauce. A fillet of veal may be done in the same way, instead of using plain stuffing for it.

VEAL CAKE. Boil six or eight eggs hard; cut the yolks in two, and lay some of the pieces in the bottom of the pot. Shake in a little chopped parsley, some slices of veal and ham, and then eggs again; shaking in after each, some chopped parsley, with pepper and salt, till the pot is full. Then put in water enough to cover it, and lay on it about an ounce of butter: tie it over with a double paper, and bake it about an hour. Then press it close together with a spoon, and let it stand till cold. The cake may be put into a small mould, and then it will turn out beautifully for a supper or side dish.

VEAL COLLOPS. Cut long thin collops, beat them well, and lay on them a bit of thin bacon of the same size. Spread forcemeat over, seasoned high, and also a little garlic and cayenne. Roll them up tight, about the size of two fingers, but not more than two or three inches long. Fasten each firmly with a small skewer, smear them over with egg, fry them of a fine brown, and pour a rich brown gravy over.—To dress collops quickly in another way, cut them as thin as paper, and in small bits, with a very sharp knife. Throw the skin and any odd bits of veal into a little water, with a dust of pepper and salt. Set them on the fire while the collops are preparing and beating, and dip them into a seasoning of herbs, bread, pepper, salt, and a scrape of nutmeg, having first wetted them with egg. Then put a bit of butter into a fryingpan, and give the collops a very quick fry; for as they are so thin, two minutes will do them on both sides. Put them into a hot dish before the fire, strain and thicken the gravy, give it a boil in the fryingpan, and pour it over the collops. The addition of a little ketchup will be an improvement.—Another way is to fry the collops in butter, seasoned only with salt and pepper. Then simmer them in gravy, either white or brown, with bits of bacon served with them. If white, add lemon peel and mace, and a little cream.

VEAL CUTLETS. Cut the veal into thin slices, dip them in the yolks of egg, strew them [465]
over with grated bread and nutmeg, sweet herbs and parsley, and lemon peel minced fine, and fry them with butter. When the meat is done, lay it on a dish before the fire. Put a little water into the pan, stir it round and let it boil; add a little butter rolled in flour, and a little lemon juice, and pour it over the cutlets. Or fry them without the bread and herbs, boil a little flour and water in the pan with a sprig of thyme, and pour it on the cutlets, but take out the thyme before the dish is sent to table.

VEAL GRAVY. Make it as for cullis; but leave out the spices, herbs, and flour. It should be drawn very slowly; and if for white dishes, the meat should not be browned.

VEAL LARDED. Take off the under bone of a neck of veal, and leave only a part of the long bones on. Trim it neatly, lard and roast it gently with a veal caul over it. Ten minutes before it is done, take off the caul, and let the veal be of a very light colour. When it is to be served up, put under it some sorrel sauce, celery heads, or asparagus tops, or serve it with mushroom sauce.

VEAL OLIVES. Cut some long thin collops, beat them, lay them on thin slices of fat bacon, and over these a layer of forcemeat highly seasoned, with some shred shalot and cayenne. Roll them tight, about the size of two fingers, but not more than two or three inches long. Fasten them round with a small skewer, rub egg over them, and fry them of a light brown. Serve with brown gravy, in which boil some mushrooms pickled or fresh, and garnish with fried balls.

VEAL OLIVE PIE. Having prepared the veal olives, lay them round and round the dish, making them highest in the middle. Fill it nearly up with water, and cover it with paste. When baked, mix some gravy, cream, and flour, and pour it hot into the pie.

VEAL PATTIES. Mince some veal that is not quite done, with a little parsley, lemon peel, a dust of salt and nutmeg. Add a spoonful of cream, gravy sufficient to moisten the meat, and a little scraped ham. This mixture is not to be warmed till the patties are baked.

VEAL PIE. Take some of the middle or scrag of a small neck, and season it, adding or not a few slices of lean bacon or ham. If wanted of a high relish, add mace, cayenne, and nutmeg, to the salt and pepper; also forcemeat, and eggs. To these likewise may be added, truffles, morels, mushrooms, sweetbreads cut into small bits, and cocks' combs blanched, if approved. It will be very good without any of the latter additions, but a rich gravy must be prepared, and poured in after baking.—To make a rich veal pie, cut steaks from a neck or breast of veal, season them with pepper, salt, nutmeg, and a very little clove in powder. Slice two sweetbreads, and season them in the same manner. Lay a puff paste on the ledge of the dish, put in the meat, yolks of hard eggs, the sweetbreads, and some oysters, up to the top of the dish. Lay over the whole some very thin slices of ham, and fill up the dish with water. Cover it with a crust, and when taken out of the oven, pour in at the top, through a funnel, a few spoonfuls of good veal gravy, and fill it up with cream; but first boil and thicken it with a tea-spoonful of flour.

VEAL AND PARSLEY PIE. Cut some slices from a leg or neck of veal; if the leg, from about the knuckle. Season them with salt, scald some pickled parsley, and squeeze it dry. Cut the parsley a little, and lay it at the bottom of the dish; then put in the meat, and so on, in layers. Fill up the dish with new milk, but not so high as to touch the crust. When baked, [466] pour out a little of the milk, and put in half a pint of good scalded cream. Chicken may be cut up, skinned, and dressed in the same way.

VEAL PORCUPINE. Bone a fine large breast of veal, and rub it over with the yolks of two eggs. Spread it out, and lay on it a few slices of bacon, cut as thin as possible. Add a handful of parsley shred fine, the yolks of five eggs, boiled hard and chopped, and a little lemon peel finely shred. Steep the crumb of a penny loaf in cream, and add to it, seasoning the whole together with salt, pepper, and nutmeg. Roll the veal close, and skewer it up. Cut some fat bacon, the lean of boiled ham, and pickled cucumbers, about two inches long. Place these in rows upon the veal, first the ham, then the bacon, and last the cucumbers, till the whole is larded. Put the meat into a deep earthen pan with a pint of water, cover it close, and set it in a slow oven for two hours. Skim off the fat afterwards, and strain the gravy through a sieve into a stewpan. Add a glass of white wine, a little lemon pickle and caper liquor, and a spoonful of mushroom ketchup, and thicken the gravy with a bit of butter rolled in flour. Lay the porcupine on a dish, and pour the sauce over it. Have ready prepared a thin forcemeat, made of the crumb of a penny loaf, half a pound of beef suet shred fine, the yolks of four eggs, and a few oysters chopped. Mix these together, season the forcemeat with cayenne, salt, pepper, and nutmeg, and spread it on the veal caul. Having rolled the whole up tight, like collared eel, bind it in a cloth, and boil it an hour. When done enough, cut it into four slices, laying one at each end, and the others on the sides of the dish. Have the sweetbreads ready prepared, cut in slices and fried, and lay them round the dish, with a few

mushrooms pickled. This is allowed to make a fine bottom dish, when game is not to be had.

VEAL ROLLS. Cut thin slices of either fresh or cold veal, spread on them a fine seasoning of a very few crumbs, a little chopped bacon or scraped ham, and a little suet, parsley, and shalot. Or instead of the parsley and shalot, some fresh mushrooms stewed and minced. Then add pepper and salt, and a small piece of pounded mace. This stuffing may either fill up the roll like a sausage, or be rolled with the meat. In either case tie it up very tight, and stew very slowly in good gravy, and a glass of sherry. Skim it very carefully, and serve it up quite tender.—Another way. Take slices of veal, enough to make a side dish; lay them on your dresser, and lay forcemeat upon each slice; roll them up, and tie them round with coarse thread. Rub them over with the yolk of an egg, spit them on a bird spit, and roast them of a fine brown. For sauce, have good gravy, with morels, truffles, and mushrooms, tossed up to a proper thickness. Lay your rolls in your dish, and pour your sauce over. Garnish with lemon.

VEAL SAUSAGES. Chop equal quantities of lean veal and fat bacon, a handful of sage, a little salt and pepper, and a few anchovies. Beat all in a mortar; and when used, roll and fry it. Serve it with fried sippets, or on stewed vegetables, or on white collops.

VEAL SCALLOPS. Mince some cold veal very small, and set it over the fire with a scrape of nutmeg, a little pepper and salt, and a little cream. Heat it for a few minutes, then put it into the scallop shells, and fill them with crumbs of bread. Lay on some pieces of butter, and brown the scallops before the fire. Either veal or chicken looks and eats well, prepared in this way, and lightly covered with crumbs of fried bread; or these may be laid on in little heaps. [467]

VEAL-SUET PUDDING. Cut the crumb of a threepenny loaf into slices, boil and sweeten two quarts of new milk, and pour over it. When soaked, pour out a little of the milk; mix it with six eggs well beaten, and half a nutmeg. Lay the slices of bread into a dish, with layers of currants and veal suet shred, a pound of each. Butter the dish well, and bake it; or if preferred, boil the pudding in a bason.

VEAL SWEETBREAD. Parboil a fine fresh sweetbread for five minutes, and throw it into a basin of water. When the sweetbread is cold, dry it thoroughly in a cloth, and roast it plain. Or beat up the yolk of an egg, and prepare some fine bread crumbs. Run a lark spit or a skewer through it, and tie it on the ordinary spit. Egg it over with a paste brush, powder it well with bread crumbs, and roast it. Serve it up with fried bread crumbs round it, and melted butter, with a little mushroom ketchup and lemon juice. Or serve the sweetbread on toasted bread, garnished with egg sauce or gravy. Instead of spitting the sweetbread, it may be done in a Dutch oven, or fried.

VEGETABLES. There is nothing in which the difference between an elegant and an ordinary table is more visible, than in the dressing of vegetables, especially greens. They may be equally as fine at first, at one place as at another, but their look and taste afterwards are very different, owing entirely to the careless manner in which they have been prepared. Their appearance at table however is not all that should be considered; for though it is certainly desirable that they should be pleasing to the eye, it is of still greater consequence that their best qualities should be carefully preserved. Vegetables are generally a wholesome diet, but

become very prejudicial if not properly dressed. Cauliflowers, and others of the same species, are often boiled only crisp, to preserve their beauty. For the look alone, they had better not be boiled at all, and almost as well for the purpose of food, as in such a crude state they are scarcely digestible by the strongest stomach. On the other hand, when overboiled they become vapid, and in a state similar to decay, in which they afford no sweet purifying juices to the stomach, but load it with a mass of mere feculent matter. The same may be said of many other vegetables, their utility being too often sacrificed to appearance, and sent to table in a state not fit to be eaten. A contrary error often prevails respecting potatoes, as if they could never be done too much. Hence they are popped into the saucepan or steamer, just when it happens to suit, and are left doing, not for the time they require, but till it is convenient to take them up; when perhaps their nutricious qualities are all boiled away, and they taste of nothing but water. Ideas of nicety and beauty in this case ought all to be subservient to utility; for what is beauty in vegetables growing in the garden is not so at table, from the change of circumstances. They are brought to be eaten, and if not adapted properly to the occasion, they are deformities on the dish instead of ornaments. The true criterion of beauty is their suitableness to the purposes intended. Let them be carefully adapted to this, by being neither under nor over done, and they will not fail to please both a correct eye and taste, while they constitute a wholesome species of diet. A most pernicious method of dressing vegetables is often adopted, by putting copper into the saucepan with them in the form of halfpence. This is a dangerous experiment, as the green colour imparted by the copperas, renders them in the highest degree unwholesome, and even poisonous. Besides, it is perfectly unnecessary, for if put into boiling water with a little salt, and boiled [468] up directly, they will be as beautifully green as the most fastidious person can require. A little pearlash might safely be used on such an occasion, and with equal effect, its alkaline properties tending to correct the acidity. Many vegetables are more wholesome, and more agreeable to the taste, when stewed a good while, only care must be taken that they stew merely, without being suffered to boil. Boiling produces a sudden effect, stewing a slower effect, and both have their appropriate advantages. But if preparations which ought only to stew, are permitted to boil, the process is destroyed, and a premature effect produced, that cannot be corrected by any future stewing. In order to have vegetables in the best state for the table, they should be gathered in their proper season, when they are in the greatest perfection, and that is when they are most plentiful. Forced vegetables seldom attain their true flavour, as is evident from very early asparagus, which is altogether inferior to that which is matured by nature and common culture, or the mere operation of the sun and climate. Peas and Potatoes are seldom worth eating before midsummer; unripe vegetables being as insipid and unwholesome as unripe fruit, and are liable to the same objections as when they are destroyed by bad cooking. Vegetables are too commonly treated with a sort of cold distrust, as if they were natural enemies. They are seldom admitted freely at our tables, and are often tolerated only upon a sideboard in small quantities, as if of very inferior consideration. The effect of this is like that of all indiscriminate reserve, that we may negatively be said to lose friends, because we have not the confidence to make them. From the same distrust or prejudice, there are many vegetables never used at all, which are nevertheless both wholesome and palatable, particularly amongst those best known under the denomination of herbs. The freer use of vegetable diet would be attended with a double advantage, that of improving our health, and lessening the expense of the table. Attention

should however be paid to their size and quality, in order to enjoy them in their highest degree of perfection. The middle size are generally to be preferred to the largest or the smallest; they are more tender, and full of flavour, just before they are quite full grown. Freshness is their chief value and excellence, and the eye easily discovers whether they have been kept too long, as in that case they lose all their verdure and beauty. Roots, greens, salads, and the various productions of the garden, when first gathered, are plump and firm, and have a fragrant freshness which no art can restore, when they have lost it by long keeping, though it will impart a little freshness to put them into cold spring water for some time before they are dressed. They should neither be so young as not to have acquired their good qualities, nor so old as to be on the point of losing them. To boil them in soft water will best preserve the colour of such as are green; or if only hard water be at hand, a tea-spoonful of potash should be added. Great care should be taken to pick and cleanse them thoroughly from dust, dirt, and insects, and nicely to trim off the outside leaves. If allowed to soak awhile in water a little salted, it will materially assist in cleansing them from insects. All the utensils employed in dressing vegetables should be extremely clean and nice; and if any copper vessel is ever used for the purpose, the greatest attention must be paid to its being well tinned. The scum which arises from vegetables as they boil should be carefully removed, as cleanliness is essential both to their looking and eating well. The lid of the saucepan should [469] always be taken off when they boil, to give access to the air, even if it is not otherwise thought necessary. Put in the vegetables when the water boils, with a little salt, and let them boil quickly; when they sink to the bottom, they are generally done enough. Take them up immediately, or they will lose their colour and goodness. Drain the water from them thoroughly, before they are sent to table. When greens are quite fresh gathered, they will not require so much boiling by at least a third of the time, as when they have been gathered a day or two and brought to the public market. The following table shows when the various kinds of vegetables are in season, or the time of their earliest natural growth, and when they are most plentiful, or in their highest perfection.

Artichokes, July, September,
---- Jerusalem ditto, Sept. November,
Angelica stalks, May, June,
Asparagus, April, June,
Beet roots, Dec. January,
Boricole, November, January
Cabbage, May, July,
---- Red ditto, July, August,
---- White ditto, October,
Cardoons, Nov. December,
Carrots, May, August,
Cauliflowers, June, August,
Celery, Sept. November,
Chervil, March, May,
Corn Salad, May, June,
Cucumbers, July, September,
Endive, June, October,
Kidney Beans, July, August,

Leeks, Sept. December,
Lettuce, April, July,
Onions, August, November,
Parsley, February, March,
Parsnips, July, October,
Peas, June, August,
Potatoes, June, November,
Radishes, March, June,
---- Spanish ditto, August, September,
Scarlet Beans, July, August,
Small Salad, May, June,
Salsify, July, August,
Scorzonera, July, August,
Sea Kale, April, May,
Shalots, August, October,
Savory Cabbage, Sept. November,
Sorrel, June, July,
Spinage, March, July,
---- Winter ditto, Oct. November,
Turnips, May, July,
Turnip tops, April, May,
Windsor Beans, June, August.

VEGETABLES AND FISH. Pick, wash, and chop some sorrel, spinage, small onions or chives, and parsley. Put them into a stewpan with fresh butter, a good spoonful of lemon or Seville orange juice, or vinegar and water, some essence of anchovy, and cayenne pepper. Do these gently over the fire till the vegetables are tender, then put in the fish, and stew them till well done.

VEGETABLE ESSENCES. The flavour of the various sweet and savoury herbs may be obtained, by combining their essential oils with rectified spirit of wine, in the proportion of one dram of the former to two ounces of the latter; by picking the leaves, and laying them in a warm place to dry, and then filling a wide-mouth bottle with them, and pouring on them wine, brandy, or vinegar, and letting them steep for fourteen days.

VEGETABLE MARROW. Take off all the skin of six or eight gourds, put them into a stewpan with water, salt, lemon juice, and a bit of butter, or fat bacon. Let them stew gently till quite tender, and serve them up with rich Dutch sauce, or any other sauce highly flavoured.

VEGETABLE PIE. Scald and blanch some broad beans, and cut in some young carrots, turnips, artichoke bottoms, mushrooms, peas, onions, parsley, celery, or any of these. Make the whole into a nice stew, with some good veal gravy. Bake a crust over a dish, with a little lining round the edge, and a cup turned up to keep it from sinking. When baked, open the lid, and pour in the stew. [470]

VEGETABLE SOUP. Pare and slice five or six cucumbers, add the inside of as many

cos-lettuces, a sprig or two of mint, two or three onions, some pepper and salt, a pint and a half of young peas, and a little parsley. Put these into a saucepan with half a pound of fresh butter, to stew in their own liquor half an hour, near a gentle fire. Pour on the vegetables two quarts of boiling water, and stew them two hours. Rub a little flour in a tea-cupful of water, boil it with the rest nearly twenty minutes, and serve it.—Another way. Peel and slice six large onions, six potatoes, six carrots, and four turnips; fry them in half a pound of butter, and pour on them four quarts of boiling water. Toast a crust of bread quite brown and hard, but do not burn it; add it to the above, with some celery, sweet herbs, white pepper, and salt. Stew it all together gently four hours, and strain it through a coarse cloth. Put in a sliced carrot, some celery, and a small turnip, and stew them in the soup. An anchovy, and a spoonful of ketchup, may be added if approved.

VEGETABLE SYRUP. To a pint of white wine vinegar, put two pounds of the best brown sugar. Boil them to a syrup; and when quite cold, add two table-spoonfuls of paregoric elixir, which is made in the following manner. Steep in a pint of brandy a dram of purified opium, a dram of flowers of benjamin, and two scruples of camphor, adding a dram of the oil of anniseed. Let it stand ten days, occasionally shaking it up, and then strain it off. This added to the above composition, forms the celebrated Godbold's Vegetable Syrup. The paregoric elixir taken by itself, a tea-spoonful in half a pint of white wine whey or gruel at bed time, is an agreeable and effectual medicine for coughs and colds. It is also excellent for children who have the hooping cough, in doses of from five to twenty drops in a little water, or on a small piece of sugar. The vegetable syrup is chiefly intended for consumptive cases.

VELVETS. When the pile of velvet requires to be raised, it is only necessary to warm a smoothing iron, to cover it with a wet cloth, and hold it under the velvet. The vapour arising from the wet cloth will raise the pile of the velvet, with the assistance of a whisk gently passed over it. To remove spots and stains in velvet, bruise some of the plant called soapwort, strain out the juice, and add to it a small quantity of black soap. Wash the stain with this liquor, and repeat it several times after it has been allowed to dry. To take wax out of velvet, rub it frequently with hot toasted bread.

VENISON. If it be young and good, the fat of the venison will be clear, bright, and thick, and the cleft part smooth and close: but if the cleft is wide and tough, it is old. To judge of its sweetness, run a very sharp narrow knife into the shoulder or haunch, and the meat will be known by the scent. Few people like it when it is very high.

VENISON PASTY. To prepare venison for pasty, take out all the bones, beat and season the meat, and lay it into a stone jar in large pieces. Pour over it some plain drawn beef gravy, not very strong; lay the bones on the top, and set the jar in a water bath, or saucepan of water over the fire, and let it simmer three or four hours. The next day, when quite cold, remove the cake of fat, and lay the meat in handsome pieces on the dish. If not sufficiently seasoned, add more pepper, salt, or pimento. Put in some of the gravy, and keep [471]
the remainder for the time of serving. When the venison is thus prepared, it will not require so much time to bake, or such a very thick crust as usual, and by which the under part is seldom done through. A shoulder of venison makes a good pasty, and if there be a deficiency of fat, it must be supplied from a good loin of mutton, steeped twenty-four hours

in equal parts of rape, vinegar, and port. The shoulder being sinewy, it will be of advantage to rub it well with sugar for two or three days; and when to be used, clear it perfectly from the sugar and the wine with a dry cloth. A mistake used to prevail, that venison could not be baked too much; but three or four hours in a slow oven will be sufficient to make it tender, and the flavour will be preserved. Whether it be a shoulder or a side of venison, the meat must be cut in pieces, and laid with fat between, that it may be proportioned to each person, without breaking up the pasty to find it. Lay some pepper and salt at the bottom of the dish, and some butter; then the meat nicely packed, that it may be sufficiently done, but not lie hollow to harden at the edges. In order to provide gravy for the pasty, boil the venison bones with some fine old mutton, and put half a pint of the gravy cold into the dish. Then lay butter on the venison and cover as well as line the sides with a thick crust, but none must be put under the meat. Keep the remainder of the gravy till the pasty comes from the oven; pour it quite hot into the middle by means of a funnel, and mix it well in the dish by shaking. It should be seasoned with pepper and salt.—Another way. Take a side of venison, bone it, and season it with pepper and salt, cloves, and mace finely beaten; cut your venison in large pieces, and season it very well with your spices then lay it into an earthen pan; make a good gravy of two pound of beef, and pour this gravy over the venison; take three quarters of a pound of beef suet, well picked from the skins, wet a coarse cloth, lay your suet on it, and cover it over, and beat it with a rolling-pin, till it is as fine as butter; as your cloth dries, wet it, and shift your suet, and put it over the top of the venison; make a paste of flour and water, and cover the pan, and send it to the oven to bake; it is best baked with a batch of bread; when it comes from the oven, and is quite cold, make a puff-paste; lay a paste all over your dish, and a roll round the inside, then put in your venison with the fat, and all the gravy, if the dish will hold it; put on the lid, and ornament it as your fancy leads. It will take two hours and a half in a quick oven. A sheet of paper laid on the top, will prevent it from catching, and the crust will be of a fine colour. By baking your venison in this manner, it will keep four or five days before you use it, if you do not take off the crust.

VENISON SAUCE. Boil an ounce of dried currants in half a pint of water, and some crumbs of bread, a few cloves or grated nutmeg, a glass of port wine, and a piece of butter. Sweeten it to your taste, and send it to table in a boat.

VERJUICE. Lay some ripe crabs together in a heap to sweat, then take out the stalks and decayed ones, and mash up the rest. Press the juice through a hair cloth into a clean vessel, and it will be fit to use in a month. It is proper for sauces where lemon is wanted.

VERMICELLI PUDDING. Boil a pint of milk with lemon peel and cinnamon, and sweeten it with loaf sugar. Strain it through a sieve, add a quarter of a pound of vermicelli, and boil it ten minutes. Then put in the yolks of five and the whites of three eggs, mix them well together, and steam the pudding an hour and a quarter, or bake it half an hour. [472]

VERMICELLI SOUP. Boil two ounces of vermicelli in three quarts of veal gravy, then rub it through a tammis, season it with salt, give it a boil, and skim it well. Beat up the yolks of four eggs, mix with them half a pint of cream, stir them gradually into the soup, simmer it for a few minutes, and serve it up. A little of the vermicelli may be reserved to serve in the soup, if approved.—Another way. Take two quarts of strong veal broth, put into a clean saucepan a piece of bacon stuck with cloves, and half an ounce of butter worked up in flour;

then take a small fowl trussed to boil, break the breastbone, and put it into your soup; stove it close, and let it stew three quarters of an hour; take about two ounces of vermicelli, and put to it some of the broth; set it over the fire till it is quite tender. When your soup is ready, take out the fowl, and put it into your dish; take out your bacon, skim your soup as clean as possible; then pour it on the fowl, and lay your vermicelli all over it; cut some French bread thin, put it into your soup, and send it to table. If you chuse it, you may make your soup with a knuckle of veal, and send a handsome piece of it in the middle of your dish, instead of the fowl.

VICARAGE CAKE. Mix a pound and a half of fine flour, half a pound of moist sugar, a little grated nutmeg and ginger, two eggs well beaten, a table-spoonful of yeast, and the same of brandy. Make it into a light paste, with a quarter of a pound of butter melted in half a pint of milk. Let it stand half an hour before the fire to rise, then add three quarters of a pound of currants, well washed and cleaned, and bake the cake in a brisk oven. Butter the tin before the cake is put into it.

VINEGAR. Allow a pound of lump sugar to a gallon of water. While it is boiling, skim it carefully, and pour it into a tub to cool. When it is no more than milk warm, rub some yeast upon a piece of bread and put into it, and let it ferment about twenty-four hours. Then tun the liquor into a cask with iron hoops, lay a piece of tile over the bung-hole, and set it in the kitchen, which is better than placing it in the sun. It will be fit to bottle in about six months. March is the best time of the year for making vinegar, though if kept in the kitchen, this is of less consequence. A cheap sort of vinegar may be made of the refuse of the bee hives, after the honey is extracted. Put the broken combs into a vessel, and add two parts of water: expose it to the sun, or keep it in a warm place. Fermentation will succeed in a few days, when it must be well stirred and pressed down to make it soak; and when the fermentation is over, the matter is to be laid upon sieves to drain. The yellow liquor which forms at the bottom of the vessel must be removed, the vessel well cleaned, and the liquor which has been strained is to be returned to the vessel. It will immediately begin to turn sour; it should therefore be covered with a cloth, and kept moderately warm. A pellicle will be formed on the surface, beneath which the vinegar acquires strength: it must be kept standing for a month or two, and then put into a cask. The bunghole should be left open, and the vinegar will soon be fit for use. The prunings of the vine, being bruised and put into a vat or mash tub, and boiling water poured on them, will produce a liquor of a fine vinous quality, which may be used as vinegar.—Another method. To every pound of coarse sugar add a gallon of water; boil the mixture, and take off the scum as long as any rises. Then pour it into proper vessels, and when sufficiently cooled put into it a warm toast covered with yeast. Let it work about [473]
twenty-four hours, and then put it into an iron-bound cask, fixed either near a constant fire, or where the summer sun shines the greater part of the day. In this situation it should not be closely stopped up, but a tile or something similar should be laid on the bunghole, to keep out the dust and insects. At the end of three months or less it will be clear, and fit for use, and may be bottled off. The longer it is kept after it is bottled, the better it will be. If the vessel containing the liquor is to be exposed to the sun's heat, the best time to begin making it is in the month of April.

VINEGAR FOR SALADS. Take three ounces each of tarragon, savory, chives, and shalots, and a handful of the tops of mint and balm, all dry and pounded. Put the mixture into

a wide-mouthed bottle, with a gallon of the best vinegar. Cork it down close, set it in the sun, and in a fortnight strain off and squeeze the herbs. Let it stand a day to settle, and filter it through a tammis bag.

VINEGAR WHEY. Set upon the fire as much milk as is wanted for the occasion, and when it is ready to boil, put in vinegar sufficient to turn it to a clear whey. Let it stand some minutes, and then pour it off. If too acid, a little warm water may be added. This whey is well adapted to promote perspiration. Lemon or Seville orange juice may be used instead of vinegar.

VINGARET. Chop some mint, parsley, and shalot; and mix them up with oil and vinegar. Serve the sauce in a boat, for cold fowl or meat.

VIPERS. The bites of such reptiles should constantly be guarded against as much as possible, as they are not unfrequently attended with dangerous consequences. Animals of the neat-cattle kind are more liable to be bitten and stung by these reptiles, than those of any other sort of live stock. Instances have been known where the tongues of such cattle have been even bitten or stung while grazing or feeding, which have proved fatal. Such stock are, however, seldom attacked by reptiles of the adder kind, except in cases where these are disturbed by the animals in pasturing or feeding; which is the main reason why so many of them are bitten and stung about the head, and occasionally the feet. There are mostly much pain, inflammation, and swelling produced by these bites and stings; the progress of which may commonly be checked or stopped, and the complaint removed, by the use of such means as are directed below. A sort of soft liquid of the liniment kind may be prepared by mixing strong spirit of hartshorn, saponaceous liniment, spirit of turpentine, and tincture of opium, with olive oil; the former in the proportion of about two ounces each to three of the last, incorporating them well together by shaking them in a phial, which will be found very useful in many cases. A proper quantity of it should be well rubbed upon the affected part, two or three times in the course of the day, until the inflammation and swelling begin to disappear, after the bottle has been well shaken. In the more dangerous cases, it may often be advantageous to use fomentations to the affected parts, especially when about the head, with the above application; such as those made by boiling white poppy-heads with the roots of the marshmallow, the leaves of the large plantain, and the tops of wormwood, in the quantities of a few ounces of the first, and a handful of each of the latter, when cut small, and bruised in five or six quarts of the stale grounds of malt liquor. They may be applied frequently to the diseased parts, rubbing them afterwards each time well with the above soft liquid liniment. Where there are feverish appearances, as is often the case in the summer season, a proper quantity of blood may sometimes be taken away with great benefit, and a [474] strong purge be afterwards given of the cooling kind with much use. In slight cases of this kind, some think the continued free use of spirit of hartshorn, given internally, and applied externally to the affected parts, is the best remedy of any that is yet known. As they are so dangerous, these reptiles should always be destroyed as much as possible in all pastures and grazing grounds.

U.

UDDER SWEET PIE. Either parboil or roast a tongue and udder, slice them into tolerably thin slices, and season them with pepper and salt. Stone half a pound of sun raisins, raise a crust, or put a puff crust round the edge of a dish, place a layer of tongue and udder at the bottom, and then some raisins, and so on till the dish is full. Cover the top with a crust, and when the pie is baked, pour in the following sauce. Beat up some yolks of eggs, with vinegar, white wine, sugar, and butter. Shake them over the fire till ready to boil, and add it to the pie immediately before it is sent to table.

ULCERS. Ulcers should not be healed precipitately, for it may be attended with considerable danger. The first object is to cleanse the wound with emollient poultices, and soften it with yellow basilicon ointment, to which may be added a little turpentine or red precipitate. They may also be washed with lime water, dressed with lint dipped in tincture of myrrh, with spermaceti, or any other cooling ointment.

UMBRELLA VARNISH. Make for umbrellas the following varnish, which will render them proof against wind and rain. Boil together two pounds of turpentine, one pound of litharge in powder, and two or three pints of linseed oil. The umbrella is then to be brushed over with the varnish, and dried in the sun.

UNIVERSAL CEMENT. To an ounce of gum mastic add as much highly rectified spirits of wine as will dissolve it. Soak an ounce of isinglass in water until quite soft, then dissolve it in pure rum or brandy, until it forms a strong glue, to which add about a quarter of an ounce of gum ammoniac well rubbed and mixed. Put the two mixtures in an earthen vessel over a gentle heat; when well united, the mixture may be put into a phial, and kept well stopped. When wanted for use, the bottle must be set in warm water, and the china or glass articles having been also warmed, the cement must be applied. It will be proper that the broken surfaces, when carefully fitted, should be kept in close contact for twelve hours at least, until the cement is fully set, after which the fracture will be found as secure as any other part of the vessel, and scarcely perceptible. [475]

W.

WAFERS. Dry some flour well, mix with it a little pounded sugar, and finely pounded mace. Make these ingredients into a thick batter with cream. Butter the wafer irons, and make them hot; put a tea-spoonful of the batter into them, bake them carefully, and roll them off the iron with a stick.

WAINSCOTS. Dirty painted wainscots may be cleaned with a sponge wetted in potato water, and dipped in a little fine sand. For this purpose grate some raw potatoes into water, run the pulp through a sieve, and let it stand to settle; the clear liquor will then be fit for use.

If applied in a pure state, without the sand, it will be serviceable in cleaning oil paintings, and similar articles of furniture. When an oak wainscot becomes greasy, and has not been painted, it should be washed with warm beer. Then boil two quarts of ale, and put into it a piece of bees' wax the size of a walnut, with a large spoonful of sugar. Wet the wainscot all over with a brush dipped in the mixture, and when dry, rub it bright: this will give it a fine gloss.

WALNUT KETCHUP. To make the finest sort of walnut ketchup, boil or simmer a gallon of the expressed juice of walnuts when they are tender, and skim it well. Then put in two pounds of anchovies, bones and liquor; two pounds of shalot, one ounce of mace, one ounce of cloves, one of whole pepper, and one of garlic. Let all simmer together till the shalots sink; then put the liquor into a pan till cold; bottle it up, and make an equal distribution of the spice. Cork it well, and tie a bladder over. It will keep twenty years, but is not good at first. Be careful to express the juice at home, for what is sold as walnut ketchup is generally adulterated. Some people make liquor of the outside shell when the nut is ripe, but neither the colour nor the flavour is then so fine.—Another way. Take four quarts of walnut juice, two quarts of white wine vinegar, three ounces of ginger sliced, two ounces of black pepper bruised, two ounces of white pepper bruised, half a pound of anchovies; let these simmer gently, till half the quantity is evaporated; then add to it a quart of red wine, two heads of garlic, the yellow rind of eight Seville oranges, or half a pound of dried orange peel cut very small, and forty bay leaves: give it one boil together, then cover it close in an earthen vessel, and let it stand till it is cold. When it is cold put it into wide-mouthed quart bottles; and into each of the bottles put one ounce of shalots skinned and sliced: cork the bottles close, and put them by for two months, when it will be fit for use. The shalots will likewise eat very fine when taken out, though they will look of a bad colour.—Another way, for fish sauce. Take walnuts, when they are fit for pickling, bruise them well in a marble mortar, and strain off the liquor from them through a cloth, let it stand to settle, pour off the clear, and to every pint of it add one pound of anchovies, half a quarter of an ounce of mace, half a quarter of an ounce of cloves, half a quarter of an ounce of Jamaica pepper, bruised fine; boil them together till the anchovies are dissolved; then strain it off, and to the strained liquor add half a pint of the best vinegar, and eight shalots; just boil it up again, pour [476] it into a stone pan or china bowl, and let it stand till cold, when it is fit to put up in bottles for use. It will keep for years, and is excellent with fish sauce.

WARTS AND CORNS. Warts may safely be destroyed by tying them closely round the bottom with a silk thread, or a strong flaxen thread well waxed. Or they may be dried away by some moderately corroding application, such as the milky juice of fig leaves, of swallow wort, or of spurge. Warts may also be destroyed by rubbing them with the inside of bean shells. But these corrosives can only be procured in summer; and persons who have very delicate thin skins should not use them, as they may occasion a painful swelling. Instead therefore of these applications, it may be proper to use a little vinegar impregnated with as much salt as it will dissolve. A plaster may also be made of sal ammoniac and some galbanum, which well kneaded together and applied, seldom fails of destroying them. The general and principal cause of corns is, shoes too hard and stiff, or else too small. The cure consists in softening the corns by repeated washing, and soaking the feet in warm or hot water; then cutting the corn very carefully when softened, with a sharp penknife without

wounding the quick, and afterwards applying a leaf of houseleek, ground ivy, or purslain, dipped in vinegar. Or instead of these leaves, they may be dressed every day with a plaster of simple diachylon, or of gum ammoniacum softened in vinegar. The bark of the willow tree burnt to ashes, and mixed with strong vinegar, forms a lixivium which by repeated applications eradicates, warts, corns, and other cutaneous excrescences. It is however the wisest way to obviate the cause which produces them.

WASH. An infusion of horseradish in milk, makes one of the safest and best washes for the skin; or the fresh juice of houseleek, mixed with an equal quantity of new milk or cream. Honey water made rather thick, so as to form a kind of varnish on the skin, is a useful application in frosty weather, when the skin is liable to be chipped; and if it occasions any irritation or uneasiness, a little fine flour or pure hair powder should be dusted on the hands or face. A more elegant wash may be made of four ounces of potash, four ounces of rose water, and two of lemon juice, mixed in two quarts of water. A spoonful or two of this mixture put into the basin, will scent and soften the water intended to be used.

WASH BALLS. Shave thin two pounds of new white soap, into about a teacupful of rose water, and pour on as much boiling water as will soften it. Put into a brass pan a pint of sweet oil, four pennyworth of oil of almonds, half a pound of spermaceti, and dissolve the whole over the fire. Then add the soap, and half an ounce of camphor that has first been reduced to powder by rubbing it in a mortar with a few drops of spirits of wine, or lavender water, or any other scent. Boil it ten minutes, then pour it into a basin, and stir till it is quite thick enough to roll up into hard balls, which must then be done as soon as possible. If essence is used, stir it in quick after it is taken off the fire, that the scent may not fly off.

WASHING. Soda, by softening the water, saves a great deal of soap. It should be melted in a large jug of water, and some of it poured into the tubs and boiler; and when the lather becomes weak, more is to be added. The new improvement in soft soap is, if properly used, a saving of nearly half in quantity; and though something dearer than the hard, it reduces the expence of washing considerably. Many good laundresses advise soaping linen [477] in warm water the night previous to washing, as facilitating the operation with less friction.

WASPS. These insects are not only destructive to grapes, peaches, and the more delicate kinds of fruit, but also to bees; the hives of which they attack and plunder, frequently compelling those industrious inmates to forsake their habitation. About the time when the wasps begin to appear, several phials should be filled three parts full of a mixture consisting of the lees of beer or wine, and the sweepings of sugar, or the dregs of molasses, and suspended by yellow packthread on nails in the garden wall. When the bottles are filled with insects, the liquor must be poured into another vial, and the wasps crushed on the ground. If they settle on wall fruit, they may be destroyed by touching them with a feather dipped in oil; or may be taken with birdlime put on the end of a stick or lath, and touched while sitting on the fruit. The number of these noxious insects might be greatly reduced by searching for their nests in the spring of the year. The places to find them are at new posts, pales, melon frames, or any solid timber; for as they make their combs of the shavings of sound wood, which they rasp off with their fangs, and moisten up with a mucus from their bodies, they may often be found near such materials.

WATER. As it is difficult in some places to obtain a sufficient quantity of fresh spring water for constant use, especially in large towns and cities, it is important to know that river water or such as becomes turbid, may be rendered fit for use by the following easy experiment. Dissolve half an ounce of alum in a pint of warm water, and stir it about in a puncheon of water taken from the river; the impurities will soon settle to the bottom, and in a day or two it will become as clear as the finest spring water. To purify any kind of water that has become foul by being stagnant, place a piece of wicker work in the middle of a vessel; spread on this a layer of charcoal four or five inches thick, and above the charcoal a quantity of sand. The surface of the sand is to be covered with paper pierced full of holes, to prevent the water from making channels in the sand. The water to be purified is to be poured on, to filter through the sand and charcoal, and the filter is to be removed occasionally. By this simple process, any person may procure good limpid water at a very trifling expense, and preserve what would otherwise become useless and offensive.

WATER FOR BREWING. The most proper water for brewing is soft river water, which has had the rays of the sun, and the influence of the air upon it, which have a tendency to permit it easily to penetrate the malt, and extract its virtues. On the contrary, hard waters astringe and bind the power of the malt, so that its virtues are not freely communicated to the liquor. Some people hold it as a maxim, that all water that will mix with soap is fit for brewing, which is the case with the generality of river water; and it has frequently been found from experience, that when an equal quantity of malt has been used to a barrel of river water, as to a barrel of spring water, the brewing from the former has exceeded the other in strength above five degrees in the course of twelve months keeping. It has also been observed, that the malt was not only the same in quantity for one barrel as for the other, but was the same in quality, having all been measured from the same heap. The hops were also the same, both in quality and in quantity, and the time of boiling equal in each. They were [478] worked in the same manner, and tunned and kept in the same cellar; a proof that the water only could be the cause of the difference. Dorchester beer, which is generally in much esteem, is chiefly brewed with chalky water, which is plentiful in almost every part of that county; and as the soil is mostly chalk, the cellars, being dug in that dry soil, contribute much to the good keeping of their drink, it being of a close texture, and of a dry quality, so as to dissipate damps; for it has been found by experience, that damp cellars are equally injurious to the casks and the good keeping of the liquor. Where water is naturally of a hard quality, it may in some measure be softened by an exposure to the sun and air, and by infusing in it some pieces of soft chalk; or when the water is set on to boil, in order to be poured on the malt, put into it a quantity of bran, and it will have a very good effect.

WATER CAKES. Dry three pounds of fine flour, and rub into it a pound of sifted sugar, a pound of butter, and an ounce of carraway seeds. Make it into a paste with three quarters of a pint of boiling new milk; roll the paste very thin, and cut it into any form or size. Punch the cakes full of holes, and bake on tin plates in a cool oven.

WATER GRUEL. Mix by degrees a large spoonful of oatmeal with a pint of water in a saucepan, and when smooth, boil it. Or rub the oatmeal smooth in a little water, and put it into a pint of water boiling on the fire. Stir it well, and boil it quick, but do not suffer it to boil over. In a quarter of an hour strain it off, add salt and a bit of butter when eaten, and stir it together till the whole is incorporated. To make it however in the quickest manner, mix a

spoonful of ground oatmeal very smooth, with as much hot water as will just liquify it. Then gradually pour upon it a pint of boiling water, stirring it all the time to keep it smooth. It may be cooled by pouring it from one basin to another till it is fit to drink. Water gruel made in this way is very smooth and good, and being prepared in a few minutes, it is particularly useful when wanted in haste, to assist the operation of medicine.

WATER PIPES. To prevent their freezing when full of water, preserve a little circulation by leaving the cock dripping; or by tying up the ball cock during the winter's frost, the water may be preserved for use. Care should be taken however to lay the pipe which supplies the cistern in such a position as not to retain the water, and of course it will not be liable to freeze.

WATER SOUCHY. Stew two or three flounders, some parsley leaves and roots, thirty peppercorns, and a quart of water, till the fish are boiled to pieces, and then pulp them through a sieve. Set over the fire the pulped fish, the liquor that boiled them, some perch, tench, and flounders, and some fresh leaves or roots of parsley. Simmer them together till done enough, and serve in a deep dish. Slices of bread and butter are to be sent to table, to eat with the souchy.

WAX. Bees' wax is obtained from the combs, after the sweet and liquid parts are extracted, by heating and pressing them between iron plates. The best sort is firm and hard, of a clear yellow colour and an agreeable odour, similar to that of honey. New wax is tough, yet easily broken; by long keeping it becomes harder and more brittle, loses its colour, and partly also its fragrance. With a view to bleach the wax, it is cut into small pieces, melted, and poured into cold water. In this state it is exposed to the sun, afterwards melted again, poured into water, and exposed to the air, two or three times over, till it is perfectly blanched. It is then dissolved for the last time, cast into flat moulds, and again exposed to the air for a day or two, in order to render it more transparent. [479]

WAX PLASTER. This is made of a pound of yellow wax, half a pound of white rosin, and three quarters of mutton suet, melted together. This forms a proper plaster for blisters, and in other cases where a gentle digestive is necessary.

WEAK EYES. Dimness of sight, arising from weakness or inflammation, is best relieved by frequent washing of the eyes with cold water. If this do not succeed, the following solution may be applied. Dissolve four grains each of the sugar of lead and crude sal-ammoniac, in eight ounces of water, to which a few drops of laudanum may occasionally be added, and bathe the eyes with it night and morning. A tea-spoonful of brandy in a cup of water will also make good eye-water, or a little simple rose water may supply the place.

WEDDING CAKE. Take two pounds of butter, beat it to a cream with the hand, and put in two pounds of fine sugar sifted. Mix well together two pounds of fine dried flour, half a pound of almonds blanched and pounded with orange-flower water, and an ounce of beaten mace. Beat up sixteen eggs, leaving out three whites, and put to them half a glass of sack, and the same of brandy. Put a handful of the flour and almonds to the sugar and butter, then a spoonful of the eggs, and so on till they are all mixed together. Beat it an hour with the hand, add two pounds of currants, half a pound of citron, half a pound of orange peel, and two spoonfuls of orange-flower water. Butter the tin, and bake it three hours and a half. An

iceing should be put over the cake after it is baked.

WEEDS. Weeds are in their most succulent state in the month of June, and there is scarcely a hedge border but might be rendered useful by mowing them at this season, but which afterwards would become a nuisance. After the weeds have lain a few hours to wither, hungry cattle will eat them with great freedom, and it would display the appearance of good management to embrace the transient opportunity.

WELCH ALE. To brew very fine Welch ale, pour forty-two gallons of hot but not boiling water, on eight bushels of malt; cover it up, and let it stand three hours. Mean while infuse four pounds of hops in a little hot water, and put the water and hops into a tub; run the wort upon them, and boil them together three hours. Strain off the hops, and reserve them for the small beer. Let the wort stand in a high tub till cool enough to receive the yeast, of which put in two quarts of the best quality: mix it thoroughly and often. When the wort has done working, the second or third day, the yeast will sink rather than rise in the middle: remove it then, and tun the ale as it works out. Pour in a quart at a time gently, to prevent the fermentation from continuing too long, which weakens the liquor. Put paper over the bung-hole two or three days before it is closed up.

WELCH BEEF. Rub three ounces of saltpetre into a good piece of the round or buttock. After four hours apply a handful of common salt, a quarter of an ounce of Jamaica pepper, and the same of black pepper, mixed together. Continue it in the pickle a fortnight, then stuff it with herbs, cover it with a thick paste, and bake it. Take off the paste, pour the liquor from it, and pour over it some melted beef suet.

WELCH PUDDING. Melt half a pound of fine butter gently, beat with it the yolks of eight and the whites of four eggs. Mix in six ounces of loaf sugar, and the rind of a lemon [480] grated. Put a paste into a dish for turning out, pour in the batter, and bake it nicely.

WELCH RABBIT. Toast a slice of bread on both sides, and butter it. Toast a slice of Gloucester cheese on one side, and lay that on the bread; then toast the other side with a salamander, rub mustard over, and serve it up hot under a cover.

WENS. These are prevalent chiefly among the inhabitants of marshy countries, bordering on rivers and standing waters, especially among females, and persons of a delicate habit; but they very often arise from scrophula. Camphor mixed with sweet oil, or a solution of sal ammoniac, have often been applied to these tumours with success. In Derbyshire, where this disorder greatly prevails, they use the following preparation. Fifteen grains of burnt sponge are beaten up with a similar quantity of millipede, and from eight to ten grains of cinnabar antimony. The whole is to be mixed with honey, and taken every morning before breakfast.

WESTPHALIA HAM. Rub the ham with half a pound of coarse sugar, let it lie twelve hours, then rub it with an ounce of saltpetre pounded, and a pound of common salt. Let it lie three weeks, turning it every day. Dry it over a wood fire, and put a pint of oak sawdust into the water when it is boiled.—Another way. Take spring water that is not hard, add saltpetre and bay salt to it till it will bear an egg, the broad way, then add a pound and a half of coarse sugar; mix all together, and let the ham lay in this pickle a fortnight or three weeks; then lay it in the chimney to dry. When you boil it, put some hay into the copper with it. You may keep

the pickle as long as you please by often boiling it up.

WET CLOTHES. When a person has the misfortune to get wet, care should be taken not to get too near the fire, or into a warm room, so as to occasion a sudden heat. The safest way is to keep in constant motion, until some dry clothes can be procured, and to exchange them as soon as possible.

WHEAT BREAD. To make it in the most economical way, the coarsest of the bran only is to be taken from the flour, and the second coat, or what is called pollard, is to be left in the meal. Five pounds of the bran are to be boiled in somewhat more than four gallons of water, in order that, when perfectly smooth, three gallons and three quarts of clear bran water may be poured into and kneaded up with forty-six pounds of the meal; adding salt as well as yeast, in the same way as for other bread. When the dough is ready to bake, the loaves are to be made up, and baked two hours and a half in a tolerably hot oven. As flour when thus made up will imbibe three quarts more of this bran liquor than of common water, it evidently produces not only a more nutricious and substantial food, but increases one fifth above the usual quantity; consequently it makes a saving of at least one day's consumption in every week. If this meal bread were in general use, it would be a saving to the nation of nearly ten millions a year. Besides, this bread has the following peculiar property: if put into the oven and baked for twenty minutes, after it is ten days old, it will appear again like new bread.

WHEAT EARS. To roast wheat ears and ortolans, they should be spitted sideways, with a vine leaf between each. Baste them with butter, and strew them with bread crumbs while roasting. Ten or twelve minutes will do them. Serve them up with fried bread crumbs in the dish, and gravy in a tureen.

WHEY. Cheese whey is a very wholesome drink for weakly persons, especially when the cows are in fresh pasture. Tending to quench thirst, and to promote sleep, it is well adapted to feverish constitutions. It is the most relaxing and diluting of all drinks, dissolving and carrying off the salts, and is a powerful remedy in the hot scurvy. [481]

WHEY BUTTER. The whey is first set in mugs, to acquire a sufficient degree of consistence and sourness for churning, either by the warmth of the season, or by a fire, as in the making of milk butter. Sometimes the green and white whey are boiled together, and turned by a little sour ale. When the green whey is boiled alone, it is necessary to keep it over the fire about half an hour, till it begins to break and separate, but it must be allowed to simmer only. The process is much the same as in milk butter, but it will keep only a few days, and does not cut so firm as the butter which is made of cream.

WHIGS. Mix with two pounds of fine flour, half a pound of sugar pounded and sifted, and an ounce of carraway seeds. Melt half a pound of butter in a pint of milk; when as warm as new milk, put to it three eggs, leaving out one white, and a spoonful of yeast. Mix them well together, and let the paste stand four hours to rise. Make them into whigs, and bake them on buttered tins.—Another way. Rub half a pound of butter into a pound and a half of flour, add a quarter of a pound of sugar, a very little salt, and three spoonfuls of new yeast. Make it into a light paste with warm milk, let it stand an hour to rise, and then form it into whigs. Bake them upon sheets of tin in a quick oven. Carraway seeds may be added if

preferred.—Another way. Take two pounds and a half of flour, dry it before the fire, and when cold rub in a quarter of a pound of fresh butter, and six ounces of sugar; mix half a pint of yeast that is not bitter, with warm milk, put this to the flour with some carraway seeds; mix all together to a light dough, set it before the fire to rise, then make it into what shape you please; bake them in a slack oven. You may add allspice beat fine, instead of carraways, if you please.—Another way. Take a pound and a half of flour, add a quarter of a pint of ale yeast to half a pint of warm milk, mix these together, and let it lie by the fire half an hour; then work in half a pound of sugar and half a pound of fresh butter to a paste; make them up, and let them be put into a quick oven.

WHIPT CREAM. Take a quart of thick cream, the whites of eight eggs well beaten, with half a pint of sack; mix all together, and sweeten it to your taste, with double-refined sugar; (you may perfume it if you please, with a little musk, or ambergris, tied in a piece of muslin, and steeped a little while in the cream) pare a lemon, and tie some of the peel in the middle of the whisk, then whip up the cream, take off the froth with a spoon, and lay it in the glasses, or basons. This does well over a fine tart.

WHIPT SYLLABUBS. Put some rich cream into an earthen pot, add some white wine, lemon juice, and sugar to the taste. Mill them well together with a chocolate mill, and as the froth keeps rising take it off with a spoon, and put it into syllabub glasses. They should be made the day before they are to be used. Syllabubs are very pretty in the summer time made with red currant juice, instead of lemon juice.—Another way. Take a quart of cream, boil it, and let it stand till cold; then take a pint of white wine, pare a lemon thin, and steep the peel in the wine two hours before you use it; to this add the juice of a lemon, and as much sugar as will make it very sweet; put all together into a bowl, and whisk it one way till it is pretty [482] thick, fill the glasses, and keep it a day before you use it. It will keep good for three or four days. Let the cream be full measure, and the wine rather less; if you like it perfumed, put in a grain or two of ambergris.—Another way. To a quart of thick cream put half a pint of sack, the juice of two Seville oranges, or lemons, grate the peel of two lemons, and add half a pound of double-refined sugar well pounded; mix a little sack with sugar, and put it into some of the glasses, and red wine and sugar into others, the rest fill with syllabub only. Then whisk your cream up very well, take off the froth with a spoon, and fill the glasses carefully, as full as they will hold. Observe, that this sort must not be made long before they are used.

WHITE BREAD. This is made the same as household bread, except that it consists of fine flour unmixed. The water to be used should be lukewarm in summer, and in very cold weather it must be hot, but not so as to scald the yeast. Bricks are made by moulding the loaves long instead of round, and cutting the sides in several places before they are put into the oven.

WHITE CAKES. Dry half a pound of flour, rub into it a very little pounded sugar, one ounce of butter, an egg, a few carraways, and as much milk and water as will make it into a paste. Roll it thin, cut it into little cakes with a wine glass, or the top of a canister, and bake them fifteen minutes on tin plates.

WHITE CAUDLE. Boil four spoonfuls of oatmeal in two quarts of water, with a blade or two of mace, and a piece of lemon peel; stir it often, and let it boil a full quarter of an

hour, then strain it through a sieve for use; when you use it, grate in some nutmeg, sweeten it to your palate, and add what white wine you think proper: if it is not for a sick person, you may squeeze in a little lemon juice.

WHITE CERATE. Take four ounces of olive oil, half an ounce of spermaceti, and four ounces of white wax. Put them into an earthen pipkin, and stir the mixture with a stick till it is quite cold.

WHITE GRAVY. Boil in a quart of water a pound and a half of veal, from the knuckle or scrag end of the neck. Add a small onion, a bunch of sweet herbs, a blade of mace, a little whole pepper and salt. After an hour's simmering over the fire, strain off the gravy, and it is ready for use.

WHITE GRAVY FOR SOUPS. To a few slices of lean ham, add a knuckle of veal cut in pieces, some turnips, parsnips, leeks, onions, and celery. Put them all into a stewpan with two quarts of water, and let it simmer till the meat is nearly tender, without allowing it to colour. Add to this half as much clear beef gravy, and boil it an hour, skimming off the fat very clean. Strain it, and set it by for use.

WHITE HERRINGS. If good, their gills are of a fine red, and the eyes bright; as is likewise the whole fish, which must be stiff and firm. Having scaled, drawn, and cleaned them, dust them with flour, and fry them of a light brown. Plain or melted butter for sauce.

WHITE LEAD. White oxide of lead is often adulterated by the carbonate of lime. To detect this pour four drams of pure acetous acid, over a dram of the suspected oxide. This will dissolve both oxide and chalk; but if a few drops of a solution of oxalic acid be now poured in, a very abundant white precipitate of oxalate of lime will take place.

WHITE PAINT. An excellent substitute for white oil paint may be made of fresh curds bruised fine, and kneaded with an equal quantity of slacked lime. The mixture is to be well [483] stirred, without any water, and it will produce an excellent white paint for inside work. As it dries very quickly, it should be used as soon as made; and if two coats be laid on, it may afterwards be polished with a woollen cloth till it becomes as bright as varnish. If applied to places exposed to moisture, the painting should be rubbed over with the yolk of an egg, which will render it as durable as the best of oil painting. No kind of painting can be so cheap; and as it dries speedily, two coats of it may be laid on in a day and polished, and no offensive smell will arise from it.

WHITE POT. The antient way of making a white pot is to put the yolks of four or five eggs well beaten to a pint of cream, adding some pulps of apples, sugar, spices, and sippets of white bread. It may be baked either in a dish, or in a crust.—Another way. Beat eight eggs, leaving out four whites, with a little rose water; strain them to two quarts of new milk, and a small nutmeg grated, and sugar to your taste; cut a French roll in thin slices, and lay in the bottom of a soup dish (after buttering it) then pour over your milk and eggs, and bake it in a slow oven.

WHITE PUDDINGS. Pour two pints and a half of scalding hot milk upon half a pound of Naples biscuits, or bread; let it stand uncovered, and when well soaked, bruise the bread very fine. Add half a pound of almonds well beaten with orange-flower water, three quarters

of a pound of sugar, a pound of beef suet or marrow shred fine, a quarter of an ounce of salt, ten yolks of eggs and five whites. Mix the whole thoroughly together, and put it into the skins well prepared, filling them but half full, and tying them at proper distances like sausages. The skins must be carefully cleaned, and laid in rose water some hours before they are used. Currants may be used instead of almonds, if preferred.

WHITE HOG'S PUDDINGS. When the skins have been well soaked and cleaned, rinse and soak them all night in rose water, and put into them the following preparation. Mix half a pound of blanched almonds cut into seven or eight parts, with a pound of grated bread, two pounds of marrow or rich suet, a pound of currants, some beaten cinnamon, cloves, mace, and nutmeg; a quart of cream, the yolks of six and whites of two eggs, a little orange-flower water, a little fine Lisbon sugar, and some lemon peel and citron sliced, and half fill the skins. To know whether it be sweet enough, warm a little in a panikin. Much care must be taken in boiling, to prevent the puddings from bursting. Prick them with a small fork as they rise, and boil them in milk and water. Lay them in a table cloth till cold.

WHITE ONION SAUCE. Peel half a dozen white Spanish onions, cut them in half, and lay them in a pan of spring water for a quarter of an hour. Boil them an hour, or till quite tender, drain them well on a hair sieve, and then chop and bruise them fine. Put them into a clean saucepan with flour and butter, half a tea-spoonful of salt, and some cream or good milk. Stir it till it boils, rub the whole through a sieve, adding milk or cream to make it of a proper thickness. This is the usual sauce for boiled rabbits, mutton, or tripe; but there requires plenty of it.

WHITE SAUCE. This favourite sauce is equally adapted to fowls, fricassee, rabbits, white meat, fish, and vegetables; and it is seldom necessary to purchase any fresh meat to make it, as the proportion of that flavour is but small. The liquor in which fowls, veal, or rabbit have been boiled, will answer the purpose; or the broth of whatever meat happens to [484] be in the house, such as necks of chickens, raw or dressed veal. Stew with a little water any of these, with a bit of lemon peel, some sliced onion, some white peppercorns, a little pounded mace or nutmeg, and a bunch of sweet herbs. Keep it on the fire till the flavour is good; then strain it, and add a little good cream, a piece of butter, a very little flour, and salt to your taste. A squeeze of lemon may be added after the sauce is taken off the fire, shaking it well. Yolk of egg is often used in fricassee, cream is better, as the former is apt to curdle.

WHITE SOUP. Take a scrag of mutton, a knuckle of veal, after cutting off as much meat as will make collops, two or three shank bones of mutton nicely cleaned, and a quarter of very fine undressed lean gammon of bacon. Add a bunch of sweet herbs, a piece of fresh lemon peel, two or three onions, three blades of mace, and a dessert-spoonful of white pepper. Boil all in three quarts of water, till the meat falls quite to pieces. Next day take off the fat, clear the jelly from the sediment, and put it into a nice tin saucepan. If maccaroni be used, it should be added soon enough to get perfectly tender, after soaking in cold water. Vermicelli may be added after the thickening, as it requires less time to do. Prepare the thickening beforehand thus: blanch a quarter of a pound of sweet almonds, and beat them to a paste in a marble mortar, with a spoonful of water to prevent their oiling. Then mince a large slice of cold veal or chicken, and beat it with a piece of stale white bread; add all this to a pint of thick cream, a bit of fresh lemon peel, and a blade of pounded mace. Boil it a

few minutes, add to it a pint of soup, and strain and pulp it through a coarse sieve. This thickening is then fit for putting to the rest, which should boil for half an hour afterwards.—To make a plainer white soup, boil a small knuckle of veal, till the liquor is reduced to three pints. Add seasoning as above, and a quarter of a pint of good milk. Two spoonfuls of cream, and a little ground rice, will give it a proper thickness. The meat and the soup may both be served together.—Another. Take a scrag or knuckle of veal, slices of undressed gammon of bacon, onions, mace, and simmer them in a small quantity of water, till it is very strong. Lower it with a good beef broth made the day before, and stew it till the meat is done to rags. Add cream, vermicelli, a roll, and almonds.

WHITE WINE WHEY. Set on the fire half a pint of new milk; the moment it boils up, pour in as much sound raisin wine as will completely turn it, and until it looks clear. Let it boil up, then set the saucepan aside till the curd subsides, and do not stir it. Pour the whey off, add to it half a pint of boiling water, and a little lump sugar. The whey will thus be cleared of milky particles, and may be made to any degree of weakness.

WHITINGS. These may be had almost at any time, but are chiefly in season during the first three months of the year. In choosing them, the firmness of the body and fins is chiefly to be looked to; and in places where there is no regular supply of fish, it will be found an accommodation to dry them for keeping. The largest are best for this purpose. Take out the gills, the eyes, and the entrails, and remove the blood from the backbone. Wipe them dry, salt the inside, and lay them on a board for the night. Hang them up in a dry place, and after three or four days they will be fit to eat. When to be dressed, skin and rub them over with egg, and cover them with bread crumbs. Lay them before the fire, baste with butter till sufficiently browned, and serve them with egg sauce. [485]

WHITLOWS. As soon as the disorder is apparent, the finger affected is to be plunged into warm water, or the steam of boiling water may be applied to it. The application must be very frequently repeated the first day, and the complaint will soon be dispersed. Unfortunately however it is too generally supposed, that such slight attacks can have only slight consequences, and hence they are too apt to be neglected till the complaint has considerably increased. But in this state no time should be lost in resorting to skilful advice, as the danger attending these small tumours is much greater than is usually imagined.

WHOLE RICE PANCAKES. Stew half a pound of whole rice in water till it is very tender, and let it stand in a basin to cool. Break it small, put to it half a pint of scalded cream, half a pound of clarified butter, a handful of flour, a little nutmeg and salt, and five eggs well beaten. Stir these well together, and fry them in butter or lard. Serve them up with sugar sifted over them, and a Seville orange or lemon cut and laid round the dish. This preparation may be made into a pudding, either baked or boiled, and with currants added or not, as approved. Three quarters of an hour will bake it, and an hour will boil it.

WHOLE RICE PUDDING. Stew very gently a quarter of a pound of whole rice, in a pint and a half of new milk. When the rice is tender, pour it into a basin, stir in a piece of butter, and let it stand till quite cool. Then put in four eggs, a little salt, some nutmeg and sugar. Boil it an hour in a basin well buttered.

WILD DUCKS. A wild duck, or a widgeon, will require twenty or twenty-five minutes

roasting, according to the size. A teal, from fifteen to twenty minutes; and other birds of this kind, in proportion to their size, a longer or a shorter time. Baste them with butter, and take them up with the gravy in, sprinkling a little over them before they are quite done. Serve them up with shalot sauce in a boat, or with good gravy, and lemons cut in quarters.

WILD FOWL. Season with salt and pepper, and put a piece of butter into each; but the flavour is best preserved without stuffing. To take off the fishy taste which wild fowl sometimes have, put an onion, salt, and hot water, into the dripping pan, and baste them with this for the first ten minutes: then take away the pan, and baste constantly with butter. Wild fowl require much less dressing than tame: they should be served of a fine colour, and well frothed up. A rich brown gravy should be sent in the dish; and when the breast is cut into slices, before taking off the bone, a squeeze of lemon, with pepper and salt, is a great improvement to the flavour.

WILTSHIRE BACON. The way to cure Wiltshire bacon is to sprinkle the flitch with salt, and let the blood drain off for twenty-four hours. Then mix a pound and a half of coarse sugar, the same quantity of bay salt, not quite so much as half a pound of saltpetre, and a pound of common salt. Rub this mixture well on the bacon, turning it every day for a month: then hang it to dry, and afterwards smoke it ten days. The quantity of salts above mentioned is sufficient for the whole hog.

WILTSHIRE CHEESE. This is made of new milk, a little lowered with water and skim milk. The curd is first broken with the hand and dish, care being taken to let the whey run off gradually, to prevent its carrying away with it the fat of the cowl. For thin cheese the curd is [486] not broken so fine as in Gloucestershire; for thick cheese it is crushed finer still. The whey is poured off as it rises, and the curd pressed down. The mass is then pared down three or four times over, in slices about an inch thick, in order to extract all the whey from it, and then it is pressed and scalded as before. After separating the whey, the curd is sometimes broken again, and salted in the cowl; and at others it is taken warm out of the liquor, and salted in the vat. Thin cheeses are placed in one layer, with a small handful of salt; and thick ones in two layers, with two handfuls of salt; the salt being spread and rubbed uniformly among the curd.

WINDSOR BEANS. These should be boiled in plenty of water, with a little salt, and be put in when the water boils. Serve them up with boiled bacon, and parsley and butter in a boat.

WINDSOR BEANS FRICASSEED. When grown large, but not mealy, boil, blanch, and lay them in a white sauce previously heated up. Warm them through in the sauce, and serve them up. No beans but what are of a fine green should be used for this dish.

WINDSOR PUDDING. Shred half a pound of suet very fine, grate into it half a pound of French roll, a little nutmeg, and the rind of a lemon. Add to these half a pound of chopped apple, half a pound of currants clean washed and fried, half a pound of jar raisins stoned and chopped, a glass of rich sweet wine, and five eggs well beaten, with a little salt. Mix all thoroughly together, and boil it in a basin or mould for three hours. Sift fine sugar over it when sent to table, and pour white wine sauce into the dish.

WINDSOR SOAP. Cut the best white soap into thin slices, melt it over a slow fire, and scent it with oil of carraway, or any other agreeable perfume. Shaving boxes may then be filled with the melted soap, or it may be poured into a small drawer or any other mould; and after it has stood a few days to dry, it may be cut into square pieces ready for use.

WINE. The moderate use of wine is highly conducive to health, especially in weak and languid habits, and in convalescents who are recovering from the attacks of malignant fevers. Hence it forms an extensive article of commerce, and immense quantities are consumed in this country. But nothing is more capable of being adulterated, or of producing more pernicious effects on the human constitution, and therefore it requires the strictest attention. A few simple means only will be sufficient to detect such adulterations, and to prevent their fatal consequences. If new white wine, for example, be of a sweetish flavour, and leave a certain astringency on the tongue; if it has an unusually high colour, disproportionate to its nominal age and real strength; or if it has a strong pungent taste, resembling that of brandy or other ardent spirits, such liquor may be considered as adulterated. When old wine presents either a very pale or a very deep colour, or possesses a very tart and astringent taste, and deposits a thick crust on the sides or bottom of glass vessels, it has then probably been coloured with some foreign substance. This may easily be detected by passing the liquor through filtering paper, when the colouring ingredients will remain on the surface. The fraud may also be discovered by filling a small vial with the suspected wine, and closing its mouth with the finger: the bottle is then to be inverted, and immersed in a basin of clear water. The finger being withdrawn, the tinging or adulterating matter will pass into the water, so that the [487] former may be observed sinking to the bottom by its own weight. Wines becoming tart or sour, are frequently mixed with the juice of carrots and turnips; and if this do not recover the sweetness to a sufficient degree, alum or the sugar of lead is sometimes added; but which cannot fail to be productive of the worst effects, and will certainly operate as slow poison. To detect the alum, let the suspected liquor be mixed with a little lime water. At the end of ten or twelve hours the composition must be filtered, and if crystals be formed, it contains no alum. But if it be adulterated, the sediment will split into small segments, which will adhere to the filtering paper on which it is spread. In order to detect the litharge or sugar of lead, a few drops of the solution of yellow orpiment and quicklime should be poured into a glass of wine. If the colour of the liquor change, and become successively dark red, black or brown, it is an evident proof of its being adulterated with lead. As orpiment is poisonous, it would be better to use a few drops of vitriolic acid for this purpose, which should be introduced into a small quantity of the suspected liquor. This will cause the lead to sink to the bottom of the glass, in the form of a white powder. A solution of hepatic gas in distilled water, if added to wine sophisticated with lead, will produce a black sediment, and thus discover the smallest quantity of that poisonous metal; but in pure wine, no precipitation will take place. The following preparation has been proved to be a sufficient test for adulterated wine or cider. Let one dram of the dry liver of sulphur, and two drams of the cream of tartar, be shaken in two ounces of distilled water, till the whole become saturated with hepatic gas: the mixture is then to be filtered through blotting paper, and kept in a vial closely corked. In order to try the purity of wine, about twenty drops of this test are to be poured into a small glass: if the wine only become turbid with white clouds, and a similar sediment be deposited, it is then not impregnated with any metallic ingredients. But if it turn black or muddy, its colour approach to a deep red, and its taste be at first sweet, and then astringent, the liquor

certainly contains the sugar, or other pernicious preparation of lead. The presence of iron is indicated by the wine acquiring a dark blue coat, after the test is put in, similar to that of pale ink; and if there be any particles of copper or verdigris, a blackish grey sediment will be formed. A small portion of sulphur is always mixed with white wines, in order to preserve them; but if too large a quantity be employed, the wine thus impregnated becomes injurious. Sulphur however may easily be detected, for if a piece of an egg shell, or of silver, be immersed in the wine, it instantly acquires a black hue. Quicklime is also mixed with wine, for imparting a beautiful red colour. Its presence may easily be ascertained by suffering a little wine to stand in a glass for two or three days; when the lime, held in solution, will appear on the surface in the form of a thin pellicle or crust. The least hurtful but most common adulteration of wine, is that of mixing it with water, which may be detected by throwing into it a small piece of quicklime. If it slack or dissolve the lime, the wine must have been diluted; but if the contrary, which will seldom be the case, the liquor may be considered as genuine.

WINE COOLED. The best way of cooling wine or other liquors in hot weather, is to dip a cloth in cold water, and wrap it round the bottle two or three times, then place it in the sun. The process should be renewed once or twice.

WINE POSSET. Boil some slices of white bread in a quart of milk. When quite soft, take it off the fire, grate in half a nutmeg, and a little sugar. Pour it out, and add by degrees a pint of sweet wine, and serve it with toasted bread. [488]

WINE REFINED. In order to refine either wine or cider, beat up the whites and shells of twenty eggs. Mix a quart of the liquor with them, and put it into the cask. Stir it well to the bottom, let it stand half an hour, and stop it up close. In a few days it may be bottled off.

WINE ROLL. Soak a penny French roll in raisin wine till it will hold no more: put it in a dish, and pour round it a custard, or cream, sugar, and lemon juice. Just before it is served, sprinkle over it some nonpareil comfits, or stick into it a few blanched almonds slit. Sponge biscuits may be used instead of the roll.

WINE SAUCE. For venison or hare, mix together a quarter of a pint of claret or port, the same quantity of plain mutton gravy, and a table-spoonful of currant jelly. Let it just boil up, and send it to table in a sauce boat.

WINE VINEGAR. After making raisin wine, when the fruit has been strained, lay it on a heap to heat; then to every hundred weight, put fifteen gallons of water. Set the cask in the sun, and put in a toast of yeast. As vinegar is so necessary an article in a family, and one on which so great a profit is made, a barrel or two might always be kept preparing, according to what suited. If the raisins of wine were ready, that kind might be made; if gooseberries be cheap and plentiful, then gooseberry vinegar may be preferred; or if neither, then the sugar vinegar; so that the cask need not be left empty, or be liable to grow musty.

WINE WHEY. Put on the fire a pint of milk and water, and the moment it begins to boil, pour in as much sweet wine as will turn it into whey, and make it look clear. Boil it up, and let it stand off the fire till the curd all sinks to the bottom. Do not stir it, but pour off the whey for use. Or put a pint of skimmed milk and half a pint of white wine into a basin, let it stand a

few minutes, and pour over it a pint of boiling water. When the curd has settled to the bottom, pour off the whey, and put in a piece of lump sugar, a sprig of balm, or a slice of lemon.

WINTER VEGETABLES. To preserve several vegetables to eat in the winter, observe the following rules. French beans should be gathered young, and put into a little wooden keg, a layer of them about three inches deep. Then sprinkle them with salt, put another layer of beans, and so on till the keg is full, but be careful not to sprinkle too much salt. Lay over them a plate, or a cover of wood that will go into the keg, and put a heavy stone upon it. A pickle will rise from the beans and salt; and if they are too salt, the soaking and boiling will not be sufficient to make them palatable. When they are to be eaten, they must be cut, soaked, and boiled as fresh beans. Carrots, parsnips, and beet root, should be kept in layers of dry sand, and neither they nor potatoes should be cleared from the earth. Store onions keep best hung up in a dry cold room. Parsley should be cut close to the stalks, and dried in a warm room, or on tins in a very cool oven. Its flavour and colour may thus be preserved, and will be found useful in winter. Artichoke bottoms, slowly dried, should be kept in paper bags. Truffles, morels, and lemon peel, should be hung in a dry place, and ticketed. Small close cabbages, laid on a stone floor before the frost sets in, will blanch and be very fine, after many weeks' keeping.

WOOD. An excellent glue, superior to the common sort, and suitable for joining broken furniture or any kind of wood, may be made of an ounce of isinglass dissolved in a pint of [489] brandy. The isinglass should be pounded, dissolved by gentle heat, strained through a piece of muslin, and kept in a glass closely stopped. When required for use, it should be dissolved with moderate heat, and applied the same as common glue. Its effect is so powerful as to join the parts of wood stronger than the wood itself, but should not be exposed to damp or moisture.

WOODCOCKS. These will keep good for several days. Roast them without drawing, and serve them on toast. The thigh and back are esteemed the best. Butter only should be eaten with them, as gravy diminishes the fineness of the flavour. To roast woodcocks and snipes in the French method, take out the trails and chop them, except the stomachs, with some minced bacon, or a piece of butter. Add some parsley and chives, and a little salt. Put this stuffing into the birds, sow up the opening, and roast them with bacon covered with paper. Serve them up with Spanish sauce.

WOOLLENS. To preserve articles of this sort from the moths, let them be well brushed and shaken, and laid up cool and dry. Then mix among them bitter apples from the druggists', in small muslin bags, carefully sewn up in several folds of linen, and turned in at the edges.

WORMS. A strong decoction of walnut tree leaves thrown upon the ground where there are worm casts, will cause them to rise up. They may then be given to the poultry, or thrown into the fish pond. Salt and water, or a ley of wood ashes, poured into worm-holes on a gravel walk, will effectually destroy them. Sea water, the brine of salted meat, or soot, will be found to answer the same purpose.

WORMS. Worms in children are denoted by paleness of the face, itching of the nose,

grinding of the teeth during sleep, offensive breath, and nausea. The belly is hard and painful, and in the morning there is a copious flow of saliva, and an uncommon craving for dry food. Amongst a variety of other medicines for destroying worms in the human body, the following will be found effectual. Make a solution of tartarised antimony, two grains in four ounces of water, and take two or three tea-spoonfuls three times a day, for four days; and on the following day a purging powder of calomel and jalap, from three to six grains each. Or take half a pound of senna leaves well bruised, and twelve ounces of olive oil, and digest them together in a sand heat for four or five days. Strain off the liquor, take a spoonful in the morning fasting, persevere in it, and it will be found effectual in the most obstinate cases. A more simple remedy is to pour some port wine into a pewter dish, and let it stand for twenty-four hours. Half a common wine-glassful is a sufficient dose for an infant, and a whole one for an adult.

WORMWOOD ALE. The proper way to make all sorts of herb drinks, is to gather the herbs in the right season. Then dry them in the shade, and put them into closed paper bags. When they are wanted for use, take out the proper quantity, put it into a linen bag, and suspend it in the beer or ale, while it is working or fermenting, from two to six or eight hours, and then take it out. Wormwood ought not to lie so long, three or four hours will be quite sufficient. If the herbs are properly gathered and prepared, all their pure and balsamic virtues will readily infuse themselves into the liquor, whether wine or beer, as the pure sweet quality in malt does into the warm liquor in brewing, which is done effectually in about an hour. But if malt is suffered to remain more than six hours, before the liquor is drawn off, all the nauseous properties will be extracted, and overpower the good ones. It is the same in [490] infusing any sort of well-prepared herbs, and great care therefore is requisite in all preparations, that the pure qualities are neither evaporated or overpowered. Otherwise, whatever it be, it will soon tend to putrefaction, and become injurious and loathsome. Beer, ale, or other liquor, into which herbs are infused, must be unadulterated, or the infusion will be destroyed by its pernicious qualities. Nothing is more prejudicial to the health, or the intellectual faculties of mankind, than adulterated liquors. Articles which in their purest state are of an equivocal character, and never to be trusted without caution, are thus converted into decided poisons.—Another way of making wormwood ale. Take a quantity of the herb, according to the intended strength of the liquor, and infuse it for half an hour in the boiling wort. Then strain it off, and set the wort to cool. Wormwood beer prepared either ways, is a fine wholesome liquor. It is gentle, warming, assisting digestion, and refining to the blood, without sending any gross fumes to the head. The same method should be observed in making all sorts of drinks, in which any strong bitter herbs are infused. It renders them pleasant and grateful, both to the stomach and palate, and preserves all the medicinal virtues. Most bitter herbs have a powerful tendency to open obstructions, if judiciously managed; but in the way in which they are too commonly made, they are not only rendered extremely unpleasant, but their medicinal properties are destroyed.

WOUNDS. If occasioned by a cut, it will be proper immediately to close the wounded part, so as to exclude the air and prevent its bleeding, and then any common sticking plaister may be applied. When the wound is deep and difficult to close, a bandage should be applied; and if the skin be lacerated, or the edges of the wound begin to be rough, lay on some lint dipped in sweet oil, and cover the whole with a piece of fine oil cloth. New honey

spread on folded linen affords an excellent remedy for fresh and bleeding wounds, as it will prevent inflammation and the growth of proud flesh. In wounds which cannot readily be healed, on account of external inflammation and feverish heat, emollient poultices, composed of the crumb of bread boiled in milk, must be applied, and renewed several times in a day, without disturbing or touching the wounded part with the fingers. Wounds of the joints will heal most expeditiously by the simple application of cold water, provided the orifice of such wounds be immediately closed by means of adhesive plaster.

WOW WOW. For stewed beef, chop some parsley leaves very fine, quarter two or three pickled cucumbers or walnuts, and divide them into small squares, and set them by ready. Put into a saucepan a good bit of butter, stir up with it a table-spoonful of fine flour, and about half a pint of the broth in which the beef was boiled. Add a table-spoonful of vinegar, as much ketchup or port wine, or both, and a tea-spoonful of made mustard. Let it simmer gently till it is sufficiently thickened, put in the parsley and pickles ready prepared, and pour it over the beef, or send it up in a sauce tureen.

WRIT OF EJECTMENT. When a tenant has either received or given a proper notice to quit at a certain time, and fails to deliver up possession, it is at the option of the landlord to give notice of double rent, or issue a writ to dispossess the tenant. In the latter case he recovers the payment of the rent, or the surrender of the premises. In all cases between landlord and tenant, when half a year's rent is due, such landlord may serve a declaration or ejectment for the recovery of the premises, without any formal demand or re-entry. If the premises be unoccupied, though not surrendered, he may affix the declaration to the door, or any other conspicuous part of the dwelling, which will be deemed legal, and stand instead of a deed of re-entry. [491]

Y.

YEAST. This is the barm or froth which rises in beer, and other malt liquors, during a state of fermentation. When thrown up by one quantity of malt or vinous liquid, it may be preserved to be put into another, at a future period; on which it will exert a similar fermentative action. Yeast is likewise used in the making of bread, without which it would be heavy and unwholesome. It has a vinous sour odour, a bitter taste arising from the hops in the malt liquor, and it reddens the vegetable blues. When it is filtered, a matter remains which possesses properties similar to vegetable gluten; by this separation the yeast loses the property of exciting fermentation, but recovers it again when the gluten is added. The addition of yeast to any vegetable substance, containing saccharine matter, excites fermentation by generating a quantity of carbonic acid gas. This very useful substance cannot always be procured conveniently from malt liquor for baking and brewing: the following method will be found useful for its extemporaneous preparation. Mix two quarts of soft water with wheat flour, to the consistence of thick gruel; boil it gently for half an hour, and when almost cold, stir into it half a pound of sugar and four spoonfuls of good yeast. Put the

whole into a large jug, or earthen vessel, with a narrow top, and place it before the fire, that by a moderate heat it may ferment. The fermentation will throw up a thin liquor, which pour off and throw away; keep the remainder in a bottle, or jug tied over, and set it in a cool place. The same quantity of this as of common yeast will suffice to bake or brew with. Four spoonfuls of this yeast will make a fresh quantity as before, and the stock may always be kept up, by fermenting the new with the remainder of the former quantity.—Another method. Take six quarts of soft water, and two handfuls of wheaten meal or barley. Stir the latter in the water before the mixture is placed over the fire, where it must boil till two thirds are evaporated. When this decoction becomes cool, incorporate with it, by means of a whisk, two drams of salt of tartar, and one dram of cream of tartar, previously mixed. The whole should now be kept in a warm place. Thus a very strong yeast for brewing, distilling, and baking, may be obtained. For the last-mentioned purpose, however, it ought to be diluted with pure water, and passed through a sieve, before it is kneaded with the dough, in order to deprive it of its alkaline taste.—In countries where yeast is scarce, it is a common practice to twist hazel twigs so as to be full of chinks, and then to steep them in ale yeast during fermentation. The twigs are then hung up to dry, and at the next brewing they are put into the wort instead of yeast. In Italy the chips are frequently put into turbid wine for the purpose of clearing it, which is effected in about twenty-four hours.—A good article for [492] baking bread may be made in the following manner. Boil a pound of fine flour, a quarter of a pound of brown sugar, and a little salt, in two gallons of water, for one hour. Let it stand till it is milk warm, then bottle and cork it close, and it will be fit for use in twenty-four hours. A pint of this yeast will make eighteen pounds of bread. Or mash a pound of mealy potatoes, and pulp them through a cullender; add two ounces of brown sugar, and two spoonfuls of common yeast. Keep it moderately warm while fermenting, and it will produce a quart of good yeast.—The best method of preserving common yeast, produced from beer or ale, is to set a quantity of it to settle, closely covered, that the spirit may not evaporate. Provide in the mean time as many small hair sieves as will hold the thick barm: small sieves are mentioned, because dividing the yeast into small quantities conduces to its preservation. Lay over each sieve a piece of coarse flannel that may reach the bottom, and leave at least eight inches over the rim. Pour off the thin liquor, and set it by to subside, as the grounds will do for immediate baking or brewing, if covered up for a few hours. Fill the sieves with the thick barm, and cover them up for two hours: then gather the flannel edges as a bag, and tie them firmly with twine. Lay each bag upon several folds of coarse linen, changing these folds every half hour, till they imbibe no more moisture. Then cover each bag with another piece of flannel, changing it if it becomes damp, and hang them in a cool airy place. The yeast should be strained before it is set to settle, and while the flannel bags are laid upon the folds of linen, they must be covered with a thick cloth. When the yeast is wanted for use, prepare a strong infusion of malt; to a gallon of which add a piece of dried barm, about the size of a goose's egg. The proportion indeed must depend upon its quality, which experience only can ascertain. The malt infusion must be nearly milk warm when the yeast is crumbled into it: for two hours it will froth high, and bake two bushels of flour into well-fermented bread. A decoction of green peas, or of ripened dry peas, with as much sugar as will sweeten it, makes fairer bread than the malt infusion; but it will take a larger quantity of dried yeast to produce fermentation. It was usual some years ago to reduce porter yeast to dryness, and in that state it was carried to the West Indies, where it was brought by means of water to its

original state, and then employed as a ferment.—Another method of preserving yeast. Take a quantity of yeast, and work it well with a whisk till it becomes thin; then have a broad wooden platter, or tub, that is very clean and dry, and, with a soft brush, lay a layer of yeast all over the bottom, and turn the mouth downwards that no dust can fall in, but so that the air may come to it, to dry it. When that coat is very dry, lay on another; do so till you have as much as you intend to keep, taking care that one coat is dry before you lay on another. When you have occasion to make use of this yeast, cut a piece off, and lay it in warm water; stir it till it is dissolved, and it is fit for use. If it is for brewing, take a whisk, or a large handful of birch tied together, and dip it into the yeast, and hang it up to dry; when it is dry wrap it up in paper, and keep it in a dry place; thus you may do as many as you please. When your beer is fit to work, throw in one of your whisks, and cover it over; it will set it a working as well as fresh yeast. When you find you have a head sufficient, take out your whisk and hang it up. If the yeast is not all off, it will do for your next brewing. [493]

YEAST CAKES. The inhabitants of Long Island in America are in the habit of making yeast cakes once a year. These are dissolved and mixed with the dough, which it raises in such a manner as to form it into very excellent bread. The following is the method in which these cakes are made. Rub three ounces of hops so as to separate them, and then put them into a gallon of boiling water, where they are to boil for half an hour. Now strain the liquor through a fine sieve into an earthen vessel, and while it is hot, put in three pounds and a half of rye flour, stirring the liquid well and quickly as the flour is put in. When it has become milk warm, add half a pint of good yeast. On the following day, while the mixture is fermenting, stir well into it seven pounds of Indian corn meal, and it will render the whole mass stiff like dough. This dough is to be well kneaded and rolled out into cakes about a third of an inch in thickness. These cakes are to be cut out into large disks or lozenges, or any other shape, by an inverted glass tumbler or any other instrument; and being placed on a sheet of tinned iron, or on a piece of board, are to be dried by the heat of the sun. If care be taken to turn them frequently, and to see that they take no wet or moisture, they will become as hard as ship biscuit, and may be kept in a bag or box, which is to be hung up or kept in an airy and perfectly dry situation. When bread is to be made, two cakes of the above-mentioned thickness, and about three inches in diameter, are to be broken and put into hot water, where they are to remain all night, the vessel standing near the fire. In the morning they will be entirely dissolved, and then the mixture is to be employed in setting the sponge, in the same way as beer yeast is used. In making a farther supply for the next year, beer or ale yeast may be used as before; but this is not necessary where a cake of the old stock remains, for this will act on the new mixture precisely in the same way. If the dry cakes were reduced to powder in a mortar, the same results would take place, with perhaps more convenience, and in less time. Indian meal is used because it is of a less adhesive nature than wheat flour, but where Indian meal cannot easily be procured, white pea-meal, or even barley-meal, will answer the purpose equally well. The principal art or requisite in making yeast cakes, consists in drying them quickly and thoroughly, and in preventing them from coming in contact with the least particle of moisture till they are used.

YEAST DUMPLINS. Make a very light dough as for bread, only in a smaller quantity. When it has been worked up, and risen a sufficient time before the fire, mould it into good sized dumplins, put them into boiling water, and let them boil twenty minutes. The dough may

be made up with milk and water if preferred. These dumplins are very nice when done in a potatoe steamer, and require about thirty-five minutes, if of a good size. The steamer must not be opened till they are taken up, or it will make the dumplins heavy. Dough from the baker's will answer the purpose very well, if it cannot conveniently be made at home. The dough made for rolls is the most delicate for dumplins. If not eaten as soon as they are taken up, either out of the water or the steamer, they are apt to fall and become heavy. Eaten with cold butter they are much better than with any kind of sauce, except meat dripping directly from the pan. The addition of a few currants will make good currant dumplins.

YELLOW BLAMANGE. Pour a pint of boiling water to an ounce of isinglass, and add the peel of one lemon. When cold, put in two ounces of sifted sugar, a quarter of a pint of white wine, the yolks of four eggs, and the juice of a lemon. Stir all well together, let it boil five minutes, strain it through a bag, and put it into cups. [494]

YELLOW DYE. There is a new stain for wood, and a yellow dye for cloth, which consists of a decoction of walnut or hickory bark, with a small quantity of alum dissolved in it, in order to give permanency to the colour. Wood of a white colour receives from the application of this liquid a beautiful yellow tinge, which is not liable to fade. It is particularly for furniture made of maple, especially that kind of it which is called bird's eye, and which is commonly prepared by scorching its surface over a quick fire. The application of the walnut dye gives a lustre even to the darkest shades, while to the paler and fainter ones it adds somewhat of a greenish hue, and to the whiter parts various tints of yellow. After applying this stain to cherry and apple wood, the wood should be slightly reddened with a tincture of some red dye, whose colour is not liable to fade. A handsome dye is thus given to it which does not hide the grain, and which becomes still more beautiful as the wood grows darker by age. Walnut bark makes the most permanent yellow dye for dyeing cloth of any of the vegetable substances used in this country. Care should be taken that the dye be not too much concentrated: when this happens, the colour is far less bright and delicate, and approaches nearer to orange. It is hardly necessary to add, that the dye should be boiled and kept in a brass vessel, or in some other which has no iron in its composition. A lively yellow colour for dyeing cloth, may be produced from potato tops. Gather them when ready to flower, press out the juice, mix it with a little water, and suffer the cloth to remain in it for twenty-four hours. The cloth, whether of wool, cotton, or flax, is then to be dipped in spring water. By plunging the cloth thus tinged with yellow, into a vessel of blue dye, a brilliant and lasting green is obtained.

YELLOW LEMON CREAM. Pare four lemons very thin into twelve large spoonfuls of water, and squeeze the juice on seven ounces of finely powdered sugar. Beat well the yolks of nine eggs; then add the peels and juice of the lemons, and work them together for some time. Strain the whole through a flannel, into a silver saucepan, or one of very nice block-tin, and set it over a gentle fire. Stir it one way till it is pretty thick, and scalding hot, but not boiling, or it will curdle. Pour it into jelly glasses. A few lumps of sugar should be rubbed hard on the lemons before they are pared, to attract the essence, and give a better colour and flavour to the cream.

YORKSHIRE CAKES. Mix two pounds of flour with four ounces of butter melted in a pint of good milk, three spoonfuls of yeast, and two eggs. Beat all well together, and let it

rise; then knead it, and make it into cakes. Let them first rise on tins, and then bake in a slow oven.—Another sort is made as above, leaving out the butter. The first sort is shorter; the last lighter.

YORKSHIRE KNEAD CAKES. Rub six ounces of butter into a pound of flour till it is very fine, and mix it into a stiff paste with milk. Knead it well, and roll it out several times. Make it at last about an inch thick, and cut it into cakes, in shapes according to the fancy. Bake them on an iron girdle, and when done on one side turn them on the other. Cut them open and butter them hot. They also eat well cold or toasted. Half a pound of currants well washed and dried may be added at pleasure. [495]

YORKSHIRE HAMS. Mix half a pound of salt, three ounces of saltpetre, half an ounce of sal prunella, and five pounds of coarse sugar. Rub the hams with this mixture, after it has been well incorporated, and lay the remainder of it upon the top. Then put some water to the pickle, adding salt till it will bear an egg. Boil and strain it, cover the hams with it, and let them lie a fortnight. Rub them well with bran, and dry them. The above ingredients are sufficient for three good hams.

YORKSHIRE PUDDING. Mix five spoonfuls of flour with a quart of milk, and three eggs well beaten. Butter the pan. When the pudding is brown by baking under the meat, turn the other side upwards, and brown that. Set it over a chafing-dish at first, and stir it some minutes. It should be made in a square pan, and cut into pieces before it comes to table.

YOUNG FOWLS. The following will be found to be a nice way of dressing up a small dish. Bone, singe, and wash a young fowl. Make a forcemeat of four ounces of veal, two ounces of lean ham scraped, two ounces of fat bacon, two hard yolks of eggs, a few sweet herbs chopped, two ounces of beef suet, a tea-spoonful of lemon peel minced fine, an anchovy, salt, pepper, and a very little cayenne. Beat all in a mortar, with a tea-cupful of crumbs, and the yolks and whites of three eggs. Stuff the inside of the fowl, draw the legs and wings inwards, tie up the neck and rump close. Stew the fowl in a white gravy; when it is done through and tender, add a large cupful of cream, with a bit of butter and flour. Give it one boil, add the squeeze of a lemon, and serve it up.

YOUNG ONION SAUCE. Peel a pint of button onions, and lay them in water. Put them into a stewpan with a quart of cold water, and let them boil for half an hour or more, till they are quite tender. They may then be put to half a pint of mushroom sauce.

FINIS.

J. AND R. CHILDS, PRINTERS, BUNGAY.