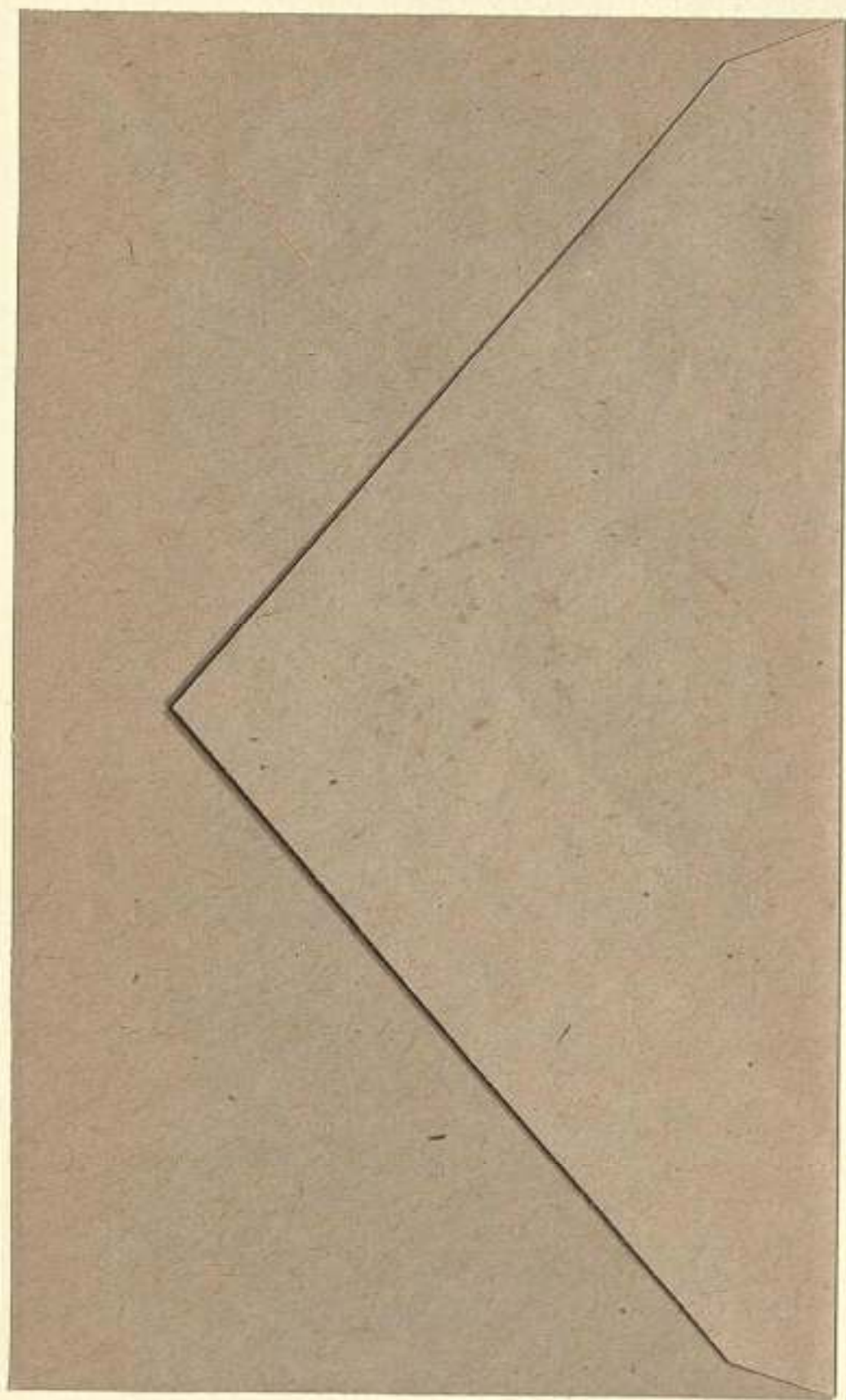




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GERVASE MARKHAM

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CONTENTMENTS

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# COVNTREY Contentments,

IN TWO BOOKES:

The first, containing the whole art of riding  
*great Horses in very short time, with the breeding, brea-*  
*king, dyeting and ordring of them, and of running, han-*  
*ting and ambling Horses, with the manner how*  
*to use them in their trauell.*

Likewise in two newe Treatises the arts of hunting,  
*hawking, coursing of Grey-hounds with the lawes of the leash,*  
Shooting, Bowling, Tennis, Baloone &c.

By G. M.

*The Second intituled,*

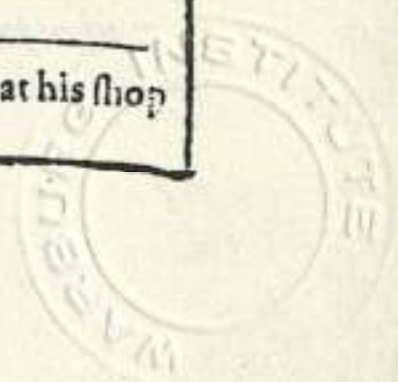
## The English Husvwife:

*Containing the inward and outward vertues which ought*  
*to be in a compleate Woman: as her Phisicke, Cookery,*  
*Banqueting-stuffe, Distillation, Perfumes, Wooll, Hemp,*  
*Flaxe, Dairies, Brewing, Baking, and all other*  
*things belonging to an Household.*

A worke very profitable and necessary for the generall  
good of this kingdome.

*A vne ie seruierai.*

Printed at London by I B. for R. Jackson, and are to be sold at his shop  
neere Fleet street Conduit, 1615.







TO THE THRICE NOBLE  
and vertuous Maintainer and furthe-  
rer of all lawfull and worthy pleasures Sir  
THEODORE NEWTON Knight.

**S**ir, howsoever banished by the necessitie of mine af-  
fares from your presence (in which once I built the  
best and happiest estate of my life, beginning to loue it  
because I found you did imploy it) yet can I neuer be  
seperated from your remembrance, because it is all  
the ioy which is likely to liue and die with me; witnesse my Soule  
that shewes me no wordly lesson, so much as the beneficiall fauours  
I haue reaped from your vertue; which to ac<sup>k</sup>nowledge with a more  
earnest and serious feruencie, I haue sent this poore Booke to kisse  
your hand, and speake to you in platne and short rulcs those speeches  
which you haue beene willing to heare from my mouth, not doub-  
ting but they shall giue you satisfaction, and make mee liue both  
with you, and the inheritors of your vertues to the last age? they are  
true and easie, drawne from these last times, not borrowed to bestow  
with a flattering insinuation, but faithfully drawne from art, and  
from those experiments which I once thought should haue slept in  
the graue with me: but hauing liued so long from your eies (which  
I protest my soule true loues) I studied to thinke what gratefull  
Embassador I might send to speake I loue you; and finding none  
which I thought you would better heare then this, I furnisht him  
with the best instructions I could, and sent him one'y attired in his  
owne vertue to tell you what I doe, and what I will doe is euer to  
liue and die at your Service.

Geruaſe Markeham.

## *To the best disposed Readers.*

**A**ny and sundry may be the constructions and censures of this Booke ( Courteous and well disposed Reader ) because I haue in former time written so largely of some part of the subiect contained herein; but I would haue no man mistaken in his owne preiudicate opinion, but truly vnderstand that this is neither epitomy, relation, extraction, nor repetition either of mine owne, or any other Author whatsoever, but a plaine forme of doing things by a neerer and more easie and safer way then euer hath hitherto bene discovered, drawne from our latest experiments in true Art, and finding a neerer way to our ends by many degrees: for what before could not be done in diuers yeeres, here you shall see how to effect in few months, and what we bestowed months vpon to seeke, now we may find in few weekes The reasons which induc't me to this labor were these, first to giue satisfaction to the friends and fauorers of my former workes, that when they here men discourse of these passages to our delights, they may yet know that the first was neither ill nor vaine, but what now is deriued from it, and that albe we may bee lesse curious, yet the curiosity is not altogether vnprofitable, but both ioined together may make an absolute vnderstanding. Then to giue ease and light burthen to the heauy and duller memory, whom the tediousnes of a great worke may discourage: and lastly because my former labor is vtter'y out of print, whereby the Kingdome is deprived the benefit I intended: I thought good to haue something liuing of lesse price, & as great (perhaps greater) profit, which should satisfie all vertuous mindes in any thing required, within the compasse of those former shewed Recreations; not doubting but howsoeuer Men may at first giue a light suruay to these papers, yet if they once take paines to read them, they will after affirme them worthy of choice bosomes: And with this settled resolution I leaue them to thy view, and thee to thine owne rest.

*Ever one, Cernase Markham.*



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**FINIS.**



THE  
**HUSBANDMANS**  
 Recreations: contayning the whol-  
*some exercises, in which any man ought to*  
*recreate himselfe, after the toile of*  
*more serious businesse.*

The First Booke.

CHAP. I.

*Of Hunting, and all the particular knowledges belonging ther-  
 unto.*

**H**aving already in my former worke of the  
*English Husbandman*, set foorth in sufficient  
 largenesse, the toile and industrious labors  
 of the carefull *Husband-man*, and how  
 both his minde, and bodie ought in euerie  
 season to be employed, for the effecting and bringing  
 foorth of those whollome profits, which God hath ap-  
 pointed for the maintenance of him, and his family. I  
 thinke it not amisse to speake of those lawfull and praise-  
 worthy exercises or recreations, in which (with Gods  
 feare, and care of not offending his neighbor) he may  
 soberly spend those howres which he shall bestow in the  
 checrefull reuiuing and stirring vp of his spirits, being  
 formerly wearied or foredoon with the heauey toile of  
 B for:

more vnpleasant (though more profitable) studies, both because it is intended that a man so good and vertuous as the true *Husband-man* is, should not be deprived any comfort, or felicity, which the earth, or the creatures of the earth can afford vnto him, being indeed the right Lord and Master (next vnder God) of them both; as also for the necessity thereof, being the strength and inabler of the minde, to vndergoe the weightiest affaires that can any way poise, or beare downe imagination. Hence it comes that the heathen sages of the first world, founded with their Lawes, their feasts, with their labors their *Olimpicks*, and with their warfare, their triumphs, Nay, at this day we see the severest pedants wil giue their schollers their play-daie; and the most couetous masters will binde their hirelings but to certaine howres; every toile exacting (as out of duty) some time for recreation: Neither was there any *Stoick* found so cruell, either to himselfe or nature, but at sometime or other hee would vnbend his minde, and giue it liberty to stray into some more pleasant Walkes, then the myry waies of his owne wilfull resolutions. As I haue obserued in the course of many men of exceeding strickt iues, to whom able severity of profession, infirmity of body, and age, or such like haue taken away all annuall recreation, yet haue their mindes begot vnto themselves some habits or customes of delight, which haue in as large measure giuen them contentment, whether they were their own, or borrowd, as if they had been the sole Actors of the same.

But why wade I thus farre in this vntroubled streame; let it suffice then, that as Recreation is most necessary, so to none it is more due, then to the *Husband-man*: and heerin you may not expect, that I will goe about to limit and prescribe what recreation hee shall vse, binding all men to one pleasure? God forbid: my purpose is  
meerly

meerly contrarie: for I know in mens recreations, that nature taketh to herselfe an especial prerogative, and what to one is most pleasant, to an other is most offensive some seeking to satisfie the minde, some the body, and some both in a ioynt motion.

I will therefore, as far as my skill and knowledge will extend, figure foorth to the life euery seuerall recreation, leauing no limb and member imperfect, and then leaue vnto the choice of the *Husband-man*, that which shal best agree with his spirit, not douting but as they are in themselves lawfull and modest, so he will vse them according to the worthynesse of his owne and their vertues. Now for as much as these sports are many and diuers, I thinke it not amisse to begin and giue that recreation precedence of place which in mine opinion (how euer it may be esteemed partiall) doth manie degrees goe before, and precede all other, as being most royall for the statelines therof, most artificial for the wisdom & cunning therof and most manly and warlike for the vse and indurance thereof. And this I hould to bee the hunting of wilde Beasts in generall: of which, as the Chases are manie, so wil I speake of them particularly in their proper places.

*The praise  
of Hunting.*

But before I proceed anie further I will tel you what *Hunting* is, and from the true definition thereof, make your waie more easie and plaine into the hidden Art of the same. *Hunting* is then a curious search or conquest of one Beast ouer an other, pursued by a naturall instinct of enmitie, and accomplished by the diuersities and distinction of smells onelic, wherein *Nature* equallic deuiding her cunning giueth both to the offender, and offended strange knowledge both of offence and safety. In this recreation is to be seen the wonderfull power of God, in his creatures, and how far rage and pollicie can preuaile against innocence and wisdom: But to proceed

*What Hun-  
ting is.*

*The diuersity of Chases* proceed to my maine purpose, you shall vnderstand that as the Chases are many which we dayly hunt, as that of the *Stagge*, the *Buck*, the *Roe*, the *Hare*, the *Fox*, the *Badger*, the *Otter*, the *Beare*, the *Goate*, and such like, so the pursuers or conquerours of these chales (speaking of *Hunting* onely) are but one kinde of creatures, namely, *Hounds*. Now of these *Hounds* there are diuers kindes, as the *slow-bound*, which is a large great dogge, tall, and heauy, and are bred for the most part in the West countreys of this Kingdome, as also in *Ches-shire*, and *Lanca-shire*, and most woodland, and Mountanous Countries: then the middle sized dogge, which is more fit for the Chase, being of a more nimble composure, and are bred in *Worster shire*, *Bedford-shire* and many other well mixt soiles, where the *Champaigne* and court are of equall largenesse, then the light, nimble, swift flendre dog, which is bred in the North parts of this kingdome, as *Yorke-shire*, *Cumberland*, *Northumberland*, and many other plaine champian countries: and lastly the little *Beagle*, which may bee carried in a mans gloue, and are bred in many countries for delight onely; being of curious sentes, and passing cunning in their hunting; for the most part tiring, but seldome killing the prey, except at som strange aduantage.

*Colours of Hounds.* These *Hounds* are of diuers colours, and according to their colours, so we elect them for the Chase: as thus for example; The white hound, or the white with blacke spots, or the white with some fewe liuer spots are the most principall best to compose your Kenell off, and will indeede hunt any Chase exceeding well, especially the *Stagge*, *Buck*, *Roe*, or *Otter*, for they will well indure both woods, & waters: yet if you demand which is the best, & most beautiful of all colors for the general Kenel, then I answere the white with the black eares, and black spot at the setting on of the taile, and are euer found both of good sent, and good condition. The black hound, the

black laund, or he that is al liuer hewd, or the milk white, which is the true *Talbot*, are best for the string or lyam, for they doe delight most in blood, and haue a naturall inclination to hunt dry-foot, and of these the largest are euer best, and most comely. The grissell which are euer most commonly shag-haired, or any other colour, whether it be mixt, or vnmixt, so it be shag-haired are the best varminers, and therefore are chosen to hunt the *Fox*, *Badger*, or any other hot sent: they are also exceeding good and cunning finders: and therefore of *Huntsmen* not thought amisse to haue one or a couple in euery Kennell.

For the shape of your *Hound*, it must be according to the climate where he is bred, and according to the natural composition of his body, as thus, if you would choose a large, heauy, slow, true *Talbot*-like hound, you must chole him which hath a round, big, thick hed, with a short nose, vprising, and large open nostrils, which shews that he is of a good and quick sent, his eares exceeding large, thin, & down hanging much lower then his chaps, & the flews of his vpper lips almost 2 inches lower then his nether chaps, which shews amerry deep mouth, & a loud ringer, his back strong and straight, yet rather rising, then inwardly yeelding, which shews much toughnesse and indurance, his fillets would be thick, & great, which approue a quick gathering vpr of his legs without pain, his huckle bones round, & hidden, which shews he will not tyer, his thighs round, and his hams straight, which shews swiftnesse, his taile long, and ruff growne, that is big at the setting on, and small downward which shews a perfect strong chine, & a good wind, the hair vnder his belly hard, & stif, which shews willingnesse and ability to endure labour in all weathers, and in all places, his legges large, and leane, which shews nimblenesse in leping, or clyming, his foot round high knuckled, & wel  
The shape  
and propor-  
tion of  
Flounds.  
clawed,

clawd, with a drie hard soale, which shews hee will neuer surbait, and the generall composition of his body, so iust, and euen, that no leuell may distinguish whether his hinder, or fore-part be the higher; all which shew him of much ability, and that in his labour he will seldom finde any annoyance: but if you will choose a swift light *hound*, then must his head be more slender, and his nose more long, his eares and flewes more shallow, his backe broad, his belly gaunt, his taile small, his ioynts long, his foot round, and his generall composition much more slender, and Gray-hound-like: and thus in the generallity for the most part, and all your *Yorke-shire* hounds, whose vertues I can praise no further then for sent and swiftnesse, for to speake of their mouthes, they haue onely a little sharpe sweetnes like a ligge, but no depth or ground like more solemne musique.

*The composition of kennels.*

Now to speake of the composition of Kennels, though there is a most certaine known betterhood, yet it is to men like bewtie, each allowing best of that which agrees with his owne affection: therefore when you intend to set vp a Kennel of *Hounds*, examine your fancy what bee the best pleasures you take in *Hounds*, whether it be cunning in *Hunting*, sweetnesse, loudnesse, or deepnesse of crie, whether it be for the trayning of your horse, or else but meerly for the exercise of your owne body, being otherwise subiect to grossnesse and infirmitie, if it bee for cunning *Hunting*, you shall breed your dogges from the slowest and largest of the Northern *Hounds*, and the swiftest and slendrest of the West countrie *Hounds*, being both male, and female approued to be stanch, faire, and euen running, of perfect fine sent, and not giuen to lie off, or looke for aduantages. These *Hounds* will neither bee so exceeding slow, that you shall wast many daies without some fruit of your labour, nor so vnnimble  
that?

*The middle sized dog for cunning.*

that you shall need men to help them ouer euery hedge, as I haue many times seen to my much wonder, but ha- uing both strength and nimblenesse, will hould you in continuall delight and exercise: for these middle sized dogs are neether so swift that they will far outrunne the sent, and so fetch many tedious rings to recover it, nor so slow, that for want of speed they will loose the sent, and let it grow cold by their owne lasinesse; but being euer and anon vpon it, bring the Chase to such a narrow exi- gent, that the poore Beast shall be forct to trie all the skil nature or strength hath lent it to preserue life: and the *Hounds* on the other side all their paines, and the *Huntf- mans* cunning, to vndoe the intricate doubles, skippes, squats, and windings with which they shall be perplexed, and in this mediocrity of *Hunting*, shall your eie (if the couert be not to extreame thick) take a perfect viewe of all the art and cunning in euery passage, so that I con- clude the middle seized hound, of good strength, sound mouth, and reasonable speed, which will make a horse gallop fast, and not runne, is the best for the true Art, and vse of *Hunting*.

If you would haue your Kennell for sweetnesse of cry, then you must compound it of some large dogges, *For sweete. nesse of cry* that haue deepe solempe mouthes, and are swift in spen- ding, which must as it were beare the base in the consort, then a double number of roaring, and loud ringing mouthes, which must beare the counter tenor, then som hollow plaine sweete mouthes, which must beare the meane or middle part: and so with these three parts of musique you shall make your cry perfect: and heerein you shall obserue that these *Hounds* thus mixt, doe runne iust and euen together, and not hang off loose one from an other, which is the vildest sight that may be, and you shall vnderstand that this composition is best to be made  
of

of the swiftest and largest deep mouthed dog, the slowest middle sized dog, and the shortest legd slender dog, and if amongst these you cast in a couple or two of small flinging Beagles, which as small trebles may warble amongst them: the cry will bee a great deale the sweeter.

*For loudnes  
of cry.*

If you would haue your Kennel for loudnes of mouth you shall not then choose the hollow deep mouth, but the loud clanging mouth, which spendeth freely, and sharply, and as it were redoubleth in the vtterance: and if you mix with them the mouth that roareth, and the mouth that whineth, the cry will bee both the louder, & smarter; and these *Hounds* are for the most part of the middle size, neither extreame tall, nor extreame deep flew, such as for the most part your *Shrop-shire*, and pure *Worster-shire* dogs are, and the more equally you compound these mouthes, hauing as many *roarers*, as *spenders*, and as many *whiners*, as of eyther, of the other, the louder, and pleasanter your cry will be, especially if it be in sounding tall woods, or vnder the echo of Rocks.

*For deepnes  
of cry.*

If you would haue your Kennel for depth of mouth, then you shall compound it of the largest dogges, which haue the greatest mouthes, and deepest flewes, such as your West Countrie *Ches shire*, and *Lanea-shire* dogs are, and to five or six couple of base mouthes, you shall not ad aboue two couple of Counter-tenors, as many Meanes, and not aboue one couple of Roarers, which being heard but now and then, as at the opening or hitting of a sent, wil giue much sweetnes to the solemnnesse, and grauenesse of the cry, and the musique thereof, will bee much more delightfull to the eares of every beholder.

If you would haue your Kennel for the trayning of your horse onely, labouring thereby to bring him to the full perfection of speed, trutche, and toughnes, then  
you

you shall compound your Kennell of the lightest, nimblest and swiftest dogs, such as for the most part all your Northerne *Hounds* are, which running swiftly away with the Chase will draw your horse vp to that extraordinary speed, that he wil forget all ease or loitering, and acquainting himselfe daile with the violence of such exercise, being so familiar therewith, that in the end it will bee lesse troublesome vnto him then a slow gallop, and hence it was and is that the Northparts are so famous for the touch and swiftnesse of their horses aboue all other Countries in this Kingdome: for it is most certaine that their horses are not better bred there, then in other places, but their exercise is much stronger, and violent, through the naturall swiftnes of their *Hounds*; insomuch that vnlesse a horse eyther out of nature or education, be brought to a more then ordinary speed, it is imposible, that his master should either see sport, or keep company with his companions.

Therefore I would haue al yong Gentlemen, which are adicted to the delight of *Hunting* or running horses, by all meanes to traine them vp after the swiftest *Hounds*: for it is the gretest deceit and cosenage a man can bestow vpon himselfe to doe the contrary, as I haue seen many times in mine own experience, when a Gentleman who hath supposed his *Hounds* to be swift, which indeed were but of a middle speed, and hath seene his horse follow them all daie lustily and strongly, in euerie Chase able to commaund the formost *Hound* at his pleasure, hee hath immediately in his own iudgement concluded his horse swift and matchable with the best, and from that opinion ingaged him against a knowne swift horse for great sums of money, then when the day of tryall hath been come, the horse which had been trayned after slow dogs, coming to follow those that were indeed swift, haue been

*A good earnest to gentlemen.*

drawne so far beyond the vsuall manner of former exercise, that he hath giuen ouer the Chase before the day hath been halfe spent. This caueat I giue for all mens instructions, because I haue seen the losse which hath growne thereby: and now to returne to my purpose; your Kennell thus composed of the swiftest *Hounds*, you shall as nigh as you can sort their mouthes into three equall parts of musique, that is to say *basse*, *countertenor*, and *meane*; the *basse* are those mouthes which are most deepe and solempe, and are spent out plaine and freely, without redoubling; the *counter-tenor* are those which are most loud and ringing, whose sharp sounds passe so swift that they seeme to doole and make diuision; and the *meane* are those which are soft and sweet mouthes, that though plaine, and a little hollow, yet are spent smooth, & freely, yet so distinctly that a man may count the notes as they open. Of these three sorts of mouthes if your Kennell be (as neer as you can) equally compounded, you shall finde it most perfect and delectable: for though they haue not the thunder and loudnesse of the great *dogges*, which may bee compared to the high winde instruments, yet they will haue the tunable sweetnes of the best compounded consorts, & sure a man may finde as much Art and delight in a *Lute*, as in an *Organ*. But heere methinks a too tender louer of a horse stands at my elbow, and puls me by the care with this obiection, that to traine horses after *dogges* of this exceeding swiftnesse, will be a labour of that violence which a yong horse will hardly endure: for first it wil drawe him so suddainly from his winde, that it wil breed stopping in his body, and choaking vp the passages of his breath, hazard the breaking of his lungs, or the rimme of his belly, as hath been many times seen in horses of great mettall: next the horse being young, and vnacquainted with

exerc-

*Obiections  
against  
swift hounds*

exercise, it will breed in him a wearinesse and loathing of his labour, and nothing is well done, that is not done with delight: lastly, the horse being foule of body, and vnpurged, it may melt his grease too soone, straine his sinews and tender gristles too much, and breed many diseases, foule, and incurable, of which onely too violent labour is the ground-worke.

To this obiection I thus answere, that albeit the labor be for the time most vjolent, yet it is not of so long continuance as that which is more slow, and to run twelue score swiftly is not so painefull, as to walke twenty miles: for you must vnderstand that these swift *Hounds* out of their mettall and swiftnesse doe soone ouershot and run beyond the sent, and then retiring back vpon it againe, giue the horle time to ease himself, and catch new breath whereas the slower *dogges* carrying the sent euer before them, keep your horte to a continuall labour, which is more painefull, and makes him a tough enduring lackey, but not a most swift running Gentleman, besides the many faults, castings about of the swift *dogges*, adde such a comfort to the horse, who perceiueth the strength of his labor to haue no ease till he come vp to those faults, that he will out of the willingnesse of his owne nature, double his courage to pursue them most swiftly, seeing his ease is euer the greater, by how much hee keepeth euer neerer to the *Hounds*: for the danger of bursting, melting his grease, and other infirmities, the discretion of the *Rider*, and skill of the *Kepeer* must preuent; of whose Offices I shal haue cause to write more largely in a Chapter following: for be assured those dangers may happen as wel after the slowest *dogges*, as the swiftest.

But to my purpose, since *Hounds* are the subiect of my discourse; You shall vnderstand that these swift *Hounds* are, as is before said, out of their hast, nimblenes, and met-

*The answer*

*Correction  
of swift  
hounds hasts*

tall, more subiect to make defaults then other *Hounds*, yet full as curycous and good of sent as any other, as you shall perceiue by the quick knowledge and apprehension of their own errors, casting about of themselves, and recouering the sent, and so going away with the same before any *Hunts-man* can come in to helpe them: yet I would wish euery gentleman-like *Husband man*, in the composition of this *Kennell* to haue some staunch olde *dogges* amongst them, which running more soberly, yet close with them, may sit vpon the sent, when they overshut it, and so call them back, and giue them their losse without more trouble. Also I would haue both in this *Kennell*, and euery other, a couple at least of good finders, being *dogges* staunch of mouth, and not able to open except they lie vpon a certaine traile: for these will bee great furtherers of your sport, and make your younger *dogges* a great deale more mute and painefull.

*Of the high way sounds*

You shall also in this & all other *Kennels* haue at least a couple of good high-way *dogges*, that is to say, *Hounds* of such cunning and perfect sent, that they will hunt as well vpon a dry, hard, high-way, (where you cannot pricke forth the passage of your chace) as vpon the freshest moulde, or will hunt as truly through flocks of sheep, or heards of beasts, as vpon the grounds where few or no beasts come; these are called *Hounds* for the high-waie, or guides of the *Kennell*, and are exceeding necessary, and fit for all mens pleasure: for they take from the *Hunts-man*, both sense of paine and anger.

*The kennell for exercise of body.*

Lastly, if you would compose a *Kennell* onely for the exercise of your owne body, or maintenance of health, you shall first draw into your consideration your owne ability, as whether you will make your exercise on foote, or horse backe. If your delight and ability drawe you to hunt on foote, then I would wish you to compose your

*Kennel*

*Kennell* of the biggest and slowest *dogges* you can get respecting only cunning *Hunting*, and depth of mouth, and this *Kennell* you shall make so *staunch*, and obedient to your commaund, that when they are vpon the hottest sent, or in the egerst of the chase, to step before them, and cast your hunting pole but before their eies, they shall suddainely stop and hunt after you in full cry, with no more speed then it shall please you to leade them, and then when you please to let them goe before you again, to passe away with the sent roundly and without stay. This manner of *Hunting* will carry with it a two-fould delight, the one of inioying the musique of their voices, the other, the cunning of their noses; each striuing to go before, yet none presuming without leaue to goe before; by this ru'e you shall bring the hottest sent, and the coldest sent to one manner of swiftnesse, and so neyther offend your bodie with too much, nor too little exercise. But if you will take your exercise on horsebacke, because infirmitie will not let you runne afoote, then you shall compose your *Kennell* of the slowest of middle sized *Hounds*, who shal haue both good mouthes, and loud, & noses of most readie sent, and perfect hunting; and if you bring these hounds also to the former obedience of stopping, and hunting after you, it will be exceeding good, and delightfull, both to your eies, and cares, and so bring your *Hounds* to temperance and coolenesse in *hunting*, that taking the frensie and greedines of hast from their mindes, they will make your sport much longer, and lesse wearie then else it would be.

But some wil answere mee, that albeit they haue infirmities, which detaines them from running a foot, or labouring like lackies or drudges, yet they can endure ordinary and orderly walking, such as shal bee fit for any moderate exercise; and therefore they would hunt on

foote, yet the great *Hound* they like not for two causes, first his chargeable and troublesome keeping, and next his noisomnesse and pestering company in a house that is but streight, and of no more then necessary vse: to these I answer that it is good for them to keepe the little small mitten *Beagle*, which may be companions for a Ladies Kirtle, and in the field wil hunt as cunningly as any hound whatsoever, onely their musique is very smal, like reeds, and their pace like their body, onely for exercise, and not for slaughter.

*Of the  
hounds kennel.*

Having thus composed your *Kennell* of *Hounds* according to the humor of your own fancy and delight, it shal be meet then that you frame a *Kennell* or house to keepe them in, wherein they may lie drie, and haue their foode and other necessaries about them, without troubling your dwelling house, or giuing offence by their greedinesse or rauening.

*The situation  
of the kennel.*

This *Kennell* for *Hounds* would be placed a pretty distance from your dwelling house, neare som river, pond, spring, or other fresh water: it would also stand against the side of some banke or hill, which looking directly against the *East*, the morning sunne might rise vpon the same, and not loose the sight of it till at least two or three howers after noone, which will be a great refreshing and and comfort vnto the *Hounds*, which loue naturally to stretch, trim, and pick themselves in the sunne: against the side of this hill would be cut or digged diuers large and broad seats one aboue an other, containing at least five foot in breadth, and two foot and a halfe in height, which seats would bee either boarded, or wated with stakes and small wands on the sides to hold vp the earth from falling, and also close boarded aloft, whereon you shall lay fresh and sweet straw for your dogs to lie vpon, the number of these seats would bee according to the  
number

number of your *Hounds*, and the quality of the earth in largeness: over these seats would be made a close and well tiled shed, open no way but vpon the *East*, and in such manner that it may defend either al or most part of the seats from rain, wind, or any tempest. from the lowest part of these seats forward, you shall make a large green court, being either wald paled, or otherwise very strongly fenced about, in which your *hounds* may play, sport, scummer, and doe other offices of nature fit for their health: also in this court, in the most conuenient corner of the same, you shall build a little house or Lodge, with a spacious and large chimney in the same, wherein in the wintertime you shall allow fire, before which your *dogs* returnd from hunting may stretch, pick, dry, & trim themselves, which is an exceeding comfort vnto them, and will make them more strong and able to endure their labour, and also keep them wonderfully well, both from the maungie, and other filthy diseases which proceed from colds taken after violent heating: In this chimney your *Huntsman* shall haue a large Cawldron, and other necessaries, as ladels, skummers, and such like, for preparing and making ready of all such warme meate as you shall allow vnto them, which if it be sweet is called, *maugge*, if otherwise *carrion*, or *garbage*: about this lower roome shall be your *Huntsmans* lodging, wherein hee shall also keep his coopes, liams, collars, trashes, boxes, and pots, with salues and ointments for the cure of such infirmities as shall happen amongst them, and all other necessaries any way belonging vnto his office. In an other part of the court, and neereft vnto the house, you shall place troughs and tubs, some for their meate, and some for sweet water; all which must be kept very neate and cleane; and water must by no meanes at any time be wanting, yet oft renewed; and the vessels scoured  
for

for sweetnesse sake: for the *Hunts-man* ought to hold it for a rule, that nothing bringeth more health then cleanness: Into this *Kennell* you shal by no meanes bring at any time carrion, because it will make the place vnfaoury and vnfit for any man of worth to looke into, and sure it ought to bee a place fit for euery worthy eie

Of feeding  
of hounds.

Now your *Kennell* being thus orderly, and well Prepared, it is meet that now I shew what meate is meetest for *hounds*; how it shal bee prepared, and how they shal be fed: first, then intending that I onely speake of *huntinghounds*, that is to say *hounds* which are in continual vse and action, you shall vnderstand that in their daies of rest, the strongest and lustiest meate you can giue them both for rayling them vp when they are low hunted, or for keeping them in strength when they haue lust within them: is either horse flesh newly slaine, and warm at the feeding, the intralls and garbage of Beasts (lungs onely excepted) or the heads, plucks, and bowels of sheep, or generally any carrion which is not old, or cold after the death, to feed them for perfectnes of *Hunting*, and to keep their sents fine, pure, and cleane, or to purge the stench of the carrion out of their noses, that thereby they may vndergoe their worke with more cunning, the best food is to giue them *maugge*, made either of ground Oates, Barley Meale Branne, or mildust well scalded and boyled together, or any of these two mixt together & scalded with beefe-broath, or any other broath, in which flesh hath bene sodden, so as it bee not too extreame salt.

Now for the vse and manner of feeding with these meats (as I said before) horse-flesh, garbage, and other carrion, is onely too breed strength, and lust in a *hound*, and is to be giuen onely when a *Hound* resteth; because  
the

the strength and smell of the same will so cloy and stop the *hounds* nostrills, that he can hardly distinguish or vnderstand any finer sent, & so breed much hindrance to his *Hunting*: Thererore you ought euer to feed your *Hounds* at least the day before you hunt, if not more, with sweet meate.

Now for the manner of feeding with horse-flesh, or any other carrion, you shall bee sure to haue it a good distance from your Kennell, and so as it may be no annoyance cyther to your owne neighbours or traouellers in the high waie; then first before your *Hounds* touch it, with your knife take off the skin, then open the body, take out the bowels and rip them, then if the body be more then either your *Hounds* can or must eate, take off a legge, or a shoulder, or such part as you thinke fittest to preferue, and lay it by, then let your hounds feed on the rest till their bodies be well filled; which don, draw your *Hounds* home, and vpon som stangge for the purpose carry with you that which you saued; which as soone as you haue shut vp your *Hounds*, you shall beare to the river or fresh water, and lay it in the same till you haue occasion to vse it; for it will keep it sweet a weeke or more at least, if need require.

Now for feeding with Maug, or sweet meat, it would euer be don the day before you hunt, and as it is to bee prepared in the Kennell, so you shall let them eate it in troughs, within the Kennell, for thar wil make them take delight in the place, and this Maugge must euer bee giuen warme, and made somewhat thick, and if you white it ouer with milke, or botter-milke, and if you cast into it chippings, crusts of bread, bones, broken meat, or scrapings of trenchers, it will be better, and they will eate it with more greedinesse.

If you haue *Hounds* that are poore, weake, or sickly,

D

which

*Meate for  
sicke, and  
weake  
hounds.*

which you would suddenly recouer and bring vnto hunting : Then if you take sheepes heads woll and all, and hacke, hew, and bruse them in many peeces ; then boile them with oatmeale and penny roiall, and make strong pottage of the same, and giue altogether warme to your sicke *Hounds*, and it will sodainely recouer them, if once in a weeke also you giue them a full meale of warme horse flesh, it is very soueraigne.

*Best houres  
of feeding.*

Now for the best times of feeding, it is held amongst all our best experienc't *Huntsmen*, to be in the daies of rest early in the morning before Sunne rise, and in the evening at Sunne set ; But in the daies of *Hunting*, you shall let them goc fasting out of the *Kennell*, and feed them as soone as you come home to the *Kennell*, or before in your way homeward, if you haue anie horse flesh, or other carion readilie provided ; otherwise with such meat as you haue, so it will fill their bellies, for a *Hound* by no meanes would be pinched of his bellie after his labour, and therefore be sure if your meat be course to fil his guts well, if it be sweet, strong and comfortable, then lesse wil serue him.

*A proporti-  
on of meat.*

And here I thinke it meet to speake of a conuenient proportion of food, for the maintenance of a *Kennell* of good *Hounds* ; whercin you shall vnderstand that three bushels of Oates or Barley meale, with halfe so much branne or mill-dust, is a fit weekely proportion to keepe nine or ten couple of *Hounds* ; with a little helpe of horse flesh, if the *Hunts-man* be any good husband, and painefull as he ought to be in finding out Horses, scraps, crusts and bones, which almost abound in euery mans House of any worth or reckoning: and by imploying that which is sau'd in the daies of labour to increase the proportion when need shall require : Many much large quantities I haue knowne, and doe know allowed at this day in di-  
uers

uers places ; but I haue held it abuse to the Master, and either a couetousnesse or negligence in the *Hunts-man*, by whose vnskilfull greedinesse I haue seene many tiered out of their pleasures : Therefore bee assured this quantity already named will fully suffice ; nay euen to please a most wanton curiosity, and surely much lesse if a painefull *Hunts-man* haue the gouernement : for I shall neuer see fairer or better kept *Hounds*, then I haue seene maintained with halfe this proportion ; but as I would not be too lauish in my directions, so I would much lesse be too strait handed ; hoping that euey man of honesty and trust will order his affaires with discretion.

*Ordering of  
Hounds af-  
ter hunting.*

Now for the ordering of your *Hounds* after they haue done hunting, you shall if you feed them abroad, or otherwise as soone as you bring them into the *Kennell*, wash all their feet either with a little warme butter and beare, beefe broth, or water wherein mallowes and nettles haue beene boiled soft and tender, you shall picke euey cley and search the foot for thornes, stubs, or any other prickings, you shall looke that the straw whercon they lie be sweet and fresh ; and if it be in the strength of winter, after they are fed, you shall suffer them for an houre or two to beake and stretch themselues before the fire, ere they goe to lie downe for all night, and by no meanes trouble them as long as they licke, picke, or trim themselues ; but that once finished, you shall force them from the fire, and make them find out their lodgings.

Next vnto these precepts, it is meet you be skilfull in curing of all the diseases in *Hounds*, of which as there be many, so here you shall pertake many rules for the same both perfect, certaine and excellently approoued by late experience. And first of al in as much as it is an infirmity of al other most generall, natural, and as it were not to be deuided from *Dogs*: I wil beginne with the killing of fleas

*The curing  
of diseases  
in Hounds.*

*Of killing  
fleas and  
lice.*

and lice, and such like vermine in *Hounds*, which proceeds from filthy keeping, rotten and moist lodging, and want of shifting of straw when it growes short by much lying on: if then your *Hound* be troubled with fleas or lice, you shall take Rue or Hearbe of grace foure or five hand full, and boile it in a gailond of running water, till a pottel be full consumed; then straine it through a course cloth, and put to it two ounces of strong Stauesaker beaten to powder, and being warme, bath your *Hound* therewith, and it will destroy them.

To kill  
wormes.

If your *Hound* be troubled with wormes, which is very generall amongst them, especially the young *Hounds*, then you shall take a pint of new milke and mix it with a good quantity of the flowers of Brimstone, and so giue it lukewarme vnto the *Hound*, and it will not onely scower away all manner of wormes, but all other filthinesse bred in the body of a *Hound*, either by labor or surfet.

Biting with  
venemous  
beasts.

If your *Dogge* haue beene bitten by either Snake, Adder, or any other venemous thing, take the hearbe *Calamint* and beat it in a mortar, with Turpentine and yellow wax till it come to a plaster, and then apply it to the sore and it will heale it: Also if you boile the hearbe in milke and giue the *Dogge* it to drinke, it will expell all inward poison.

Biting with  
a mad dog.

If your *Hound* haue beene bitten with another madde *Dogge*, which is a disease exceeding dangerous and mortall, you shall presently wash the place so bitten with Sea water, or a very strong brine, and it will saue and cure him, or els take the hearbe called *Yarrow* and beate, a handfull thereof in a mortar, with a handfull of wheate till it come to a saluc, and then lay it to the sore, and it will heale it, and if you poure into his stomacke as much *Methridate* as a hasell nut, dissolued in sweet wine, and it will

wonderfully scoure and preserue him from the infection of the inward poison.

The infirmity of madnesse it selfe in *Dogs*, is common and oft to be seene, and though it be altogether incurable, yet if a man be experient in the first signes or characters of madnesse, he may preuent diuers mischiefes and most mortall euils, which insue for want of such knowledge, and albe he loose one *Dogge*, yet he may saue all the rest: the first signes therefore to know when a *Dogge* is entring into this disease, is a mellancholie seperating himselfe from other *Dogges*, and walking vp and downe alone, oft casting vp his head into the wind, and looking vpward, his taile at the setting on rising vpward, and the rest hanging downe, his mouth will foame and be full of flauer or white froth, as he runneth vp and downe he will hastily snatch at euery thing that hee meeteth with yet, but onely giue one snatch and away, his eies will be red and more fiery then other *Dogges*, and his breath will be strong and of a filthy fauour, any of these signes when you shall perceiue, you shall presentlic seperate him from other *Dogges* and kill him, for vnto the disease is no cure.

*Of a madde dog & the signes.*

If your *Hound* be gauld, or his skinne torne in any part, you shall onely take *May* butter, yellow waxe, and a little vnslickt lime beaten together like a salue, and therewith annoint the sore place, and it is a present cure.

*Of gauling,*

If your *Hound* (as they are much incident therunto) haue vpon him any tetter or drie scab, you shall take of blacke inke, the iuice of mints, and vineger of each a like quantitie, and mixe them together with the powder of brimstone till it be thicke like a salue, and then annoint the tetter therewith till it bleed, and it will soone kill and cure it.

*Of a tetter:*

If your *Hound* be troubled with the itch, you shall take

*For the itch.*

nerue-oile and beat it with quickesilver till the quickesilver be kild, and the salve turn'd to a pale yellow colour: then with the same annoint the *Dogge* before a good fire, and chafe it well in against the haire, and it will cure him.

*Of the man-  
gyer scab.*

But if your *Hound* be troubled with the scabbe or man-gie, then you shall rake a pennie worth or two of the best gunpowder you can buy, and mixing it with verie strong wine vinegar, make it thicke like puddle: then with the same annoint all the places where he scratcheth till they bleed, and it will kil the maungie; there be others which vse to cast their *Dogges* into the Lime pits of Tanners or Glouers, and force them to swim vp and downe the same and it will kil the maungie, yea, there must be a great care taken in putting the *Dogges* in, least doing it rashly, the Lime water get into their eies, which is very dangerous and will hazard their burning out.

*Of wounds.*

If your *Hound* shall receiue any wound, whether it be with sharpe or blunt weapon, or any accident whatsoever, although his owne tongue be a soueraigne salve, yet if it be in any part, where either he can or cannot licke it; the best cure is to wash it with warme butter and vinegar mixt together, and then anoint it with a little Venice turpentine; but if it be a hollow wound, and must of force be taint, then you shall either tent it with sweet butter and oatmeale, wrought together to a salve, or with yellow wax and Deare-suet; there be some that will vse for a taint a smal candles end, and it is very good if the tallow be sweet; but if it be putrified, then it will poison the wound.

*Of a canker  
in the eare.*

If your *Hound* be troubled with a canker in his eares, which is a grieffe much incident vnto them; you shall first raint the hole if you find any, with drie corke, and after wash the sore with vinegar and Allome, mixt together  
till

til the flesh looke raw, and after drie it with burnt Aloome onely.

If your *Hound* be surbaited, you shal wash his feet with butter and beare boiled together, and then bind to the soles of his feet young red nettles chopt verie small, or beaten in a mortar till they come to a salue.

*Of surbaiting.*

For anie manner of bruse which shall happen to your *Hound*, either by rush, spurne, stroke or otherwise, if it appeare and swel outwardly, you shall bath the place with cheeke weed, and groundsal boild in strong Ale dregs till they be soft, and it will allay the swelling; but if the bruse be inward, then you shall with a horne giue the *dogge* a pint of new milke, and a quarter of an ounce of *Sperma Cete* well mixt together, or for want of *Sperma Cete*, double so much stone pitch beaten to fine powder.

*Of Bruises.*

If your *Hound* be troubled with the stone or other filthy matter, which maketh him that he cannot pisse, you shall take the seeds of the herbe *Granum solis*, or *Gromell*, and bruising them, giue them to the *Hound* in halfe a pint of white wine.

*For the stone*

If your *Hound* (as it is very naturall to *dogges*) be so costive that he can by no meanes skummer, you shall first take a peece of a tallow candle, about three fingers in length and thrust it a good way into the tuell of the *Hound*, and then hold downe his taile hard a quarter of an houre or more, and then giue it liberty, and when he hath emptied his belly, you shall giue him to drinke five or sixe spoonefull of Sallet oile, and it will clense him sufficiently.

*For costiveness.*

If your *Hound* be troubled with any disease in his eares whether it be a continuall running, or any other impostumation, you shall take verdiyuce and cheruile water, and mixe them together, and then morning and eueing, drop a spoonefull or two thereof into the *dogges* eares,

*For any disease in the eares;*

and you shall finde it a present remedie.

*For sore  
eyes.*

If your *dogge* at anie time be troubled with sore eyes, of what nature or quality soeuer the grieffe be, you shal take a leafe or two of ground iue, and chewing it well in your mouth, and sucking out the iuice spit the same into the *dogges* eyes morning and euening, and it will cure them; This ground iue is a little round rough iagged leafe; and growes in the bottome of hedges.

*For broken  
bones.*

If your Hound shall happen to breake a legge or anie other bone, you sha'l first with your hand place it in his true place, and see that it stand straight and euen, then bath it in the warme oile of swallowes, or the oile of mandrage apples about two or three times, in a seare cloth made of yellow wax and Deare suet, which done splent it with flat splents of wood, and so roie it with a strong roler, and let it so rest nine daies at least, before you vn-splint it, but remoue not the seare cloth for fiftene daies, and you shal see the bone wil knit stronglie and firmelic.

*Of the bree-  
ding of  
hounds:*

Having thus passed ouer the election of *Heunds*, composition of *Kennels*, dieting and curing of all sorts of diseases, I hold it meetest now to follow with some short preceps, for tht breeding of *Hounds* because it is exceeding hard, for anie man to haue a *Kennell* of *Hounds* from gift or purchase without much imperfection: for though one friend giue you a good *Hound*, another sel you a good *hound*, yet how their goodnesse wil agree when they run together, is verie disputable; and truely vnlesse your *hounds* haue not one speed, one tunableness of voice, and one manner of *hunting*, your pastime wil be much disorderlie, which there is no way to get so easily, and truelic as by the breeding of your *hounds*, for one and the same birth produceth one and the same qualities, therefore hauing a *hound* and a broch of that size, voice, speed, sent, proportion, and general goodnesse which agreeth

*Hounds must  
sute one ano-  
ther.*

best

best with your owne nature, you shal put them together to ingender, and breed either in *January*, *February* or *March*, according as they shal grow proud, for those are the three most principal monthes in the yeare, for *hound*, *bitches*, or *bratches*, to be limed in, not but that they may conceiue and bring forth as good *whelpes*, in other monthes; but because there wil be much losse of time in the entring of them, for if a *Bratch* be limed in *January*, shee wil whelp her Litter in *March*, and so they wil be readie to enter in the first beginning of *hunting*-time, if shee be limed in *February*, shee wil whelp in *April* and if shee be limed in *March*, shee wil whelp in *May* following, and in al these three months there is not a daies losse, for the entring of the whelpes, which is an especiall care to be obserued of *Hunts-men*. Also as you shal let your *Hounds* ingender in the three monthes aforesaid, you shall not forget to obserue as neere as you can, that when you put the *dogge* and *bitch* first together, the Moone be either in the signe *Aquarius* or *Gemini*, for it is held amongst the best *Hunts-men* of this Land, that the *whelpes* which are ingendered vnder those two signes, will neuer run mad, and for the most part, the litter will haue at least double so many *dogge whelps*, as *bitch whelps*, when your *Bratch* is neere whelping, or hath whelped; you shall seperate her from other *Hounds*, and haue a priuate *Kennell* for her, where shee may be alone without company of other *Hounds*, and you shal duly every night see her *Kennell* in the same, that shee may take acquaintance and delight therein and when you feed her particularly, you shal feed her in that *Kennell*, that taking alone thereto shee may not seeke out other vnfit and vnwholsome places to whelp in: for where a *Bratch* first whelpeth her litter, if they be remoued, shee wil not leaue carrying her *whelps* vp and downe, til shee haue found the same place

The months  
to breed in.

Vnder which  
signes so.  
breed.

Ordering of  
Bratches  
after whelping.

again, or some other perhaps more unfit then the former, and such carriage of whelps by the damme is verie ill and dangerous: this *Kennell* where your whelps shall remaine, shall not be kept close, but open, that the brach may haue liberty to goe vp and downe after twenty four howers space, which time she shall be kept close, that shee may performe the naturall office of a damme to her whelps.

*When to weane whelps*

You shall not suffer your Whelppes to sucke aboue two moneths at the most, but then you shall wean them, and if the house you keepe bee of great receipt, and many seruants, you shall et your Cooke bring vp your best whelps, and your dairie-maide your second best, and the rest you shall put soorth amongst your friends, or Tennants, according to the loue you possesse in the Countrie.

*When to enter whelps*

Now when your whelps are brought vp, you shall not enter them into *Hunting* before they be at leyst a yeer and a halfould, as thus, if your whelps wer whelpt in *March* then you shall not enter them vntil *September*, come twelue moneths after: and if they were whelpt in *Aprill*, then you shall enter them in *October* come twelue moneths after: And so soorth, for the rest of the moneths.

*How to enter whelps*

Now for the manner of your entring of whelps, you shall draw them abroad in the pleasantest of the day, with the most staunch and best hunting *Hounds* you haue, leauing at home all babling and flying cures, and if you can, you shall haue your *hare* ready set before you come, (for the *hare* is the principall chafe you can enter whelps vpon) and then putting her from her forme, and viewing perfectly which way she taketh, after the sent is a litle cooled, lay on your *hounds*, and giue them all the advantages you can for the *hunting* of her as by *winde, view, hollow*

*hallaw*, or pricking her passage, and if they shall chauce to kill her, you shall imediately take her from the *hounds* and not suffer them to breake her, for it is an euill custome: but your selfe stripping away the skinne, shall cut her all to peeces, and giue euery part of her to your yong whelps, which will breed in them great courage and delight in *Hunting*.

You shall obserue in the entring of your yong whelps, that they hunt faire and euen, without aduantage, or seeking any way to gaine their owne ease, as by lying off from the sent, thwarting, or crossing when they are behind to get euen with the formost *hounds*: any of which when you shall perceiue, you shall imediately beat them in with your hunting-poale, and compell them to take the sent before them; also if any of them be giddie headed, and out of mettall will run before the other *hounds* cleane from the sent, in this case also you shall beat them foundly back, and bring him back to the sent, and force him to take it with the rest of the *Kennell*. Also if any young *hound* will not strike vpon a default, but run babbling away without the sent, drawing away the rest of the *Kennell* to follow him; in this case also you shall scourge him back, and compell him to stand and labour vpon the default, till some of the elder *hounds* vndertake it, then you shall cherish all, both with *horne*, and voice into the Chase: Lastly if you finde that any of your yong whelps trust more to his own sent, then to the rest of his fellows, and so by that meanes hunteth at least twenty score somtimes behind the rest making his defaults by his own nose, and not their own leading, yet hunteth veric iust and true: In this case you shall by no meanes ouergoe, or ouer ride the whelp: but giue him all comfort and encouragement you can, and let him take his owne time and leisure, for vse and

*Observations in the entring of whelps.*

experience will quickly make him skilfull, and the skill will soone carrie him vp, amongst his fellows, where hee will soone become a principal leader; and thus much for *hounds* and the composition of *Kennels*.

*Of chases  
in generall.*

There hath alreadie (by many weil experienced men) been so much written of this subiect, that I know not wel what to write, except I should in some sort repeate an other mans tale: from which I am so far different (having vowed to my selfe by no meanes to meddle with any thing formerlie written) that the strictest examiner whatsoever shal not finde me guilty of the least blemish therein, yet since I must necessarily in this case write somthing, I wil as briefly as I can set down some material and special notes, and for the maine instance, if they desire a long continued circumstance (though this is sufficient for anie vnderstanding wit) referre them to old *Tristrams* booke, translated by Mr. *Tarberuile*, and such other bookes, where they may finde compleat satisfacti-  
on.

*Of the Stag  
and his pro-  
fits.*

To speake then first of the *Stagge*, which is the most princelie and roial Chase of all Chases, and for whom deede this Art of *Hunting* was first found out and in-vented, he is of all beasts the goodliest, statelyest, and most manly, and for the vse of man the fullest both of outward and inward profit, as in his flesh for the nourishment of mans body, and in his other members for helps in phisicke, as the bone in his heart, which is soueraigne for all inward faint sicknesses, for poyson, the plague, and hard trauell in women, his blood excellent for all kinde of Fluxes, and to make the skin white and smooth, his pizel good for the Colleck and bloody fluxe, his horne a most soueraign cordiall against venom, his suet good for swellings, gouts, and humors, and his skinne, which is euer a during and gentleman-lie cloa-  
thing

thing, and of Stagges the oldest and greatest is the best

The perfect signes to know an ould *stagge* by, are these; if when you take his view vpon the ground, you see he hath a large foote, a thick heele, and a deepe printing, an open cleft, and a longe space, then be assured hee is ould, also if his lezge be long, and his bone thick, it shews age, besides your old *Stag* doth not ouerreach when your yonger Deere doth, also you shall know his age by his order as thus, if it be printed (as it will be from *Iuly* to *August*) or writhen round, or flat, or broad, as it will bee in *Iune*, and therewithall be grosse and fatty, then hee is an old *Stag*, but if contrarily smal & dry, then he is but a young Deere; againe you shall know his age by the tines of the hornes, for if hee haue ten, twelue, or foureteene tines, he is a Deere of reasonable age, but if the Beame be thick, and great, then he is an old Deere, so if hee carrie but some six or eight tines, and a smale beame, then he is a young Deere, and not aboue three or foure yeers old, for the red Deer is said the first yeer to haue no head, the second but onely daggers, and the third tines.

*How to know an old Stag.*

*Stags* yeerely cast their heads in *March*, *Aprill*, *May*, or *Iune*, and in no other months, according to the goodnesse of the soile wherin they feed, for the richest ground beareth euer the earlyest Deere, and a Deer is neuer said to be in season, nor may he by good rule bee hunted till he haue cast his head.

*The casting of heads.*

The principallest quality in a *Hunts-man* is to know how and where to finde a Deere, for if he be ignorant in their haunts, he may wander long, and lose much labor. therefore hee shall know that a red Deere naturally hunteth in *November* amongst *Furres*, *whinnes*, or *thicke stubs*. In *December* amongst *thick* and *strongwoods*, In *Ianuarie* in *Corne-fields*, of *Wheat*, and *Rie*; In *February* and *March* amongst *young* and *thick bushes*; In *Aprill*  
and

*How to find a Stag.*

and *May* in Coppises and Springs; In *June* & *July* in out-woods, and purlews which are necest vnto green corn; and in *September* and *October* after the first showers of raine, they goe to rut.

Now when the *Hunts-man* will at any time search any of these places to finde his game, he must bee carefull by no meanes to goe downe, but vp the winde, for a Deere is of most dainty sent, and vpon the, least fault will flie & leaue his feed: therefore he must com charclie and close-ly, with a quickeare, and a readie eie.

Now for the best time to finde out your Game is, earlie, before Sunne-rise, at whicst time the Deere goeth to his feed: from whence you shal watch him to hisleire, and hauing lodged him, you may retourne home, and prepare all things for the daies hunting: for be assured, except violentlie compeld, hee wil not stirre vntill eue-ning.

Now for the manner of his hunting; you shall first cast off your finders, neer his place of lodging, and after they haue hunted him about a ring or two, you shall cast in the rest of your *hounds*, and being in full crie and maine chase, you shall giue them comfort both with horne and voice, then as scone as you can possibly you shall get sight of the Deare, and take what especiall notes or markes you can from him; so that as much as is possible you may know him from anie other Deare, then at eue-ry default as soone as the *hounds* are in crie againe you shall make into the hunted Deare and viewe him, and if you finde it to be a fresh Deare, you shall rate the *dogges* and bring them backe to the default, and there make them cast about againe till they haue vndertaken the first hun-  
ted Deare, then giue them comfort by hollowing and  
and *gibelts*, and so continue the chase till you haue ei-  
ther set vp the Deare or slaine him, euer and anon hauing  
a watchfull

*The hun-  
ting of the  
Stagge.*

a watchfull eie vnto change; for it is the nature of a Deare when he is once imboft, or wearie, to seeke where he may find another Deare, and to beate him vp and lay himfelfe downe in his place.

To know when a Stagge is wearie, you shall see him imboft, that is, foaming and flauering about the mouth with a thicke white froth, his haire will looke blacke, shining and fowle with sweat, and he will tappish oft, that is, hee wil eucr and anon be lying downe and lurking in darke holes and corners, and for his last refuge hee will betake himfelfe to the foile; which is, he wil leape (if he can) into riuers, ponds, or other waters; out of which you shal force him either by art or strength: And thus much for the chase or hunting of the Stagge.

*To know  
when a  
Stag. is we-  
rie,*

Now for the hunting of the Bucke: for as much as they are most vsuallie kept in parkes, and that euerie Keeper which is worthie to bee a Keeper, may sooner from his owne experience then from anie reading, get the experience of the ground he tendeth, and sith he is bouud both by the lawes of *hunts-men* and good manners to giue euerie man contentment that is priuiledged to hunt in his ground; and sith whosoeuer can hunt a Stagge well, cannot hunt a Buck ill, the red Deere being euer far more curious to hunt, then the fallow: I wil not spend any more time to write of it, but refer you to those rules which are already rehersed.

*Of the buck.*

Touching the *Hunting* of the *Hare*, which is euerie honest man, and good mans chase, and which indeed is the freest, readiest, and most enduring pastime, and likewise in its owne kinde ful of good profit for mans Preseruati- on: for though the beast be but little, yet are the mem- bers worth inioyment, as the flesh, which is good for all manner of fluxes, the braines good to make children broed their teeth with ease, the wool excellent to stench blood,

*Of the hare*

*Of her pro-  
fits*

blood, the Gall soueraigne for sore eyes, the blood which will kill rume, wormes, and the stifling bone, which being worne, taketh away the paine of the Crampe, with many other good things besides.

*The hunting  
of the Hare*

Touching the hunting of the *Hare*, you are first to regard the place of *Hunting*, as whether it be in woods, or champaigne; if in woods, you shall not cast off your *dogs* in the thickest of the couert, but rather beat the bushe close, or shrubbie ground neare adioyning to the couert: for though in the woods you may sooner finde a *hare*, yet commonlie you shall finde such change therewithal, that you shall hardly bring anie fourth to shew you pleasure, wher on the contrarie part, if you finde anie in those neighbouring grounds, she will presently fly foorth into

*Where to  
finde Hares*

the champaigne: because naturally a *hare* wil refuse the couert, till she begin to be wearie, and a *hare* being once heated, is not so easly lost vpon a fresh change; as when the sents are of equall coolenes, if you hunt in the champaigne, you shall first beat those places which are most likelie, as where Gorse or whinnes grow, or in grounds that are ful of tuskes of rushes, short lingd, bramble-bushes, or such like: or if the champaigne bee more plaine and void of such places, then you shall at the beginning of the yeere repaire to the stubbes, about Christmas to

*The know-  
ledge of the  
Hares forme*

the fallows, and in *March* to the green Corne: for those are the most vsuall haunts for the best *hares*, and in all these places you shall regard the *Forme*, or *Hares* seate well, and know whether it be old or new, as if the forme be plaine and smooth within, the padde before it flat and woorne, and the pricks so new and easie to be seene that the earth appeares blacke, and as it were presently broken, then is the forme new, and if the *Hounds* call vpon it then may you hunt from thence, and vpon the traile

re-

recouer that *Hare*: but if the forme looke old and rough within, and the padde it selfe bee not smooth nor anie prickes to be discerned therein then is it old, and if the *Hounds* call vpon it you shall rate them for the sent is old and all the labour will be lost you spend vpon it.

The next thing you obserue must be the shifts and sleights of the *hare*, when she is wearily hunted, as her dubbings and windings and at euerie default giue the *Hounds* leasure enough and compass: enough in the casting about of your rings for the vnwinding of the same; then you shall obserue her leapes and skippes before she squat, and beate all those places very curiously which are likely to giue her anie harbour, and though the losse seem neuer so dangerous, yet not to bee discouraged but to continue your search, because when shee commeth to those hard shifts shee is at the last cast and cannot stand long before the *Hounds*. Manie other circumstances there are, but they are so generall knowne to almost euerie man that anie waie affecteth this pleasure, that it is needlesse to make further relation thereof; and therefore I holde this sufficient for the hunting of the *hare*.

*The hares sleights and shifts;*

Now for the hunting of the *foxe* or *Badger*, they are chases of a great deale lesse vse or cunning then anie of the former, because they are of much hotter sent, as being intituled stinking sents and not sweet sents, and indeed very fewe *dogges* but will hunt them with all egernesse; therefore I will not stand much vpon them, but aduise you to respect well their haunts and couerts, which commonlie is in woods and bushie places, and to take knowledge of their earths, and Kennels, and as neere as you can when you goe about to hunt them, to stoppe vp their Kennels, and keep them out that sling fourth, they may be the sooner brought to their destruction; the chase

*The hunting of the Fox or Badger.*

is profitable and pleasant for the time, inso much as there are not so many defaults, bur a continuing sport, yet not so much desired as the rest, because there is not so much art and cunning; and thus much for chases, and the generall vse of all kinde of hunting.

## CHAP. II.

*Of Riding in generall, and of all the particular knowledges belonging to the Art of Riding of a great Horse, or Horse for service, or pleasure.*

**H**aving spoke already of the Princely exercise of *Hunting*, which is a recreation that that may wel take vp the minde of anie vertuous person, yet there be some whose more serious employments will not afford them so much leisure as to follow this pastime which almost consume: h the whole day; but must draw their pleasure into a more streighter circle, proportioning an hower or two in the morning for the full scope of their delights; and to these there can be no greater or better-recreation either for health, profit, or renowning of their owne vertues, then the riding of great *Horses*, which in the verie action it selfe speaketh Gentleman to all that are performers or doers of the same: and although our English gentrye from a sleight in their industrie ayme for the most part at no more skill then the riding of a ridden and perfect Horse, which is but onelie the setting foorth of an other mans vertue, and thereby making themselues richer in discourse then action, yet our English *Husband-man*, or good man, whom I seek to make exact and perfect in al things, shall not onelie recreate himselfe by riding the *Horses* whom other men haue made perfect, but shal by his owne practise bring his *Horse* from vtter ignorance to the best skill that can bee desired in his motions, where- in hee shall finde a two fould pleasure, the one, an excel-

*Who fit for the recreation of riding.*

*Imperfect use of this recreation.*

*The pleasure of riding.*

The Au-  
thors Apop  
legj.

lent contentment to his mind , that he can performe so worthy an action without the chargeable assistance of others , and the other a healthfull support to his body, when by such recreation his spirits and inward faculties are reuiued and inflamed. But now mee thinkes I heare some say that I haue vtterly taken away the tune of this stirring, I haue stricken so oft vpon it , and that indeede there can be no delight where there is no variation : and that surely I cannot vary any more vpon this plaine song but the world will find discord either in this , or my former descants ; but let them not deceiue themselues, for my building standeth on a firme rocke, and I know both shall be worthily iustificable; onely this I must informe all men that in times past, long since, when our first rules of *Horse-manshippe* were giuen vnto vs, our Masters were not so skilfull in the abilities of *Horses* performances, as we are, but measurd them by the proportions of their owne weaker natures , and thence became so too much tender ouer them , that they neither respected the greatnes of their owne labors, nor the length of time, before they assumed to their desires, so in the end they might aspire to their wishes, with safety and full satisfaction, whence it came to passe that in those times, and euen now in these, (chiefly amongst those which are meere Riders, and no Keepers) there is no lesse time allowed to the making vp of a perfect *horse*, then two yeeres, when we know, and my selfe from experience can iustifie the same, that if the Rider can keepe as well as ride, that is, giue as well directions for the preservation of a *Horses* health , and the avoidance of sturrance and sicknesse, as put in practise artfully euer, ye violence to be vied in his lessons, he may verie well make vp a perfect *Horse* in three monthes fit eithr for pleasure or battaile , which is the full scope and  
and

and end of this treatise, wherein I would not haue anie man expect either new rules, or a contradiction of anie already set downe, by men of practise and knowledge in the Art; but onely a straightning or drawing of them together, into a much narrower compasse, gining satisfaction to our desires, and finishing vp our worke with speede, which before was almost lost or neglected, with the lengthes of our labours as you shall fullie perceiue, by this discourse which followeth,

First, then to speake of the taming of a yong *Colt*, which is as it were the preface or Introduction to the art of *Riding*. You shall after he hath been in the house a weeke, or a fortnight, and is familiar with the man, & will withal patiently endure currying, combing, rubbing, clawing, and handling in euery part and member of his body without any shew of rebellion or knauishnesse, which you shall compasse by all gentle and easie meanes, doing nothing about him sodainly, or rashly, but with leisure, and moderation, then you shall offer him a saddle, which you shall set in the manger before him, that hee may smell to it, and looke vpon it, and you shall gingle the girths and stirrops about his eares, to make him carelesse of the noise, then with all gentlenesse after you haue rubd his sides therewithall, you shall set it on his backe, and gird it gently on, and then, place his crooper with all ease, which done, you shall take a sweet waling trench, washt, and annointed with hony and salt, and put it into his mouth, placing it to hang directly about his tush, and as it were a little leaning thereupon, this you shall doe in the morning, as soone as you haue drest him, and then thus saddled, and bridled, you shall leade him foorth, and water him in your hand abroade: then bringing him in,

*The taming  
of a yong  
Colt.*

*His saddling  
and bridling*

*The first  
backing.*

and after he hath stood a little rained vpon his trench, an hower, or more, take away the bridle and saddle, and let him goe to his meate till the euening, then leade him foorth, as before, with the saddle to the water, then when he is set vp gently, take off his saddle, and cherish him, and then dresse him, and cloath him vp for all night. The next day saddle and bridle him as before said, and put on him a strong mustroll of wrichen Iron; and a martingall, which you shal buckle at such lēgth, that he may no more but feele it when he ierleth vp his head, and then leade him foorth into som new plowd field, or soft ground, and there after you haue made him trot a good space, about you in your hand, and thereby taken away from him all his wantonnesse, and knauish distractions, you shall offer your foote to the stirroppe, at which if hee shew any distaste, either in body, or countenance, you shall then course him about againe: then offer againe, and with leisure rise halfe way vp, and goe downe againe: at which if he shrinke, correct him as before, but if he take it patiently, then cherish him, and so mount into the saddle, which done, after cherishing, light downe again, and giue him bread, or grasse to eate: then looke that your girths bee well gerted, and strait, that the crooper bee strong and of iust length, that the bridle hang euen, and in his due place without inward or outward offence, that your stirrops bee fit, and generelly althings without offence, eyther to your selfe or to the beast, and then as before, mount his back, seat your selfe iust, and euen in the saddle, make the raines of your bridle of equall length carry your rod without offence to his eie in your right hand, the point either directly vpright, or thwarted towards your left shoulder, then hauing cherishd him, let the Groome which before led him, hauing his hand on the chaffe halter, leade him forward a dozen or twenty places,

paces, then gently straining your hand, with the help of the footeman, make him stand still, then cherish him, and lead him forward again, and doe this five or six times one after an other; till by continuall vse you make him of your own accord (without the footemans helpe) by ginning your body, and thrusting your legges forward, goe forward, which as soon as he doth, you shall stay him, and cherish him, and then sitting on his back, let your footeman leade him home, and bring him to the block, where after you haue cherisht him: you shall gently alight, and cause him to be led vp, and well drest and meated. The next day you shall bring him foorth as before, and in all points take his back as aforesaid, and so by the helpe of the footeman, trot him foorth right halfe a mile at least, then let the footeman lay off his hand, and walk by him, till you haue of your selfe trotted him foorth an other halfe mile, then cherish him, and make the footeman giue him some grasse or bread to eate, and then taking a large compasse trot him home, and bring him to the block as before, and there alight, and so set him vp.

The third day let your footman light vpon som spare iade, and then bringing your *Colt* to the block, take his back gently, and after you haue cherisht him, the other riding before you, follow him foorthright a mile or two, euer and anone at the end of twenty or thirty score, stopping the *Colt* gently, cherishing him, and making him yeeld, and goe back a step or two, and then putting him forward again til he be so perfect, that with the least motion he will goe forward, stop, and retire, which will bee effected in two daies more: In which space if hee chance at any time to strike, or rebell, you shall make him which rides before you take the spare reyne, and leade him forward, whilest you giue him two or three good lashes vnder the belly, and then being in his way take the spare

reyn to your selfe again : and thus you shall doe till all faults be amended, then you shall spare your horse-man or guide, and onely by your selfe for three or foure daies more, trot him euery morning and afternoon, at least three or foure miles forward, vsing him onely to stop, & retire, and bringing him home a contrary waie to that you went foorth, till he be so perfect and willing, that he will take his way how, or in what manner your selfe pleaseth, euer obseruing to mount and dismount at the block onely, except some speciall occasion constrain you to the contrary. This you may well with labour bring to passe the first week of the horses riding.

*The three  
main points  
of a Horse-  
mans skil.*

*Of helps &  
which they  
be.*

As soone as you see your horse will receive you to his backe, trot foorthright, stoppe, & retire, and doe all this with great patience & obedience, you shall then call into your mind, the three maine points of a Horsmans knowledge which are helps, corrections, and cherrishings, and for helps they consist in these : First the voice which sounding sharpely and chearefully, as crying *Via, how, hey* and such like adde a spirit and liuelinesse to the *Horse*, and lend a great helpe to al his motions, then the bridle which restrained or at liberty, helps him how to doe, and shewes which way to doe, then the rod which being onely shewed is a helpe to direct, being only moued helps, the quicknesse and nimblenesse of the motion, and being gently toucht with al he ps; the loftinesse of a *horses* salts and leaps, and makes him as it were gather al his strength into one point: and lastly the calues of the legs, *stirrop-leather*, and *stirrops*, which moued by the *horses* side, helps him to nimblenesse, swiftnesse, and readines in turning. Some to these helps adde the helpe of the *spurre*, chiefly in high salts or boundings, but it must be done in a iust and true time, and with such gentle bitternes that the *horse* may vnderstand it for a helpe, or els he wil take distast, and find-  
ding

ding it favour like correction, in stead of bettering his doings, doe with more disorder, as to spraulc with his forfeet in aduancing, to yerke out with one or both his hinder feet in the coruet or bounding, shaking of his head and such like, as wil appeare in practice.

Now of corrections the most principal, is the *spurre*, which must not at any time be giuen triflingly, or itchingly, but soundly and sharply, as oft as iust occasion shal require, then the *rod* which vpon disorder, sloth, or miscarriage of the members must be giuen also soundly, then the voice which being deliuered sharply, and roughly, as *ha villaine, carikro, diablo* and such like threatnings terrifieth the *horse*, and maketh him affraid to disobay: And lastly the *bridle* which now and then stricken with a hard chocke in his mouth, reformeth many vices, and distemperatures of his head, yet this last must be done seldome and with great discretion, for to make a custome, thereof, is a ready way to spoile a *horse's* mouth.

*Of corrections & which they be.*

Now of cherrishing there are generally in vse but three, as first the voice, which being deliuered smoothly and louingly, as crying *holla, so boy, there boy there*, and such like giues the *horse* both a cheerfulness of spirit, and a knowledg that he hath done wel, then the hand by clapping him gently on the necke, or buttocke, or giuing him grasse or other food to eat, after he hath pleased you: And lastly the big end of the *rod*, by rubbing him therewith vpon the withers or maine, which is very pleasing and delightful to the *horse*.

*Of cherrishings.*

Now after these ordinary and actual helps, corrections, and cherrishings, you shal haue respect to the *musrole* and *martingale*, which carrie in them al the three former both seuerall and vnite, for it is first an especial helpe and guide, to euery well disposed *horse*, for setting of his head in a true place, forming of his raine, and ma-

*Of the musrole and martingale.*

king him appeare comely & gallant in the eies of the beholders, then it is a sharpe correction when a *horse* yerkech out his nose, or disordereth his head any way, or striueth to plunge or runne away with his Rider: And lastly it is a great cherishing to the beast, when he yeldeth his head to your hand, by shrinking from his face, and so leauing any more to torment him, but when he offendeth, whence it comes that more from this then any thing els, the *horse* first gaineth the knowledge of his masters wil, and is desirous to performe it: therefore you shall be very carefull to the placing of this vpon the *horse*, as first, that it hang some what low, and rest vpon the tender grissell of the *horses* nose, whereby the correction may be the sharper when occasion requires it, then that it be loose and not straight, whereby the *horse* may feele vpon the yeelding in of his head, how the offence goeth from him, and so know that onely his owne disorder is his owne punishment. Lastly he shall be carefull to note how he winneth the *horses* head, and by those degrees to draw his martingale straiter and straiter, so as the *Horse* may euer haue a gentle feeling of the same, and no more, till his head and raine bee brought to that perfection, which you desire, and then there to stay, and keepe the *martingale* constantly in that place onely, which you shall performe in those few daies, which you trot your *horse* forth right, being before you bring him to any lesson, more then the knowledge of your selfe, and how to receiue you to his backe, and trot forth obediently with you.

Of treading  
the Large  
rings.

When your *horse* is brought vnto some certainty of raine, wil trot forth right with you at your pleasure, and by your former exercise therein is brought to breath and delight in his trauell, which will grow and increase vpon him, as you grow and increale in your labour, then  
you

you shall bring him to the treading forth of the large rings in this manner. First if he be of heavy and sluggish nature, slothfull and dull, and al bee hee haue strength and sufficiency of body, yet you finde him slouely and vnapt: Then you shall trotte him into some new plow'd field, soft and deepe: but if he be of quicke and of fiery spirit, apt, nimble and ready to learne, then you shall trot him into some sandy or grauelly place where is strong and firme foot hold, and there you shall marke out a spacious large ring, at least threescore or fourscore paces in compasse, and hauing walkt him six or seauen times about the same on your right hand, you shall then by a little straitning of your right raine, and laying the calfe of your left leg to his side, make a halfe circle within your ring vpon your right hand, downe to the center or mid point thereof, and then by straitning your left raine a little, and laying the calfe of your right leg to his side, make another halfe circle to your left hand, from the center to the outmost verdge, which two halfe circles contrary turned, will make a perfect Roman S, within the ring; then keeping your first large circumference, walke your *horse* about on your left hand, as oft as you did on your right: And then change within your ring as you did before to your right hand againe, and then trot him first on the right hand, then on the left, so long as you shall thinke conuenient: And although our aunci-ent Masters in this Art, haue prescribed vnto vs certaine numbers of ring turnes, and how oft it is meet to goe about on either hand, as if all *horses* were of one euen abilitie, yet I would wish you to neglect those rules, and on-ly to practise your *horse* in this lesson, according to his strength of bodie, sometimes applying him therein an houre, sometimes two and sometimes three, more or lesse according to your discretion, for the space of time can

Choice of  
ground.

neither bring wearinesse nor tiring, and for your change of hands, you shall doe it oft as shall seeme best to your selfe, being euer very carefull to giue him the most exercise on that hand, on which he is euer most unwilling it to goe, and in this lesson be carefull also that he doe it chearefully, lustely, and nimbly, quickning and inflaming his spirits by all the meanes possible, and when you find that he will trot his large rings perfectly, which will questionlesse be in lesse then a weckes space, being wel applied therein, for you must not for-slow any morning except the Sabboath, nay hardly any afternoone: Also if you find him slothfull and heauy, for there is no greater hinderance then the Riders to much tendernes, nor no greater furtherance then a continuall moderat exercise: Therefore as I said when he will trot his rings well, then in the same manner, and with the same changes, you shall make him gallop the same rings, which he shall doe also with great dexterity, lightnes, and much nimblenes; without loosing the least part or grace of his best raine, nay so carefull you shall be thereof, that in his galloping you shall as it were gather his body together, and make his raine rather better then it was, and make him take vp his feet so trulie and loftily, that not any eie may see or perceiue a falshood in his stroke; but that his inward feet play before his outward, and each of a side follow the other, so directly that his gallop may appeare, as the best grace of all other motions, neither shall you enter him into this lesson rashly, and hastily but soberlie and with discretion making him first gallop a quarter of the Ring, then halfe, then three parts, and lastly the whole ring, neither shall you force him into his gallop with violence, or the sharpnes of *spurres*, but with spirit and mettal, making him by the lightnes and chearefulness of your owne body, passe of his owne accord into his gallop, and especiallie in  
his

*Of galloping large rings.*

his changes, where you may let him feele your leg, and shew, him your *rod* on the contrarie side; and herein is to be noted that continuallie those changes (in as much as they are made in a much straighter compasse) must be done euer with great quicknes, and more stirring nimbleness than the intire lesson.

Now for the helps necessary in these large ring turnes they consist generally in the voice, rod, calues of your legs, and the *bridle*, in the voice by quickning him vp, and reuiuing his spirits when he growes slothful, with these words, *Howe, hey, or via*, in the *rod* by shewing it him on the contrary side, or laying it on the contrary shoulder, and sometimes by shaking it ouer his head (which is a kind of threatning) chieflie when you make your changes in the calues of your legs, when you clap them hard, to the contrarie side to which he turneth, or by springing and ierking your legs forward, hard vpon your stir-rop leathers, which will quicken him and make him gather vp his limbes better then the *spur* by many degrees, and lastlie in the *bridle* by drawing it in a little straighter, and holding it with some more constancie, when you put any of your former helps in vse, or doe any thing with more life or courage, for that maketh him drawe his limbes together and to straighten his rings with a gracefull comeliness.

For the corrections in these large rings they be diuers; as namely, the *bridle*, the *spurre*, and the *rodde*, and sometimes the voice, yet that but seldome: For the *bridle*, you shall correct your *Horse* therewith if he carrie his head or chappes awrie, making as it were mowes and ill faouered countenances, giuing him now and then a little checke in the mouth, and awakening him from such forgetfull passions, or now and then drawing the trenche to and fro in his mouth, which will reforme the

*Helps in  
the large  
ring turnes.*

*Corrections  
in the ring  
turnes*

error, then the spurre which must bee laide sharpe and hard to his sides when you finde your helpes will doe no good, but that his sloath rather more and more increaseth, or when he presseth and hangeth hard vpon your hand, or looseth the tutch of his raine or such like vices: For the rodde, when you finde that he neglecteth, the shewing or shaking of it or when hee disordereth anie of his hinder parts, and will not gather them vp comelic together, then you shall therewith giue him a sound lase or two vnder the beilie, or ouer the contrarie shoulder, and to anie of these former corrections you shall euer accompanie the threatning of your voice, when the fault is too much fowle, and not otherwise: because there should be euer an entire loue betwixt the *horse* and the *Horse-man*, which continuall chiding will eithertake awaie, or at least roote out the apprehension thereof.

*Cherishing  
in the ring  
turne.*

Now for your cherishings they are those which I formerly spake of only, they must be vsed at no time but when your *horse* doth well, and hath pleased your mind both with his cunning and tractablenesse, and although the time for the same be when he hath finished his lessons; yet ther is a secret pleasing and cherishing of a *horse* with the bridle, which must be exercised in the doing of his lessons, and that is the sweetning of his mouth, by a little easing of your bridle hand, and gently drawing it vp backe againe, letting it come and goe with such an vnperceiued motion, that none but the beast may know it.

*Of stopping  
& going  
backe.*

When your *horse* can trot and gallop these large rings with all perfectnesse, which with good industrie will be perfected in lesse then a fortnights exercise; you shall then proceed to make him stop faire, comely and without danger, which you shall doe in this manner: First,

as soone as you haue taken his backe cherrish him, put him gently forward and bring him into a swift trot, after you haue trotted him forty or threescore yards forward, you shall by drawing in your bridle hand straitlie and soudainlie, make him gather his hinder legges and fore-legges together, and so in an instant stand still, which as soone as he doth, immediatlie you shall ease your hand a little; yet not so much as may giue him libertie to presse forward, but rather to yeeld backward, which if you finde hee dooth you shall giue him more libertie and cherish him, and then hauing paused a while drawe in your bridle hand, and make him go backe two or three paces, at which if he sticke instantly ease your hand, and drawe it vp againe, letting it come and goe till he yeeld and goe backward, which (for the most part) all *horses* at the first will doe; but if it be that your *horse* rebell and will not goe backe with this gentle admonition, you shall then cause a foot-man standing by to put him backe with his hand, and in his motion you shall cherrish him that hee may vaderstand what your will is, and thus euerie time you make him stop you shall make him retire backe, till in one space of time you haue made both lessons perfect, and this practice you shall vse both till you come to your large rings, and at euerie time that you finish your lesson, or giue the *horse* breath or ease; whereby you shall perceiue that your *horse* shall learne to trot and gallop the large rings, to stoppe and retire backe all in one space of time, because you see successiuely they follow one another and are to be done (though three) but as one entire lesson.

Now for the helps in these lessons, the best for stop-  
ping is the choice of ground, as by making your *horse* <sup>Helper.</sup>  
euer to stoppe downe the sloape of some hill, or descen-  
ding ground, vvhcreby he may be compeli'd to couch  
his

his hinder loines the better and so make his stop most comely, and to obserue that the ground bee firme and hard without danger of sliding, least the *horse* finding such an imperfection growe fearefull, and so refuse to do your will out of his owne daunger. In retiring you shall helpe him with your rodde, by putting it before his brest, or shaking it before his knees to make him remoue his feete more quicke and nimbly.

*Corrections*

For corrections in stopping, it must sometimes be done by your selfe as with the euen stroak of your spurs, when in his stoppe he disordereth his head, or with anie one single spurre, when he casteth out his hinder loines and will not stop right in an euen line; and sometimes it must be done by another by-stander, when hee refuseth to stop at all, who standing at the place of stop, as soone as you drawe vp your hand shall with his rodde threaten the *horse*, and make him not dare to presse forward, or if he doe presse forward, to make him retire swiftly backe so much ground as he gained, both your selfe and the by-stander rating him with your voices ex:reamely, for corrections in retiring, they are the euen stroakes of both your spurres when he stickes or presses vpon your hand and will not yeeld backe, and also your rod strike sharply vpon his knees and brest, and the rodde of a by-stander strike vpon his brest, knees and face when his stubbornesse is too violent.

*Cherishings*

But for his cherrishings they be all formerly spoke of, when your will is comely and obediently performed; besides, the addition of some other as a present easing of your bridle hand, and the clapping and cherishing of the by-stander, and so suffering him to stand and recouer breath a good space after.

*Of aduancing before.*

When your *horse* can stoppe and retire well, which may bee done in the same space that you teach him his  
large

largering-tournes, for it is as it were three lessons learnt in one, you shal then teach him to aduance before when he stoppeth, which is very comely and gracefull to the beholders, and you shall do it in this manner after you haue stopped your *horse* without giuing your hand any ease, you shall lay the calues of both your legges hard to his sides, and adde thereto the noise of the shaking of your rodde, and your voice, by crying *vp, vp*, which will at first(peraduenture)but a little amaze him, because hee vnderstandeth not your meaning: therefore, you shall put him forwarde againe and do as before, and that with a little more strength, continuing the practice of the same till you perceiue he taketh one foot from the earth, then cherrish him a little and so to the lesson againe, till he take vp both his legges from the ground, which when hee doth orderly or disorderly, yet cherrish him exceedingly that he may come to the knowledge of your meaning, without which all your labour is lost; then to your former practice againe til you haue brought him to that perfectnesse, that he will with all readinesse aduance as oft as you wil giue him the calues of your legges to his sides, be it lesse or more times together; this done, you shall looke to the orderly and comelineesse of his aduauncing: as first, that he take vp his legges both euen together, and winde them inward towards his bodie; then that he aduaunce not too hie(for feare of comming ouer vpon you) but couch his hinder loines close to the ground, then that he sprauleth not, nor paweth with his feete forward: and lastly, that he aduaunce not for his owne pleasure, but when you commaund him by your owne direct and orderly motions, for the contrarie is a fowle fault in *horse-manshippe*.

For helpes in this lesson, they are the calues of your legges, the shaking of your rod ouer his head, and your

H

voice

voice, as is before said, and the descent of some hanging ground, which will make his hinder loines couch the better.

*Correction.*

The corrections are according to the natures of offences, as the euen stroke of your spurres, or a good lash with your rodde, when you see hee fixeth his feete to the ground, and stubbornely applies himselfe to disobey you, or will take vp his feete one after another and not both together. If he doe aduance too hie, so as hee is ready to come ouer vpon you, or if he spraule or pawe forth with his feete, you shall then not onely giue him both your spurres hard together, but also a good ierke or two with your rodde betweene his eases; but if hee aduance when you would not haue him, you shall then in the same instant ierke him ouer both the knees with your rodde, and if he aduance againe, ierke him againe, not ceasing till he fixe his feete to the ground, or goe backward and then cherrish him.

*Cherishings*

For particular cherishings in this lesson, they are no other then those formerly spoke of, onely they must be done with a more ready watchfulnesse, in the verie instant and moment of time in which he performeth anie thing well, that the *horse* may vnderstand why and wherefore he receiueth such contentment, and thereby be encouraged to perseuere in his goodnesse, and be more readie to apprehend his riders pleasure.

*The vse of aduancing*

For the vse of aduancing it is two-fold: as namely, to giue a grace to his other lessons, and to bring his bodie to nimblenesse: yet, for the most part, it is only vsed at the stoppe, where when you haue finisht anie lesson, if then concluding with the stop you make him aduance, once, twice or thrice, it will be both a grace to the beast, and shew much art in the *horse-man*; also it maketh a *horse* apt and readie to turne well, and maketh him trust to his

his hinder legges, whereby his fore-parts may be directed and gouerned at the *Horse-mans* pleasure.

Next to aduancing, you shall teach your *horse* to yerke behind, in this manner, when at anie time you haue made him stop, you shall presently with your rodde give him a good ierk vnder the belly neere to his flank, which though at the first he apprehend not, yet by a continuall and constant vse thereof, you shall in the end bring him to yerke out his hinder legges; at the first doing whereof you shall cherrish him, for that is the only language by which he knowes he doth your wil: and then hauing paused a little make him doe it againe, increasing it cucrie daie, and doubling his doings till he be so readie, that when you please to give the ierke he will then give the yerke, and then you shall looke to the comelineffe of his doing, that is to say, that hee yerke not out his hinder legges, till his fore-legges be aboue the ground, then that he yerke not one legge farther out then the other, but both euen together, then that he yerke not too hie: and lastly, that he yerke not one legge out whilst the other is on the ground, all which are errors of great grosnesse. Therefore to make the *horse* more perfect in this lesson, it shall be good to teach him to yerke out behinde when he standeth in the stable, by ierking him vpon the buttockes with your rodde, and not ceasing to molest him till hee raise his rumpe aboue the ground, and then to cherrish him, and so to apply him without anie ease and rest till he doe your will, then when he is perfect to put the same in practice, when you are in the field on his backe by turning your rodde in your hand to his buttocke-ward, and touching him there with to make him yerke as aforesaid.

For the helps, they are the constant staying his mouth on the bridle, the stroake of your rodde vnder

his belly, or the gentle touching him vpon the rumpe with the same.

*Corrections* The correctiōs are only the euen stroak of your spurs, when either he refuseth to yerke, or yerketh out disorderly and out of malice, or the single spurre on that side on which yee yerketh out most disorderly: and lastly, a restlesse holding of him to the lesson, not giuing him a nie rest or ease till hee doe it in that good manner which you can wish.

*Cherishings* Then for his cherrishings they are all those formerly mentioned, being bestowed vpon him in the very instant of his well doing.

*Of turning.* When your *horse* is perfect in all the lessons formerly spoke of, and vnderstandeth the helps and correctiōs belonging to the same, you shall then teach him to turne readily on both hands, by straightning his large rings and bringing them into a much lesse compasse; and although amongst *horse-men*, and in the art of *horsemanshippe* there are diuers and sundrie turnes, some high and loftie, as the turne vpon the *curuet*, *caproile*, or on bounds, some close and neare the ground, as the turne *Terra, Terra*, or those we call, *Caragolo*, *Serpeigiare* and such like, and some swift and flying as the *niauellare*, *chambetta*, and such like: yet sith they all labor but to one end which is to bring an *horse* to an exact swiftnesse and readinesse in turning, I will in as brieue and plaine manner as I can shewe you howe to compasse the same. First therefore you shall make out a ring some three or fowre yards in compasse, and in the same with all gentlenesse a while walke your *horse*, suffering him to go in the same at his owne pleasure, gathering his head vp by little and little and making him take pleasure in the same, till you find that he taketh knowledge of the ring, and will with all willingnesse walke about the same coueting rather to  
straig-

straiten it, then inlarge it, which perceiued, you shal then carry your bridle hand constant and somewhat straight, yet the outmost reine euer somewhat more straight then the inmost; making the *Horse* rather looke from the ring then into the ring, and the calue of your leg (as occasion shal serue) somewhat neer to the outward side of the *horse*, & then you shal trot him about this ring, first on the one side & then on the other, making your changes within that strait ring as you did before within the large ring.

And in this sort without ceasing you shall exercise your *Horse*, a full houre together, then stop him, make him aduance twice or thrice together, then retire in an euen line, and so stand still a pretty while, and cherrish him; then when he hath taken fresh breath, to him againe and doe as before, continually labouring by raising vp your bridle hand, and thrusting forward your legs and bodie to bring his trot to all the swiftnesse, and loftines that may be, and in your changes to doe them so readilie and roundlie as may be also, making him to lap his outmost leg so much ouer his inmost leg, that he may couer it more then a foot ouer, and thus you shall exercise him a whole forenoone, at least a weeke together, onlie doing his former lessons but once ouer in a morning, and no more, and in this practise you teach him perfectly three lessons together, that is the turne, *Terra, Terra*, the *Tucaualare*, and the *Chambetta*, the turne *Terra, Terra*, in the outmost circle of the straight ring, and the *incaualare* and *chambetta* in the chaunges, wherein hee is forst to lap one leg ouer another, or els to lift vp the inmost leg, from the ground whilst hee brings the outmost ouer it, and surely in this ring and these changes, consisteth all the maine art of turning, and the chiefest glory both of the *Horse* and *Horseman*: and therefore it is meet for e- uery Rider to thinke this lesion neuer perfectly learnt,

and therefore continually to practise his *Horse* in the same; making him not onely tread and trot these narrow rings; but also gallop them; and from galloping them, to passe them about in ground salts, as by taking vp his for-legs, from the ground both together, and bringing his hinder feet into their place, and so passing the ring about once, twice, or thrice, at your pleasure, or as oft as the *Horses* strength and courage will allow, and this is the true turne called *Terra, Terra*, and of greatest request with Horsemen and likewise with Souldiers, and this will euery *Horse* naturally and easily bee brought vnto, onely by a continuall trotting and galloping, of these narrow rings: thus you see the perfectnes of your large rings brings your *Horse* to an easie vse of the strait rings, and the easie knowledge of the strait rings brings a *Horse* to the perfection of turning, which is the ground and maine some of this Art, as stopping begets retiring, and retiring aduancing: Thus euery lesson as it were a chaine is linkt one into another.

*Helpes.*

The helpes belonging to turning, are all whatsoever are formerly spoken off, because it is a lesson which besides that it containeth in it selfe all other lessons, so it must be done with more courage, art, and nimblenesse, then any els whatsoever; and therefore the *Horse* had need of all the assistance that can possible be giuen him.

*Corrections*

The corrections are the *spurres* giuen of the outmost side, when the *Horse* sticks and is harder to come about on the one side, then on the other, and the rod stricken hard on the outmost side of the offending member, as also a continuall labour when the *Horse* shewes either vnwillingnes or disobedience, touching the vnnimblenesse of his turning when he beates on leg against another, or treads on foot vpon another, the raps and hurts he doth him-

himselfe are sufficient corrections, and will both make him know his fault and amend it.

For his cherrishings they are also the former already spoke of, yet to be vsed (if possible) with greater earnestnes in as much as this lesson being most cunning, would for the performance thereof, euer receiue the most comfort.

*Cherrishings*

Your *Horse* being brought to this perfection, that he will perfectly tread his large rings, stop, retire, aduance before, yerke behind, and turne readily on either hand, you shall then take away his mussole and trench, and instead thereof put vpon his head a gentle Caezan of two joints and three peeces with a chappeband vnderneath, which you shall buckle close, but not straight, and be sure that the cauezan lie vpon the tender grifell of the horses nose, somewhat neere to the vpper part of his nostrrels, then to the chapband you shall fasten the martingale, and lastly to the rings on each side the cauezan, you shall fasten long deuided reines, more then a yard and a halfe in length a peece, then into his mouth you shall put a sweet smooth cannon bitte, with a plaine wating chaine, the cheeke being of large size, so as it may arme a little aboue the point of his shoulder; and the kirble shall be thicke, round and large hanging loosely vpon his neather lippe, and intising the *Horse* with his lip to play with the same: Thus armed you shall take his backe, and casting the left raine of your cauezan ouer the *Horses* right shoulder you shall beare it vnde: your thumbe, with the raines of the bit in your left hand, and the right raines of the cauezan you shall cast ouer the *Horses* left shoulder, and beare it with your rod in your right hand, and so trot him forth the first morning out-right two or three mile in the high way, making him onely feele and grow acquainted with the bit, and onely making him now and then stop and re-

*When to b.  
a horse.*

circ,

tire and gathering vp his head into a due place, and fashioning his raine with all the bewty and comelineſſe that may be, which done, the next day you ſhall bring him to his large rings, and as was before ſhewed, there make him perfect with the bit, as you did with the ſnaſſe: firſt in trotting, then in galloping of the ſame; Then make him ſtop, retire, aduance, yerke behind, and turne vpon either hand, with a great deale more perfectneſſe, and more grace then was formerlic done with the trench, which is an eaſie labour, in as much as the bit is of much better command, and brings more comelineſſe to the *Horſes* motions, is alſo a greater helpe, a ſharper correction, and a cherrisher of more comfort then any before vſed. And thus in the firſt moneth you may make anie *horſe* perfect vpon the trence in the leſſons before ſpoke of; ſo in the ſecond moneth you may make the ſame leſſons a great deale more perfect vpon the bit, and ſo preſume in two moneths to haue a perfect ground *horſe* fit either for Souldier or Schollar that hath anie good rules of *horſe-maſhippe* in him.

*Of the turning poſt.*

Now for as much as the art of turning in *horſes* is of great difficultie, and ought of all leſſons to be moſt elaborate, I will ſpeake a little further thereof and ſhew you the practice of theſe preſent times for the beſt accompliſhment of the ſame, without ſtirring vp euill morions in the *horſe*, whence reſtiuenefſe and other vilde errors do growe; for it is certaine that euerie *horſe* naturally deſireth neither offence nor to offend, but the raſh indiscretion of ignorant *horſe-men* which will compell a *horſe* to doe before he knowe what or how to doe, is the begetting of thoſe euils which are hardly or neuer reclaimed; for a *horſe* is like an il brought vp boy, who hauing learnt drunkenneſſe in his youth will hardly bee ſober in his age, and hauing once got a knauish qualitie, though hee

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be neuer so much corrected for the same, will yet now and then shew that the remembrance is not vtterlie extinguished: and for as much as in this lesson of straite turnes, there is so much curious hardnesse that a *Horse* is most subiect to rebell, and learne manie euils thereby: therefore to preuent all those euils you shall cause a smooth strong post to be well ramm'd and fixed in the earth in the midst of the straight ring, at the verie point and center thereof, then causing a foot man to stand at the post, you shall giue him the right raigne of your cazzan, which you shall make him hold about the post, and so walk, or trot your *Horse* about the same on your right hand as long as you please, then taking vp the right raine giue him the left raine, and doe as much vpon the left hand: and thus change from hand to hand as oft as you shall thinke conuenient, till you haue brought your *horse* to the absolute perfection of euery turne, the post being such a guide and bond vnto the *horse*, that albe the *Horseman* were of himselfe vtterly ignorant; yet it is impossible the *horse* should either disorder or disobey his riders purpose.

When your *horse* can thus perfectly set euerie seuerall turne, either straight or open with his bit, you shall then teach him to manage, which is the only posture for the vse of the sword on horse-backe, and you shall doe it in this manner. First, cause some by-stander to pricke vp in the earth two riding-rods about twenty yards, or lesse as you thinke good, distant one from the other; then walke your *horse* in a straight turne or ring about, the first on your right hand, and so passing him in an euen furrow downe to the other rod, walke about it also in a narrow ring on your left hand, then thrust him into a gentle gallop downe the euen furrow, till you come to the first rodde,

and advance without any pause or intermission of time, thrust him forward againe, and beat the turne *Terra, Terra*, about it on your right hand, then gallop forth right to the other rod, and in the same manner beate the turne about on your left hand: and thus docas oft as you shall thinke it conuenient for your owne practise, and the *horses* strength.

*Diuersities  
of manages.*

Now of these manages our auncient Masters in *Horseman*shippe haue made diuers kinds, as manage with rest, and manage without rest, manage with single turnes, and manage with double turnes, which indeed doth rather breed confusion, then vnderstanding in either the *Horse* or *Horseman*: therefore for your better knowledge I will reduce them onely, but to two kinds: it is manage open, and manage close: your open manage is that which I shewed you before, when you turne *Terra, Terra*, which is the most open of all straight turnes, and your close manage is when you turne vpon the incaualare, or chambetta which are the closest of all turnes, and may be done as before I shewed in a flying manner, euen vpon one foot, which although it be artfull, yet it is not so glorious, and safe for the Souldiers practise, onely this you may be most assured of, that when a *horse* can manage vpon both these turnes, he may manage without more instruction, vpon any other turne whatsoeuer.

*Of the carriere.*

When your *horse* is perfect in the manages before said, you may then passe a carrier at your pleasure, which is to run your *Horse* forth right at his full speed, and then making him stop quickly, sodainely, firme and close on his buttocke, in which lesson there needeth little instruction, but onely some few obseruations, as first that you make not your carriere to long, whereby the *Horse* may be weakned, nor too short, whereby his true winde and courage may be vndiscouered, but competent and indifferent

ferent, as about foure or fiue score yards at the most, then that you start him gently without affright: and lastly that you first giue him a little warning with your bridle hand, and then stop him firmly and strongly which place of stop if it be a little bending downward it is a great deale the better: And thus in these lessons already shewed you consisteth all the full perfection of a *Horse* for seruice in the warres, which any painefull man may bring his *Horse* well vnto, in lesse then three moneths, how euer our auncients in former times haue beene blinded, and in the same practise haue wasted two yeares ere they brought it to perfection.

Now for as much as to the art of riding belongeth *Horses for* diuers other salts and leapes, right pleasant and curious *pleasure.* to beholde, and though not generally vsed in the warres, yet not vtterly vselesse for the same, and sith they are many times very needfull, for the health of mans bodie, I will by no meanes abridge our English husbandman of the same, but proceede to the lessons which are meet for *Horses*, of pleasure, of which the first is to make a *Horse* bound aloft with all his foure feet, from the ground, and you shall doe it in this manner, when you haue trotted your *Horse* forth right a dozen or twenty yards, you shall stop him, and when he hath aduanced once or twice, you shall a little straighten your bridle hand, and then giue him the euen stroke of both your spurs together hard, which at first will but onely quicken and amaze him, but doing it againe and againe it will breed other thoughts in him; and he being of spirit and mettall (as it is lost labor to offer to teach a iade such motions) he will presently gather vp his body, and either rise little or much from the ground: then presently cherrish him, and after some rest offer him the like againe, and thus doe till you haue made him bound twice or thrice: then

*Of bounding aloft.*

make much of him, & do no more for that day: The next day renew his lesson againe, & double his exercise, increasing so day by day til he come to that perfectnes that he will bound whensoever your spurs shall command him.

Of the cor-  
net.

When your *Horse* can bound perfectly; then you shall teach him the coruet in this manner: you shall at the corner where two wals ioine together, a little hollow the ground a *Horses* length or more; and then place a smooth strong post by the side of the hollownesse a *Horses* length likewise from the wall; then ouer against the post fasten an iron ring in the wall: this done, ride your *Horse* into the hollow place, and fasten one of the raines of the cauezan vnto the ring, and the other about the post; then after you haue cherish't your *Horse* make him aduance, by the helpe of the calues of your legs onelie twice or thrice together; then let him stand still and cherish him; then make him to aduance againe at least a dozen times together; then rest, and after aduance twentie or fourtie times together, dailie increasing his aduancings, as hee growes perfect therein till you perceiue that hee hath got such a habit therein that he will by no meanes presse forward; but keeping his ground certaine, aduance both before and behind of an equall height, and keepe one iust and certaine time with the motion of your legs, neither doing slower nor faster, but all after one manner and leasure: but if you find that hee doth not raise his hinder parts high enough; then you shall cause a footman to stand by you, and as you make him aduance before; so the footman by ierking him gentlie vpon the hinder fillets with his rod, to raise vp his hinder parts: Also this will bring your *Horse* in few daies to a perfect and braue coruet, so that after you may doe it in any place where you please without the helpe either of your wall or post or other by-stander.

When

When your *horse* is made perfect in the coruet, and that hee will doe it readilie and comely, you shall at the end of euerie third or fourth aduancing, giue him the stroake of your spurres and make him bound aloft; then put him to his coruet againe as before, and then make him bound againe; and thus at the end of euerie third aduancing see you make him bound for the length of a tilt barre, or an ordinarie managing furrow according to the *horses* strength, and this is called the gallop galiard, which if it be taught a *horse* along by the side of some wall or smooth pale it is so much the better, and a great deale fewer disorders will arise and trouble the Rider.

*Of the gallop-galiard.*

The next lesson you shall teach your *horse* after the gallop galiard, is the *capriolle* or goats leape, which is the same manner of motion which the coruet is, only it is to be done forward and much ground gained in the salt, and the *horse* is to raise his hinder parts as hie, or rather hyer then his for-parts, and to keep rather a swifter then slower time in doing of it: therefore, when you teach your *horse* to do it you shall bring him into some hollow furrow where the ground is a little descending, and turning his head to the descent, put him into the coruet temperate and gently; then when you giue him the calues of your legges to raise vp his for-parts, in the same instant ierke your legge violently forward againe, that he may not sticke but carrie his hinder legges after his for-legges, and let some skilfull foot-man standing by your side ierke the *horse* ouer the fillets with his rodde, and make him raise vp his his hinder parts: and thus do without ceasing till he performe your will nimbly and cunningly, and then forget not to cherish him and giue him all comfort possible. And this lesson and the other which consist of violent and quicke salts or leapes would euer

*Of the Capriolle.*

bee practised, the first in the morning whilest a *Horse* is fresh and lusty, for to put him to them after his fire edge is taken awaie, will but bring him to a loathing of his instruction, or at the best to do them but slouely, heauily and vnwillingly.

*Of going a-  
side.*

There is also another motion which is pleasing to the eye, though it be very laboursome to the bodie, which is to make a *horse* go sidelong of which hand soeuer the Rider is disposed, and is very necessarie in the warres, because it is the auoiding of anie blowe comming from the enemy. This motion when you intend to teach your *Horse*, you shall drawe vp your bridle hand somewhat streight, and if you determine to haue him goe aside to your right hand, lay your left raine close to his necke, and the calue of your left legge close to his side, and as you did in the incauallare, make him lappe or put his left legge ouer his right, then turning your rodde backward and ierking him gently on the left hinder thigh, make him bring his hinder parts to the right side also, and stand in an euen line as at the first; then make him remoue his for-parts more then before, so that hee may stand as it were crosse ouer the euen line, and then make him bring his hinder parts after and stand in an euen line againe; and thus doe till by long practice hee will moue his for-parts and hinder parts both together, and goe sidelong as farre as you please, then cherrish him, and if you will haue him goe towards your left hand, doe as you did before, vsing all your helps and corrections on the right side only. And thus much, I thinke is sufficient to haue spoke touching all the seuerall lessons, meete to be taught to anie *horse* whatsoever, whether he be for seruice or for pleasure, and which being performed artfully, carefully, and with patience, you may presume your *horse* is compleate and perfect; the rather sith no  
man

man can find out any inuention, or teach anie other motions to a *horse* which may bee good and comely, but you shall easily perceiue that they are receiued from some one of these alreadie rehearsed.

Now if you shall bee called to ride before a Prince, you must not obserue the libertie of your owne will: but the state of the person before whom you ride, and the grace of the *horse* which you ride: and therefore being come into the riding place, you shall chuse your ground, so that the person before whom you are to ride may stand in the midst thereof, so as he may well behold both the passage of the *horse* to him and from him: then being seated in comely order, and euery ornament about you handfom and decent, you shall put your *horse* gently forth into a comely trot, and being come against the person of estate, bowe your bodie downe to the *Rest* of your *horse*, then raising your selfe againe, passe halfe a score yards beyond him and there marking out a narrow ring thrust your *horse* into a gentle gallop, and giue him two or three managing turnes in as short ground as may be, to shewe his nimbleness and readinesse, then vpon the last turn his face being towards the great person, stop him comely and close, and make him to aduance twice or thrice, then hauing taken breath put him into a gallop galliard, and so passe a long the length of the euen furrowe with that salt, making him doe it also round about the ring; then his face being towards the Prince stoppe him and giue him fresh breath, then thrust him into the caproile, now and then making him yerke out behinde; yet so as it may bee perceiued it is your will and not the *horses* malice, and hauing gone about the ring with that salt and his face brought to looke vpon the Prince, stop him againe and giue him breath, then drawing neerer to the Prince you shall beat the tourne *Terra, Terra*: first

*Riding be-  
for a prince*

*Of the ca-  
ragole,*

in

in a pretty large compasse, then by smal degrees streightning it a little and a little, drawe it to the verie center where you may giue two or three close flying turnes, and then changing your hands vndoe all that you did before, til you come to the rings first largenesse, then the horses face being direct vpon the Prince, stoppe him and put him into a coruet, and in that motion hold him a prettie space, making him doe it first in an euen line, first to the right hand then to the left, now backward then forward againe: and thus hauing performed euerie motion orderly and comely bowe downe your bodie to the Prince and so depart.

*To ride for  
recreation.*

But if you intende to ride onlic for recreation, then you shall marke what lesson your horse is most imperfect in, and with that lesson you shall euer when you ride both begin and end; after it you shall fall to those lessons which are to your selfe most difficult, and by the practice of them bring your selfe to a perfectnesse, then consequently to all other lessons, repeating ( as it were ) euerie one ouer more or lesse, least want of vse breed forgetfulnesse, and forgetfulnesse vtter ignorance: but if your recreation in riding bee tied to anie speciall rules of health, and that your practice therein proceede more from the commaundment of your Physician then your pleasure; then I would wish you in the morning first to begin with a stirring or rough lesson, as the gallop-galiarde, bounding or such like, which hauing a little stirred your blood and made it warme; you shall then calme it againe with a gentle manage, or the galloping of large rings: then to stirre your spirits againe, to bring the stone downe or promer appetite, passe into the carpiole, or coruet, and then to make quiet those moued parts, set the turne called *Terra, Terra*, the *incanalaire* and such like.

And

And thus one while stirring your bloud, and another while moderately allaying such stirring, you shall giue your body that due and proper exercise which is most fit for health and long life. Manie other waies this recreation may be vsed for the good of a mans bodie, which because partieular infirmitie must giue partieular rules how and when to vse it: I will at this time speake no further thereof, but referre the exercise to their owne pleasures which shall practice the same, and to the good they shall finde in the practice.

CHAP. III.

*Of the breeding of all sorts of Horses for the Husbandmans vse.*



**H**He minds of men being swaied with manie various motions, taketh delight sometimes to bee recreated rather with contemplatiue delightes then with actiue pleasures, and there is strong reason; therefore because disabilitie of bodie, or affairs of the kingdome or common-wealth may take a man from those preoccupations, which otherwise might stir him to more laborious exercise, and of these contemplatiue recreations, I can preferre none before that gentlemanly and beneficiall delight of breeding creatures meet for the vse of man, and the good of the common-wealth wherein he liueth, and of these breedings I can not esteeme anie so excellent as the breeding of *horses*, both for the pleasure wee gaine thereby in our owne partieular seruice, and also for the strength, defence, and tillage of the kingdome.

He therefore that suteeth his recreation to the breeding of horses.

K

*The breeding of horses.*

ding of of horses, must first haue respect vnto the ground whereon he liueth or enioyeth; for euery ground is not meete to breede on, but some too good, some too bad; some too good because they may be exhausted to a more beneficiall commoditie, horses hauing a world of casualties attending on them, and manie yeeres before the true profit doth arise; and some too bad, because the extreame barrennesse of the same will denie competent nourishment to the thing bred, and so to the losse of time and profit adde mortalitie.

*Grounds to breede on.* The grounds then meete to breed Horscs on, would neither be extreame fruitfull, nor extreame barraine, but of an indifferent mixture, yeelding rather a short, sweet burthen, then a long rich and fruitfull, it would rather lie high then lowe, but howloeuier firme and hard vnder the foote, it would bee full of Mole-hils, vneuen treadings, hills and much cragginesse to bring Colts to nimblenesse of foote, it would haue good store of fresh waters, an open sharpe ayre and some conuenient couert; and this ground is best if it be seuerall and inclosed: yet, may be bred vpon, though it bee open and in common, onely some more carefulnesse to be looked for, a little before, and in the time of foaling. Nay, the grounds which are neither seuerall nor common are very good al- to breede on, and those bee your teathering grounds, which we call particular grounds; for though they bee proper commonly to one man, yet they are not diuided nor eaten otherwise then at the owners pleasure, and these teathering grounds are as good as anie ground for the first nourishing of a Foale, if they be amongst corne grounds, or anie graine except pease only.

*Diuisiō of grounds.*

If you haue much ground to breede on, you shall di- uide it into many Pastures, the least and barrannest for your *Stallion* to runne with your *Mares* in, those which

haue least danger of waters in for your *Mares* to foale in, the fruitfullest and of best growth for your *Mares* to giue milke in, and the most spacious and vneucnest to bring vp your *Colts* in after they are weaned.

*Choice of Stallion, & which best.*

For the choice of a good *Stallion*, and which is best for our kingdome, opinion swayeth so farre that a man can hardly giue well receiued directions; yet surely if men will bee ruled by the truth of experience, the best *Stallion* to beget *horses* for the warres is the *Courser*, the *Iennet* or the *Turke*, the best for coursing and running is the *Barbarie*; the best for hunting is the *Bastard courser* begot of the *English*, the best for the Coach is the *Flemming*, the best for trauell or burthen is the *English* and the best for ease is the *Irish-hobbie*.

For the choice of *Mares* you shall greatly respect their shapes and mettals; especially that they be beautifully forehanded, for they giue much goodnesse to their *Foales*, and for their kindes any of the *Races* before spoken is very good, or any of them mixt with our true english *Races*, as *Bastard-courser Mare*, *Bastard-iennet*, *Bastard-turke*, *Barbary*, &c.

*Choyce of Mares.*

The best time to put our *Stallion* and *Mares* together is in the beginning of *March*, if you haue anie grasse, as you should haue great care for that purpose, and one *Foale* falling in *March* is worth two falling in *May*, because he possesseth, as it were, two winters in a yeere, and is thereby so hardned that nothing can (almost) after impaire him, and the best time to take your *Horse* from the *Mares* againe is at the end of *Aprill*, in which you shall note that from the beginning of *March* till the beginning of *May*, you may at anie time put your *Stallions* to your *Mares*, and a moueths continuance is euer sufficient; provided euer, as neere as you can, that you put them together in the increase of the moone, for *Foales*

*When to put the together*

got in the vane are not accounted strong or healthfull.

*Of couering  
Mares.*

For couering of *Mares* it is to be done two waies out of hand, or in hand; out of hand as when the *Horse* and *Mares* runne together abroad as is before saide, or turned loose into some emptie barne for three nights, one after another, which is the surest and the safest waie for a *Mares* holding; or in hand, early in a morning and late at an euening two or three daies together, when you bring the *Horse* to the *Mare* and make him couer her once or twice at a time, holding him fast in your hand, and when the act is done leade him backe to the stable; and in this act you shall euer obserue, as soone as the *horse* commeth from her backe presently to cast a pail of cold water on her hinder parts, or else to chase her swiftly vp and downe, for feare by standing still she cast out the seed which is verie ordinarie.

*To knowe  
of a Mare  
holde.*

To know whether your *Mare* hold to the *Horse* or no there be diuers waies, of which the best is by offering her the *Horse* againe at the next increase of the moone, which if she willingly receiue it is a signe she held not before, but if she refuse, then it is most certaine she is spedde; or if you poure a spoonfull of colde vineger into her eare, if she shake only her head it is a signe she holds, but if she shake head, bodie and all, then truly it is a signe that she doth not hold: Lastly, if after she is couered you see her scower, her coate growe smooth and shining, and that she doth, as it were, renue and increale in liking, then it is a signe she holds; but if she hold at a stay without any amendment, then offer the *Horse* againe for shee is not serued.

*To conceiue  
male-foales*

To make your *Mares* conceiue most male-foales, you shall be sure to keepe your *Stallion* proude, and your *Mare* poore, that his lust mastring hors, he may onely be

bee predominant and chiefe in the action; manie other rules fancie deuifeth, but they erre in their ends; and I would by no meanes haue this diſcourſe capable of anie incertaintie.

If you haue any aduantage giuen you by friendſhip, or otherwiſe whereby you may haue a *Mare*, at the preſent verie well couered, onely yours is not yet readie for the *Horſe*: you ſhall in this caſe to prouoke luſt in her, giue her to drinke good ſtore of clarrified honic and new milke mixt together, and then with a buſh of nettles all to nettle her priuy parts, and then immediatly offer her the *Horſe*.

To prouoke  
luſt.

To keepe your *Mares* from barrenneſſe, and to make them euer apt to conceiue *Foales*, you ſhall by no meanes feed them too extreme fat; but keepe them in a middle ſtate of body, by moderate labour, for the leaner they are when they come to take the *Horſe*, the much better they will conceiue.

To keepe  
mares from  
barrenneſſe.

After your *Mares* haue beene couered, and that you perceiue in them the markes of conceauing, you ſhall let them reſt three weekes or a month, that the ſubſtance may knit; then after moderately labour or trauell them, till you ſee them ſpring, and then turne them abroad, and let them runne till they *Foale*; for to houſe her after is dangerous, and vnwholſome.

Ordring  
Mares after  
couering.

If your *Mare* be hard of *foaling*, or will not clenſe after ſhee hath *foaled*; you ſhall take a pint of running water wherein good ſtore of Fennell hath beene boiled, and as much ſtrong, old, ſweet wine, with a fourth part of the beſt ſallet oile; and hauing mixt them well together, being but luke-warme poure it into her noſtrels, and then hold and ſtop them cloſe that ſhee may ſtraine her whole body, and it will preſently giue her eaſe.

A helpe for  
Mares in  
foaling.

Aſſoone as your *Mare* hath *Foald*, you ſhall remoue

Ordring  
mares after  
foaling;

her into the best grasse you haue, which is fresh and vnsoiled to make her milke spring, and if it be earely in the yeere you shall haue care that there be good shelter in the same, and there let her nourish her *Foale* most part of the summer following.

*Weaning of Foales.* As touching the weaning of *Foales*, though some vse to weane them at *Michaellmas*, or *Martilmass* following, out of a supposition that the winter milke is not good or wholesome: yet they are much deceiued, and if you can by any conuenient means (sauing greater losses) let your *foales* runne with their dammes the whole yeere euen till they foale againe: for it will keepe the *foale* better in health, in more lust, and lesse subiect to tenderesse,

*Ordring after the weaning.* When you intend to weane your *foales* you shall take them from their dammes ouer night, and driue them into some empty house where they may rest, and the *Mares* be free from their noses: Then on the morning following, giue to euery *Foale* fasting a branch or two of *Sauen* anointed or rould in butter, and then hauing fasted two houres after, giue them a little meat, as grasse, hay, or garbidge of corne, with some cleare water, and doe thus three daies together; then seeing that they haue forgotten their dammes, gueld such coalt *foales* as you intend to make gueldings of; and after their swellings are past, put them with your other coalt *foales* into a pasture prouided for them by themselves, and your fillie *foales* into another by themselves; which pastures may either bee high woods, commons, carrs, or such like spations peeces of ground, where they may run till they be ready for the saddle.

*Guelding of Colts.*

Now albe I proportion vnto you this manner of guelding of *foales*, yet I would haue you know that the best and safest way to gueld them, is if it may be vnder the damme

damme when they sucke, as at nine or at fiftene daies of age if the stones appeare, or els so soone as you can by any meanes perceiue them fall downe into the codde, for then there will be no danger of swelling, or other mischiefes which commonly attend the action: And thus much touching the breeding of *Horses*, and the obseruations due to the same, through all the courses and passages thereof, as hath beene found by auncient practise and experience;

### CHAP. III.

*Of Horses for trauell; and how to make them Amble.*



**T**he *Husbandman* whose occupation is the generall affaires of the common wealth, as some to the Markets, some to the Citty, and some to the seates of Iustice; must necessarilie be imploied almost in continuall trauell: And therefore it is meet that he be prouided euer of a good and easie traouelling *Horse*.

The markes whereby he shall chuse a good traouelling *Horse*, are these; he shall be of good colour and shape, leane headed, and round foreheaded, a full eie, open nostrill, wide iawed, loose thropid, deepe neckt, thin crested, broad breast, flat chind, out ribd, cleane limbd, short iointed, strong hooued, well mettald, neither fiery nor craving, strong in euerie member and easie to mount and get vp vpon; he shall follow without haling, and stand still when he is restrained.

Now for as much as there are a world of good *Horses*, which are not easie, and a world of easie *Horses* which are not good; you shall by these directions following, make

*Diuers  
waies of am-  
bling.*

*Of travel-  
ling.*

*Of wisping.*

make anie *Horse* amble whatsoever : first then you shall vnderstand that practise hath made diuers men beleue that diuers waies they can make a *Horse* amble, as by gagging them in the mouthes, by toiling them in deepe earth, by the helpe of shooes, by galloping and tiring or such like, all which are ill and imperfect : yet the truth is, there is but one certaine and true way to compasse it ; and that is to make of strong garthwebbe, flat and well quilted with cotton, foure pastornes for the smals of his fore legs, vnder his knees, and for the smals of his hinder legs somewhat below the spauen ioints, to these pasterns, you shall fixe strong straps of leather, with good iron buckles, to make shorter or longer at pleasure ; and hauing plac't them about his foure legs, you shall take two seuerall round roapes, of an easie twist made with strong loopes at either end, and not aboue eight handfuls in length : And these the *Horse* standing in a true proportion, you shall fasten to the foure straps of leather ; to wit one of them to his neere forelegs, and his nere hinder leg, and the other to his farre fore leg, and his far hinder leg ; which is cald amongst *horsemen* traueilling : with these you shall let him walke in some inclosed peece of ground till he can so perfectlie goe in the same, that when at anie time you offer to chase him, you may see him amble true and swiftlie : Then you shall take his backe and ride him with the same tramels, at least three or foure times a day, till you find that he is so perfect that no way can be so rough and vneuen, as to compell him to alter his stroke or goe vnnimble : This done, you may first take away one tramell, then after the other, and onelie wreath about vnder his foure fet lockes, thicke and heauie, great rolds of hey or straw ropes, and so ride him with the same a good space after, for it will make him amble easie : then cut them away, and ride and exercise him without anie tiring

thing, but the ordinary helpe of the bridles, and there is no doubt but he will keep his pace to your full contentment and pleasure.

Now during this time of your teaching, if your *horse* strike not a large stroak and ouer-reach enough, then you shall make the trauell the straiter; but if he ouer-reach too much, then you shall giue it more libertie, and here-in you shall finde that an inch straightning, or an inch inlarging, will adde or abate at least halfe a foote in his full and direct stroake. And thus much touching the teaching of anie *horse* to amble of what naure or qualitie so euer hee be, or how vnapt or vntowarde soeuer to learne.

*Helpes in  
ambling.*

## CHAP. V.

### *Of the ordering and dyetting of the hunting Horse.*

**S**ome loue hunting for the exercise of their *owne* bodies, some for the chasc they hunt, some for the running of the hounds, and some for the training of their *horses*, whereby they may finde the excellencies of their goodnes and indurant: to him therefore which placeth his delight in the goodnesse of his *horse*, I would wish him thus to order and diet him, and hee shall most assuredly come to the true knowledge of the best worth which is within him; and if in these rules which I now shewe I bee lesse curious then formerly I haue beene; let no man wonder thereat, but know, that Time (which is the mother of experience) doth, in our labours, shewe vs more newe and more neerer waies to our ends, then at the first wee conceiued; and though when I first practi-

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ced this art I knew not how to bring a very fat *horse* from *Michaelmas* till *Christmas* to shewe his vtmost perfection, knowe now in one first moneth (though neuer so fowle) how to make him fit for any wager, daring now boldly to aduenture on that with which before I thought almost present death to offer : thus doth obseruation and labour finde out the darkest secrets in art.

Taking vp  
of the hun-  
ting horse.

To begin then with the first ordering of a hunting *horse*, you shall know that the best time to take him from grasse is about *Bartholmew* tide, the day being faire drie and pleasant; and as soone as he is taken vp, to let him stand all that night in anie vaste house to empty his body, the next day stable him, and giue him wheate strawe if you please, but no longer in any wise; for though the olde rule is to take vp *horses* bellies with strawe; yet it straightneth the guts, heates the liuer, and hurteth the winde : therefore let onely moderate exercise; as riding him forth to water morning and eueing, and other airings do what you expect strawe should, and for his food let it be hey that is sweet though rough, and either old or at least well sweat it the mowe.

Cloathing  
the horse.

After his belly is emptied you shall cloath him first with a single cloath, whilest the heat indureth, and after with more as you shall see occasion require, and when you begin to cloath the *horse*, then you shall dresse, curry and rubbe him also; now forasmuch as it is a rule with ignorant *horse-men*, that if they haue but the name of keeping a hunting-horse, they will with all care (without anie reason) lay many cloathes vpon him, as if it were a speciall phisicke, you shall knowe they are much deceiued therein, and may sooner doe hurt then good with multiplicitic of cloathes; therefore to cloath a *horse* right-cloath him according to the weather, and the temper of his bodie: as thus, if you see your *horse* be slight,  
smooth

smooth and well coloured, then cloath him temperately as with a single cloth, of canuase or sackcloth at the most; and if then, as the yeere growes colder, you finde his haire rise or stare about his necke, flanks, or outward parts; then you shall adde to a woollen cloath, or more if neede require till his haire fall smooth againe, holding it for your rule that a rough coat shews want of cloathes, and a smooth coate, cloathing enough: yet if your *horse* haue bin cleane fedde, taken exercise sufficient and hath not much glut within him, if then you find that in the night he sweateth in his cloathes, then it is a signe hee is ouer-fedde, but if hee be fowle inwardly, or hath out sweat formerly, and now sweats coming to good feeding then you shall augment rather then diminish anie cloathing, for his fowlenesse but then breaketh out, and being euacuated he will come to driennesse of bodie againe, and so continue all the yeere after; and surely for an ordinarie proportion of cloathes, I hold a canuasse cloath, and a cloath of Houswiues woollen to be at full sufficient for a hunting *horse*.

A hunting *horse* would bee drest in his daies of rest twice a day, that is, before hee goe to his morning watering, and before hee goe to his euening watering; for the manner of his dressing after he is vncloathed, you shall first currie him from the tips of the eare to the setting on of his taile, all his whole bodie most entirely ouer with an iron combe, his legges vnder the knees and cambrels only excepted, then you shall dust him, then currie him againe all ouer with a round brush of bristels, then dust him the second time, then rubbe all the loose haire awaie with your hands wet in cleane water, and so rubbe till the *horse* be as drie as at the first, then rubbe all his bodie and limbes ouer with an *haire-cloth*. Lastly, rubbe him ouer with a fine white linnen rubber, then

*Of dressing  
the Horse.*

picke his eyes, nostrils, sheath, coddles, tuell an fecte very cleane, and so cloath him and stop him round with wispes, if you water within the house, otherwise saddle him after his body is wrapt about in a wollen cloath, and so ride him forth to the water.

*Of watering  
the Horse*

The best water for a hunting *Horse* is, either a running riuer, or a cleere spring, remote from the stable a mile, or a mile and a halfe at most, and neere vnto some plaine peece of ground, where you may scope and gallop after he hath drunke, and as soone as you bring your *Horse* to the water let him take his full draught without trouble or interruption: then gallop and scope him vp and downe a little, and so bring him to the water againe, and let him drinke what he please: and then gallop him againe; and thus doe till you find he will drinke no more, then hauing scop't him a little, walke him with all gentleness home and there cloath him vp, stop him round with great soft wispes, and so let him stand an houre vpon his bridle and then feed him.

*Of feeding  
the horse.*

To speake first of the food for hunting *Horses*, the most ordinary is good, sweet sound oates, either thoroughly dried with age, or els on the kilne, and if your *Horse* be either low of flesh, or not of perfect stomacke, if to two parts of those oates you adde a third part of cleane old beanes, it shall be very good and wholesome, and if your *Horse* be in diet for a mat:h and haue lost his stomacke, if then you cause those beanes to be spelted vpon a milne, and so mixt with oats it will recouer him. The next food which is somewhat stronger, and better, is bread thus made: Take two bushels of good cleane beanes, and one busshell of wheat and grind them together, then through a fine raunge bolt out the quantity of two pecks of pure meale, and bake it in two or three loues by it selfe, and the rest sift through a meale siue, and kneade  
it

it with water and good store of barme, and so bake it in great loues, and with the courser bread feed your *Horse* in his rest, and with the finer against the daies of sore labor. Now for the houres of his feeding it shall be in the morning after his comming from water, an houre after his noone, after his comming from his euening water, and at nine or ten of the clocke at night vpon the daies of his rest, but vpon the daies of his exercise, two houers after he is thorowly colde inwardly, and outwardly, and then after according to the houres before mentioned Lastly for the proportion of food, you shall keepe no certaine quantity, but according to the *Horses* stomacke: that is to say, you shall feede him by a little at once, so long as hee eates with a good appetite, but when hee beginnes to trifle or stumble with his meat, then to giue him no more. Now for his hey you shall see that it be his short vplandish hey, and so it be sweet, respect not how course or rough it is; sith it is more to scower his teeth and coole his stomacke: then for any nourishment expected from him.

Touching the *Horses* exercise, which is onely in the following of the *hounds*, you shall be sure to traine him after those which are most swift and speedy, for so you shall know the truth, and not be deceiued in your opinion: Touching the daies it shall be twice a weeke at least, but most commonly thrice: As for the quantity of his exercise it must be according to his foulness or cleannes; for if he be very foule you must then exercise moderate-ly to breake his grease, if halfe foule, halfe cleane, then somewhat more to melt his grease, and if altogether cleane; then you may take what you please of him (provided that you doe nothing to discourage his sprits) to abate his mettall, or to lame his limbes, and after every daies exercise be assured to giue him either the same night

or the next day following, something by way of scowring or otherwise to take away the grease formerly melted, by meanes whereof you shall be euer sure to keepe your *Horse* in all good health and perfection.

*The scowring of the horse.*

The best and most excellentest way to scower or purge your *Horse* from all grease, glut or filthinesse, within his body which is a secret hitherto was neuer either sufficiently taught or perfectly learned; is to take of Any-seeds three ounces, of Cumming seeds sixe drammes, of *Carthamus* a dramme and a halfe, of Fenegreake-seede one ounce two drammes, of Brimstone one ounce and a halfe, beate all these to a fine powder and searse them; then take of sallet oyle a pinte and two ounces, of honie a pound and a halfe, and of white wine iiij. pints, then with as much fine white meale as will suffice, make all into a strong stiffe paste and kneade and worke it well: this paste keepe in a cleane cloth for it will last long, and after your *horse* hath been hunted and is at night, or in the morning exceeding thirstie, take a ball thereof as much as a mans fist and wash and dissolue it in a gallond or two of colde water, and it will make the water looke white like milke, then offer it the *horse* to drinke in the darke, least the colour displease him; if he drinke it then feede him, but if he refuse to drinke it, yet care not but let him fast without drinke till he take it, which assuredly he will doe in twice or thrice offering, and after once he hath taken it be then assured he will forsake any other drink for it: of this drinke your *Horse* can neuer take too much, nor too oft if hee haue exercise, otherwise it feedes too sore, and from all inward infirmitie whatsoeuer it is a present remedie: therefore I would not wish any *Horse* of vertue at any time to be without it, and being once made it will last three or fowre moneths at least.

After your *horse* hath beene exercised, either with  
hunting

hunting, running traine-sents or otherwise, you shall euer coole him well in the fielde before you bring him home, but being come to the stable, you shall neither washe nor walke tut instantly house him, giue him store of fresh litter and rubbe him therewith and with drie cloathes till there bee not a wet haire about him, then cloath him with his ordinarie cloathes and wispe him round, then cast another spare cloath ouer him, which you may bate at your pleasure, and so let him stand till it be time to feede him. And thus you may keep any hunting *horse* either for match or otherwise, in as good state and strength as any *Horse man* in this kingdome, though he exceede you farre both in reputation and experience.

*Ordering a horse after exercise.*

## CHAP. VI.

*Of the ordering and dyetting of the running Horse.*

**I**F one Husband-man haue his minde raken vp onely with the delight of running *horses* which is a noble sport, and though not of so long indurance, yet equall with anie before spoke of, he shall for the bettring of his knowledge giue to his memorie these fewe rules following, by which he shall rightly order and diet him.

First for his taking vp from grasse (for there for order sake we must first beginne) it shall bee at the same time of the yeere and after the same manner that you tooke vp your hunting *horse*, and till you haue enscamed him, hardned his flesh, taken awaie his inward grease, and brought him to a good perfectnesse of winde, you shall cloath him, dresse him, water him, feede him, exercise him,

*Of his saking vp.*

him, purge him and order him after labour in all points, and all things as you did your hunting *horse*.

*Of cloaking him.* When he is thus cleane of body and winde, you shall then lay on him some moe clothes then you did on your hunting *horse*, to purge his body a little the more, and to make him the more apt to sweat, and euacuate humors as they shall grow, the ordinary quantity whereof would bee a warme narrow woollen cloth about his body, on either side his heart: then a faire white sheet, a woollen cloath aboue it, and a canuasse cloth or two aboue it, and before his brest a woollen cloth at least two double: He would continually stand vpon cleane litter, and haue his stable very darke and perfum'd with giniper, when as the strength of his dunge shall annoy it.

*Of dressing him.* For his dressing it shall bee in all points done as you did to your hunting *Horse*, onely to dresse him once a day is sufficient, and that euer in the afternoone: but for rubbing his limbes or body with drie cloathes or wispes; you shall doe that as oft as you come into the stable, provided that you turne but his clothes vp, not take them from his body.

*Of watering him.* You shall water your running *Horse*, as you watered your hunting *horse*, and giue him the same exercise after it, onely you shall not bring him into the stable of at least an houre or more after he is watred.

*Of feeding him.* The best foodes for your running *Horse*, is either good sweet oates wel dried, sunned and beaten, or bread made of two parts wheat, and but one part beanes, and bouited and sifted, and knodden, as was before shewed: onely if you adde to your better sort of bread the whites of twentic or thirty egges, and with the barme a little ale also, it will be much the better, for you shall not respect how little water you vse at all, the houres you feed in, and the quantity of your food shall be the same, and

in

in the same manner as was mentioned before for the hunting *Horse*, yet with these obseruations that if your *Horse* be very leane, sickely, and a weake stomacke, that then you may as before shewed, giue him with his oates a few spilted beanes, or els wash his oates in a little strong ale or beare, or in the whites of a couple of egges.

Touching his exercise it consisteth in two kinds, the one airings, the other coursing: Airing is a moderate and gentle exercise, which you shall vse morning and euening, by riding or leading your *Horse* foot pace (but riding is better and lesse in danger of cold) in the morning after his water vp to the hills, and in the euening after his water by the riuers side, by the space of an houre or two together, and before you lead him forth to aire, you shall be sure to giue him a rere egge broken into his mouth, as soone as his bridle is put on, for it will increase wind: and this airing you shall by no meanes forbear, but vpon his daies of purging or sweating, or when it much raineth, for then to aire is vnwholsome. Againe if your *Horse* be very fat you shall aire before Sunne rise; and after Sun set: but if he be leane, then you shall let him haue all the strength and comfort of the Sunne you can deuise, and during this ayring you shall be sure that your *horse* be cloathed very warme, especially before the breast, and on each side the hart, for cold to a running *Horse* is mortall.

You shall course your *Horse* according to his strength, and ability of body; that is to say twice a weeke, thrice, or as oft as you see cause, and you shall course him sometimes in his cloathes to make him sweate, and consume grease, and that must be done moderately and gently, and sometimes without his cloath to increase wind; and that shall be done sharply and swiftly: you shall by keeping

*Of his exercise by airing.*

*Exercise by coursing.*

ping your *horse* fasting the night before, be sure that his bodie be empty before he doe course, to wash his tongue and nostrils with vineger, or to piss in his mouth ere you take his backe is very wholsome; you shall lead him in your hand well and warme cloathed to the course, and there vncloath him and rub his limbs well: then hauing courst him, after a little breath-taking cloath him againe and so ride him home, there rub him thorowly, and let him stand till he be fully cold, which perceiued, let his first meat you giue him, be a handfull or two of the eares of pollard wheat: then after his ordinary food as afore-  
said

*Of sweates.*

There is also another exercise for your running *horse*, which is sweats in his cloathes either abroad or in the house, for sweats in his cloathes abroad, they are those which are taken vpon the course, and are formerly spoke of that they must be giuen by a moderate galloping, no maine running, and as soone as your *horse* hath past ouer his course, and is in a hie sweat, you shall instantly hane him home, and there lay more cloaths vpon him, and keepe him stirring till hee haue sweat so in the stable an houre or more: Then abate his cloathes by little and little, till he be perfect y cooled and dried, which you must further by rubbing him continually with drie cloathes, and by laying drie cloaths on and taking the wet away, but for sweats in his cloaths without any exercile abroad, you shall giue them either when the weather is so much vnseasonable, that you cannot goe forth, or when your *horse* is so much in danger of lamenes, that you dare not straine him, and you shall doe it thus: First take a blanket folded and warmed very hot, and wrap it about his body then ouer it lay two or three more, and wispe them round, then ouer them as many couerlids, and pinne  
them

them fast and close, then make the *horse* stirre vp and downe in the stable till hee begin to sweat, then lay on more cloathes, and as the sweat trickleth downe his face, so rubbe it awaie with drie cloathes till hee haue sweat sufficiently, then as before shewed abate the cloathes by little and little, and rubbe him in euery part till he be as drie as at first.

After euery course or sweat you shall scowre or purge your *horse* in the same manner, and with the same medicine that you did your hunting *horse*, for it is the best that can by art be inuented, being both a purge and a restoratiue, cleansing and comfortiug all the parts of a *horses* body; but if you thinke it purgeth not enough, then you shal take twenty reasins of the sunne the stones pickt out, and ten figges slit in the midst, boile them in a pottle of faire running water, till it come to be thicke, then mixe it with powder of Licoras, Anyseeds and Sugar-candie till it come to a stiffe paste, then make pretty round balls therof, and roule them vp in butter and giue your *horse* three or fowre of them the next morning after his sweat or course, and ride him an hower after, and then set him vp warme.

*Of scowring  
him.*

After your *horse* hath been courst or sweat, and is as before said, colde and drie, you shall then vnbridle him, giue him some fewe wheate eares, and then at an hower or two after a little of a very sweete mash, then some bread; after which at his due hower dresse him, and giue him when you finde him thirstie some cold water with a ball of your leauen dissolued into it, and so let him stand till you feed him for all night.

*Ordering  
after exer-  
cise.*

Course not your *horse* sore for at least fowre or fise daies before you runne your match, least the sorenesse of his limbes abate him of his speede.

*Generall  
rules for a  
running  
horse.*

Except your *horse* be a very fowle feeder muzzel him not aboue two or three nights before his match, and the night before his bloody courses.

Giue your *horse* as well his gentle courses as his sharp courses vpon the race he must run, that hee may as well finde comfort as displeasure thereon.

In training of your *horse* obserue not the number the miles, but the labour fit for your *horse*.

Be sure vpon the match day that your *horse* be emptie, and that he take his rest vntroubled till you prepare to leade him forth.

Shooc your *horse* euer a daie before you runne him, that the paine of the hammers knocks may bee out of his feete.

Saddle yout *horse* on the race day in the stable before you leade him forth, and fixe both the pannell and the girthes to his backe and sides with Shooc-makers waxe to preuent all daungers.

Leade your *Horse* to his course with all gentlenesse, and giue him leaue to smell to other *horses* dungs that thereby he may be inticed to stale and emptie his bodie as he goes.

When you come to the place where you must start, first rubbe his limmes well, then vnclouth him, then rake his backe and the word given start him with all gentlenesse and quietnesse that may bee, least dooing any thing rashly, you happen to choake him in his owne winde.

And thus much for the ordering and dietting of the running *horse*, and the particularities belonging to the same.

Now for our Husbandmans traueiling *horse*, which is to carrie him in his iournies and about his necessarie businesse

*Generall  
rules for a  
traueiling  
horse.*

finesse in the countrie; he shall first feede him with the best sweet hey, drie oates, or drie beanes and oates mixt together, in his trauell he shall feede him according to his stomacke more or lesse, and in his rest at a certaine proportion, as halfe a pecke at each watering is vtterly sufficient.

In your trauell feede your *horse* early that hee may take his rest soone.

In trauell by no meanes wash nor walke your *horse*, but be sure to rubbe him cleane.

Water him a mile before you come to your Inne, or more as shall lie in your iourney, or if you faile thereof forbear it till next morning, for water hath often done hurt, want of water neuer did anie.

Let your *horse* neither eate nor drinke when he is extreame hot, for both are vnholosome.

When the daies are extreame hot labour your *horse* morning and eueing and forbear hie noone.

Take not your saddle off sodainly but at leasure, and laying on the cloath set on the saddle againe till hee bee colde.

Litter your *horse* deepe, and in the daies of his rest let it lie also vnder him.

Dresse your *horse* twice a daie when he rests, and once when he trauels.

If the *horse* be stoned let him goe to foile and be purged with grasse in *May*, a month is time long enough, and that grasse which growes in Orchards vnder trees is best.

Let blood Spring and Fall, for they are the best times to preuent sicknesses.

In your iourning light at euerie steepe hill, for it is a great refreshing and comfort to your *Horse*.

Before you sleepe euerie night in your iourney, see

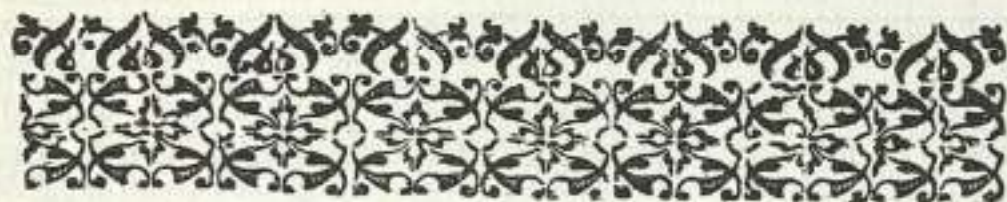
all your *Horses* feet stopt with Oxe dung, for it taketh awaie the heate of trauell and surbating.

Many other necessaric rules there are but so depending vpon these already shewed, that whoso keepeth them shall not be ignorant of any of the rest, for they differ more in name then nature.

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*The end of Hors-manshippe.*





## Of Hawking, &c.

### CHAP. VIII.

*Of Hawking with all sorts of Hawkes, and of coursing with Grey-hounds.*



Four English Husband-man shall for his recreation chuse the pleasure of hawking which is a most Princely and serious delight; he shall vnderstand that all *Hawkes* are diuided into two kindes: the long winged *Hawke*, and the short; the long winged *Hawkes* which are meete for our Husbandmans recreation, are the *Faulcon-gentle*, the *Ger-faulcon*, the *Saire*, the *Lanner*, the *Barbary-faulcon*, the *Merlin*, and the *Hobbie*: and the short-winged *Hawkes* are the *Goshawke*, the *Terrell* of the *Goshawke*, the *Sparrow-hawke* and the *Musket*.

The *Faulcon gentle* which is the principle of *Hawkes*, may be made either for the field or riuer, & wil fly either at the *Partridge*, or at the *Mallard*, the *Ger-faulcon* wil flie at the *Herron*, the *Saire* at the *Crane* or *Bitter*, the *Lanner* wil fly at the *Partridge*, *Pheasant*, or *Choffe*, the *Barbary-faulcon* at the *Partridge* only, the *Merlin* and the *Hobbie* at the *Partridge*, *Larke* or any small bird whatfoeuer: the *Goshawke*, or *Terrell* of *Goshawke* at the *Partridge*,  
Phea-

*Kinds of  
Hawkes:*

*The flights  
of Hawkes.*

Pheasant, or Hare, the *Sparrow-hawke* at the Partridge or Black-bird, and the *Musket* at the bush onely, and all these *Hawkes* are hardie, mecke, courteous, and louing to the man.

*The ordning  
of hawkes.*

Touching the ordering of *Hawkes*, the first thing the Faulconer must doe to his Hawke after shee is taken from the Caidge, is to bathe her in warme water and pepper, beeing no more but luke-warme, thereby to cleane her from nits, lice, and such like vermine; then he must for her generall feeding rather keepe her hie in flesh then poore, because thereby he auoideth disease, then after euery flight whether it be at prey, at traine, or at the lure, he shall giue his Hawke casting, if she bee a long-winged Hawke hee shall giue her flannell, if a short winged Hawke plummage: hee shall keepe the ground very cleane vnder his Hawkes perch, that thereby hee may with ease finde out the casting: Then he shall bee sure to weather his Hawke abroad euery euening except on her bathing daies, hee shall at no time feede her vpon two seuerall meates at once, but vpon one meate, as on Pidgeon, Rooke, Mutton, or Beefe, the fat euer being cast away: when he maketh a flight at the field he shall obserue the springing of the Partridge, be readie to cast off his Hawke, haue a quicke eye for the marke, and a readie iudgement to preuent the stealing away of the prey, when he maketh a prey at the Riuer, he is to know that he must cast off his Hawke before he come neere to the Fowle, hee must not shewe the Fowle before the Hawke be at her full pitch, he must crosse the Fowle after she hath beene twice or thrice enewde; and when the Hawke sleiyeth the Fowle, he shall rewarde her with the head, neck, heart, blood, gyslerde and a legge.

*The man-  
ning of  
hawkes.*

All Hawkes generally are manned after one manner, that is to say, by watching and keeping them from sleep,  
by

by a continuall carrying of them vpon your fist, and by a most familiar broaking and playing with them, with the wing of a dead Fowle or such like, and by often gazing and looking of them in the face with a louing and gentle countenance, and so making them acquainted with the man.

After your Hawks are manned you shall bring them to the lure by easie degrees, as first making them iumpe to the fist, after fall vpon the lure, then come to the voice: and lastly, to know the voice and lure so perfectly, that either vpon the sound of the one, or sight of the other, the will presently come in and be most obedient, which may easily be performed, by giuing her rewarde when she doth your pleasure, and making her fast when she disobeieth: short wing'd Hawks shall be called to the fist only, and not to the lure; neither shall you vse vnto them the loudnesse and varietie of voice which you doe to the long-winged Hawkes, but only bring them to the fist by chirping your lips together, or else by the whistle; and in this manner of luring and calling of Hawkes (for short-winged Hawkes are sayd to be called and not lured) you shall specially acquaint your Hawke with three things; first bouldnesse and acquaintance with men, dogges, and horses; then that shee bee eager and sharpe set before the lure be shewed her, knowing both the morning and euening howres of her luring; and lastly to delight her the more with the lure, to haue it euer garnished on both sides with warme and bloody meate.

*Of luring  
hawkes.*

When your Hawkes are throughly manned and lured, and are come to height of flesh and good lust, you shall then spie out a faire daie when the weather and aire is most temperate, and carrie your Hawke to some faire little, shallow sandie, running Brooke, or rundle where the water is quiet and still, and where your Hawke may

*The ba-  
thing of  
hawkes.*

stand vp to the mid thigh therein, and hauing prickt her downe and made her fast hard by the verdge thereof, you shall take off her hood and goe a little way from her, and see if shee will bathe therein; but if you finde her fearefull of the water, you shall with a little sticke paddle in the water a while before her, and then depart from her againe, and let her then bathe therein as long as shee pleaseth: this done, you shall take her vpon your fist and giue her a bit or two of meate, then hold her in the sun, and let her picke, prune, and drie her selfe againe; if you cannot come to anie Riuer, brooke, or rundle conueniently, then you shall prouide either a large bason, or a broad shallow tubbe, and in it let your Hawke bathe as oft as occasion shal serue, for this bathing giueth a Hawk courage, boldnesse and a great appetite, and would commonly be vsed the daie or morning before anie princely fight: If it bee in the winter that your Hawke batheth, when no sunne shineth, you may then drie her as well by the gentle aire of the fire as otherwise.

*Of enseaming, giuing casting and scawring.*

To enscame your Hawke, which is to cleanse her from, greasc, fat and glut which lieth inwardly in her bodie, and which you shall know by her round thighes, hie flesh, and full mewing; then when you seede her in the morning giue her a bit or two of hot meate, and the night following little or nothing, then morning and evening after feede her vpon the flesh of Rookes washt in two waters, till you feele the pinions of her wings more tender then they were before, then giue her casting according to her nature, as was before shewed, and once in two or three daies giue her a Hennes necke well iointed and washt in water, which will by the sharpnes thereof breake the kells and filmes of fat which are in her bodie; then euerie morning you shall giue her a quicke traine Pidgeon, and keepe her so long vpon her winge that

that by her owne moderate exercise, she may melt and dissolue the grease that molesteth her, which after it is broken you may take away, by giuing her three or fowre pellets of the roote of Sellandine, as bigge as garden pease, well washt and scowred, and if you steepe those pellets in the sirrup of Roses the scowring is much stronger.

When your hawke is manned, lured, and enseamed, *Of flying at* you shall then bring her to her flight, which if it bee at *the Phea-* the Pheasant or Partridge in woodie and closse grounds, *sant or Par-* then you shall when you lure the hawke, cast your lure *tridge.* into some lowe tree or bush, that thereby you may bring her to take the stand, which when she doth you shal then drawe out your lure, and giuing her notice thereof, make her ceaze thereon, and euer feed her on the ground and vnder a bush, the practice whereof will bring her to delight in the stand, and to marke all the aduantages which shee shall get from thence, then bringing her to either Pheasant, or Partridge, make her flie at a yong one first, that being more foolish and easier slaine, she may take delight in her conquest. But if you flie anie long-winged hawke in the champaine, then you shall by all meanes possible keepe her from the stand, and onlie maintaine her vpon her wing till you spring the Partridge vnderneath her, and then stooping vpon the aduantage, the prey can hardly escape her; yet for the more sure killing of the game and entring of young hawkes, you shall first spring the Partridge and marke them, then being come to the marke cast off your hawke, and when she is gotten to the height of her gate laie in your Spannels, and then retriuing the Partridge vnderneath her after the first sight it is impossible she should escape. And in this sort you may flie all manner of long-winged hawkes, for it is not so proper to flie them from the first, although most

of our late *Faulconers* now a daies vse it ; but for your short-winged hawkes , you shall flie them from the fist onely : And therefore to make them hardy and valient, you shall first enter them at an old field Partridge, laid in a hole, and couered either with a sodde, board, or hat, at which you shall fasten a small Creance, and then vncoupling your spaniels , as they are raunging about sodainely , when your Hawkes head is towards the Partridge, plucke of the sodde or hat, and let the traine goe, and the Hawke after it, which as loone as shee hath slaine reward her very well, and thus doing twice or thrice, you may after venture to flie her at your pleasure.

*Of flying at  
foule.*

To make your Hawke to flie at foule , which is called the flight at the riuer, you shall first whistle of an approued wel quarried Hawke that is a sure killer , and let her enewe the foule so longe til shee bring it to the plundge : then take her downe and reward her, and set her by, yet so as you may haue her ready to vse at your pleasure : then whistle of your yong Hawke, and when she is at the height of her gate , and that you haue shewed her water diuers times to make her the more inward, and by a gibbet cal'd her in, when at any time shee hath looked out : Then being in st ouer the fowle , make in with all your companie on ouery side the riuer, and so lay forth the foule, which if your Hawke stoope, strike and trusse, you shall presently make into her , and helpe her , and then crossing the foules wings , or breaking them , let your Hawke take her pleasure thereon , but if shee doe not slay the foule at the first stooping , then you shall giue your Hawke leasure to recouer her gate againe, and then lay forth the foule as before, not leauing thus to doe till you haue landed it, and that the Hawke hath slaine it, and then reward her as before said: But if such a mischiefe shall fall out that the fowle doe scape and breake away :  
then

then you shal bee sure to haue a liue Mallard readie in your bag; which you may cast forth, and so reward your Hawke thereon.

If your long-winged hawke flying at the riuer or in champaine fields vse to take stand which is a foule fault, you shal first by al meanes shunne flying neere trees or covert: but if that doe not suffice, then you shal haue diuers traines in diuers mens hands: and when the hawke offers to goe to the stand, let him which is next her cast out his traine, and if shee kill it, reward her: this doing once or twice will reclaime her or nothing.

*Helps for faults in long winged hawkes, & first of the stand.*

If your Hawke through pride of greafe or otherwise be froward and wic, you shall not when shee kills reward her as you were wont, but conuaying some other colde meat cunningly vnder her, let her take her pleasure thereon; and euer with the meat giue her some feathers which may scower her and make her to cast; for this will recover her stomacke, and make her more carefull and diligent.

*Against frowardnes.*

If your Hawke be of a wilde and stirring nature, and will not looke inward towards the man with her head, but rake and gafe after eucry checke, neither respecting whooping nor gibbeting, in this case you must follow her and lure her backe, and as soone as shee tourneth in her head, show her the Luer, to which if shee stoupe, then presenly reward her, and thus doe so oft as shee raungeth till shee be brought to that loue to your voice and affection to the luer, that shee will forget her other extrauagant thoughts.

*To make a hawke inward.*

When your Hawke is brought to flie to an extraordinary high pitch, to mainetaine and keepe her in the same manner of flying still, you shall not flie her about one flight in the day at the most, for nothing bringeth her downe more then ouer wearinesse: Also you shall

*To keepe a hawke in high flying*

not keepe too extreame a straight hand vpon her, for the too much greedinesse of the quarry makes her flake her flying. Also you shall not flie her vpon rundles, or small brookes, but vpon plashes and broad riues, you shall not suffer her to flie too long, but after two or three stoopings, and a crossing although shee misse it, take her downe with the Luer or traine and reward her, for this encouragement wil maintaine her in her goodnes.

To bring  
Hawkes vpon  
ward.

If your Hawke be high flying, yet sloathfull to get to her gatte, or els now and then stooping before there be cause, and so loosing her way, which many times happeneth when either the hawke is kept too sharpe, or flowne out of her due time, any of which faults when you perceiue, you shall then vpon the doing thereof giue her a dead quarric, and then hood her vp without reward, and an houre or two after call her to the lure, and feed her: and thus doe as oft as shee offendeth, yet for the more sure preuention thereof, I would haue euery *Faulconer* to trie the naturall disposition of his hawke, and find whether shee flieth better on a strait hand or an open, and whether early or late and so forth, and according to her owne nature euer to keepe her.

Faults in  
shortwinged  
Hawkes,  
first of turning  
taile.

Short winged hawkes, as *Goshawkes*, and *Sparrowhawkes* will many times neither kill their game, nor flie their game to marke, but will giue it ouer after a little flying, and (as *Faulconers* terme it) turne taile vnto it, which when you see, you shal incourage your *Dogges* to hunt and cast before your Hawke a traine Partridge, as it were the wild one, and make her ceaze it and feed well vpon it, to incourage her the better; and thus doe twice, or thrice, which if you see it preuaile not, then esteeme her not, but make her away, for shee will hardly euer bee reclaimed.

If a Hawke  
will not flie  
at all.

Hawkes that haue neuer bene acquainted with pray, wil

will many times not flie at all ; but taking a tree, will fitte and looke after the game, which fault to amend, you shal euer feed her vpon quicke birds , and make her foote them, and then going into the field, which is champaine and plaine, after you haue rid vp and downe, a prettie space with the hawke vnhooded , you shall cause one of your company to cast out a fiede Partridge before your hawke : then let her flie at it, and so soone as shee hath footed it, let her feed thereon at her pleasure , and doe thus three or foure times till shee bee well in blood, and you shall find her valient quickly.

*Too much  
fondnes of  
the man.*

If your hawke be so fond of the man that shee will not flie from him, but after a stroke or two, returnes to him againe : you must then but sildome be familiar with her, and let her rather feed her selfe then be fed by you , and as oft as shee commeth so vnproperly to you , you shall glue her no reward, but when shee forsaketh you and killeth the game, then you shall well reward her , and then make her both fami iar with Men, dogs, and horses, for to take toy or dislike to any of them , is a mischicfe a great deale worse then the former.

To speake of the mewing of long winged hawkes, you shall vnderstand that he may be set downe, that is, put into the Mewe about the middle of *Aprill*, at which time if you finde they haue anie lice you shall pepper them , and then put them into the Mewe, which if it be a lowe place vpon the ground free from noise , vermine, or anie euill aire , then it is called mewing at the stone or stocke ; but if you mew in anie high roome with open windowes towards the *North*, or *North-east*, then it is called mewing at large : If you mew at the stocke, you shal haue a broad Table in the midst of the roome, on which you must place sand, grauell , stones, sods, and tubs for water, and in the midst of these a free-stone or blocke of

*Mewing of  
long-winged  
Hawkes.*

*Mewing at  
the stone.*

*Mewing at  
large.*

two foote hie, to which you shal fasten your hawke with a turuell of iron, so that at no time her lease may be intangled; this manner of mewing may be in the Faulconers owne bed-chamber, or in anie other safe roome at his pleasure, the best meate in the mewe is any quicke birds or fowle, dogges-flesh and such like: If you mewe your hawke at large you shall put her loose into the mewe, hauing sundrie perches therein, some hie, some lowe for her to sit on; and in this mewe also you shall haue, sand, stones, grauell, greene sods and water, all which you shall renewe as oft as neede doth require, and in the midst of them a blocke or two whereon to tie her meate, which meate shall be the same formerly spoke of and giuen at certaine and due times, without faile or alteration.

*Mewing of  
shortwinged  
hawkes.*

If you intend to mewe a short winged hawke, as the Goshawke, or such like, you shall in *March* after you haue scowred her and made her cleane from lice, cut of her lesse, and throw her into the Mew loose, either in a high roome or a low roome at your pleasure; let her perches be lined with canuasse, or with woollen lists for the safetie of her feet, let her haue store of water for bathing and oft renewed, and store of meate, as liue Pidgeons, warme mutton, warme goate, or dogges-flesh, anie of which will make her mew quickly.

*When to  
draw hawks*

Hawkes for the fiede would bee drawne from the mewe in *June*, and made readie to flie in *August*, at which time corne is cut and the game is strong, and Hawkes for the Riuer would be drawne in *August*, that they may bee readie to flie in *September*.

*Diseases in  
hawkes.*

Hawkes haue diuers infirmities and diseases, as feauers, palsey, impostumes, sore eyes, and nares, migrims, pantas, casting her gorge, fowlness of gorge, wormes fillanders, ill liuer, or gowte, pinne in the foote, breaking

king the pounce, bones out of Joint, bones broken, bruises, lice, coldes, frounce, fistulas, stone, much gaping, more founding, priuie cuill, teynt in the feathers, losse of appetite, broken wind, blow on the wing, wounds, swellings, eating their owne feete, taking vp of venes in Hawkes, crampe, and a world of others: All which forasmuch as I haue shewed the medicines, and cures thereof in a small treatise called *Cheape and good*, I will referre you to the same, and not doubt but it will giue you satisfaction.

Now if the mind of our *Husbandman* be not so generally taken with the delight and pleasure of this recreation of Hawking, but that he preferreth before it the delight of coursing of Greyhounds, which is a very noble and worthy pastime, hee shall in it obserue these foure things, the breede of *Greyhounds*, their shape, their diet, and the lawes belonging to the same.

*Of coursing  
of Grey-  
hounds.*

Touching the breed of *Greyhounds* you are principally to respect the Countreyes in which they are bred and nourished, as that it be a champayne plaine and without couert, where a *Hare* may stand forth and indure a course of two miles or more, as it shal happen (for the coursing of the *Hare*, is that which I purpose most to entreat of) because in a close country full of couert, where a *Hare* cannot run aboue a quarter of a mile or lesse: both the pleasure of the recreation is taken away, and the *Greyhound* by an insufficient exercise is made vnapt, and vnfit for that for which he was created.

*Breeding  
Greyhounds*

Now of champayne countries they are of three kinds as *Best places  
for breed.* the low vales, as are the vale of Beluoire, the vale of white horse, the vale of Eusham and such like, the high downes and heaths as about *Salisbury, Gysseter, Lincolne*, and many such like places, and the middle betwene both as the County of *Northampton*, and *Leicester*, and others like them: All which are very excellent places for the breeding

*The best  
Greyhounds*

ding and training vp of the best *Greyhounds*, yet of the three your valles or midde soiles, which for the most part are errable grounds, are much better to breed and traine on, then your downes and heathes, because they are much more laborosome, rough, heany, and in the winter season full of much trouble and false foot hould, in so much that a *Dogge* which is able to runne, strongly, swiftly, and surely there, must necessarily doe it ten times better when he comes to the smooth, plaine and carpet like downe, whereon the contrary the *Dogge* which is trained vpon those euen downes, though he be right famous and excellent, when he comes to run in the deepe well plowed field, is to seeke where to bestow his feet, and can neither see speed, round, nor indurance.

*Nimblenes  
in Grey-  
hounds.*

Now the Gentlemen which dwell on the downes and plaine grounds to maintaine the reputation of their *Dogs* affirme them to be much more nimble and cunning in turning, then the vale *Dogs* be, because the fairenes of the earth giuing them so much aduantage ouer the *Hare*, that hauing her euen (as it were) in a manner vnder their feet, shee is put more to her shifts, and strives with great art of sleights to deceiue, and get aduantage of the *Greyhound*: And it is true, for by reason of the aduantage of their hills, which are great and steepe, though smooth and plaine, I haue seene a vale *Dogge* so much deceiued, that vpon a turne hee hath lost more ground then hath bene recoverable, in the whole course after; but this is no want of goodnes but a little skil which a months coursing will bring a *Dogge* so sufficiently vnto, that he will not need any other reformation then the knowledge of his error, by his losse of labor. So that I conclude the good *Dogge* vpon the deepes will cuer beate the good *Dogs* on the plaine.

*Difference  
betweere  
Dogs, and  
Beeches.*

It is an old received opinion amongst many men of the  
leashe,

leashe that the *Greyhound* bitch, will euer beat the *Greyhound* dog, by reason of her more nimblenes, quicknes, and agillitie : And it is sometimes seene that a perfect good *bitch* indeed, hath much aduantage of an ordinary *dogge* : but if the good *dogge* meet with the good *bitch*, there is then no comparison, but the *Dogge* will be her master, in as much as he exceedeth her both in length, and strength, the two maine helps in coursing; for her nimblenes is then no helpe, sith a good *Dogge* in the turne will loose as little ground, as any *Bitch* whatsoever.

Yet thus much I would perswade all Gentlemen of *Dogs and Bitches for* the leashe to be very carefull in their breeding, to breed *breed.* vpon the best *Bitches* they can prouide, for it is found in experience that the best *Dogge* vpon any indifferent *bitch* will not get so good a whelp, as an indifferent *Dogge* vpon the best *Bitch*; And amongst these obseruations in breeding *Grey-hounds*; you shall obserue to haue your *Dogges* and *Bitches* of equall and indifferent ages, as about three or foure yeeres old at the most; but in case of need, your *Bitch* will indure a great deale longer then your *Dogge*, and to breed with a young *Dogge* on an olde *Bitch*, may bring forth an excellent *whelp*.

Touching the shapcs of *Grey-hounds* (from whence you *The shapcs of Grey-hounds.* shall take the best collections for their goodnesse) they are certaine and most infallable : Therefore touching *Grey-hounds*, when they are puppies or young whelpes, those which are most raw-bon'd leane, loole made, sickly or crooke hought, and generally vnknit in euery member, are euer likely to make the best *Dogges*, and most shapely : but such as in the first three or foure monthes, are round and close trust, fat, straight, and as it were full sum'd and knit in euery member, neuer prooue good, swift or comely.

Now after your Dogge comes to full growth, as at a yeere and a halfe or two yeeres old, he would then haue a fine long leane head, with a sharpe nese ruff-growne, from the eies downeward: A full cleere eie with long eie lids; a sharpe eare short and close falling, a long necke a little bending, with a loose hanging wezand: a broad breast straight forelegs, side hollow ribs, a straight square and flat backe, short and strong fillets, a broad space betweene the hips; a long stearne or taile and a round foot: and good large cleis. Now for the better helpe of your memory I will giue you an old rime, left by our Forefathers, from which you shall vnderstand the true shapes of a perfect *Grey-hound*; and this it is.

*If you will haue a good tike.  
Of which there are few like,  
He must be headed like a Snake,  
Necke like a Drake.  
Backt like a Beame,  
Sided like a Breame.  
Tailed like a Batt.  
And footed like a Cat.*

These being the principall members of a good *grey-hound*, if they resemble the proportions of the things a boue named, the dogge cannot chuse but bee most perfect.

*Dyeting of  
grey-hounds  
so course.*

When you haue thus a perfect and well-shap't *grey-hound*, your next rule is to apply your selfe to the dyeting and ordering of him, for the pleasure to which you keepe him, that bringing him to the vttermost height of strength of winde, you may know the vttermost goodnesse that is within him, which disorderly and fowle keeping

ping

ping will conceale, and you loose a Jewell for want of knowledge of the value.

Dietting then of *grey-hounds* consisteth in fowre especiall things, to wit, foode, exercise, ayring, and kennelling, the first nourishing the bodie, the second the limbes, the third the winde and the last the spirits.

*Of what dietting consisteth.*

To speake then first of foode, it is two-fold, either generall, or particular; generall as for a continuall vpholding and maintaining of a dogge in good state of bodie, being in good plight and liking, or particular when a dogge is either poore, sicke, or prepared for wadger standeth in neede of particular foods of aduantage.

*Of foode.*

The best generall foods for the ordinarie vpholding of a dogge in a good state of body is chippings, crusts of bread, soft tender bones or grissels of Veale, Lambe, or such like; first scalded in beefe-broth not very salt; or other broath in which hath beenc boiled, mutton, veale, venison, or anie kinde of Pullen, or for want thereof, other cleane scalding water; after your chippings or bread is scalded you shall let it stand and coole, then when your feeding hower commeth, you shall take as much good milke, floten milke, or butter milke (but the best is best wholsom) as will fully or more then whiten the same for it is to be intended that your water must be all drunk vp into your bread, and your milke must onely make it swimme, and with this feede your dogge morning and euening after you come from walking him, and giue him a good and sufficient meale thereof, for this will onely maintaine and vphold him in good state of body, being strong and lustie in flesh before.

*Of generall foode.*

For particular food which is when a dogge is poore, sicke or to be prepared for wadger they be these: First, if he be poore in flesh, sickly or weake, the best food you can raise him vp withall is to take sheeps heads wool

*Of particular foode.*

*Food for a  
match.*

and all cleane washt, and breake them all to peeces, then put them into a Cauldron or Kettle, and after the water hath risen and is cleane skumm'd, put vnto it good store of oat-meale and sweet pot-herbes smal chopt together and so boile it till the flesh be tender; then with this meat and the pottage feede your *grey-hound* morning and euening, and it will soone put him into great lust & strength: but if you will prepare him for match and wadger, then you shall make him this diet-bread, take a pecke of the finest and driest oat-meale, and two pecks of good wheat, and hauing ground them together, boulte the meale thorough a fine boulting cloath, and then scattrig amongst it a prittie quantitie of Any-seeds and Licoras wel beaten together, kneade it vp with the whites of egges, newe ale and barme mixt together, and so bake it in prettie round loaues reasonable hard, with this bread either scalded, as was before shewed in your chippings, or put into the pottage with the Sheepes-heads warm, feed your dogge morning and euening, to wit halfe an hower after sunne rise, and halfe an hower before sunne set, when you come from walking or aying him, and it will bring him to exceeding great strength of bodie and purenesse of winde.

*Howers of  
feeding.*

*Of exercise  
by coursing.*

For the exercise of your *gray hound*, it consisteth likewise in two things, coursing and aying; and they be euery way as necessary as is foode, because it only bringeth abilitie to his limbes and perfitnesse to his winde: to speake then of coursing, you shall not faile to course him at least twice a weeke if your courses be strong and long, thrice a weeke, if they be but reasonable as a mile or a mile and a halfe at most, and some times if your courses be short and vnder a mile. In coursing you shall obserue two things blood and labour; blood which is a hartning and animating of your dogge to delight in the  
pleasure

pleasure, when he finds the rewards of his paines taking; for if a dogge course continually and neuer kill, the sport will growe yrksome vnto him, and therefore now and then, giue him such aduantage that he may kill the Hare, then labour, which is contrarie to killing; for in it you must giue the Hare all indifferent aduantages, both by lawe and otherwise, whereby she may stand long before the dogge, and make him shewe his vttermost strength before he be able to reach her.

After your dogge hath courst, if he kill you shall by no meanes suffer him to breake the Hare, but hauing taken her from him, first cleanse his mouth and chaps from the wool of the Hare, and then giue him to eat the liuer, lights, and heart, and so take him vp in your leafe, leade him home, and there first wath his feete in a little butter and beare, and so put him vp in the kennell, and halfe an hower after feede him; for vpon his coursing daies you must by no meanes giue him anie meate more then a white-bread toast and butter, or a toast and oyle, which must be giuen before his morning ayring, and so keneled till he goe to his courle.

*Ordering  
dogges of-  
ten coursing*

Touching ayring or walking of *grey-hounds*, which is a great nourisher and increaser of winde, it must dewlie be done euerie morning before sunne-rise, and uery evening before sunne set in this manner, as soone as you haue opened your kennell and rubb'd your dogge ouer with a cleane haire-cloath, you shall let him play a little about you before the kennell dore, then take him vp in your leafe and walke him forth into the fields, where for the most part are no sheepe or other small cattell, which they may out of wanto anesse indaunger, and there let him loose and giue him leaue to play and scope about you, so that he may skummer, pisse, and emptie his bodie, which when hee hath done sufficiently, you shall then

*Of ayring.*

then take him vp in your lease againe, and so walke him home and kennell him, this you shall doe after the same manner in the euening; and also if your dogge be strong and lustie at night after supper, and then bringing him home bring him to the fire, and there let them stretch and beake themselues, and with your hand grope and cleanse them from ticks and other filth, which done lead them to the kennell, and shut them vp for all night.

*Of kenelling  
the Grey-  
hound.*

Now for the kenelling of *grey-hounds*, it is a right necessarie action and must be performed with all diligence, for it breedes in the dogge lust, spirit, and nimblenesse, preuentis mischaunces, and keepes the powers from spending till time of necessitie: and therefore you shall by no meanes suffer your dogge to be out of the kennell but in the howres of feeding, walking, coursing, or vwhen you haue other necessarie businesse to do about him.

*The lawes  
of coursing.*

Now lastly, touching the lawes of the lease, or coursing, though they be vncertainly receiued, and alter with mens various opinions, yet these vnder-written were held for authenticall once and inuented, receiued, and subscribed vnto by many noble and worthie personages, suting fully vwith the reasons and grounds of the pastime.

First therefore it was ordered that he which was chosen Fewterer or letter loose of the *Grey-hounds*, should receiue the *Grey-hounds* matcht to runne together into his lease, as soone as he came into the field, and to follow next to the Hare-finder till he came to the forme: and no *Horseman* nor *Footman* on paine of disgrace to goe before them, or on either side; but directly behind the space of forty yards or thereabouts.

Item that not aboute one brace of *Grey-hounds*, to course a *Hare* at one instant.

Item that the *Hare-finder* giue the *Hare* three followes before he put her from her seat, to make the *Grey-hounds* gaze and attend her rising.

It, that the *Fewterer* shall giue the *Hare* tweluescore lawe, ere he loose the *Greyhounds*, except it be in danger of loosing sight.

It. that *Dogge* which giueth the first turne, if after the turnes be giuen and neither coat, slip, nor wrench extraordinary, then he which gaue the first turne shall be held to winne the wager.

If one dogge giue the first turne and the other beare the *Hare*, then he which boare the *Hare* shall winne,

If one dogge giue both the first turne and last turne, and no other aduantage betweene them, that odde turne shall winne the wadger.

If a coate shall be more then two turnes, and a goe by, or the bearing of the *Hare* equall with two turnes.

Also, if neither dogge turne the *Hare*, then he which leadeth last at the couert, shall bee helde to winne the wadger

If one dogge turne the *Hare*, serue himselfe, and turne her againe, those two turnes shall be as much as a coate.

Also, if all the course be equall, then he only which beares the *Hare* shall winne, and if she bee not borne, then the course must be adiudged dead.

If he which comes first into the death of the *Hare*, takes her vp and saues her from breaking, cherrisheth the *Dogs*, and cleanseth their mouthes from the wooll, or other filth of the *Hare*, for such curtesie done, hee shall in cortesie challenge the *Hare*; but not doing it he shall haue no right, priuiledge or title therein.

Item if any *Dog* shall take a fall in the course, and yet

performe his part, he shall challenge the aduantage of a turne more then he giueth,

Item if one *Dogge* turne the *Hare*, serue himselfe, and giue diuers coats, yet in the end stand still in the field, the other *Dogge* without turne giuing, running home to the court, that *Dogge* which stood still in the field, shall be then adiudged to loose the wager.

If any man shall ride ouer a *Dogge* and ouerthrow him in his course (though the *Dogge* were the worle *Dogge* in opinion) yet the party for the offence shall either receiue the disgrace of the field or pay the wager, for betweene the parties it shall be adiudged no course.

Item those which are chosen Iudges of the lease, shall giue their iudgements before they depart from the field, or els he in whose default it lieth shall pay the wager by a generall voice and sentence. And thus much for the lawes of coursing, and those particularities which depend thereupon: all which I submit to the correction and amendement of those worthy and well knowing Gentlemen, who hauing the office of the lease confer'd vpon them; haue both authoritie and power to make lawes therein according to the customes of countries, and the rules of reason.

---

*The end of Hawking, &c.*

Of



## Of particular Recreations.

### CHAP. VIII.

#### *Of diuers other particular Recreations.*



Here be many other particular recreations necessarie for the knowledge and practice of our Husbandman; as first shooting in the long-bowe, which is both healthfull for the bodie, and necessary for the Common-wealth, the first extending the limbes and making them pliant, the other an able strength fit to preserve and defend his countrie. And first for shooting in the long-bowe a man must obserue these few rules; first that hee haue a good eye to behold and discern his marke, a knowing iudgement to vnderstand the distance of ground, to take the true aduantage of a side-winde, and to know in what compasse his arrow must flie, and a quick dexteritie to giue his shaft a strong, sharpe, and sodaine loose, he must in the action it selfe stand faire, comely, and vpright with his body, his left foote a conuenient stride before his right, both his hammes stiffe, his left arme holding his bowe in the midst stretcht straight-out; and his right arme with his three first fingers and his thumbe drawing

*Of shooting  
in the long-  
bowe.*

the string to his right care, the nocke of his arrowe resting betweene his for-finger and long-finger of his right hand, and the steale of his arrowe belowe the feathers vpon the middle knuckle of his forfinger on his left hand, he shall drawe his arrow vp close to the head, and deliuer it on the instant without hanging on the string; the best bowe is either Spanish, or English yewe, and the worst of Witchen or Elme, the best shaft is of Burch, Sugar-chest, or Brazell, and the best feather gray or white. The markes to shoote at are three, Butts, Pricks, or Roauers; the Butte is a leuell marke, and therefore would haue a strong arrowe with a very broad feather, the pricke is a marke of compasse, yet certaine in the distance; therefore would haue nimble strong arrowes with a middle feather all of one weight and flying, and the roauer is a marke incertaine, sometimes long sometimes short, and therefore must haue arrowes lighter, or heauier, according to the distance of place.

*Of shooting  
in crasboes.*

If infirmitie in the armes, or backe take from a man the vse of the long bow, he may then with a Cros-bowe made for a gafel caried vpon a string, and the vether end placed in a rest with arrowes made strong, heauie and suitable to the strength of the bowe shute at all the former markes, and reape the same pleasure hee formerly did with his long-bowe.

*Of bowling.*

There is another recreation, which howsoeuer vnlawfull in the abuse thereof, yet exercised with moderation is euen of Physicians themselues helde exceeding wholesome, and hath beene prescribed for a recreation to great Persons, and that is bowling in which a man shall finde great art in choosing out his ground, and preuenting the winding, hanging, and many turning aduantages of the same, whether it bee in open wilde places or in close allies; and in this sport the chusing of the bowle

bowle is the greatest cunning; your flat bowles being the best for allies, your round byazed bowles for open grounds of aduantage, and your round bowles like a ball for green-swarthes that are plaine and leuell.

Not inferior to these sports, either for health or action, are the Tenish or Baloone, the first being a pastime in close or open courts, striking a little round balls two or fro, either with the palm of the hand, or with racket, the other a strong & mouing sport in the open fields, with a great ball of double leather filld with winde, and driuen to and fro with the strength of a mans arme arm'd in a bracer of wood, eyther of which actions must bee learnt by the eye and practice, not by the care or reading. And thus much touching the natures of  
of lawfull recreations, meeete for our  
English husbandman.

*The Tenise  
& Baloone.*

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*The end of the First Booke.*

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THE  
ENGLISH  
Hus-wife,

*Contayning,*

The inward and outward vertues which  
*ought to be in a compleat woman.*

As, her skill in Physicke, Cookery, Banqueting-  
stufte, Distillation, Perfumes, VVool, Hemp, Flax,  
Dayries, Brewing, Baking, *and all other things*  
*belonging to an Houfhold.*

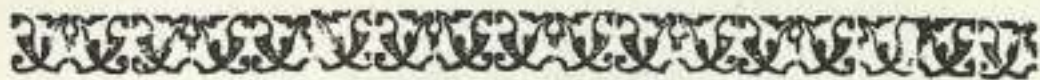
*A Worke very profitable and necessarie, gathered for*  
*the generall good of this kingdome.*



Printed at London by *Iohn Beale*, for *Roger Iackson*,  
and are to be sold at his shop neere the great  
*Cunduit in Fleet-streese. 1615.*

**T**How mayst say (gentle Reader) what hath this man to doe with Hus-wifery, he is now out of his element; and to be so generall for all the Huswines qualities, is to expresse more in one Book then can be found exprest in two women. I shall desire thee therefore to vnderstand, that this is no collection of his whose name is prefixed to this work, but an approued Manuscript which he happily light on, belonging sometime to an honorable Personage of this kingdome, who was singular amongst those of her ranke for many of the qualities here set forth. This onely he hath done, digested the things of this booke in a good method, placing euery thing of the same kinde together, and so made it common for thy delight and profit, fruce & vale.

Thine and his countries R. I.



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FINIS.



The second B O O K E called the  
*English Houſ-wife.*

Containing all the vertuous knowled-  
*ges and actions both of minde and bodie, which*  
*ought to bee in anie compleate Houſ-*  
wife of what degree or calling  
ſoeuer ſhee be.

---

CHAP. I.

*Of the inward vertues of the minde which ought to bee in*  
*euery Houſ-wife.*



Having already in a ſummary briefeneſſe  
paſſed through thoſe outward parts of  
huſbandrie, which belong vnto the  
perfit Huſband-man, who is the fa-  
ther and maſter of the family, and  
whoſe offices and imploiments are  
euer for the moſt part abroad or remoued from the  
houſe as in the fieldes or yarde: It is now mee-  
te that we deſcend in as orderly a method as we can  
to the office of our english Houſ-wife, who is the  
mother and miſtris of the family, and hath her  
moſt generall imploiments within the houſe; where  
from the generall example of

R

her

her vertues, and the moſt approued ſkill of her knowledges, thoſe of her family may both learne to ſerue God, and ſuſtaine man in that godly and profitable ſort which is required at the hands of euery true Chriſtian.

*A Houſ-wife muſt be religious.*

Fiſt then to ſpeake of the inward vertues of her minde; ſhe ought, aboue all things, to be of an vpright and ſincere religion, and in the ſame both zealous and conſtant; giuing, by her example, an incitement and ſpurre vnto all her family to purſue the ſame ſteppes, and to vtter forth by the inſtruction of her life thoſe vertuous fruits of good liuing, which ſhall be pleaſing both to God and his creatures; I doe not meane that herein ſhee ſhould vtter forth that violence of ſpirit which many of our (vainly accounted pure) women do, drawing a contempt vpon the ordinary Miniſterie, and thinking nothing lawefull but the fantazies of their owne inuentions, vſurping to themſelues a power of preaching and interpreting the holy word, to which onely they ought to be but hearers and belecters, or at the moſt but modeſt perſwaders, this is not the office either of good Houſ-wife or good woman. But let our english Houſ-wife be a godly, conſtant, and religious woman, learning from the worthy Preacher and her Husband thoſe good examples which ſhee ſhall with all carefull diligence ſee exerciſed amongſt her ſeruants.

In which practice of hers, what particular rules are to be obſerued, I leaue her to learne of them who are profeſſed Diuines, and haue purpoſely written of this argument: onely thus much I will ſay which each ones experience wil teach him to be true, that the more carefull the maſter and miſtris are to bring vp their ſeruants in the daily exerciſes of Religion toward God, the more faithfull they ſhall find them in all their buſineſſes towards men, and procure Gods fauour the more plentifully

tifally on all the householde: and therefore a smal time morning and euening bestowed in praiers, and other exercifes of religion will proue no lost time at the weeks end.

Next vnto this sanctity and holinesse of life, it is meete that our English Houf-wife be a woman of great modesty and temperance as wel inwardly as outwardly; inwardly as in her behauour and cariage towards her Husband, wherein she shall shunne all violence of rage, passion and humour, coucting lesse to direct then to bee directed, appearing euer vnto him pleasant, amiable and delightfull; and though occasion, mishaps, or the misgouernment of his will may induce her to contrarie thoughts, yet vertuously to suppress them, and with a milde sufferance rather to call him home from his error, then with the strength of anger to abate the least sparke of his euill, calling into her minde that euill and vncomely language is deformed though vttered euen to seruants, but most monstrous and vgly when it appears before the presence of a husband: outwardly as in her apparrell and dyet, both which she shall proportion according to the competency of her husbands estate and calling, making her circle rather straight then large, for it is a rule if we extend to the vttermost we take awaie increase, if we goe a hayre breadth beyond we enter into consumption; but if we preserue any part, wee builde strong forts against the aduersities of fortune (prouided that such preseruation be honest and conscionable: for as lauish prodigality is brutish, so miserable couctousnes is hellish. Let therefore the Hus-wifes garments bee comely, cleanly and strong, made as well to preserue the health, as adorne the person, altogether without toish garnishes, or the glosse of light colours, and as farre

*She must be temperate.*

*Of her garments.*

*Of her diet.*

to the comely imitations of modest Matrons; let her dyet be wholsome and cleanly, prepared at due howers, and Cookt with care and diligence, let it be rather to satysfic nature then our affections, and apter to kill hunger than reuiue new appetites, let it procede more from the prouision of her owne yarde, then the furniture of the markets; and let it be rather esteemed for the familiar acquaintance shee hath with it, then for the strangenesse and raritie it bringeth from other Countries.

*Her general vertues.*

To conclude, our english Hus-wife must be of chaste thought, stout courage, patient, vntyred, watchfull, diligent, witty, pleasant, constant in friendship, full of good neighbour-hood, wise in discourse but not frequent therein, sharpe and quicke of speech, but not bitter or talkatiue, secret in her affaires, comfortable in her counsailes, and generally skilfull in all the worthy knowledges which doe belong to her vocation, of all, or most parts whereof I now intende to speake more largely.

*Her vertue in phycke.*

To beginne then with one of the most principall vertues which doth belong to our English hous-wife; you shall vnderstand that sith the preservation and care of the familie touching their health and soundnesse of bodie, consisteth most in her diligence: it is meet that shee haue a phisicall kinde of knowledge, how to administer many wholsome receits or medicines for the good of their heathes, as well to p̄uent the first occasion of sicknesse, as to take away the effects and euill of the same when it hath made seazure on the body. Indeed we must confesse that the depth and secrets of this most excellent art of phisicke, is farre beyond the capacitie of the most skilfull weomen, as lodging, only in the brest of the learned Professors, yet that our hous-wife may from them receiue some ordinary rules, and medicines which may  
auaile

availe for the benefit of her familie, is (in our common experience) no derogation at all to that worthy Science, Neither doe I intend here to lead her minde with all the Symptomes, accidents, and effects which goe before or after euery sicknesse, as though I would haue her to assume the name of a Practitioner, but onely relate vnto her some approved medicines, and old doctrines which haue beene gathered together, and deliuered by common experience, for the curing of those ordinary sicknesses which daily perturb the health of Men and Women,

First then to speake of feuers or agues, the Hus-wife shall know those kinds thereof, which are most familiar and ordinary, as the *quotidian* or daily ague, the *Tertian* or euery other daies ague, the *quartan*, or euery third daies ague, the pestilent, which keepeth no order in his fits, but is more dangerous and mortall: And lastly the accidentall feuer which proceedeth from the receipt of some wound or other, painefull perturbation of the spirits, There be sundry other feuers which comming from consumptions, and other long continued sicknesses, doe altogether surpasse our Hus-wives capacity,

*Of feuers in generall.*

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

*Of the quotidian.*

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

*Of the sing. Tertian.*

the ſame, and put thereinto a good handfull of *Dandelion*, and then ſetting it vpon the fier, boile it till a fourth part be conſumed, then as ſoone as your cold fit beginneth; drinke a good draught thereof, and then either labour till you ſweat, or els force your ſelfe to ſweat in your bed, but labor is much the better, provided that you take not cold after it, and thus doe whilſt your fits continue, and in all your ſickenſſe let your drinke be poſſet ale thus boiled with the ſame herbe,

*For the  
quartan fe-  
uer.*

For the *Quartan* feuer or third day againe, which is of all feuers the longeſt laſting, and many times dangerous, becauſe many times conſumptions, blacke iaundies, and ſuch like mortall ſickenſſes follow it: you ſhall take methridate and ſpread it vpon a lemman ſlice, cut of a reaſonable thickneſſe, and ſo as the lemman be couered with the methridate; then bind it to the pulse of the ſicke-mans wrift of his arme about an houre before his fit doth beginne, and then let him goe to his bed made warme, and with hot cloathes laid to the ſoales of his feet, and ſtore of cloathes laid vpon him, let him trie if hee can force himſelfe to ſweat, which if he doe, then halfe an houre after he hath ſweate, hee ſhall take hot poſſet ale, brewed with a little methridate, and drinke a good draught thereof, and ſo reſt till his fit bee paſſed ouer: but if he be hard to ſweate, then with his ſaid poſſet ale; alſo you ſhall mix a few bruſed aniſſeeds, and that will bring ſweat vpon him: and thus you ſhall doe euerſy fit till they begin to ceaſe, or that ſweat come naturally of it owne accord, which is a true ſigne that the ſickenſſe decreaſeth.

*To make one  
ſweat.*

*Of the peſti-  
lent feuer.*

For the peſtilential feuer, which is a continual ſickenſſe full of infection, and mortalitie, you ſhal cauſe the party firſt to be let blood, if his ſtrength wil beare it: then you ſhal giue him coole Iulops made of endine or ſucco-

ric

ric water, the sirrop of violets, conferue of barberries, and the iuice of lemmons, well mixt and simboliz'd together: Also you shall giue him to drinke Almond milke made with the dewition of coole herbes, as violet leaues, strawberrie leaues, french mallowes; purslan, and such like; and if the parties mouth shall through the heat of his stomacke, or liuer inflame or grow sore, you shall wash it with the sirrop of mulberries; and that will not onely heale it, but also strengthen his stomacke. If (as it is most common in this sicknesse) the party shall grow costive, you shall giue him a suppositary made of honie, boild to the height of hardnesse, which you shall know by cooling a drop thereof, and so if you find it hard, you shall then know that the hony is boiled sufficiently; then put salt to it, and so power it into water, and worke it into a roule in the manner of a suppositary, and so administer it, and it most assuredly bringeth no hurt, but ease to the party, of what age or strength soeuer he be: during his sicknes, you shall keepe him from all manner of strong drinckes, or hot spices, and then there is no doubt of his recouery.

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

*Of the accidental feuer.*

For the *Hettique* feuer, which is also a very dangerous sicknesse, you shall take the oile of Violets, and mixe it with a good quantity of the powder of white *Poppyseed* finely

*Of the feuer hettique.*

finely ſearſt, and therewithall annoint the ſmall and raines of the patients backe, euening and morning, and it will not onely giue eaſe to the feuer, but alſo purge and clenſe away the drie ſcallines which is ingendred, either by this or any other feuer whatſoever.

*Apreferu a-  
tine againſt  
the plague.*

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

*For infecti-  
on of the  
plague.*

But if you be infected with the plague; and feele the aſſured ſignes thereof, as paine in the head, drought, burning, weakneſſe of ſtomacke and ſuch like: Then you ſhall take a dramme of the beſt *Methridate*, and diſſolue it in three or foure ſpoonefull of Dragon water, and immediately drinke it of, and then with hot cloathes or bricks made extreame hot, and laid to the ſoales of your feet after they haue bene wrapt in woollen cloathes, compell the ſicke party to ſweat, which if he doe, keepe him moderately therein till the ſore beginne to riſe; then to the ſame apply a liue Pidgeon cut in two parts, or els a plaſter made of the yelke of an egge, hony, herbe of grace chopt exceeding ſmall, and wheat flower, which in very ſhort ſpace will not onely ripen, but alſo breake the ſame without any other incion; theſe after it hath runne

a d y

a day or two, you shall apply a plaster of *Melilot* vnto it till it be whole.

It is to be vnderstood that all feuers of what kinde soeuer they be, and these infectious diseases, as the pestilence, plague and such like, are through the inflammation of the blood, insiuelly much subiect to drought; so that should the party drinke as much as he desired, neither could his body containe it, nor could the great abundance of drinke doe other then weaken his stomacke, and bring his body to a certaine destruction: wherefore when any man is so ouerpressed with desire of drinke, you shall giue him at conuenient times, either posset ale made with cold hearbes; as sorrell, purslan, violet leaues, lettice, spinage, and such like, or els a lullopp made as before said in the pestilent feuer, or some almond milke: and betwixt those times, because the vse of these drinckes will grow wearisome and lothsome to the patient, you shall suffer him to gargill in his mouth good wholesome beare or ale, which the patient best liketh, and hauing gargeld it in his mouth, to spit it out againe, and then to take more, and thus to doe as oft as he pleaseth, til his mouth be cooled: provided that by no meanes he suffer any of the drinke to goe downe, and this wil much better asswage the heat of his thirst then if he dranke; and when appetite desireth drinke to goe downe, then let him take either his lullopp or his almond milke.

*Of thirst in feuers.*

For the head-ach you shall take of rosewater, of the Iuice of cammomil, of womans milk, and of strong wine-vinegar, of each two spoonefull, mix them together well, vpon a chafing-dish and coales: then take a peece of drie rose cake and steepe it therein, and as soone as it hath drunke vp the liquor and is throughly hot, take a couple of sound nutmegs grated to powder, and strow them vpon the rose cake; then breaking it into two parts, binde

*For the headache.*

it on each ſide vpon the temples of the head, and ſo let the party lie downe to reſt, and the paine will in a ſhort ſpace be taken from him.

*For the  
frenzie.*

For frenzie or inflammation of the calles of the braine you ſhal cauſe the iuice of Beets to bee with a ſerriudge ſquirted vp into the patients noſtrels, which wil purge and cleaſe his head exceedingly; and then giue him to drinke poſſet ale, in which violet leaue and lettice hath beene boiled, and it wil ſodainely bring him to a verie temperate mildeneſſe, and make the paſſion of frenzie forſake him,

*For the le-  
thargy,*

For the Lethargy or extreame drowfineſſe you ſhall by all violent meanes either of noiſes or other diſtur- bances force perforce keepe the party from ſleeping; and whenſoeuer he calleth for drinke you ſhall giue him white wine, and Iſop water of each a like quantity mixt together and not ſuffer him to ſleepe aboue foure houres in foure and twenty, til he come to his owne former wakefulneſſe, which as ſoone as he hath recouered, you ſhal then forthwith purge his head with the iuice of Beetes ſquirted vp into his noſtrels as is before ſhewed.

*To prouoke  
ſleepe.*

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

*For the  
ſwimming  
of the head.*

For the ſwimming or dizzines in the head, you ſhall take of *Agnus caſtus*, of Broomewort, and of Camomill dried,

dried, of each two drammes, mixe it with the iuice of iuie, oyle of roses, and white wine, of each like quantity, till it come to a thicke salue: and then binde it to the temples of the head, and it will in short space take away the grieffe.

For the *Apoplexie* or palsey, the strong sent or smell of a Fox is exceeding soueraigne, or to drink euery morning halfe a pint of the dewition of lauender, and to rub the head euery morning and eueing exceeding hard with a very cleane course cloath, whereby the humors may be dissolued and disperst into the outward parts of the body: by all meanes for this infirmity keepe your feet safe from cold or wet, and also the nape of your necke, for from those parts it first getteth the strength of euill and vnaavoidable paines.

For a cough or cold but lately taken you shall take a spoonefull of Sugar finely beat and searst, and drop into it of the best Aquauitæ, vntill all the suger be wette through, and can receiue no more moisture: then being ready to lie downe to rest take and swallow the spoonefull of suger downe; and so couer you warme in your bed and it will soone breake and dissolue the cold.

But if the cough be more old and inueterate, and more inwardly fixt to the lungs, take of the powder of Bettonie, of the powder of Carraway seeds, of the powder of Sheruit dried, of the powder of *hounds* tongue, and of pepper finely beaten, of each two drammes; and mixing them well with clarified hony, make an electuary thereof and drinke it morning and eueing for nine daies together: Then take of suger candy coursly beaten, an ounce of Licoras finely pared & trimmed, and cut into very little small slices as much of aniseeds and coriander seeds halfe an ounce; mixe all these together, and keepe them in a paper in your pocket, and euer in the day time when

the cough offendeth you , take some of this dredge , as much as you can hold berweene your thumbe and fingers and eat it, and it will giue ease to your grieffe : and in the night when the cough or rhume offendeth you, take as much of the iuice of Licoras as two good barley cornes , and let it melt in your mouth , and it will giue you ease.

*For the plurafic.*

To prevent a plurafic a good while before it come, there is no better way then to vse much the exercise of ringing, or to stretch your armes vpward, so as they may beare the waight of your body, and so to swing your body vp and downe a good space : but hauing caught a plurafic and feeling the gripes, stiches, and pangs thereof, you shall presently caule the party to be let blood ; and then take the herbe *Althea* or *Hollyhocke* and boile it with vinegar and linseed till it be thicke plasterwise, and then spread it vpon a peece of Allum leather, and lay it to the side that is griued, and it will helpe it.

*For spitting of blood.*

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

*For vomiting.*

To stay the fluxe of vomiting take wormewood and sowre bread toasted of each like quantity, and beat them well in a mortar ; then adde vnto them as much of the iuice of mints, and the iuice of plantaine as will bring it to a thicke salue : then frie them altogether in a frying pan, and when it is hot lay it plaster wise to the mouth of the stomack: Then let the party drinke a little white wine and cheruile water mixt together, and then steeping sow-

er toasted bread in very strong vinegar, wrap it in a fine cloath and let the sicke party smell thereto, and it will stay the excesse of vomiting, and both comfort and strengthen the stomacke:

If you would compell one to vomit, talke halfe a spoonfull of Stouecrop and mix it with three spoonfull of white wine, and giue it in the party to drinke, and it will make him vomit presently, but doe this seldome and to strong bodies, for otherwise it is dangerous.

*To force  
one to vomit*

To ease paine in the stomacke, take Endiue, Mints of each like quantitie, and steepe them in white wine the space of a day, then straining it and adding thereto a little cinamon and pepper, giue it the sick party to drinke: and if you adde thereto a little of the powder of Horse-mint and Calamint it will comfort the stomacke exceedingly, and occasion swift and good digestion.

*For griefes  
in the sto-  
macke.*

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

*For the fall-  
ing sicknes.*

Against obstructions in the liuer, take Anyseedes, Ameos, Burnet, Camomile, and the greater Centuarie; and boile them in white wine with a little hony, and drinke it euery morning and it wil cure the obstructions, and cleanse the liuer from ail imperfection.

*Obstructi-  
ons of the  
liuer.*

Against the heate and inflammation of the liuer, take Endiue dried to powder, and the meale of Lupin seeds, and mixing it with hony and the iuice of Wormewood, make a cake thereof and cate it, and it will asswage the great heate and inflammation of the liuer, and take a-

*Against  
heate of the  
liuer.*

way the pimples and redneſſe of the face which proceedeth from the ſame.

*For the yellow Iaundiſſe.*

For the yellow Iaundiſſe, take two peny-worth of the beſt English Saffron, drie it and grinde it to an exceeding fine powder, then mixe it with the pap of a roſted apple, and giue it the diſeaſed party to ſwallow downe in the manner of a pill; and doe thus diuers mornings together, and without doubt it is the moſt preſent cure that can be for the ſame, as hath beene often proued.

*For the black iaundiſſe.*

For the blacke Iaundiſſe take the hearbe called Penny-royall, and either boile it in white wine, or drink the iuice thereof ſimply by it ſelfe to the quantitie of three or fowre ſpoonfull at a time, and it will cure the blacke iaundiſſe.

*For the dropſie.*

For the dropſie, take *Agnus caſtus*, Fennell, Affodill, darke Wallwoort, Lupins, and Worme-wood, of each a handfull, and boile them in a gallon of white wine till a fourth part be conſumed: then ſtraine it and drinke morning and euening halfe a pinte therof and it wil cure the dropſie; but you muſt be carefull that you take not Daffodill for Affodill.

*Paine in the ſpleene.*

For paine in the Spleene, take *Agnus caſtus*, Agrimonic, Anyſeeds, Centuary the great, and Wormewood, of each halfe a handfull, and boile them in a gallon of white-wine, then ſtraine it and let the Patient drink diuers morning together halfe a pinte thereof: and at his vſual meales let him neither drinke Ale, Beare nor Wine, but ſuch as hath had the hearbe Tamoriſke ſteeped in the ſame, or for want of the hearbe, let him drinke out of a cuppe made of Tamoriſke wood, and he ſhall ſurely finde remedie.

*for the wind collicke.*

For the winde Collicke, which is a diſeaſe both generall and cruell, there be a world of remedies, yet none more approued then this which I will repeate: you ſhall take

take large Nutmegs, sound and large, and diuide them equally into fowre quarters: then the first morning as soone as you rise eate a quarter thereof; the second morning eate two quarters; the third morning eate three quarters, and the fowerth eate a whole Nutmegge, and so hauing made your stomacke and taste familiar therewith, eate euerie morning whilest the Collicke offendeth you a whole Nutmegge drie without any composition, and fast euer an hower at least after it, and you shall find a most vnspeakable profit which will arise from the same.

For the Laxe or extreame scowring of the belly, take the seeds of the wood-rose, or brier-rose, beat it to powder and mixe a dramme therof with an ounce of the conserue of sloes and eate it, and it will in short space binde and make the belly hard. *For the laxe*

For the bloody-fluxe, take a quart of Red-wine and boile therein a handfull of *Shepheards-purse* till the hearbe be very soft: then straine it, and adde thereto a quarter of an ounce of Synamon, and as much of dried Tanners barke taken from the ouze, and both beaten to fine powder, then giue the party halfe a pinte thereof to drinke, morning and euening, it being made very warme, and it will cure him. *For the bloodie fluxe.*

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

For wormes in the belly, either of childe or man; take *Aloes cicketrine*, as much as halfe a hazell Nut, and wrappe it in the pappc of a roasted apple, and so let the offended partie swallow it downe in manner of a pill fasting *For worms.*

fasting in the morning, or else mixe it with three or fowre spoonfull of Muscadine, and so let the partie drink; it is a present cure: but if the child be either so young, or the man so weake with sicknesse that you dare not administer any thing inwardly, then you shall dissolue your Aloes in the oyle of Saune, making it salve-like thicke: then plaster-wise spread it vpon sheepes leather, and lay it vpon the nauill or mouth of the stomacke of the grieued party, and it will giue him ease; so will also vnlet leekes chopt small and fride with sweete butter, and then in a linnen bagge apply hot to the nauell of the grieued partie.

*For the Hemeroides.*

For the Hemeroides, which is a troublesome and a fore grieffe; take of Dill, Dogge fennell, and Pellitory of Spaine of each halfe a handfull, and beate in a mortar with sheepes suet and blacke sope till it come to a salve; and then lay it plaister-wise to the sore, and it will giue the grieffe ease.

*For the stone in the reynes.*

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

*For the stone in the bladder.*

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

*Difficultie of Vrine.*

For the difficultie of vrine, or hardnesse to make water, take Smallage, Dill, Any seeds and Burnet, of each a like quanritie; and drie them and beate them to a fine powder, and drinke halfe a spoonfull therof with a good draught of white wine.

If the Vrine bee hot and burning, the partie shall vse *For hot urine.*  
 eucry morning to drinke a good draught of new milke  
 and suger well mixt together, and by all meanes abstaine  
 from beere that is olde, hard, and tart, and from all meats  
 and sawces which are sower or sharpe.

For the rupture or bursnesse in men, take *Cumphyrie* *For the rupture.*  
 and *Ferneolmund*, and beate them together with yellow  
 waxe and Deares fact till it come to a salve, and then ap-  
 plie it to the broken place and it will knit it; also it shall  
 bee good for the partie to take *Cumphery* roots, and rost  
 them in hot embers as you rost wardens, and let the dis-  
 eased partie cate them, for they are very soueraine for the  
 rupture, especially being eaten fasting; and by all meanes  
 let him weare a strong trusse till he be whole.

For the goutte, take *Aristolochia rotunda*, *Althea*, *Bet-* *For the gout*  
*tonic*, and the roote of wilde Neepe, and the roote of the  
 wilde Docke cut into thin peeces after the vpper rinde is  
 taken awaic, of each a like quantity, boile them all in run-  
 ning water till they be soft and thicke: then stampe them  
 in a mortar as small as may be, and put therto a litle quan-  
 titie of chimney soot, and a pint or better of new milke  
 of a Cowe which is all of one entire colour, and as much  
 of the vrine of a man that is fasting; and hauing stirred  
 them all well together boile them once againe on the fire,  
 then hot as the party can suffer it, apply it to the grieved  
 place, and it will giue him ease.

For the *Scyatica*, take of Mustard-seed a good handfull, *For the Ci-*  
 and as much in weight of honie, and as much in weight *attica.*  
 of figges and crummes of white bread halfe so much,  
 then with strong vineger beate in a mortar till it come to  
 a salve, and apply the same to the grieved place and it will  
 giue the partie ease, so will also a plaister of *Oxicrotium* if it  
 be continually worne vpon the same.

For the hot goutte, take five or sixe spoonfull of the  
 T iuice

iuce of Hemlocke, and as much Swines greafe finely clarified, and beating them well together annoint the ſore place with the ſame, and it will giue ſodaine eaſe.

*To increaſe  
a womans  
milke.*

To increaſe a womans milke, you ſhall boile in ſtrong poſſet ale good ſtore of Coleworts, and cauſe her to drink euery meale of the ſame: alſo if ſhee vſe to eate boiled Coleworts with her meat, it will wonderfully increaſe her milke alſo.

*To drie vp  
milke.*

To drie vp a womans milke, take redde ſage, and hauing ſtampt it and ſtrained the iuce from the ſame adde thereunto as much wine vinegar, and ſtirre them well together, then warming it on a flat diſh ouer a fewe coales, ſteepe therein a ſheete of browne paper, then making a hole in the miſt thereof for the nipple of the breaſt to go through, couer all the breaſt ouer with the paper and remove it as occaſion ſhall ſerue; but be very carefull it be laide verie hot to. Some are of opinion, that for a woman to milke her breaſts vp on the earth will cauſe the milke to drie, but I referre it to triall.

*The wind  
collicke.*

For the wind Collicke take a handfull of cleane wheat meale as it commeth from the mill, and two egges and a little wine-vinegar and a little *aqua-vitæ*, and mingle them all together colde and make a cake of it and bake it on a grid-iron with a ſoft fier, and turne it often and tend it with baſting of *aqua-vitæ* with a feather; then laie it ſome what higher then the paine is, rather then lower.

*The Collick  
and ſtone.*

For the collicke and ſtone take hawthorne berries, the berries of ſweet briers and aſhen keies, and drie them euery one ſeuerally vntill you make them into powder: then put a little quantity of euery one of them together; then if you thinke good put to it the powder of Licoras and aniſeeds, to the intent that the patient may the better take it: then put in a quantity of this powder in a draught of white wine, and drinke it faſting. Otherwiſe  
you

you may take smallage seede, parfly, louage, saxifrage, and broome seeds; of euery one of them a like quantity: *Another.* beate them into a powder, and when you feele a fit of either of the diseases, eate of this powder a spoonfull at a time either in pottage, or els in the broth of a chickin, and so fast two or three houres after.

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

For the stone in the bladder, take the kernels of sloes *A powder for the stone in the bladder.* and drie them on a tile stone, then beate them to powder, then take the roots of Alexanders, parfly, pellitorie and holihoocke; of euery of their roots a like quantity, and seeth them all in white wine, or els in the broth of a yong chickin: Then straine them into a cleane vessell, and when you drinke of it, put into it halfe a spoonfull more of the powder of sloe kernels. Also if you take the oyle of Scorpion, it is very good to annoint the member, and the tender part of the belly against the bladder.

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

*A powder  
for the chol-  
licke and  
stone.*

To make a powder for the collicke and ſtone, take fenell, parſeley ſeede, anyſeeds, and carrawayſeeds, of each the waight of ſixe pence, of gromel ſeede, ſaxifrage ſeed, the roots of filipendula, and licoras, of each the waight of twelſe-pence, of galingall, ſpikenard, and cinamon, of each the waight of eight pence, of Secna the waight of xvi. ſhillings, good waight, beat them all to powder and ſearſſe it, which wil waigh in all 25. ſhillings and 6. pence: This powder is to be giuen in white wine and ſuger in the morning faſting, and ſo to continue two howers after; and to take of it at one time the waight of ten pence or twelue pence. Other Phyſitians for the ſtone take a quart of reniſh or white wine, and two lemmons, and pare the vpper rinde thinne, and ſlice them into the wine, and as much white ſoape as the waight of a groat, and boile them to a pint, and put thereto ſugar according to your diſcretion; and ſo drinke it keeping your ſelfe warme in your bed and lying vpon your backe.

*Another*

*A water for  
the ſtone.*

To make a water for the ſtone, take a gallon of new milke of a red Cow, and put therein a handful of pelli-tory of the wal, and a handful of wild time, and a handful of ſaxifrage and a handful of parſely, and two or three radish roots ſliced, and a quantity of philipendula roots: let them lie in the milke a night; and in the morning put the milke with the hearbs into a ſtill, and diſtill them with a moderate fire of charcole or ſuch like: Then when you are to vſe the water take a draught of reniſh wine or white wine, and put into it ſiue ſpoonfull of the diſtilled water, a little ſuger and nutmeg ſliced, and then drinke of it; the next day meddle not with it; but the third day do as you did the firſt day, and ſo euery other day for a weckes ſpace.

*An oile to  
helpe hea-  
ring.*

To take away deafenes, take a gray Eele with a white belly and put her into a ſweet earthen pot quick, and ſtop  
the

the pot very close with an earthen couer, or some such hard substance: Then dig a deep hole in a horse dunghill, and set it therein, and couer it with the dunge, and so let it remaine a fortnight, and then take it out and cleare out the oile which will come of it, and drop it into the imperfect eare, or both if both be imperfect.

To helpe all manner of swellings or aches, in what part of the body soeuer it be, or the stinging of any venemous beast, as Adder, Snake, or such like, take horehound, smal-lage, porrets, small mallowes, and wild tansey; of each a like quantity, and bruse them or cut them small: Then seeth them all together in a pan with milke, oatmeale, and as much Sheepes suet, or Deare suet as an hens egge, and let it boile till it be a thicke plaster. then lay it vpon a blew woollen cloath, and lay it to the grieffe as hot as one can suffer it.

*For any pain  
or swelling,  
or the stin-  
ging of ve-  
nemous  
beasts.*

For any swelling in the legs or feet, take a good handfull of water cresses and shred them smal, and put them in an earthen pot, and put thereto thick wine lees, and wheat branne, and sheepes suet, of each of them a like quantity, and let them boile together vntill they be thicke: then take a linnen cloath and bind it all about the fore or swelling as hot as the party grieued can indure it, and let it remaine on a whole night and a day without remoouing; and when you take it away lay to a fresh plaster, hot as before, and it will take away both the paine and the swelling. Other Surgeons for this grieffe take hony and beare and heat them together, and therewith bath the swelling both morning and euening.

*For swell-  
ings in legs  
or feet.*

To stay the flux of the *Rhume*, take Sage and drie it before the fire, and rub it to powder: Then take bay salt and drie it and beat it to powder; and take a nutmeg and grate it, and mixe them all together, and put them in a long

*Another  
For the  
rhume.*

linnen bag: then heate it vpon a tile ſtone, and lay it to the nape of the necke.

*For a ſtin-  
king breath.*

For a ſtinking breath, take oake buds when they are newly budded out & diſtil them; then let the party greued nine mornings and nine euenings drinke of it, then forbear a while, and after take it againe.

*To ſtay a  
laſke.*

To ſtay a fore laſke, take plantaine water and cinamon finely beaten, and the flowers of pomgranates, and boile them well together; then take iuger and the yolke of an egge, and make a candle of it; and giue it the grieued partie.

*A water to  
waſh a ſore  
with.*

To waſh any ſore or vlcer, take running water and *Bole Armoniacke* and camphire, and boile them together; and dip in a cloth, and lay it to the ſore as hot as it may be indured: alſo plantaine water is good to kill the heate of any ſore; or if you take woodbine leaues and bruſe them ſmall it will heale a ſore: or if you waſh a ſore with veriuike, that hath bene burnt or ſcalded it is a preſent remedy.

*For the ſlix.*

For the ſlix take a Stags pizzell dried & grate it, and giue it in any drinke either beere, ale, or wine; and it is moſt ſoueraigne for any ſlix whatſoeuer.

*For paine in  
the ſide.*

For any paine in the ſide take mugwort and red ſage, and drie them betweene two tile ſtones, and then put it in a bagge, and lay it to your ſide as hot as can bee indured.

*For the  
toothache.*

For the tooth ache take a handfull of daiſie roots, and waſh them very cleane and dry them with a cloth; and then ſtampe them: and when you haue ſtamped them a good while, take the quantity of halfe a nut ſhell full of bay ſalt, and ſtrow it amongſt the roots; and then when they are very well beaten, ſtraine them through a cleane cloth: Then grate ſome *Cattham Aromaticus*, and mixe it good and ſtiffe with the iuice of the roots; and when you haue

have done so put it into a quill, and snuffe it vp into your nose, and you shall find ease.

Other for the tooth-ache take small Sage, Rewe, Smalage, Fether-fewe, VVormewood and Mints, of *Another.* each of them halfe a handfull; then stampe them well all together putting thereto fowre drammes of Vinegar, and one dramme of Bay-salt, with a penny-worth of good *Aqua vitæ*: stirre them well together, then put it betweene two linnen clouts of the bignesse of your cheek, temples, and iawe, and quilt it in manner of a course imbroderie; then set it vpon a chafing-dish and coales, and as hot as you may abide it lay it ouer that side where the paine is, and lay you downe vpon that side, and as it cooles warme it againe, or else haue an other ready warme to lay on.

To take away either pimples from the face, or any other part of the body, take Virgin waxe, and *Spermaceti* of each like quantity, and boile them together, and dip in a fine linnen cloth, and as it cooles dippe it well of both sides, then lay it vpon another faire cloth vpon a Table, and then fold vp a cloth in your hands, and all to sleight it with the cloth; then take as much as will couer the grieved place. *To take away pimples*

To make the oyle of Swallowes, take Lauender cotton, Spike, Knot-grasse, Ribwort, Balme, Valerian, Rose-marie tops, Woodbine tops, Vine strings, French mallowes, the tops of Alecost, Strawberry strings, Tutfan, Plantaine, Wall-nut tree leaues, the tops of young Baies, Isop, violet leaues, Sage of vertue, fine Roman wormewood, of each of them one handfull, Camomile and red-roses, of each two handfuls, twentie quicke Swallowes, and beate them all together in a great mortar, and put to them a quart of Neats-foote oyle, or May butter and grinde them all well together with two ounces of cloues well beaten; then put them all together in an earthen pot, and *Oyle of Swallowes.*

and stop it very close that no ayre come into it, and set it nine daies in a sellar or colde place, then open your pot and put into it halfe a pound of white or yellow waxe cut very small, and a pinte of oyle or butter, then set your pot close stopped into a panne of water, and let it boile 6, or 8. howrs, and then straine it: This oyle is exceeding so-ueraine for anie broken bones, bones out of ioint, or any paine or grieffe either in the bones or sinnewes.

For the  
greene sick-  
nesse.

To helpe the greene sicknesse, take a pottel of white wine and a handfull of Rosemary, a handfull of Worme-wood, an ounce of *Cardus benedictus* seed, and a dramme of Cloues: all these must be put into the white wine in a iugge, and covered very close, and lie in steepe a day and a night before the party drinke of it; then let her drinke of it euery morning, and two howers before supper: and so take it for a fortnight, and let her stirre as much as she can, the more the better, and as early as she can: Others for this sicknesse take Isop, Fennell, and Peny-royall, of these three one good handfull; take two ounces of Currants, seeth these in a pint of faire water to the halfe, then straine the hearbs from the liquor, and put therunto two ounces of fine sugar, and two spoonfuls of white wine vinegar, and let the party drinke euery morning fowre spoonfuls thereof and walke vpon it.

For any fe-  
uer.

For any Feuer whatsoeuer whose fit beginneth with a colde: take a spoonfull and a halfe of Dragon water, a spoonfull of Rose-water, a spoonfull of running water, a spoonefull of *Aqua-vite*, and a spoonfull of vinegar, halfe a spoonfull of Mithridate or lesse, and beate al these well together, and let the partie drinke it before his fit beginne.

For the  
worst fluxe.

To rule the worst bloody Flixie that may bee, take a quart of Red-wine, and a spoonfull of Cummin seede, boile them together vntill halfe be consumed; then take  
knot-

knot grasse and shepherds purse, and plantaine, and stampe them severally; and then straine them and take of the iuice of each of them a good spoonfull, and put them to the wine; and so seeth them againe a little: Then drinke it luke-warme halfe ouer night, and halfe the next morning; and if it fall out to be in winter, so that you cannot get the hearbes: Then take the water of them distilled, of each three spoonfuls and vse it as before.

For the piles or Hemeroids, take halfe a pint of ale, and a good quantity of pepper, and as much Allum as a wal nut: *For the piles or hemeroids* boile all this together til it be as thicke as birdlime or thicker: this done take the iuice of white violets, and the iuice of houslecke; and when it is almost cold, put in the iuice and straine them all together, and with this ointment annoint the sore place twice a day. Others for this grieffe take lead and grate it small, and lay it vpon the sores: or else take musles dried and beat to powder, and lay it on the sores.

For any burning take fixe new laid egges and rost them very hard, and take out the yolkes thereof, and put them into an earthen pot, and set it ouer the fire on hot embers, and then whilst the egges looke blacke, stirre them with a slice till they come to an oile, which oile take and clarifie and put into a glasse by it selfe, and therewith annoint any burning, and it will cure it. *For anyie burning.*

If any man haue his priuy parts burnt, take the ashes of a fine linnen cloth in good quantity, and put it into the former oile of egges, and annoint the sore member there- *Priuy parts burnt.* with and it will cure it.

For any scalding with hot water, oile or otherwise: take thicke creame, and set it on the fire: and put into it the greene which growes on a stone wall: take also yarrow, *For any scalding:* the greene of elder barke and fire grasse, and chop them small: then put them into the creame, and stirre it well till  
V it

it come to an oile ſaluc, then ſtraine it, and annoint the ſore with it.

*A pultus  
for a ſore.*

Others for this grieſe take the greene of a gooſe dunge and boile it in freſh butter: then ſtraine it and uſe it. Alſo ſallet oile and ſnow water beaten together, will cure any ſcaid or burning.

*For an ague  
ſore.*

To make a pultus to cure any ſore, take elder leaues and ſeeth them in milke, till they be ſoft, then take them vp and ſtampe them; And then boile it againe till it be thicke and ſo uſe it to the ſore as occaſion ſhall ſerue.

To cure an Ague ſore by bringing it to a head: Take Alexanders and chop them ſmall, then beate therewithall a little oatmeale: then ſeeth them well in milke, then take beere and put into it and there will riſe a crud: Then take the crud and lay it to the ſore as hot as the party can endure it.

*A pultus for  
ſore breasts  
in wcomen.*

To helpe weomens ſore breasts, when they are ſweld or els inflamed: Take violet leaues and cut them ſmal, and ſeeth them in milke or running water with wheat bran, or wheat bread crummies: then lay it to the ſore as hot as the party can endure it.

*A pultus to  
drie a ſore.*

To drie vp any ſore, take Smalledge Groundſell, wilde mallowes and violet leaues: chop them ſmall and boile them in milke with bruiled oatmeale and ſheeps ſuet, and ſo apply it to the ſore.

*A plaſter for  
a ſitch.*

To helpe a ſitch in the ſide or els where, take doues dung, red roſe leaues and put them into a bagge, and quilt it: then throughly heat it vpon a chafing diſh and coales with vineger in a platter: Then lay it to the pained place as hot as may be ſuffered, and when it coolcth heat it againe.

*Another.*

Otherwiſe take marigolds a handfull and ſeeth them in milke, then take beere and make a poſſet of it, and let the party drinke of it as hot as may be, and lay the curde o  
the

the pained place. Also to take an old Ale corne and grate it like a nutmeg into a pint of old ale, and drinke it of, is approved most good for any stich whatsoever.

For the yellow jaundisie take pimpinell and chicken weed: stampe them and straine them into posset Ale, and let the party drinke thereof morning and evening.

*For the yellow jaundisie.*

For the falling cuill take if it be a man, a fema'e mole, if a woman a male mole; and take them in *March*, or els *Aprill*, when they goe to the bucke: Then drie it in an ouen, and make powder of it whole as you take it out of the Earth: Then giue the sicke person of this powder to drinke evening & morning, for nine or ten daies together.

*For the falling euil.*

For the morpew whether it be white or blacke, take of the *Lethargie* of gold a dram, of vnwrought brimstone two drammes: beat them into fine powder; then take of the oile of roses and swines grease, of each a like quantity and grind them all together with halfe a dramme of camphyre and a little vineger, and annoint the same therewith morning and evening.

*For morpew of both kinds*

If you will make a cordiall candell for a Consumption or any other weakenesse: take a quart of running water, a peece of Mutton, and a peece of Veale, and put them with the water into a pot, then take the Sorrell, Violet leaues, Spynage, Endiue, Sucorie, Sage, Isop, of each a good quantie; then take Prunes and Reasins, and put them all into the broth, and seeth them from a quart to a pinte; then fraine the yelke of an egge and a little Saffron thereinto, putting in Sugar, whole Mace, and a little white wine; so seeth them a while together, and let the partie drinke it as warme as may be.

*For the consumption*

To make the oyle of Camomile: take a quart of Sallet oyle and put it into a glasse, then take a handfull of Camomill and bruise it, and put it into the oyle and let them stand in the same twelue daies, onely you must shifte it e-

*To make oile of camomill.*

uery three daies; that is to ſtraine it from the old Cammomill, and put in as much of newe, and that oyle is very ſouereine for anie grieſe proceeding from colde cauſes.

*To make  
oyle of Lauender.*

To make oyle of Lauender: take a pinte of Sallet oyle and put it into a glaſſe, then put to it a handfull of Lauender, and let it ſtand in the ſame ſeuellue daies, and vſe it in all reſpects as you did your oyle of Cammomill.

*To make  
ſmooth hãds*

To make an oyle which ſhall make the ſkinne of the hands very ſmooth: take Almonds and beate them to oyle, then take whole Cloues and put them both together into a glaſſe, and ſet in the ſunne ſiue or ſixe daies; then ſtraine it and with the ſame anoint your hands every night when you goe to bed, and otherwiſe as you haue conuenient leaſure.

*A drinke for  
a perle in  
the eye.*

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

*For paine in  
the eyes.*

For paine in the eyes: take milke when it comes new from the Cowe, and hauing ſtill'd it into a cleane veſſell, couer it with a pewter diſh, and the next morning take off the diſh and you ſhall ſee a dewe vpon the ſame, with that dewe waſh the pained eyes, and it will eaſe them.

*To ſtaunch  
blood.*

To ſtanch blood: take the hearbe Shephcards-purſe (if it may be gotten) diſtilled at the Apoticaries, and drink an ounce thereof at a time Morning and Euening, and it will ſtay any fluxe of blood naturall or vnnaturall; but if you cannot get the diſtilled water, then boile a handfull of the hearbe with Cinamon, and a little ſugar in Claret-wine,

wine, and boile it from a quart to a pinte, and drinke it as oft as you please : also, if you but rubbe the hearbe betweene your hands, you shall see it will soone make the blood returne.

To make that soueraine water which was first inuented by Doctor *Steuens*, in the same forme as he deliuered the Receite to the Arch-bishop of *Canturbury*, a little before the death of the said Doctor. Take a gallon of good Gaskoime wine, then take Ginger, Galuingale, Synamon, Nutmegges, Graines, Cloues bruised, Fennell seede, Carrawaie seede, Origanum; of euey of them a like quantitie, that is to say a dramme: then take Sage, wild Margerum, Peny-royall, Mints, Red-roses, Time, Pellitory, Rosemary, wild-time, Cammomill, Lauender, of each of them one handfull; then braic the spices small, and bruis the hearbes and put all into the wine, and let it stand so 12 houres, only stirre it diuers times, then distill it by a Limbecke, and keepe the first water by it selfe for that is the best, then keepe the second water for that is good, and for the last neglect it not, for it is very wholsom though the worst of the three. Now for the vertue of this water it is this, it comforteth the spirits and vitall parts, and helpeth all inward diseases that commeth of colde, it is good against the shaking of the palsey, and cureth the contraction of sinnewes, and helpeth the conception of women that be barraine; it killeth the wormes within the body, it cureth the cold cough, it helpeth the tooth-ache, it comforteth the stomacke and cureth the old dropisie; it helpeth the stone in the bladder and in the reines, it helpeth a stinking breath: and whosoever vseth this water moderately and not too often, preserueth him in good liking, and will make him seeme young in olde age. VVith this water Doctor *Steuens* preserued his owne life vntill such extreame age, that he could neither goe nor ride, and

To make D.  
*Steuens* wa-  
ter.

he continued his life being bed-rid five yeeres, when other Physicians did iudge hee could not liue one yeere, which he did confesse a little before his death; saying: that if he were sicke at anie time, he neuer vsed any thing but this water only; and also the Archbishop of *Canterbury* vsed it, and found such goodnesse in it that he liued till he was not able to drinck of a cup, but sucked his drink through a hollow pipe of siluer. This water will be much the better if it be set in the sunne all summer.

*A restorative  
tine of Ro-  
sasolis*

To make a cordiall *Rosasolis*: take *Rosasolis*, and in any wise touch not the leaues thereof in the gathering, nor wash it; take therof fowre good handfuls, then take two good pintes of *Aquauite*, and put them both in a glasse or pewter pot of three or fowre pintes, and then stop the same hard and iust, and so let it stand three daies and three nights; and the third daie straine it through a cleane cloth into another glasse or pewter pot, and put thereto halfe a pound of sugar beaten small, fowre ounces of fine Licoras beaten into powder, halfe a pound of sound Dates the stones bceing taken out, and cut them, make them cleane, and then mince them small, and mixe all these together and stop the glasse or pot close and iuste, and drink of it at night to bed-ward halfe a spoonfull with Ale or Bread, but Ale is the better, as much in the morning fasting; for there is not the weakest bodie in the vworld that wanteth nature or strength, or that is in a consumption but it will restore him againe, and cause him to bee strong and lustie, and to haue a meruailous hungrie stomacke; prouided alwaies that this *Rosasolis* be gathered (as neere as you possibly can) at the full of the moone when the sunne shineth before noone, and let the rootes of them be cutaway.

*A vomit for  
an ill breath.*

To make a vomit for a strong stinking breath, you must take of *Antimonium* the weight of three barley cornes,  
and

and beate it very small, and mixe it with conferue of Roses and giue the Patient to eate in the morning; then let him take nine daies together the iuice of mints and sage, then giue him a gentill purgation, and let him vse the iuice of Mint and Sage longer. This medicine must bee giuen in the spring of the yeere; but if the infirmity come for want of discretion in the stomacke, then take Mints, course Marierum and VVormewood, and choppe them small and boile them in Malmesie till it be thick, and make a plaster of it, and lay it to the stomacke.

For any extraordinary heate or inflammation in the liuer: take Barberies and boile them in clarified whay, and drinke them, and they will cure it. *Heat in the liuer.*

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

For them that cannot hold their water in the night time: take a Kiddes hoofe and drie it and beate it into powder, and giue it to the patient to drink, either in beare or ale fowre or five times. *For pissing in bedde.*

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

To helpe him that is exceeding fat, purlie, and short breathed: take hony clarified, and bread vneauened and make toasts of it, and dippe the toasts into the clarified hony, and eate this diuers times with your meate. *For fatnesse and short breath.*

For the yellow laundisse which is desperat and almost  
past

- For a desperate yellow Iauudisse.*      past cure: take Sheepes dung new made and put it into a cup of Beare or Ale, and close the cuppe fast and let it stand so all night, and in the morning take a draught of the cleereſt of the drinke and giue it to the sicke partie.
- For ease in child-bearing.*      If a woman haue a strong and hard labour: take iiiiij. spoonefull of another womans milke, and giue it the woman to drinke in her labour, and ſhee ſhall be deliuered preſently.
- Childe dead in the womb*      If a woman by miſchaunce haue her child dead within her; ſhe ſhall take Vitander, Felworte, and Penyroyal, and ſtampe them, and take of each a ſpoonefull of the iuice, and mixe it with olde wine and giue it her to drink, and ſhee ſhall ſoone be deliuered without danger.
- Aptnes to concciue.*      To make a woman apt to conceiue; let her either drinke Mugwort ſteeped in her wine, or elſe the powder thereof mixed vvith her vvine, as ſhall beſt pleaſe her taſte.
- For a canker*      For a Canker or any ſore mouth: take Cheruile and beate it to a ſalue with old ale and Allam water, and anoint the ſore therewith, and it will cure it.
- A ſwelled mouth.*      For any ſwelling in the mouth: take the iuice of VVormewood, Cammomill, and Shirwitt, and mixe them with honic, and bathe the ſwelling therewith, and it will cure it.
- For dimme eyes.*      For dimme eyes: take VVormewood, beate it with the gall of a Bull, and then ſtraine it and anoint the eyes therewith, and it will cleere them exceedingly.
- For ſore eies*      For ſore eyes, or blood-ſhotten eyes: take the white of an egge beaten to oyle, as much Roſe-water, and as much of the iuice of Houſe-leeke, mixe them well together, and then dippe flat pleageants of flaxe therein, and lay them vpon the ſore eyes, and as they drie, ſo renewe them againe, and wet them, and thus doe till the eyes be well.

For

For watric eyes, take the iuice of Affodill, Mirrhe, *For watric eyes.*  
and Saffron of each a little, and mixe it with twice so  
much white wine, then boile it ouer the fire, then straine  
it and vvasht the eyes therewith, and it is a present helpe.

To breede haire, take Southerne-wood and burne it  
to ashes, and mixe it well with common oyle: then an- *To breede  
hayre.*  
noint the bauld place therewith morning and euening,  
and it will breede haire exceedingly.

To eate away dead flesh, take Stubbe-wort, and folde *To eate a-  
way dead  
flesh.*  
it vp in a red Docke leafe, or red Wort leafe, and so roste  
it in the hot embers and lay it hot to any sore, and it will  
fret away all the dead flesh; or otherwise, if you strew  
vpon the sore a little precipitate it will eate away the dead  
flesh.

To breake anie Impostume, and to ripe it onely, take *To break a-  
ny impo-  
stume.*  
the greene Melilot plaister and lay it thereunto and it is  
sufficient.

To heale any wound or cut in any flesh or part of the *To heale  
any wound.*  
body: First if it be fit to be sticht stich it vp, and then  
take *Inguentum aurum*, and lay it vpon a pleagant of lint  
as bigge as the wound, and then ouer it lay a *diminio* plai-  
ster made of Sallet oyle and white leade, and so dresse it  
at least once in fowre and twenty houres; but if it bee a  
hollow wound, as some thrust in the body or other  
member, then you shal take *Balsamum cephalicum*, and war-  
ming it on a Chafing dish and coales, dip the tent ther-  
in, and so pnt into the wound, then lay your plaister  
*diminio* ouer it, and doe thus at least once a day till it bee  
whole.

For the Quinsie, or Quiuarie, giue the party to drink *For the  
Quinsie.*  
the hearbe Moufears steeped in ale or beere; and looke  
where you see a Swine rub himsele, and there vpon the  
same place rubbe a sleight stone, and then with it sleight  
all the swelling, and it will cure it.

For ſcabs or  
itch.

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

Againſt  
drunkennes.

If you would not bee drunke, take the powder of Betany and coleworts mixt together; and eate it every morning faſting as much as will lie vpon a ſixpence, and it will preſerue a man from drunkennes.

For the le-  
proſie.

To cure the leproſie; take the iuice of coleworts and mix it with Allum and ſtrong Ale; and annoint the leper therewith morning and euening, and it will clenſe him wonderfully, eſpecially if he be purged firſt, and haue ſome part of his corrupt blood taken away.

For any old  
ſore.

To cure any old ſore how grieuous ſoeuer it be take of new milke three quarts, a good handfull of plantaine, and let it boile till a pint be conſumed: Then adde three ounces of Ailum made into powder, and an ounce and a halfe of white ſugar candy powdered. Alſo then let it boile a little til it haue a hard curd: then ſtraine it with this warme hath the vlcer, and all the member about it: then drie it, and lay vpon the vlcer, *unguentum Baſilicon* ſpread on lint, and your *diminium* plaſter *diminio* ouer it: for this ſtrengtheneth and killeth the itch: But if you find this is not ſharpe enough; then take of milke a quart, Allum in powder two ounces, vineger a ſpoonefull; when the milke doth ſeeth, put in the Allum and vineger: Then take of the curd, and uſe the reſt as was before ſaid, and it will cure it.

To quicken  
the wit.

To quicken a mans wits, ſpirits and memory; let him take *Langdebeefe*, which is gathered in *June* or *July*, and beating

beating it in a cleane mortar ; let him drinke the iuyce thereof with warme water, and hee shall finde the benefit.

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

For the *Iliacapassio*; take of *Polipody* an ounce and stamp it: then boile it with prunes and violets in tennell water or anyseeds water; taking thereof a good quantity: then straine it, and let the patient euery morning and euening drinke a good draught thereof. *For the Iliacapassio.*

If a mans fundament fall downe through some cold taken or other cause, let it be fourthwith put vp againe: Then take the powder of Towne cresses dried, and strow it gently vpon the fundament, and annoint the reines of the backe with hony, and then aboue it strow the powder of cummin and calafine mixt together, and ease will come thereby. *For the falling of the fundament.*

If a mans sinnewes be cut or shrunke, he shall goe to the root of the wild neepe which is like woodbine, and make a hole in the midst of the roote; then couer it well againe that no Aire goe out or in, nor raine or other moisture: Thus let it abide a day and a night; then goe and open it, and you shall find therein a certaine liquor: then take out the liquor and put it into a cleane glasse, and doe thus euerie day whilst you find any moisture in the hole; And this must onely be done in the moneths of *Aprill* and *May*: Then annoint the sore therewith against the fire: then wet a linnen cloth in the same liquor, and lap it about the sore, and the vertue will soon be perceiued. *For sinewes cut or shrunke.*

Thus hauing in a summary manner passed ouer all the most physycall and chirurgicall notes which ought to bur-

then the mind of our English house-wife, being as much as is needfull for the preleruation of the health of her Familie: And hauing in this Chapter ſhewed all the inward vertues wherewith ſhee ſhould be adorned. I will now returne to her more outward and actiue knowledges, wherein albe it the mind be as much occupied as before; yet is the body a great deale more in vſe: neither can the worke be well effected by rule or direction.

### CH A P. I I.

*Of the outward and actiue knowledges of the Houſ-wife; and  
firſt of her ſkill in Cookery.*

**T**O ſpeake then of the outward and actiue knowledges which belong to our English Houſ-wife. I hold the firſt and moſt principall to bee a perfect ſkill and knowledge in Cookery, together with all the ſecrets belonging to the ſame; becauſe it is a ducty really belonging to the woman, and ſhee that is vtterly ignorant therein; may not by the lawes of ſtrickt iuſtice challenge the freedom of marriage, becauſe indeed ſhee can then but performe halfe her vow; for ſhee may loue and obey, but ſhee cannot ſerue and keepe him with that true ductie which is euer expected.

*Shee muſt  
know all  
herbes:*

To proccede then to this knowledge of Cookery; you ſhall vnderſtand that the firſt ſteppe thereunto is; to haue knowledge of all ſorts of hearbes belonging to the Kitchin, whether they bee for the pot, for ſallets; for ſauces, for ſeruings, or for any other ſeaſoning or adorning, which ſkill of knowledge of the hearbes, ſhee muſt get by her owne labour and experience, and not by my relation

tion, which would be much too tedious, and for the vse of them shee shall see it in the composition of dishes and meates heere after following Shee shall also know the time of the yeere, moneth and moone, in which all hearbes are to be sowne; And when they are in their best flourishing, that gathering all hearbes in their height of goodnesse, shee may haue the prime vse of the same. And because I will inable and not burthen her memory: I will here giue her a short Epitomy of all that knowledge.

First then let our English House-wife know that shee may at all times of the Month and Moone, generally sow *Asparagus, Colworts, Spinnage, Lettice, Parsnips, Radish,* and *Chyues:*

*Her skil in  
the Garden:*

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

In *March* the Moone new sow *Garlicke, Borage, Buglasse, Chernile, Coriander, Gourds, Marioram, White Poppye, Purslan, Radish, Sorrell, Double Marigolds, Time, Violets:* At the full moone; *Aniseeds, Bleets, Skirrets, Succory, Fennell, Apples of Loue,* and *Meruaylow Apples:* At the wane, *Artichokes, Bassill, Blessed Thistle, Cole Cabadge, White Cole, Greene Cole, Citrons, Cucumbers, Harts Horne, Samphire, Spinage, Gilliflowers, Isop, Cabadge, Lettice, Mellons, Mugrets, Onions, Flower Gentil, Burnet, Leekes,* and *Sauory*. In *May* the moone o'd sow *Blessed Thistle*. In *June* the moone new sow *Gourds* and *Radishes;* The moone old sow *Cucumbers,*

*mellons, parſnips.* In *July* the Moone at full, ſow *white ſuccorie*; and the Moone old ſow *Cabadge, lettice.* Laſtly in *Auguſt* the Moone at full ſow white ſuccory.

Transplan-  
ting of  
hearbes.

Alſo ſhee muſt know that hearbes growing of ſeedes may be tranſplanted at all times, except *cheruyle, arage, Spynage,* and *pfelye,* which are not good being once tranſplanted, obſeruing euer to tranſplant in moiſt and rainie weather.

Choice of  
ſeede:

Alſo ſhee muſt know that the choice of ſeedes are two fold, of which ſome grow beſt, being new, as *Cucumbers* and *leekes,* and ſome being old as *Coriander, Parſly, Sannory, Beets, Origan, Crefſes, Spinage* and *Poppy:* you muſt keepe cold *Lettice, Artichokes, Baſil, holy thistle, Cabadge, Cole, diers graine,* and *mellons* 15. daies, after they put forth of the earth.

Proſperity  
of ſeedes.

Alſo ſeedes proſper better being ſowne in temperate weather, then in hot, cold, or drie daies. In the Month of *Aprill* the Moone being new ſow *marioram, flower gentle, Time: violets,* in the full of the Moone *Aples of loue,* and *ueruaylous apples:* and in the wane *Artichokes, Thiſtles, Cabadge cole, Cicrons, Harts horne, Samphire, Gillyflowers,* and *Parſnips.*

Gathering  
of ſeede.

Seedes muſt be gathered in faire weather, at the wane of the Moone, and kept ſome in boxes of wood, ſome in bagges of leather, and ſome in veſſels of earth, and after to be well cleaſed and dried in the ſunne or ſhadowe; other ſome, as *Onions, Chibols* and *Leekes,* muſt be kept in their huſks. Laſtly, ſhee muſt knowe that it is beſt to plant in the laſt of the Moone; to gather grafts in the laſt but one, and to graft two daies after the change, and thus much for her knowledge briefly of Hearbes, and how ſhee ſhall haue them continually for her uſe in the kitchin.

It reſteth now that I proceede vnto Cookery it ſelfe,  
which

which is the dressing and ordering of meate, in good and wholesome manner; to which, when our *Hous-wife* shall adresse her selfe, she shall well vnderstand that these qualities must euer accompany it: First, shee must be cleanly both in body and garments, she must haue a quicke eye, a curious nose, a perfect taste and a ready care (she must not be butter fingered, sweet-toothed, nor faint hearted); for, the first will let euery thing fall, the second will consume what it should increase, and the last will loose time with too much nicenesse. Now for the substance of the Art it selfe; I will diuide it into five parts: the first Sallats and Fricases: the second, boiled Meates and Broaths: the third, Roast-meates, and Carbonados: the fourth, bak't meates and Pyes: and the fift, Banqueting and made dishes with other conceits and secrets.

*Of Cookery  
& the part  
thereof.*

First then to speake of Sallats, there be some simple, and some compounded; some onely to furnish out the table, and some both for vse and adoration: your simple Sallats are Chibols pilled, washt cleane, and halfe of the greene tops cut cleane away, so seru'd on a Fruit-dish, or Chines, Scallions, Radish-roots, boyled Carrets, Skirrets, and Turneps, with such like serued vp simply; also, all young Lettice, Cabage lettice, Purflan, and diuers other hearbes which may bee serued simply without any thing, but a little Vinegar, Sallet oyle, and Suger: Onions boiled and stript from their rinde, and serued vp with Vinegar, Oyle, and Pepper is a good simp'c Sallat; so is Samphire, Beane-cods, Sparagus, and Coucubers, serued in likewise with Oyle, Vinegar and Pepper, with a world of others, too tedious to nominate.

*Of Sallat.  
Simple Sallats.*

Your compound Sallats, are first the young Buds and knots of all manner of wholesome hearbes at their first springing; as Redde-sage, Mints, Lettice, Violets, Marigolds, Spynage, and many other mixed together, and then serued

*Of compound  
Sallats.*

ſerued vp to the table with Vinegar, Sallet oyle and Sugar.

*Another  
compound  
ſallat.*

To compound an excellent Sallat, and which indeede is vſuall at great feaſts, and vpon Princes tables: Take a good quantity of blaunch't Almonds, and with your ſhredding knife cut them groſſly; then take as manie Raiſyns of the ſunne cleane waſht, and the ſtones pick't out, as many Figges ſhred like the Almonds, as many Capers, twiſe ſo many Oliues, and as manie Currants as of all the reſt cleane waſht: a good handfull of the ſmall tender leaues of red Sage and Spinage; mixe all theſe well together with good ſtore of Sugar and lay them in the bottome of a great diſh, then put vnto them Vinegar and Oyle, and ſcrape more Sugar ouer all; then take Orengeſ and Lemons, and paring away the outward pills, cut them into thinne ſlices, then with thoſe ſlices couer the Sallet all ouer; which done, take the fine thinne leafe of the red Coleflowre, and with them couer the Orengeſ and Lemons all ouer, then ouer thoſe red leaues lay another courſe of old Oliues, & the ſlices of wel pickld Cucumbers, together with the very inward hart of your Cabbage lettice cut into ſlices, then adorne the ſides of the diſh and the top of the Sallet with mo ſlices of Lemons and Orengeſ and ſo ſerue it vp.

*An excel-  
lent boiled  
ſallat.*

To make an excellent compound boil'd Sallat: take of Spinage well waſht two or three handfulls, and put it into faire water and boile it till it bee exceeding ſoft and tender as pappe; then put it into a Cullander and draine the water from it, which done, with the backſide of your Chopping-knife chop it and bruiſe it as ſmall as may bee: then put it into a Pipkin with a good lump of ſweet butter and boile it ouer againe; then take a good handfull of Currants cleane waſht and put to it, and ſtirre them well together, then put to as much Vinegar as will make it

reaiò

reasonable tart, and then with sugar season it according to the taste of the Master of the house, and so serue it vpon sippets.

Your preserued Sallats are of two kinds, either pickeld as are Coucubers, Samphire, Purslan, Broome, and such like, or preserued with vinegar as Violets, Primrose, Cowflops, Gilly flowers of all kinds, Broome-flowers, and for the most part any wholesome flower whatsoever.

*Of preseruing of Sallats.*

Now for the pickling of Sallats, they are onely boyled, and then drained from the water, spread vpon a table, and good store of salt thrown ouer them, then when they are thorough colde make a pickle with water salt and a little vinegr, and with the same pot them vp in close earthen pots, and serue them forth as occasion shall serue.

Now for preseruing sallats, you shall take any of the flowers before sayd after they haue been pickt clean from their stalkes, and the white ends (of them which haue any) cleane cut away, and washt and dried, and taking a glasse pot like a Gally pot, or for want therof a Gally-pot it selfe; and first strew a little sugar in the bottome, then laie a laier of the flowers, then couer that laier ouer with Sugar, then lay another layer of the flowers, and another of sugar; and thus doe one aboue another till the pot be filled, euer and anon pressing them hard down with your hand, this done you shall take of the best and sharpest Vinegar you can get, (and if the Vinegar be distilled Vinegar, the flowers will keepe their colours the better) and with it fill vp your pot till the Vinegar swim a loft and no more can be receiued; then stop vp the pot close, and set them in a drie temperate place, and vse them at pleasure for they will last all the yeere.

Now for compounding of Sallats of these pickeld and preserued things, though they may be serued vp simply

*The making of strange Sallats.*

Y

simply

simply of themselves, and are both good and daintie; yet for better curiositie, and the finer adorning of the table you shall thus use them: First if you would set forth any red flowre that you know or haue scene, you shall take your pots of preserued Gilliflowers, & suiting the colours answerable to the flower you shall proportion forth, lay the shape of the flower in a fruit-dish; then with your Purslan leaues make the Greene Coffin of the flower, and with the Purslan stalkes, make the stalke of the flower and the diuisions of the leaues and branches; then with the thin slices of Coucumbers make their leaues in true proportions iagged or otherwise: and thus you may set forth some full blowne, some halfe blowne, and some in the budde which will be pretty and curious. And if you will set forth yellow flowers, take the pots of Primroies and Cowslops, if blew flowers then the pots of Violets, or Buglosse flowers, and these Sallats are both for shewe and use; for they are more excellent to tast then to looke on.

*Sallats for  
shew only.*

Now for Sallats for shewe only and the adorning and setting out of a table with numbers of dishes; they bee those which are made of Carret roots of sundrie colours well boiled and cut out into many shapes and proportions, as some into knots, some in the manner of Scutchions and Armes, some like Birds, and some like wilde beasts, according to the art and cunning of the workman and these for the most part are seasoned with Vinegar, Oyle, and a little pepper; a world of other Sallats there are, which time and experience may bring to our *Hous-wives* eye, but the composition of them, and the serving of them differeth nothing from these already rehearsed.

*Of Fricases  
and quelque  
choses.*

Now to proceed to your Fricases, or *Quelque choses*, which are dishes of manie compositions, and ingredients; as Flesh, Fish, Egges, Hearbes and many other things, all beeing prepared and made ready in a frying  
panne

panne, they are likewise of two sorts simple and compound.

Your simple Fricases are Egges and Collops fryed, whether the Collops be of Bakon, Ling, Beefe, or young Porke, the frying whereof is so ordinary, that it needeth not anie relation, or the frying of any flesh or fish simple of it selfe with butter or sweet oyle.

*Of simple fricases.*

To haue the best Collops and Egges, you shall take the whitest and youngest Bacon, and cutting away the sward cut the Collops into thin slices lay them in a dish and put hot water vnto them, and so let them stand an hower or two, for that will take away the extreame salt-nesse: then draine away the water clean, and put them into a drie pewter dish, and lay them one by one, and set them before the heate of the fire, so as they may toast, and turne them so as they may toast sufficiently thorowe and thorowe, which done take your egges and breake them into a dish, and put a spoonefull of Vinegar vnto them; then set on a cleane skillet with faire water on the fire, and as soone as the water boileth put in the Egges, and let them take a boyle or two, then with a spoone trie if they be hard enough, and then take them vp and trim them and drie them, and then dishing vp the Collops lay the Egges vpon them, and so serue them vp: and in this sort you may potch egges when you please, for it is the best way and most wholsome.

*Best Collops and egges.*

Now the compound Fricases are those which consist of manie things as Tansies, Fritters, Pancakes; and anie *Quelque chose* whatsoeuer, being things of great request and estimation in *Fraunce, Spaine, and Italy*, and the most curious Nations.

*Of the compound fricases.*

First then for making the best Tansiey, you shall take a certaine number of Egges, according to the bignesse

*To make the best Tansiey.*

of your frying-panne, and breake them into a diſh, abating euer the white of euey third egge; then with a ſpoone you ſhall cleaſe awaie the little white Chickin knots which ſticke to the yelkes, then with a little creame beate them exceedingly together; then take of greene wheate blades, Violet leaues, Staw-bery leaues, Spinage and Succory of each a like quantity, and a few Wall-nut buds, chop and beate all theſe very well, and then ſtraine out the iuice, and mixing it with a little more creame, put it to the egges and ſtirre all well together, then put in a fewe crummes of bread, fine grated bread, Cinamon, Nutmegge and ſalt; then put ſome ſweet butter into the frying-panne, and ſo ſoone as it is melted put in the Tanſey and frie it browne without burning, and with a diſh turne it in the panne as occaſion ſhall ſerue; then ſerue it vp hauing ſtrewed good ſtore of ſugar vpon it, for to put in Sugar before will make it heauie: ſome vſe to put of the hearbe Tanſey into it, but the Wall-nut tree buds do giue the better taſte; therefore when you pleaſe to vſe the one doe not vſe the other.

*The beſt  
Fritters.*

To make the beſt Fritters, take a pinte of creame and warme it; then take eight egges, only abate fowre of the whites and beate them well in a diſh, and ſo mixe them with the creame, then put in a little Cloues, Maec, Nutmegge and Saffron and ſtirre them well together: then put in two ſpoonefull of the beſt ale-barme and a little ſalt and ſtirre it againe, then make it thicke according to your pleaſure with wheate flower, which done, ſet it within the aire of the fire that it may riſe and ſwell; which when it doth you ſhall beate it in once or twice, then put into it a penny pot of ſacke: all this being done, you ſhal take a pound or two of ſweet ſeame and put it into a panne, and ſet it ouer the fire, and when it is moulten and begins to  
bubble

bubble, you shall take the fritter batter, and setting it by you, put thicke slices of well pared Apples into the batter: And then taking the Apples and batter out together with a spoone put it into the boiling seame, and boile your fritters crispe and browne: and when you finde the strength of your seame decay, you shall renew it with more seame, and of all sorts of seame, that which is made of the beefe suet is the best and strongest: when your fritters are made strow good store of sugar and cinamon vpon them being faire dist, and so serue them vp.

To make the best Pancake, take two or three egges, and breake them into a dish, and beate them well: Then adde vnto them a pretty quantity of faire running water, and beate all well together: Then put in cloues, mace, cinamon, and a nutmegge, and season it with salt; which done make it thicke as you thinke good with fine wheate flower: Then frie the cakes as thinne as may bee with sweete butter, or sweete seame, and make them browne, and so serue them vp with sugar strowed vpon them. There be some which mixe Pancakes with new milke or creame, but that makes them tough, cloying, and not so crispe, pleasant and saoury as running water,

*The best  
pancake.*

To make the best veale tosts, take the kidney fat and all of a loine of veale roasted, and shred it as small as is possible; Then take a couple of egges and beat them very well, which done take spinage, succory, violet leaues, and marigold leaues, and beat them and straine out the iuice, and mix it with the egges: Then put it to your veale and stirre it exceedingly well in a dish; then put to good store of currance cleane washt and pickt, cloues, mace, sinamon, nutmeg, sugar, and salt, and mix them all perfectly well together: then take a manchet and cut it into tosts, and tost them well before the fire; then with a spoone lay vpon the

*Veale tosts,*

roſte in a good thickenesse the veale, prepared as before ſaid; which done put into your frying pan good ſtore of ſweet butter, and when it is well melted and very hot, put your roſts into the ſame with the bread ſide vpward, and the fleſh ſide downward: And aſſoone as you ſee they are fried browne, lay vpon the vpper ſide of the toſtes which are bare more of the fleſh meate; and then turne them, and frie that ſide browne alſo: Then take them out of the pan and diſh them vp, and ſtrow ſuger vpon them, and ſo ſerue them forth. There be ſome Cookeſ which will do this but vpon one ſide of the toſtes, but to do it on both is much better: If you adde creame it is not amiſſe.

*To make the  
beſt panper-  
dy.*

To make the beſt Panperdy, take a dozen egges, and breake them and beat them very well, then put vnto them cloues, mace, cinamon, nutmeg, and good ſtore of ſuger, with as much ſalt as ſhall ſeaſon it: then take a manchet and cut it into thicke ſlices like toſtes; which done take your frying pan and put into it good ſtore of ſweet butter, and being melted lay in your ſlices of bread, then powre vpon them one halfe of your egges, then when that is fried with a diſh turne your ſlices of bread vpward, and then powre on them the other halfe of your egges, and ſo turne them till both ſides be browne: then diſh it vp and ſerue it with ſuger ſtrowed vpon it.

*To make a-  
ny quelque-  
choſe.*

To make a *Quellechoſe* which is a mixture of many things together: take egges and breake them and doe away the one halfe of the whites, and after they are beaten put to them a good quantity of ſweet Creame, Currants, Cinamon, Cloues, mace, Salt, and a little Ginger, ſpinage, endiue, and marygold flowers groſſely chopt, and beate them all very well together; Then take pigges pettitoes ſlic't and groſſely chopt, and mix them with the egges, and with your hand ſtirre them exceeding well together

gether : then put sweet butter in your frying pan, and being melted, put in all the rest, and frie it browne without burning, euer and anon turning it till it be fried enough : then dish it vp vpon a flat plate, and couer it with sugar, and so serue it foorth. Onely herein is to be obserued that your pettitoes must be very well boiled before you put them into the fry-case.

And in this manner as you make this *Quelquechose*, so you may make any other, whether it be of flesh, smal birds sweet rootes, oysters, muskles, cockles, giblets, lemmons, oranges, or any fruit, pulse, or other sallet herbe whatsoever : of which to speake seuerally were a labour infinite, because they vary with mens opinions. Onely the composition and worke is no other then this before prescribed, and who can doe these, neede no instruction for the rest. And thus much for sallets, and fry-cases.

It resteth now that we speak of boild meats and broths, which forasmuch as our House wife is intended to be generall, one that can as well feed the p<sup>o</sup>ore as the rich, we will first beginne with those ordinary wholesome boild-meats, which are of vse in euery good mans house: therefore to make the best ordinary pottage : you shall take a racke of mutton cut into peeces, or a legge of mutton cut in peeces : for this meat and these ioints, are the best, Although any other ioint, or any freth beefe will likewise make good pottage : And hauing washt your meat well, put it into a cleane pot with faire water, and set it on the fire : then take violet leaues, endiue, succory, strawberie leaues, spinage, langdebeefe, marygold flowers, Scallions and a little persly, and chop them very small together, then take halfe so much oatmeale well beaten as there is herbes, and mix it with the herbes, and chop all very well together: then when the pot is ready to boile, skumme it very well, and then put in your herbes : And so let it boile with a quicke fire, stirring the meat oft in the pot, till the

*Of boild  
meats ordinary.*

meat

meat be boild enough, and that the hearbes and water are mixt together without any seperation, which will be after the consumption of more then a third part: Then season them with salt, and serue them vp with the meate either with sippets or without.

*Pottage  
without  
sight of  
herbes.*

Some desire to haue their pottage greene, yet no herbes to be scene in this case: you must take your hearbes and oatmeale, and after it is chopt, put it into a stone mortar, or bowle, and with a wooden pestell beat it exceedingly; Then with some of the warme liquor in the pot straine it as hard as may be, and so put it in and boile it.

*Pottage  
without  
hearbes,*

Others desire to haue pottage without any hearbes at all; And then you must onely take oatmeale beaten, and good store of onions, and put them in and boile them together: And thus doing you must take a greater quantity of oatmeale then before.

*Pottage  
with whole  
hearbes.*

If you will make pottage of the best and daintiest kind, you shall take Mutton, Veale, or Kid, and hauing broke the bones, but not cut the flesh in peeces, and wash it, put it into a pot with faire water, after it is ready to boile, and is thoroughly skummed, you shall put in a good handfull or two of smale oatmeale: And then take hole lettice of the best and most inward leaues, hole spinage, hole endine, hole succory, and whole leaues of colasflorry, or the inward parts of white cabbage, with two or three slice onions; and put all into the pot and boile them well together till the meat be enough, and the herbes so soft as may be, and stirre them oft well together: And then season it with salt and as much veriuice as will onely turne the tast of the pottage; and so serue them vp couering the meate with the whole hearbes, and adorning the dish with sippets.

*To make or-  
dinary stew-  
ed broth*

To make ordinary stewed broth, you shall take a necke of veale, or a leg or mary bones of beefe, or a pullet, or mut-

ton

ton, and after the meat is washt put it into a pot with faire water, and being ready to boile skumme it well; then you shall take a couple of manchets and paring away the crust cut it into thicke slices and lay them in a dish; and couer them with hot broth out of the pot, when they are steept put them and some of the broth into a strainer, and straine it, and then put it into the pot, then take halfe a pound of Prunes, half a pound of Raisins, and a quarter of a pound Currants clean pickt & washt with a little whole Mace of and two or three brused Cloues, and put them into the pot and stirre all well together, and so let them boile till the meate be enough; then if you will alter the colour of the broth put in a little Turnesole, or red Saunders, and so serue it vp vpon Sippets, and the fruit vppermost.

To make an excellent boiled meate: take fowre peeces of a racke of Mutton, and wash them cleane and put them into a pot well scowred with faire water; then take a good quantity of wine and veriuice and put into it, then slice a handfull of Onions and put them in also, and so let it boile a good while, then take a peece of sweet butter with ginger and salt and put it to also, and then make the broth thicke with grated bread, and so serue it vp with cypets. *A fine boild meate.*

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

To make an excellent *Olepotrige*; which is the onely principall

*To make an  
excellent  
Oleopotige.*

principall dish of boild meate which is esteemed in all *Spaine*, you shall take a very large vessell, pot or kettell, and filling it with water you shall set it on the fire; and first put in good thicke gobbets of well fed Beefe, and being ready to boile skumme your pot, when the Beefe is halfe boiled you shall put in Potato roots, Turneps, and Skirrets: also like gobbets of the best Mutton and the best Porke, after they haue boiled a while, you shall put in the like gobbets of Venison red, and Fallow if you haue them; then the like gobbets of Veale, Kidde, and Lamb, a little space after these, the for-parts of a fat Pigge and a crambd Pullet, then put in Spinage, Endiue, Succorie, Marigold leaues and flowers, Lettice, Violet leaues, Strawberry-leaues, Buglosse and Scallions, all whole and vnchopt; then when they haue boiled a while, put in a Partridge and a Chicken chopt in peeces, with Quailes, Rails, Blackbirds, Larkes, Sparrowes and other small birds, all being well and tenderly boiled, season vp the broth with good store of Sugar, Cloues, Mace, Cinamon, Ginger and Nutmegge mixt together in a good quantity of Veriuce and salt, and so stirre vp the pot well from the bottome, then dish it vp vpon great Chargers or long Spanish dishes made in the fashion of our English wooden trayes, with good store of sippets in the bottome; then cover the meate all ouer with Prunes, Raisins, Currants, and blanch't Almonds boiled in a thing by themselves, then coner the fruite and the whole boiled hearbes, and the hearbes with slices of Orenge and Lemmons, and lay the roots round about the sides of the dish, and strew good store of sugar ouer all, and so serue it foorth.

*To make the  
best white  
broath.*

To make the best white broth, whether it be with Veale, Capon, Chickins, or any other Fowle or Fish: First boile the flesh or fish by it selfe, then take the valew of a quart of strong mutton broth, or fat Kidde broth, and  
put

put it into a pipkin by it selfe, and put into it a bunch of Time, Marierome, Spinage and Endiue bound together; then when it seethes put in a pretty quantity of Beefe marrowe, and the marrowe of Mutton, with some whole Mace and a fewe bruised Cloues, then put in a pinte of White-wine with a fewe whole slices of Ginger; after these haue boiled a while together, take blanch't Almonds, and hauing beaten them together in a mortar with some of the broth, straine them and put it in also; then in another pipkin boile Currants, Prunes, Raisins, and whole Cinamon in in veriuce and sugar, with a fewe sliced Dates, and boile them till the veriuce be most part consumed, or at least come to a syrrop; then draine the fruite from the syrrop, and if you see it be high coloured make it white with sweete creame warmed, and so mixe it with your wine broth, then take out the Capon or the other Flesh or Fish, and dish it vp drie in a clean dish, then powre the broth vpon it, and lay the fruite on the top of the meate, and adorne the side of the dish with sippets; first Orenge, Lemmons and sugar, and so serue it foorth.

To boile anie wild Fowle, as Mallard, Teale, Widgeon, or such like: First, boile the Fowle by it selfe, then take a quart of strong Mutton broth and put it into a pipkin and boile it, then put into it good store of sliced Onions, a bunch of sweet pot-herbes, and a lump of sweete butter; after it hath boiled well season it with veriuce, salt, and sugar, and a little whole pepper; which done, take vp your fowle and breake it vp according to the fashion of caruing, and sticke a fewe Cloues about it, then put it into the broth with Onions and there let it take a walme or two, and so serue it and the broth foorth vpon Sippets, some vse to thicken it with toasts of bread steapt and strained, but that is as please the Cooke.

To boile a legge of Mutton, or any other ioint of

*To boile any  
wild fowle.*

*To boile a  
legge of  
Mutton.*

meate whatsoeuer; first after you haue washt it cleane, parboile it a little, then spit it and giue it halfe a dozen turnes before the fire, then drawe it when it beginnes to droppe, and presse it betweene two dishes and saue the graue, then slash it with your knife and giue it halfe a dozen tournes more, and then presse it againe, and thus doe as often as you can force any moisture to come from it, then mixing Mutton broth, White-wine, and Veriuce together, boile the Mutton therein till it be tender, and that most part of the liquor is cleane consumed; then hauing all that vvhile kept the graue you take from the Mutton, stewing gently vpon a Chafing dish and coales, you shall adde vnto it good store of salt, sugar, cinamon and ginger, with some lemmon slices, and a little of an Orange pill with a few fine white-bread crums: then taking vp the Mutton, put the remainder of the broth in which it lay to the graue, and then serue it vp with sippets laying the Lemmon slices vppermost, and trimming the dish about with sugar.

*An excel-  
lent way to  
boile Chic-  
kens.*

If you will boile Chickens, young Turkeys, Pea-hens or any house Fowle daintily, you shall after you haue trimmed them drawne them, trust them and washt them, fill their bellies as full of Parsley as they can hold, then boile them with salt and water only till they be enough: then take a dish and put into it veriuce, and butter and salt and when the butter is melted take the Parsley out of the Chickens bellies and mince it very small, and put it to the veriuce and butter and stirre it well together, then lay in the Chickens and trimme the dish with sippets, and so serue it forth.

*A broth for  
any fresh  
Fish.*

If you will make broth of any fresh fish whatsoeuer, whether it be Pike, Breame, Carpe, Eele, Barbell or such like: you shall boile water, veriuce and salt together with a handfull of sliced Onions, then you shall thicken it  
with

with two or three spoonefull of Ale barme; then put in a good quantity of whole barberies, both branches and other: As also pretty store of Currants: then when it is boild enough dish vp your fish, and powre your broth vnto it, laying the fruit and onions vppermost. Some to this broth will put prunes and dates slic't, but it is according to the fancie of the Cooke, or the will of the Householder: thus I haue from these few presidents shewed you the true Art and making of all sorts of boild-meates, and broths, and though men may coine strange names, and faine strange Art; yet be assured shee that can doe these, may make any other whatsoeuer; altering the tast by the alteration of the compounds as she shal see occasion: And when a broth is too sweet, to sharpē it with veriuice, when too tart to sweet it with sugar, when flat and wallowish to quicken it with orange and lemmons, and when too bitter to make it pleasant with hearbes and spices. And thus much for broths and boild meates.

To proceed then to roast meats & *Carbonados*, it is to be vnderstood, that in the generall knowledge thereof are to be obserued these few rules. First the cleanly keeping and scowring of the spits and cobirons, next the neat picking and washing of meate before it be spitted, then the spiteing and broaching of meate which must bee done so strongly and firmly, that the meate may by no meanes either shrinke from the spit, or els turne about the spit: And yet euer to obserue that the spit do not goe through any principall part of the meat; but such as is of least account and estimation: And if it be birds or fowle which you spit, then to let the spit go through the hollow of the body of the fowle, and to fasten it with pricks or skewers vnder the wings about the thighes of the fowle, and at the feet or rump, according to your manner of trussing & dressing them; then to know the temperatures of fires for euery

*Of roast-meates and carbonados.*

*Observations in roast meates.*

*Spitting of roast meates.*

*Temperatures of fire*

meate, and which muſt haue a ſlow fire, yet a good one, taking leaſure in roaſting, as Chines of Beeſe, Swannes, Turkies, Peacockes, Buſtards, and generally any greate large Fowle, or any other ioints of Mutton, Veale, Porke, Kid, Lambe, or ſuch like: whether it be Veniſon red, or Fallow, which indeed would lie long at the fire, and ſoke well in the roaſting, and which would haue a quicke and ſharpe fire without ſcorching; as Pigges, Pullets, Feaſants, Partridge, Quaile, and all ſorts of middle ſized or leſſer fowle, and all ſmall birdes, or compound roaſt-meates, as Oliues of Veale, Haſlets; A pounde of Butter roaſted; Or puddings ſimple of themſelues; And many other ſuch like which indeed would bee ſo-dainely and quickly diſpatcht, becauſe it is intended in Cookery that one of theſe diſhes muſt bee made ready whilſt the other is in eating. Then to know the complexions of meates, as which muſt bee pale and white roſted, (yet thorowly roſted) as Mutton, Veale, Lambe, Kid, Capon, Pullet, Pheſant, Partridge, Quaile, and all ſorts of middle and ſmall land, or water fowle, and all ſmall birds, and which muſt be browne roſted, as Beeſe, Veniſon, Porke, Swanne, Geeſe, Pigges, Crane, Buſtards, and any large fowle or other thing whoſe fleſh is blacke.

*The complexions of meate.*

*The beſt baſtings for meates.*

Then to know the beſt baſtings for meat which is ſweet butter, ſweet oile, barreld butter, or fine rendred vp ſeame with ſinamon, cloues, and mace. There be ſome that will baſt onely with water and ſalt, and nothing els; yet it is but opinion, and that muſt bee the worlds Maſter al-waies.

*The beſt dredging.*

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

*To know when meat is enough.*

Laſtly to know when meate is roſted enough, for as too much rarenes is vnwholſome, ſo too much drineſſe is not

nou-

nourishing. Therefore to know when it is in the perfect height, and is neither too moist nor too drie: you shall obserue these signes first in your large ioints of meate, when the stemme or stroke of the meate offendeth, either vpright, or els goeth from the fire, when it becometh a little to shrinke from the spit, or when the grauy which dropeth from it is cleere without bloodinesse. If it be a Pigge when the eies are salne out, and the body leaueth piping, for the first is when it is halfe roasted and would bee singed to make the coat rise and be crackle, and the latter when it is fully enough and would be drawne: or if it be any kind of fowle you roast, when the thighs are tender, or the hinder parts of the pinions at the setting on of the wings, are without blood; then be sure that your meat is fully enough roasted: yet for a better or more certaine assurednesse, you may thrust your knife into the thickest parts of the meate, and draw it out againe, and if it bring out white grauy without any bloodinesse, then assuredlie it is enough and may be drawne with all speed conuenient, after it hath bene well basted with butter not formerly melted, then dredged as aforesaide, then basted ouer the dredging, and so suffered to take two or three turnes, to make crllpe the dredging: Then dish it in a faire dish with salt sprinckled ouer it, and so seru'd forth. Thus you see the generall forme of roasting all kind of meate: therefore now I will returne to some particular dishes, together with their seuerall sawces.

If you will roast mutton with oysters, take a shoulder, a loine, or a legge, and after it is washt parboile it a little, then take the greatest oysters and hauing opened them into a dish, draine the grauy cleane from them twice or thrice, then parboile them a little, Also then take spinage endiue, succory, strawbery leaues, violet leaues and a little parslly, with some scallions; chop these very small together:

*Roasting  
mutton with  
oysters.*

ther : Then take your oysters very drie draind and mixe them with an halfe part of these hearbes: Then take your meate and with these oysters and hearbes farce or stop it, leauing no place empty, then spit it & roast it, and whilst it is in roasting take good store of veriuce and butter, and a little salt, and set in a dish on a chafing-dish and coales; and when it begins to boile, put in the remainder of your herbes without oysters, and a good quantity of currants with cinamon, and the yelke of a couple of egges : And after they are well boiled and stir'd together, season it vp according to tast with sugar, then put in a fewe lemmon slices, and the meate being enough, drawe it and lay it vpon this sawce remooued into a cleane dish, the egges thereof being trimmed about with sugar, and so serue it forth.

*To roast a  
legge of  
mutton o-  
therwise.*

To roast a legge of Mutton after an out landish fashion, you shall take it after it is washt and cut out all the flesh from the bone, leauing only the outmost skinne entirely whole and fast to the bone; then take thicke creame and the yelke of egges and beate them exceedingly well together; then put to Cinamon, Mace, and a litte Nutmegge with salt, then take bread crummes finely grated and searst with good store of Currants, and as you mixe them with the creame, put in sugar and so make it into a good stiffenesse: Now if you would haue it looke greene put in the iuice of sweet hearbes; as Spinage, Violet leaues, Endiue &c. If you would haue it yellow, then put in a little Saffron strained, and with this fill vp the skinne of your legge of Mutton in the same shape and forme that it was before, and sticke the out side of the skinne thicke with Cloues, and so roast it thorowly and baste it very well, then after it is dredg'd serue it vp as a legge of Mutton with this pudding, for indeed it is no other: you may stop any other ioint of meate, as breast or loine, or belly

the belly of any Fowle boiled or roast; or rabbit, or any meat els which hath skinne or emptinesse. If into this pudding also you beate the inward pith of an Oxes backe it is both good in tast, and excellent soueraine for any dis-ease, ache or fluxe in the raynes whatsoeuer.

To roast a Gigget of Mutton which is the legge splat-  
ted and halfe part of the loine together; you shall after it  
is washt, stop it with cloues, so spit it, and lay it to the fire,  
and tend it well with basting: Then you shall take vine-  
gar butter and currants, and set them on the fire in a dish  
or pipkin; then when it boiles you shall put in sweete  
herbes finely chopt, with the yelke of a couple of egges,  
and so let them boile together; then the meat being halfe  
roasted, you shall pare of some part of the leanest and  
brownest, then shred it very small and put it into the Pip-  
kin also; then season it vp with sugar, cinamon, ginger,  
and salt, and so put it into a cleane dish: Then draw the  
Gigget of Mutton and lay it on the sauce, and throw salt  
on the top, and so serue it vp.

*To roast a  
Gigget of  
Mutton.*

You shall take a legge of veale and cut the flesh from  
the bones, and cut it out into thin long slices, then take  
sweete hearbes and the white parts of scallions, and chop  
them well together with the yolkes of egges, then rowle  
it vp within the slices of Veale, and so spit them and roast  
them; then boile veriuce, butter, sugar, cynamon, currants  
and sweet hearbes together, and being seasoned with a lit-  
tle salt, serue the Oliues vp vpon that sauce with salt cast  
ouer them.

*To roast O-  
liues of  
Veale.*

To roast a Pigge curiously you shall not scald it, but  
draue it with the haire on, then hauing washt it, spit it and  
lay it to the fire so as it may not scorch; then being a quar-  
ter roasted and the skinne blistered from the flesh, with  
your hand pull away the haire and skinne, and leaue all  
the fat and flesh perfectly bare: then with your knife

*To roast a  
Pigge.*

scorch all the flesh downe to the bones, then baste it exceedingly with sweet butter and creame, being no more but warme; then dredge it with fine bread crummes, currants, sugar and salt mixt together, and thus apply dredging vpon basting, and basting vpon dredging till you haue couered all the flesh a full inch deepe: Then the meat being fully roasted, draw it and serue it vp whole.

*To roast a pound of butter well.*

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

*To roast a pudding on a spit.*

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

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

If you will roast a Chine of Beefe, a loyne of Mutton, a Capon and a Larke, all at one instant and at one fire, and haue all ready together and none burnt: you shall first take your Chine of Beefe and perboile it more then halfe through: Then first take your Capon being large and fat, and spit it next the hand of the turner, with the legges from.

from the fire, then spit the Chine of Beefe, then the Larke, and lastly the loine of Mutton, and place the Larke so as it may be covered ouer with the Beefe, and the fat part of the loine of Mutton without any part disclosed: I then bast your Capon and your loine of Mutton with cold water, and salt the Chine of Beefe with boiling larde: Then when you see the beefe is almost fully enough, which you shall hasten by scorching and opening of it: then with a cleane cloth you shall wipe the Mutton and Capon all ouer, and then bast it with sweet butter till all be enough roasted; Then with your knife lay the Larke open which by this time will be stewed betweenc the Beefe and Mutton, and basting it also dredge all together; draw them and serue them vp.

If you will roast any Venison after you haue washt it, and clenfed all blood from it, you shal sticke it with cloues all ouer on the out side, and if it be leane you shall larde it either with Mutton lard, or porke larde, but mutton is the best: then spit it and roast it by a good foking fire, then take vinegar, bread crummes, and some of the graue which comes from the Venison, and boile them well in a dish: then season it with sugar, cinamon, ginger, and salt. And so serue the Venison foorth vpon the sauce when it is roasted enough.

*To roast Venison.*

If you will roast a peece of fresh Sturgeon which is a dainty dishe, you shall first stop it all ouer with cloues, then spit it and let it roast at greate leasure, plying it continually with basting, which will take away the hardnes: then when it is enough you shall draw it and serue it vpon Venison sauce with salt onely throwne ouer it.

*To roast fresh Sturgeon.*

The roasting of all sorts of meates differeth nothing but in the fires, speed and leasure as is before said, except these compound dishes of which I haue giuen you sufficient presidents, and by them you may performe any

*Ordering of meates to be roasted.*

worke whatsoener : but for the ordering preparing and trussing your meates for the spit or table , in that there is much difference : For in all ioints of meate except a shoulder of Mutton, you shall crush and breake the bones well; from Pigges and Rabbets you shall cut off the feete before you spit them, & the heads whē you serue them to table, and the Pigge you shal chine diuide into two parts; Capons, Pheasants, Chickens and Turkie you shall roast with the Pinions foulded vp and the legges extended; Hens, Stock-doues, & house-doues you shall roast with the pinions foulded vp and the legges cut off by the knees and thrust into the bodies : Quailes, Partridge, and al sorts of small birds shall haue their pinions cut away and the legges extended : all sorts of water-fowle shall haue their pinions cut away and their legs turned backward; Wood-cocks, Snipes and Stints shall be roasted with their heads and necks on, and their legges thrust into their bodies, and Shouelers and Bitterns shal haue no necks but their heads only.

*Sauce for a  
roast Capon  
or Turkie.*

To make an excellent sauce for a roast Capon; you shall take Onions and haning sliced and pilled them, boile them in faire water with pepper, salt, and a fewe bred crummes : then put vnto it a spoonfull or two of Claret wine, the iuice of an Orange, and three or fowre slices of a Lemmon pill; all these shred together, and so powre it vpon the Capon being broake vp.

*Sauce for a  
Henne or  
Pullet.*

To make sauce for an old Hen or Pullet; take a good quantitie of beere and salt, and mixe them well together with a fewe fine bread crummes, and boile them on a chafing dish and coles, then take the yelkes of three or fowre hard egges, and being shred small put it to the beere and boile it also: then the Hen being almost enough, take three or fowre spoonfull of the grauy which comes from her and put it to also, and boile all together to an indifferent thicknes.

thicknes, which done, suffer it to boile no more, but only keepe it warme on the fire, and put into it the iuice of two or three Orenge, and the slices of Lemmon pils all shred small, and the slices of Orenge also hauing the vpper rind taken away : then the Henne being broken vp, take the brawnnes thereof and shredding them small put it into the sauce also, and stirring all well together put it hot into a cleane warm dish, & lay the Hen (broke vp) in the same.

The sauce for chickins is diuerse according to mens tast, for some will onely haue butter, veriuce and a little parsely rolled in their bellies mixt together : others will haue butter veriuce and suger boild together with toasts of bread, and others will haue thicke sypets with the iuice of sorrell and suger mixt together.

*Sauce for  
Chickins.*

The best sauce for a Pheasant is water, onions slic't, pepper and a little salt mixt together and but stewed vpon the coales, and then powred vpon the Pheasant or Partridge being broken vp, and some will put thereto the iuice or slices of an orrenge or lemmon or both : but it is according to tast and indeede more proper for a Pheasant then Partridge.

*Sauce for a  
Pheasant or  
Partridge.*

Sauce for a Quaile, Raile or any fat bigge bird, is Claret wine and salt mixt together with the graue of the bird and a few fine bread crommes well boild together ; and either a sage leafe or a bay leafe crusht among it according to mens tast.

*Sauce for a  
Quaile, raile  
or big birde.*

The best sauce for Pigeons, Stockdoves or such like, is vinegar & butter melted together, and parsley roasted in their bellies, or vine leaues roasted and mixed wel together.

*Sauce for  
Pidgeons.*

The most generall sauce for ordinary wilde fowle roasted, as Duckes, Mallard, Widgen, Teale, Snipe, Sheldrake, Plouers, Pulers, Guls, and such like is onely mustard and vineger, or mustard and veriuce mixt together, or else an onion, water and pepper, and some (especially in the

*A general  
sauce for  
wild fowle.*

Court) vse onely butter melted and not any thing else.

*Sauce for  
green geese.*

The best sauce for greene Geese is the iuice of sorrell and suger mixt together with a few scalded feberries and serued vpon cypets: or else the bellie of the greene goose filld with feberries and so roasted, and then the same mixt with veriuice, butter, suger and cinamon, and so serued vp vpon cypets.

*Sauce for a  
stubble goose.*

The same for a stubble Goose is diuerse according to me as mindes, for some will take the pappe of roasted apples and mixing it with vinegar, boile them together on the fire with some of the graue of the Goose, and a few barberries and bread crombes and when it is boild to a good thicknesse, season it with suger and a little cynamon and so serue it vp, some will adde a little mustard and onions vnto it, and some will not roast the apples but pare them and slice them; and that is the neerer way, but not the better. Others will fill the bellie of the Goose full of onions shred and oatemeall groats, and being roasted enough, mixe it with the graue of the Goose and sweete hearbs well boild together and seasoned with a little veriuice.

*Sauce for a  
Swan, Bitter,  
Shoueler, or  
large Fowle.*

To make a sauce for a Swan, Bitter, Shoueler, Herne, Crane, or any large foule, take the blood of the same foule and being stir'd wel boile it on the fire, then when it comes to be thicke, put vnto it vinegar a good quantitie with a few fine bread crummes and so boile it ouer againe, then being come to good thicknesse, season it with suger and Cinamon so as it may tast prettie and sharp vpon the Cinamon, and then serue it vp in saucers as you do Mustard; For this is called a Chauder or Gallantine, and is a sauce almost for any Fowle whatsoever.

*Sauce for a  
Pigge.*

To make sauce for a Pigge, some take Sage and roast it in the belly of the Pigge, then boiling Veriuice, Butter, and Currants together; take and chop the Sage small, and mixia.

mixing the braines of the Pigge with it, put altogether and so scruce it vp.

To make a sauce for a ioint of Veale, take all kinde of sweet pot hearbes, and chopping them very small with the yelkes of two or three egges boyle them in Vinegar and Butter, with a fewc bread crummes and good store of Currants; then season it with Sugar and Cinamon, and a Clove or two crusht, and so powre it vpon the veale with the slices of Oreniges and Lemmons about the dish.

*Sauce for  
veale.*

Charbonados or Carbonados, which is meate broil'd vpon the coales (and the inuention thereof first brought out of *Fraunce*, as appears by the name) are of diuers kinds according to mens pleasures: for there is no meate either boiled or roasted whatsoeuer, but may afterwards be broiled if the Master thereof be disposed; yet the generall dishes for the most part which are vsed to be Carbonado'd are a breast of Mutton halfe boiled, a shoulder of Mutton halfe roasted, the legges, winges, and carcases of Capon, Turkie, Goose, or any other Fowle whatsoeuer; especially land Fowle: and lastly the vppermost thicke skinne which couereth the ribbes of beefe, and is called being broiled the skinne of Court Goose, and is indeed a dish vsed most for wantonnesse, sometimes to please appetite, to which may also bee added the broiling of Pigs heads, or the braines of any Fowle whatsoeuer after it is roasted and drest.

*Of Charbo-  
nados.*

*What is to  
be carbona-  
doed.*

Now for the manner of Carbonadoing it is in this sort, you shall first take the meate you must Carbonadoe and scorch it both aboue and belowe; then sprinkle good store of sair vpon it, and baste it all ouer with sweet butter melted, which done, take your broiling iron, I do not meane a Grid-iron (though it be most vsed for this purpose) because the smoake of the coales, occasioned by the dropping of the meate, will ascend about it and make

*The maner  
of carbona-  
doing.*

it.

it ſtinke : but a plate Iron made with hookes and pricks, on which you may hang the meate and ſet it cloſe before the fire, and ſo the Plate heating the meate behinde, as the fire doth before, it will both the ſooner and with more neatneſſe be readie ; then hauing turned it and baſted it till it be very brown, dredge it and ſerue it vp with vinegar and butter.

*Of the toaſting of mutton.*

Touching the toaſting of Mutton, Veniſon, or anie other ioint of meate which is the moſt excellent of all Carbonadoes ; you ſhall take the fatteſt and largeſt that can poſſibly be got: for leane meate is loſſe of labour, and little meate not worth your time, and hauing ſcorcht it and caſt ſalt vpon it, you ſhall ſet it on a ſtrong forke with a dripping panne vnderneath it before the face of a quick fire ; yet ſo farre off that it may by no meanes ſcorch but toaſt at leaſure, then with that which falls from it and with no other baſting ſee that you baſte it continually, turning it euer and anon many times, and ſo oft that it may ſoake and browne at great leaſure, and as oft as you baſte it ſo oft ſprinkle ſalt vpon it, and as you ſee it toaſt ſo ſcorch it deeper and deeper ; eſpecially in the thickeſt and moſt fleſhy parts where the blood moſt reſteth ; and when you ſee that no more blood droppeth from it but the grauy is cleere and white, then ſhall you ſerue it vp either with Veniſon ſauce, or with Vinegar, Pepper and Sugar, Cinamon and the iuice of an Orenge mixt together, and warmed with ſome of the grauie.

*Of the paſtery & baked meates.*

Next to theſe already rehearſed, our *English Houſ-wife* muſt be ſkilfull in the paſtrie, and know how and in what manner to bake all ſorts of meate, and what paſte is fit for euery meate, and how to handle and compound ſuch paſtes : as for example, red Deere veniſon, wilde Boare, gammons of Bacon, Swannes, Elkes, Porpas and ſuch like ſtanding diſhes which muſt be kept long would bee  
bak't

bak't in a moist, thicke, tough, course and long lasting crust; and therefore of all other your Rie paste is best for that purpose: your Turkie, Capon, Pheasant, Partridge, Veale, Peacocks, Lambe, and all sorts of water fowle which are to come to the table more thē once (yet not many daies) would be bak't in a good white crust, somewhat thicke; therefore your wheat is fit for them: your Chickens, Calues feet, Oliues, Potatoes, Quinces, Fallow-deere and such like, which are most commonly eaten hot, would be in the finest, shortest & thinnest crust; therefore your fine wheat flower which is a little baked in the oven before it be kneaded is the best for that purpose.

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

Now for the making of puffe-past of the best kind, you shall take the finest wheat flowre after it hath been a little bak't in a pot in the oven, and blend it well vvith egges whites and yelkes all together, then after the paste is well kneaded, roule out a part thereof as thin as you please, and then spread cold sweet butter ouer the same, then vpon the same butter role another leafe of the paste as before, and spread it with butter also; and thus role leafe vpon

leafe with butter betweene till it be as thick as you thinke good, and with it either couer any bak't meate, or make pastie for Venifon, Florentine, Tart, or what dish else you please and so bake it : there be some that to this paste vsf sugar, but it is certaine it will hinder the rising thereof, and therefore when your puffed paste is bak't, you shall dissolve sugar into Rose-water, and drop it into the paste as much as it will by any meanes receiue, and then set a little while in the ouen after and it will be sweet enough.

*Of baking  
Red-deere,  
or Fallow,  
or any thing  
to keepe cold*

When you bake red Deere, you shall first parboile it and take out the bones, then you shall if it be leane larde it, if fat saue the charge, then put it into a presse to squeeze out the blood; then for a night lay it in a meare sauce made of Vinegar, small drinke and salt, and then taking it forth season it well with pepper finely beaten, and salt well mixt together, and see that you lay good store thereof, both vpon and in euery open and hollow place of the Venifon; but by no meanes cut any slashes to put in the pepper, for it will of it selfe sinke fast enough into the flesh and be more pleasant in the eating, then hauing raised the coffin, lay in the bottome a thicke course of butter, then lay the flesh thereon and couer it all ouer with butter, and so bake it as much as if you did bake great browne bread; then when you drawe it melt more butter with three or foure spoonfull of Vinegar, and twice so much Claret wine, and at a vent hole on the toppe of the lidde powre in the same till it can receiue no more, and so let it stand and coole; and in this sort you may bake Fallow-deere, or Swanne, or whatsoeuer else you please to keepe colde, the meare sauce only being left out which is only proper to red Deere: And if to your meare sauce you adde a little Turnsole and therein steepe beefe, or Ramme mutton; you may also in the same manner take the first for Red-deere Venifon, and the latter for Fallow,  
and

*To bake  
beefe, or  
mutton for  
Venifon,*

and a very good iudgement shall not be able to say otherwise, then that it is of it selfe perfect Venison, both in taste colour, and the manner of cutting.

To bake an excellent Custarde or Dowset; you shall take good store of egges, and putting awaie one quarter of the whites beate them exceeding well in a bason, and then mixe with them the sweetest and thickest creame you can get, for if it be any thing thinne the Custard will be wheyish, then season it with salt, sugar, cinamō, cloues, mace, and a little Nutmegge, which done raise your coffins of good tough wheate paste, being the second sort before spoke of, and if you please raise it in pretty workes or angular formes, which you may do by fixing the vpper part of the crust to the nether with the yelks of egges: then when the coffins are ready, strowe the bottomes a good thickeesse ouer with Currants and Sugar, then set them into the Ouen and fill them vp with the confecti- on before blended, and so drawing them adorne all the toppes with Carraway Cumfers, and the slices of Dates prickt right vp, and so serue them vp to the table.

*To bake a  
Custarde  
or Dowset.*

To make an excellent Oliue pie; take sweet hearbes as Violet leaues, Stra vberry leaues, Spinage, Succorie, Endiue, Time and Sorrell and chop them as small as may be, and if there be a Scallion or two amongst them it will giue the better taste; then take the yelks of hard egges with Currants, Cinamon, Cloues and Mace and chop them amongst the hearbes also; then hauing cut out long oliues of a legge of Veale, roule vp more then three parts of the hearbes so mixed within the Oliues, together with a good deale of sweet butter; then hauing raised your crust of the finest and best paste, strowe in the bottome the remainder of the hearbes, with a fewe great Rayfins hauing the stones pickt out, then put in the Oliues and couer them with great Rayfins and a fewe Prunes; then o-

*To bake an  
Oliue ppe.*

uer all lay good ſtore of butter and ſo bake them; then being ſufficiently bak't, take Claret wine, Sugar, Cinamon, and two or three ſpoonfull of wine Vinegar and boile them together, and then drawing the pye, at a vent in the top of the lid put in the ſame, and then ſet into the Ouen againe a little ſpace, and ſo ſerue it forth.

*To make a  
Marrow  
bone Pie.*

To bake the beſt marrow-bone pie, after you haue mixt the cruſts of the beſt ſort of paſtes, and raiſed the coffin in ſuch manner as you pleaſe; you ſhall firſt in the bottome thereof lay a courſe of marrowe of a Beeſe mixt with Currants, then vpon it a lay of the ſoales of Arti-chocks after they haue been boiled and are diuided from the thistle, then cover them ouer with marrow, currants, and great Rayſons the ſtones pickt out; then lay a courſe of Potatos cut in thicke ſlices after they haue beene boiled ſoft and are cleane pild; then cover them with marrow, currants, great rayſons, ſuger and cinamon; Then lay a layer of candied Erringo roots mixt very thicke with the ſlices of Dates: Then cover it with marrow, currants, great reaſins, ſuger, cinamon and dates, with a few dam-maſke prunes, and ſo bake it; And after it is bakt powre into it as long as it will receiue it white wine, roſewater, ſuger, cinamon, and vinegar, mixt together, and candy all the couer with roſewater, and ſuger onely: And ſo ſet it into the ouen a little, and after ſerue it forth.

*To bake a  
Chickin pie.*

To bake a Chickin Pie after you haue truſt your Chickins, broken their legges and breſt bones; and raiſed your cruſt of the beſt paſt, you ſhall lay them in the coffin cloſe together with their bodies full of butter: Then lay vpon them and vnderneath them currants, great rayſons, prunes, cinamon, ſuger, whole mace and ſalt: Then cover all with great ſtore of butter and ſo bake it, after powre into it the ſame liquor you did in your marrow bone Pie with the yelkes of 2: or 3. egges beaten amongſt it: And ſo ſerue it forth.

There:

There are a world of other Bak't meates and Pies, but for as much as whosoever can doe these, may doe all the rest, because herein is contained all the Art of seasoning, I will trouble you with no further repetitions; but proceede to the manner of making of Banquetting stufte and conceited dishes, with other pretty and curious secrets necessary for the vnderstanding of our English Houfwife, for albe they are not of generall vse, yet in their true times they are so needfull for adoration that whosoever is ignorant therein is lame, and but the half part of a compleat Houf-wife.

*Of banquetting stufte and conceited dishes.*

To make past of Quinces: first boile your quinces hole, and when they are soft pare them and cut the Quince from the core: Then take the finest sager you can get finely beaten and searsed, and put in a little rosewater and boile it together till it be thicke: then put in the cut quinces and so boile them together till it bee stiffe enough to mold, and when it is cold then role it & print it: A pound of Quinces will take a pound of sugar, or neere thereabouts.

*To make past of Quinces.*

To make thinne Quince cakes: take your Quince when it is boiled soft as before said, and dric it vpon a Pewter plate with a soft heate, and be euer stirring of it with a slice till it be hard: then take searsed sager quantity for quantity and strow it into the quince, as you beate it in a wooden or stonemorter; And so roule them thinne and print them.

*To make thin Quince cakes.*

To preserve Quinces: first pare your quinces and take out the cores, and boile the cores and parings altogether in faire water, and when they beginne to be soft, take them out and straine your liquor, and put the waight of your quinces in sager, and boile the quinces in the sirrop till they be tender: Then take them vp and boile your sirrop till it be thicke: If you will haue your quinces red co-

*To preserve Quinces,*

uer them in the boiling, and if you will haue them white doe not couer them.

*To make Ipocras.*

To make Ipocras take a pottell of wine, two ounces of good Cinamon, halfe an ounce of ginger, nine cloues, and fixe pepper cornes, and a nutmeg, and bruise them and put them into the wine with some rosemary flowers, and so let them steepe all night, and then put in suger a pound at least; and when it is well setled let it runne through a woollen bag made for that purpose: thus if your wine be claret the Ipocras will be red, if white then of that colour also.

*To make iellie.*

To make the best Ielly take calues feet and wash them and scald of the haire as cleane as you can get it, then split them and take out the fat and lay them in water, and shift them: Then boile them in faire water vntill it will ielly, which you shall know by now and then cooling a spoonefull of the broth; when it will ielly then straine it, and when it is cold then put in a pint of sacke and whole cinamon and ginger slic't, and suger and a little rose water, and boile all well together againe: Then beate the white of an egge and put it into it, and let it haue one boile more: then put in a branch of rosemary into the bottome of your iellie bag, and let it runne through once or twice, and if you will haue it coloured, then put in a little Townesall. Also if you want calues feete you may make as good Ielly if you take the like quantity of Isinglasse, and so vse no Calues feet at all.

*To make Leache.*

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

rosegwater : And then let them all runne through a strainer.

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

*To make  
ginger bread*

To make red Marmelade of Quinces; take a pound of Quinces and cut them in halfes, and take out the cores and pare them: then take a pound of sugar and a quart of faire water and put them all into a pan, and let them boile with a soft fire, and sometimes turne them and keepe them couered with a Pewter dish, so that the teane or aire may come a little out; the longer they are in boiling the better colour they will haue; and when they be soft take a knife and cut them crosse vpon the top, it will make the firrop goe through that they may be all of a like colour: then set a little of your firropt to coole, and when it beginneth to bee thicke then breake your quinces with a slice or a spoone so small as you can in the pan; and then strow a little fine sugar in your boxes bottome and so put it vp.

*Marmalad  
of Quinces  
red.*

To make white Marmelade you must in all points vse your quinces as is before said; onely you must take but a pint of water to a pound of Quinces, and a pound of sugar, and boile them as fast as you can, and couer them not at all.

*Marmalad  
white.*

To make the best Iumbals, take the whites of three egges and beate them well and take of the viell; then take a little milke and a pound of fine wheat flower and suger together finely sifted, and a few Aniseeds well rubd and dried; and then worke all together as stiffe as you can worke.

*To make  
Iumbals.*

worke it, and so make them in what formes you please and bake them in a soft ouen vpon white Papers.

*To make  
Bisket  
bread.*

To make Bisket bread, take a pound of fine flower, and a pound of suger finely beaten and searsted, and mix them together: Then take eight egges and put foure yelkes and beate them very well together: then strow in your flower and suger as you are beating of it, by a little at once, it will take very neere an houres beating; then take halfe an ounce of Anisseedes and let them be dried and rubbed very cleane, and put them in; then rub your Bisket panes with cold sweet butter as thinne as you can, and so put it in and bake it in an ouen: But if you would haue thinne Cakes, then take fruit dishes and rub them in like sort with butter, and so bake your Cakes on them, and when they are almost bak't, turne them and thrust them downe close with your hand. Some to this Bisket bread will adde a little Creame and a few Coriander seedes cleane rubed, and it is not amisse but excellent good also.

*To make fi-  
ner imbials*

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

*To make dry  
sugar leach.*

To make drie suger Leache, blanch your Almonds and beate them with a little rosewater and the white of one egge, and you must beate it with a great deale of suger and worke it as you would worke a peece of past: then roule it and print it as you did other things; onely be sure

to strow suger in the print for feare of cleauing too.

To make Leache Lumbard, take halfe a pound of blanch'd Almonds, two ounces of Cinamon beaten and sears'd, halfe a pound of suger; then beate your Almonds, and strow in your suger and Cinamon till it come to a Past then roule it and print it as aforesaid.

*To make  
Leach Lum-  
barde.*

To make an excellent fresh Cheese, take a pottle of Milke as it comes from the Cow and a pint of Creame: then take a spoonfull of rennet or carning and put it vnto it, and let it stand two houres; then stirre it vp and put it into a fine cloth, and let the whay draiae from it: Then put it into a bowle and take the yelke of an egge, a spoonfull of rosewater, and bray them altogether with a very little salt, with Sugar and Nutmegs; and when all these are braied together and sears't, mixe it with the curd: And then put it into a Cheese-fat with a verie fine cloth.

*To make a  
fresh Cheese*

To make course Ginger bread, take a quart of hony and set it on the coales and refine it: then take a penny worth of ginger, as much pepper, as much Licoras; and a quarter of a pound of Aniseedes, and a penny worth of Saunders: All these must be beaten and sears'd, and so put into the hony: then put in a quarter of a pint of Clarret wine or old Ale: then take three penny Manchets finely grate d and strow it amongst the rest, and stirre it till it come to a stiffe Past, and then make it into Cakes and drie them gently.

*To make  
course gin-  
ger bread.*

To make ordinary Quince Cakes, take a good peece of a preserued Quince, and beate it in a mortar, and worke it vp into a very stiffe past with fine sears't Sugar: then print it and drie them gently.

*To make  
Quince  
Cakes ordi-  
nary.*

To make most Artificiall Cinamon stickes, take an ounce of Cinamon & pound it, and half a pound of suger: then

*To make  
Cinamon  
then stickes.*

then take some gumme Dragon and put it in steepe in Rosewater; then take thereof to the quantity of a hasell nut, and worke it out and print it, and roule it in forme of a Cinamon sticke.

*To make  
Cinamon  
water.*

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

*To make  
wormewood  
water.*

To make Wormewood water take two gallons of good Ale, a pound of Aniseedes, halfe a pound of Licoras, and beate them very fine; And then take two good handfuls of the crops of wormewood, and put them into the Ale and let them stand all night, and then distill them in a limbecke with a moderate fire.

*To make  
sweete wa-  
ter.*

To make sweet water of the best kind, take a thousand damaske roses, two good handfuls of Lauendar knops, a three penny waight of mace, two ounces of cloues brui- sed, a quart of running water: put a little water into the bottome of an earthen pot; and then put in your roses and Lauendar with the spices by little and little, and in the putting in alwaies kneade them downe with your fist, and so continue it vntill you haue wrought vp all your roses and Lauendar, and in the working betwene put in alwaies a little of your water; then stop your pot close and let it stand foure daies, in which time euery morning and euening, put in you hand and pull from the bottome of your pot the said roses, working it for a time; And then distill it, and hang in the glasse of water a graine or two of muske wrapt in a peece of sarcynet or fine cloth.

*Another  
way.*

Others to make sweet water take of Irees two ounces of Calamus halfe an ounce, of Cipresse roots halfe an ounce, of yellow Saunders nine drammes, of Cloues bru- sed one ounce, of Beniamyn one ounce, of Storax Cala-  
mint

mint one ounce, and of muske twelue graines, and infusing all these in rosewater distill it.

To make an excellent date Leache take Dates and take out the stones and the white rinde, and beate them with Sugar Cinamon and Ginger very finely: then worke it as you would worke a peece of Past, and then print them as you please. *To make date Leache*

To make a kinde of Suger plate take Gumme Dragon, and lay it in rosewater two daies: then take the powder of faire heapps and suger, and the iuice of an Orenge; beate all these together in a Morter, then take it out and worke it with your hand; And print it at your pleasure. *To make sugar Plate.*

To make excellent spice Cakes, take halfe a pecke of very fine wheate flower, take almost one pound of sweet butter, and some good milke and creame mixt together, set it on the fire, and put in your butter and a good deale of suger, and let it melt together: then straine Saffron into your milke a good quantity; then take seauen or eight spoonefull of good Ale barme, and eight egges with two yelkes and mix them together, then put your milke to it when it is somewhat cold, and into your flower put salt, Aniseedes bruised, Cloues and Mace and a good deale of Cinamon: then worke all together good and stiffe that you need not worke in any flower after; then put in a little rosewater cold, then rub it well in the thing you knead it in, and worke it throughly: if it be not sweet enough scrape in a little more suger, and pull it all in peeces, and hurle in a good quantity of Currants, and so worke all together againe, and bake your Cake as you see cause in a gentle warme ouen. *To make Spice Cakes.*

To make a very good Banbury Cake, take 4. pounds of Currants, and wash and picke them very cleane, and drie them in a cloth: then take three egges and put away *To make a Banbury Cake.*

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

*To make the  
best March  
Panc.*

To make the best March-pane; take the best Iordan almonds & blaunch them in warm water, then put them into a stone mortar, and with a wodden pestle beat them to pappe, then take of the finest refined suger well searst, and with it and Damaske rose-water beate it to a good stiffe paste, allowing almost to euery Iordan almond three spoonful of suger; then when it is brought thus to a paste lay it vpon a faire table, and strowing searst suger vnder it moule it like leauen, then with a roling-pinne role it forth and lay it vpon wafers wash with Rose-water; then pinch it about the sides and put it into what forme you please, then strow searst suger all ouer it, which done wash it ouer with Rose-water and suger mixt together, for that will make the Ice, then adorne it with Cumfers, guilding, or whatsoeuer deuises you please and so set it into a hot stone, and there bake it crispy and so serue it forth: Some vse to mixe with the paste Cinamon and Ginger finely searst, but I referre that to your particular taste.

*To make past  
of Genoa or  
any other  
past.*

To make paste of Genoa, you shall take Quinces after they haue been boiled soft, and beate them in a mortar with refined Sugar, Cinamon and Ginger finely searst, and Damaske

Damask Rose-water till it come to a stiffe paste; and then role it forth and print it, and so bake it in a stoue; and in this sort you may make paste of Peares, Apples, Wardens, Plummes of all kinds, Cherries, Barberies, or what other fruit you please.

To make conserue of any fruit you please, you shall take the fruit you intend to make conserue of; and if it be stone fruit you shall take out the stones, if other fruit take away the paring and core, and then boile them in faire running water to a reasonable height, then draine them from thence, and put them into a fresh vessell with Claret wine, or white wine, according to the colour of the fruit: and so boile them to a thicke pappe all to mashing; breaking and stirring them together, then to euery pound of pappe put to a pound of Sugar and so stirre them all well together, and being very hot straine them through faire strainers and so pot it vp.

*To make any conserue*

To make conserue of Flowers, as Roses, Violets, Gillyflowers and such like; you shall take the flowers from the stalkes, and with a paire of sheeres cut away the white ends at the roots thereof, and then put them into a stone mortar or a wooden brake, and there crush or beate them till they be come to a soft substance; and then to euerie pound thereof take a pound of fine refined sugar wel searft, and beate it all together till it come to one intire bodie, and then pot it vp and vse it as occasion shall serue.

*To make conserue of Flowers.*

To make the best Wafers, take the finest Wheate flower you can get and mixe it with Creame, the yelkes of egges, Rose water, Sugar and Cinamon till it be a little thicker, then Pan-cake batter; and then warming you wafer Irons on a Char-cole fire annoint them first with sweet butter, and then lay on your butter and presse it, and bake it white or browne at your pleasure.

*To make Waffers.*

*To make  
Marmalade  
of Oranges.*

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

*Ordering of  
banquets.*

Thus hauing shewed you how to preserue, conserue, candy and make pastes of all kinds, in which fowre heads consists the whole art of banqueting dishes; I will now proceede to the ordering or setting forth of a Banquet, wherein you shall obserue that March-panes haue the first place, the middle place, and last place; your preserued fruites shall be disht vp first, your Pastes next, your wet Suckets after them, then your dried Suckets, then your Marmelades, and Goodniakes, then your Cumfets of all kindes; next your Peares, Apples, Wardens bak't, rawe or roasted, and your Oranges and Lemmons sliced: and lastly your Wafer cakes. Thus you shall order them in the Closet, but when they goe to the table you shall first send forth a dish made for shew only, as beast, bird, fish, or Fowl according to inuention, then your Marchpane, then Preserued fruit, then a Paste, then a wet Sucket, then a drie Sucket, Marmelade, Cumfets, Apples, Peares, Wardens, Oranges and Lemmons sliced; and then Wafers, and another dish of preserued fruits, and so consequently all the rest before: no two dishes of one kinde going or standing together, and this will not only appeare delicate to  
the

the eye, but inuite the appetite with the much varietie thereof.

When our *English Houſ-wife* is exact in theſe rules before rehearſed, and that ſhe is able to adorne and bewtifie her table, with all the vertuous illustrations meete for her knowledge; ſhee ſhall then ſort her mind to the vnderſtanding of other Houſ-wifely ſecrets, right profitable and meet for her uſe, ſuch as the want thereof may trouble her when need, or the time requires them.

*Of diuers  
conceited  
ſecrets.*

Therefore firſt I would haue her furniſh her ſelf of verie good Stils, for the diſtillation of all kindes of Waters, which Stils would either be of Tinne, or ſweet Earth, and in them ſhee ſhall diſtill all ſorts of waters meete for the health of her Houſhold, as Sage water which is good for all Rhumes and Collickes, Radish water which is good for the ſtone, Angelica water good for infection, Celadine water for ſore eyes, Vine water for itchings, Roſe water, and Eye-bright water for dimme ſights, Roſemarie water for Fiſtuloes, Treacle water for mouth cankers, water of Cloues for paine in the ſtomacke, Saxifrage water for grauell and hard Vrine, Allum water for old Vicers and a world of others, any of which will laſt a full yeere at the leaſt: Then ſhee ſhall know that the beſt waters for the ſmoothing of the ſkinne, and keeping the face delicate and amiable, are thoſe which are diſtilled from Beane-flowers, from Strawberies, from Vine leaues, from Goats milke, from Aſſes milk, from the whites of Egges, from the Flowers of Lillies, from Dragons, from Calues feete, from branne, or from the yelkes of egges, any of which will laſt a yeere or better.

*Of Diſtillation.*

*The nature  
of waters.*

To make an excellent ſweet water for perfume, you ſhall take of Baſill mints, Mariorum, Corne-flagge roots, Iſop, Sauory, Sage, Balme, Lauender and Roſemary, of each one handfull of Cloues, Ciuamon and Nutmegges  
of

*An excellent  
water for  
perfume.*

of each halfe an ounce, then three or fowre Rome citrons cut into ſlices intuse all theſe into Damaske roſe water: the ſpace of three daies, and then diſtill it with a gentle fire of Charcole, then when you haue put it into a very clean glaſſe; take of fat Muſke, Ciuet, and Ambergreece of each the quantity of a ſcruple, and put into a ragge of fine Lawne, and then hang it within the water: This being either burnt vpon a hot pan, or elſe boiled in perfuming pannes with Cloues, Bay-leaues and Lemmon-pils will make the moſt delicateſt perfume that may be without any offence, and will laſt the longeſt of all other ſweet perfumes, as hath beene found by experience.

*To perfume  
Gloves.*

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

*To perfume  
a Jerkin.*

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

*To make  
Washing  
Bals.*

To make very good waſhing balls take Storaxe of both kindeſ, Benjamin, Calamus Aromaticus, Labdanum of each a like: and braie them to powder with Cloues and Arras; then beate them all with a ſufficient quantitie of Sope till it bee ſtiſſe, then with your hand you ſhall vvorke it like paſte and make round balls thereof.

To

To make Muske balls, take Nutmegs, Mace, Cloues, Saffron and Cinamon, of each the waight of ij<sup>d</sup>, and *To make a beate to fine powder, of Masticke the weight of ij<sup>ob</sup>, of muske Ball.* Storax the weight of vj<sup>d</sup>; of Labdanum the weight x<sup>d</sup>; of Amber grece the weight of vj; and of Muske iij. graints: dissolue and worke all these in hard sweete sope till it come to a stiffe paste, and then make balls thereof.

To make a good perfume to burne, take Benjamin one ounce, Storax, Calamint ij ouuces, of Masticke, white *A perfume to burne.* Ambergreece, of each one ounce, Ircos, Calamus aromaticus, Cypers wood, of each halfe an ounce, of Camphire one scruple, Labdanum one ounce: beate all these to powder, then take of Sallow Charcole vj. ounces, of liquid Storax two ounces, beate them all vvith Aquauitæ, and then shall you role them into long round roles.

To make Pomanders, take two peniworth of Labdanum, two penyworth of Storax liquid, one penyworth, of Calamus aromaticus, as much Balme, halfe a quarter of a pound of fine waxe, of Cloues and Mace two penyworth, of liquid Aloes iij. penyworth, Nutmegges viij. peniworth, and of Muske foure graints; beate all these exceedingly together till they come to a perfect substance, then mould it in any fashion you please and drie it. *To make Pomanders.*

To make excellent strong Vinegar, you shall brew the strongest Ale that may bee, and hauing tuned it in a very strong vessell, you shal set it either in your garden or some other safe place abroad, where it may haue the whole summer daies sunne to shine vpon it, and there let it lie till it be extreame sowre, then into a Hogthead of this Vinegar put the leaues of fowre or fise hundred Damaske Roses, and after they haue layen for the space

of a moneth therein, house the Vinegar and drawe it as you neede it.

*To make  
dry vinegar.*

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

*To make  
verruice.*

To make Veriuce, you shall gather your Crabbs as soone as the kernels turne blacke, and hauing laide them a while in a heape to sweat together, take them and picke them from stalkes, blackes and rottenesse; then in long troughs with beetles for the purpose crush & break them all to mashe: then make a bagge of course haire-cloth as square as the presse and fill it with the crusht crabbes, then put it into the presse and presse it while any moisture will drop forth, hauing a cleane vessell vnderneath to receiue the liquor: this done, tunne it vp into sweet Hogsheds, and to euery Hogshedd put halfe a dozen handfuls of Damaske Rose leaues, and then bung it vp and spend it as you shall haue occasion.

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

CHAP.

## CHAP. III.

*Of Wooll, Hempe, Flaxe and Cloth, of each senerall substance.*



**O**Vr *English Houf-wife* after her knowledge of preserving and feeding her family, must learne also how out of her owne indeauors she ought to cloath them outwardly and inwardly; outwardly for defence from the colde and comelinesse to the person; and inwardly, for cleanlinessse and neatnesse of the skinne, whereby it may be kept from the filth of sweat or vermine, the first consisting of woollen cloth, the latter of linnen.

To speake then first of the making of woollen cloth, it is the office of the Husband-man at the shearing of his sheepe, to bestowe vpon the Houf-wife such a competent proportion of wooll as shall bee conuenient for the clothing of his family; which wooll as soone as shee hath receiued it, shee shall open, and with a paire of sheeres (the fleecelying as it were whole before her) she shall cut away all the course lockes, pitch, brands, rarr'd lockes, and other feltrings and lay them by themselves for course Couerlids or the like: then the rest so cleansed shee shall breake into peeces, and toase it euery locke by locke, that is, with her hands open and diuide the wooll so, as no any part thereof may bee fetred or close together, but all open and loose; then so much of the wooll as she intends to spinne white shee shall put by it selfe, and the rest which she intends to put into colours she shall waigh vp

*Of making  
woollē cloth*

*Of toasing  
wooll.*

*The dying  
of wooll.*

and diuide into severall quantities, according to the proportion the webbe which she intends to make, and put every one of them into particular bagges made of netting, with talies or little peeces of wood fixed vnto them with priue markes thereon both for the waight, the colour, and the knowledge of the same wooll when the first colour is altered: this done, she shall if she please lend them vnto the Dyers to bee dyed after her owne fancie; yet for as much as I would not haue our *English House-wife* ignorant in any thing meete for her knowledge, I wil shew her heere before I proceede any further how shee shall dye her wooll her selfe into anie colour meete for her vse.

*To die wooll  
blacke.*

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

*To die wool  
of a haire  
colour.*

If you will die your wooll of a bright haire colour; first boyle your wooll in Allum and water, then take it it foorth, and when it is colde, take Chamber lie and Chimnie soote, and mixing them together well, boile your vwooll againe therein, and stirre it exceeding well about, then take it foorth and lay it where it may conueniently drie.

*To die wooll  
redde.*

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

in your Wool, and let it boile the space of an houre: Then take it out againe: and then set on more bran and water: Then take a pound of Madder, and put in your Madder when the liquor is hot: when the Madder is broken put in the Wooll and open it, and when it commeth to be verie hot then stirre it with a staffe and then take it out and wash it with faire water: Then set on the Pan againe with faire water, and then take a pound of Saradine bucke and put it therein, and let it boile the space of an egge seething: Then put in the wooll and stirre it three or foure times about, and open it well.

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

*To die Wool  
blew.*

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

*To die a  
Puke.*

If you will die your Wooll of a sinder colour, you shall put your red Wooll into your puke liquor: and then it will failelesse be of a sinder colour.

*To die a Sin-  
der colour.*

If you will die your Wooll either greene or yellow, then boile your woodward in faire water: then put in your Wooll or Cloth, and that wooll which you put in white, will be yellow: And that wooll which you put in blew will be greene, and all this with one liquor; prouided that each be first boiled in Allom.

*To die  
greene or  
yellow.*

When you haue thus died your worke into those seuerall colours meete for your purpose, and haue also dried it well: Then you shall take it foorth and toase it

*Handling of  
Wooll after  
dying.*

*The mixing  
of Colours*

ouer againe as you did before : for the firſt roaſing was to make it receive the colour or die : this ſecond is to receive the oile and make it fit for ſpinning ; which aſſoone as you have done , you ſhall mixe your colours together, wherein you are to note that the beſt medley, is that which is compounded of two colours onely , As a light colour and a darke: for to have more is but confuſion and breeds no pleaſure, but diſtraction to the ſight : Therefore for the proportion of your mixtures, you ſhall euer take two parts of the darker colour , and but a third part of the light. As for example, your web containes twelue pound, and the colours are red and greene : you ſhall then take eight pound of the greene wooll, and but foure pound of the red ; and ſo of any other colours where there is difference of brightnes.

*Mixing of  
three Co-  
lours.*

But if it be ſo that you will needes have your cloth of three colours, as of two darke and one light, or two light and one darke : As thus, you will have Crimſon, yellow and puke ; you ſhall take of the Crimſon and yellow of each two pound and of the puke eight pound : for this is two light colours to one darke ; but if you will take a puke ; a greene and an orange tawny which is too darke, and one light ; Then you ſhall take of the puke and greene and the orange tawny of each a like quantity ; that is to ſay of either foure pounds, when you have equally deuided your proportions ; then you ſhall ſpread vpon the ground a ſheere, and vpon the ſame firſt lay a thinne layre or bed of your darker colour, all of one euen thickneſſe : Then vpon the ſame layre lay another much thinner of the brighter quantity, being ſo neere as you can gueſſe it, hardly halfe ſo much as the darker: then couer it ouer with another layre of the ſad colour or colours againe, then vpon it another of the bright againe : And thus lay layre vpon layre till all your Wooll be ſpread ; then beginning

at

at one ende roule vp round and hard together the whole bed of Wooll; and then causing one to kneele hard vpon the roule that it may not stirre nor open, with your hands toase and pull out all the Wooll in small pieces: And then taking a paire of stocke Cards sharpe and large and bound fast to some forme, or such like thing: And on the same Combe and Carde ouer all the Wooll, till you see it perfectly and vndistinctly mixed together, and that indeed it is become one intire colour of diuers without spots, or vndeuided locks or knots, in which doing you shall bee very carefull and heedfull with your eye; And if you finde any harde knot or other felter in the Wooll, which will not open though it be neuer so small, yet you shall picke it out and open it, or else being any other fault cast it away: for it is the greatest Art in Housewifery to mixe these Wools right, and to make the Cloth without blemish.

Your Wooll being thus mixed perfectly together, you shall then oile it, or as the plaine House-wife tearmes it, grease it: In this manner being laid in a round flat bed, you shall take of the best rape oile, or for want thereof either wel reynd red Goose grease or Swines grease, and hauing melted it with your hand sprinckle it all ouer your Wooll, and worke it very well into the same: then turne your Wooll about, and doe as much on the other side, till you haue oiled all the Wooll ouer, and that there is not a locke which is not moistened with the same.

Now for as much as if you shall put too much oile vpon the Wooll, you may thereby doe great hurt to the webbe, and make that the thrid will not draw but fall into many pieces; you shall therefore be sure at the first to giue it little enough: and taking some thereof proue it vpon the wheele: And if you see it drawes drie and breaketh; then you may put more oile vnto it, but if it draw well,

*Of the oiling of Wools*

*The quantity of Oile*

then

then to keepe it there without any alteration: but because you shall be a little more certaine in the truth of your proportions : you shall know that three pound of grease or oile wil sufficiently annoint or grease ten pounds of wool: And so according to that proportion you may oile what quantitie you will.

*Of the tum-  
ming of  
Wooll.*

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

*Of spinning  
Wooll.*

After your Wooll is thus mixed oiled and tummed, you shall then Spinne it vpon great Wooll wheelles, according to the order of good House-wiuerie; the action whereof must be got by practise and not relation: onelic this you shall be carefull to draw your thrid according to the nature and goodnes of your wooll, not according to your particular desire: for if you draw a fine thrid from a Wooll which is of a course staple it will want substance when it comes to the Walke Mill: and either there beate in pieces: Or not being able to bed and couer the thrids well, be a cloth of a verie short lasting. So likewise if you draw a course thrid from a Wooll of a fine staple, it will then so much ouer thicke, that you must either take away a great part of the substance of your wooll in flockes; Or els let the cloth weate course and high to the disgrace of  
good

good House-wiferie, and losse of much cloth, which els might haue bene saued.

Now for the diuersities of spinning, although our ordinary English House-wiues make none at all, but spin euery thrid alike, yet the better experien't make two manner of Spinnings, and two sorts of thrid; the one they call warpe, the other west, or els Wooffe; the warpe is spunne close, round and hard twisted, being strong and well smoothed; because it runnes thorow the sleies, and also indureth the fretting and beating of the beame; the west is spunne open, loose, hollow, and but halfe twisted, neither smoothed with the hand nor made of any great strength, because it but onely crosseth the warpe, without any violent straining, and by reason of the softnesse thereof beddeth closer and couereth the warpe so well that a very little beating in the Mill bringeth it to perfect cloth; and though some hold it lesse substantiall then the web, which is all of twisted yarne, yet experience finds they are deceiued, and that this open west keeps the Cloth longer from fretting and wearyng.

*The diuersities in spinning.*

After the spinning of your Wooll, some House-wifes vse to winde it from the broche into round clewes for more ease in the warping, but it is a labour may very well be saued, and you may as well warpe it from the broch as from the clew, as long as you know the certaine waight, for by that onely you are to bee directed in all manner of cloth making.

*Winding of Woollen yarne.*

Now as touching the warping of cloth, which is both the skill and action of the Weauer, yet must not our English Housewife be ignorant therein, but though the doing of the thing be not proper vnto her, yet what is done must not be beyond her knowledge, both to bridle the falshood of vnconscionable workemen, and for her owne satisfaction when shee is rid of the doubt of anothers e-

*Of warping Cloth.*

euill doing. It is necessary then that shee first cast by the waight of her Wooll to how many yardes of cloth the web will arise : for if the wooll be of a reasonable good staple and well spunne, it will runne yard and pound, but if it be coarse it will not runne so much.

Now in your warping also you must looke how manie pounds you lay in your warpe, and so manie you must necessarilie preserue for your weft; for Hus-wifes say the best Cloth is made of euen and euen ; for to driue it to greater aduantage is hurtfull to the cloth: There be other observations in the warping of cloth ; as to number your portuffles and know how manie goes to a yard : to looke to the closenes and fulling of the fleie and such like, which sometimes hold, and sometimes faile, according to the art of the Workeman ; and therefore I will not stand much vpon them ; but referre the Hus-wife to the instruction of her owne experience.

*Of weauing  
cloth, wal-  
king & dres-  
sing it.*

Now after your cloth is thus warped and deliuered vp into the hands of the Weauer ; the Hus-wife hath finisht her labour : for in the weauing, walking, and dressing thereof shee can challenge no proprietie more then to intreate them seuerallie to discharge their duties with a good conscience ; that is to say that the Weauer weaue it close, strong and true, that the Walker or Fuller Mill it carefullie, and looke well to his scowring-earth for feare of beating holes into the cloth ; and that the Clothworker or Shereman burle and dresse it sufficientlie, neither cutting the wooll too vnreasonable high, whereby the cloth may weare rough, nor too low least it appeare thrid bare ere it come out of the hands of the Tailor. These things foreward and performed, the cloth is then to be vsed at your pleasure.

*Of linnen-  
cloth*

The next thing to this which our English Huswife must be skilfull in the making of all sorts of linnen cloth, whether

ther it be of hempe or of flax, for from thole 2. only is the most principal cloth deriued, & made both in this & in other nations.

And first touching the soile fittest to sow hempe vpon, it must be a rich mingle earth of clay & sand, or clay and grauell well tempered: And of these the best serueth best for the purpose, for the simple clay or the simple sand are nothing so good: for the first is too tough, too rich, & too heavy, bringeth forth all bun & no rinde: the other is too barraine, too hot, & too light, & bringeth forth such slender withered increase, that it is nothing neere worth the labor: briefly then the best earth is the best mixt ground which Husbandmen call the red hazell ground, being wel ordered & manured: And of this earth a principal place to sow hempe on is in old stackeyards or other places kept in the winter time for the laire of sheep or cattell when your ground is either scarce or formerly not imploid to that purpose, but if it be where the ground is plentie & onlie vsed thereunto, as in *Holland*, in *Lincolne shire*, the Ile of *Apham* & such like places: then the custome of the countrie will make you expert enough therein: there be some that will preserue the ends of their corne lands, which but vpon grasse for to sow hempe or flax thereon, and for that purpose will manure it wel with sheepe; for whereas corne which butteth on grasse hads where cattell are teathered is commonly destroyed, & no profit issuing from a good part therof; by this means that which is sown will be more safe & plentifull, and that which was destroyed wil beare a commodity of better valew.

Now for the tillage or ordering of the ground where you sow hempe or flax, it would in all points be like vnto that where you sow barlie, or at the least as often broke vp as you doe when you sow fallow wheat which is thrice at least, except it be some verie mellow and ripe mould, as

*The ground  
best to sow  
hempe on.*

*The tillage  
of the  
ground.*

*Of ſowing  
of Hempe or  
Flaxe.*

yards and vſuall hemp-lands be and then twiſe breaking vp is ſufficient ; that is to ſay about the latter end of *February*, and the latter end of *Aprill* at which time you ſhall ſow it : And herein is to be noted that you muſt ſow it reaſonable thicke with good ſound and perfect ſeed , of which the ſmootheſt , roundeſt , and brighteſt with leaſt duſt in it is the beſt : you muſt not lay it too deepe in the Earth, but you muſt couer it cloſe, light, and with ſo fine a mould as you can poſſible breake with your Harrowes, clotting beetles or ſleighting: Then till you ſee it appeare about the earth , you muſt haue it exceedingly carefully tended, eſpeciallie an houre or two before Sun riſe, and as much before it ſet, from birds and other vermine which will otherwiſe picke the ſeede out of the earth, and ſo deceiue you of your profit.

*Of weeding  
Hempe and  
Flaxe.*

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

*The pulling  
of Hempe or  
Flax.*

Touching the pulling of Hempe or Flaxe, which is the manner of gathering of the ſame: you ſhall vnderſtand that it muſt be pulled vp by the rootes, and not cut as Corne is either with ſithe or hooke: And the beſt time for the pulling of the ſame is when you ſee the leaues fall downward or turne yellow at the tops, for then it is full ripe, and this for the moſt part will be in *Iuly*, and about *Mary Mandlins* day. I ſpeake now touching the pulling of hempe for cloth: but if you intend to ſaue any for ſeed then

then you shall haue the principall bunnnes, and let them stand till it be the latter end of *August*, or sometimes till mid *September* following: and then seeing the seed turned browne and hard you may gather it, for if it stand longer it will shed sodainly; as for flaxe which ripeneth a little after the hempe, you shall pull it as soone as you see the seede turne browne and bend the head to the earth ward, for it will afterward ripen of it selfe as the bunne dryeth.

Now for the ripening and seasoning of Hempe or Flaxe, you shall so soone as you haue pulled it lay it all along flat and thinne vpon the ground, for a night and a day at the most and no more: and then as Houf-wifes call it tie it vp in baires and reare them vpright till you can conueniently carry it to the water, which would be done as speedily as may bee. Now there be some which ripen their Hempe and Flaxe vpon the ground where it grew by letting it lie thereon to receiue dewes and raine, and the moistnesse of the earth till it bee ripe; but this is a vile and naughty way of ripening, it making the Hempe or Flaxe, blacke, rough, and often rotten: therefore I would wish none to vse it but such as necessity compelleth therunto, and then to be careful to the often turning thereof, for it is the ground only which rots it.

Now for the wating of the Hempe or Flaxe, the best water is the running streame, and the worst the standing pit; yet because Hempe is a poisonous thing, and infecteth the water and destroyeth all kinde of Fish, it is more fit to employ such pits and ditches as are least subiect to annoiance, except you liue neere some great broad and swift streame, and then in the shallow parts thereof you may water without danger: touching the manner of the wating thereof, you shall according to the quantitie knocke fowre or sixe strong stakes into the bottome of

*The ripening of hōpe and flaxe.*

*The wating of hemp or flaxe.*

the water, and ſet them ſquare-wiſe, then lay your round bates or bundles of Hempe downe vnder the water, the thick end of one bundle one waie and the thick ends of another bundle another way; and ſo lay baite vpon baite till you haue laid in all, and that the water couereth them all ouer; then you ſhall take ouerlyers of wood, and binding them ouerthwart to the ſtokes keepe the Hempe downe cloſe, and eſpecially at the fowre corners; then take great ſtones, grauell, and other heauy rubbiſh and lay it betweene, and ouer the ouerlyers, and ſo couer the Hempe cloſe that it may by no meanes ſtirre, and ſo let it continue in the water fowre daies and nights if it be in a running water, but if it be in a ſtanding water then longer, and then take out one of the vppermoſt baits and waſh it; and if in the waſhing you ſee the leaſe come off, then you may be affured the hempe is watred enough: as for flax leſs time will ſerue it and it will ſhed the leaſe in three nights.

*The time it  
ball be in  
the water.*

*Of waſhing  
out of hempe  
or flaxe.*

When your Hempe or Flaxe is thus watred enough, you ſhall take of the grauell, ſtones, ouerlyers of wood, and vnloofing it from the ſtokes, take and waſh out euery baite or bundle ſeuerali by it ſelfe and rubbe it exceeding cleane leauing not a leaſe vpon it, nor any filth within it; then ſet it vpon the drie carth vpright that the water may drop from it, which done, load it vp & carry it home and in ſome open Cloſe or peece of ground reare it vpright either againſt hedges, pales, walls, backſides of houſes or ſuch like where it may haue the full ſtrength or reflection of the ſun, and being thoroughly dried then houſe it; yet there be ſome Hul-wiues which as ſoone as their Hempe comes from the water, wil not reare it vpright but lay it vpon the ground flat and thin for the ſpace of a fortnight, turning it at the end of euery two daies; firſt on the one ſide then on the other, & then after reare it vpright, drie it and ſo houſe it, and this houſwifery is good and orderly.

Now

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

*Speciall ordering of flaxe.*

After your Hempe or Flaxe hath been watered, dried and housed, you may the at your pleasure brake it, which is in a brake of wood (whose proportiō is so ordinary, that euery one almost knowes them) breake & beate out the drie bun, or kexe off the Hemp and Flaxe from the rinde which couers it, and when you brake either you shall do it, as neere as you can, on a faire drie sun shine day, obseruing to set forth your hemp and Flaxe and spread it thin before the sunne, that it may be as drie as tinder before it come to the brake; for if either in the lying close together it shall giue againe or sweat, or through the moistnesse of the ayre or place where it lyes receiue any dampishnesse, you must necessarily see it dried sufficiently againe, or else it wil neuer brake well, nor the bun brake and part from the rinde in order as it should: therefore if the weather be not featonable and your need much to vse your hempe or flaxe, you shall then spread it vpon your kilne, and making a soft fire vnder it drie it vpon the same, and then brake it; yet for as much as this is oft times dangerous & much hurt hath bin receiued therby through casualty of fire, I would wish you to stick 4. stakes in the earth at least

*The braking of hēpa or flaxe.*

*The drying of hēpa or flaxe*

five

five foote above the ground, and laying over the m small  
over-lyers of wood, and open fleaks or hurdles vpon the  
same, ſpread your Hempe and alſo reare ſome round a-  
bout it all but at one open ſide; then with ſtrawe ſmall  
ſhauing or other light drie wood make a ſoft fire vnder  
the ſame, and ſo drie it and brake it, and this is without all  
danger or miſtruſt of euill, and as you brake it you ſhall  
open and looke into it euer beginning to brake the roote  
ends firſt; and when you ſee the bunne is ſufficiently  
cruſht, ſalne away, or at the moſt hangeth but in very ſmall  
ſhauers within the Hempe or Flaxe, then you ſhall ſay it  
is brak't enough, and then tearing that which you called  
a baite or bundle before, now a ſtrike, you ſhall lay them  
together and ſo houſe them, keeping in your memorie,  
either by ſcore, or writing how many ſtrikes of hempe,  
and how many ſtrikes of flaxe you brake vp euery day.

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

*Diuersity of  
brakes.*

Now that your Hempe or Flaxe may brake ſo much  
the better, you muſt haue for each ſeueral ſort two ſeu-  
rall brakes, which is an open and wide tooth'd or nickt  
brake; and a cloſe and ſtraight toothed brake: the firſt  
being to cruſh the bunne, and the latter to beate it forth.  
Now for flaxe you muſt take firſt that which is the ſtrai-  
teſt for the Hempe, and then after one of purpoſe, much  
ſtraighter and ſharper for the bunne of it being more  
ſmall, tough and thinne, muſt neceſſarily be broken into  
much leſſe peeces.

*Of ſwing-  
ling hempe  
and flaxe.*

After your Hempe and Flaxe is brak't, you ſhall then  
ſwingle it which is vpon a ſwingle tree blocke made of an  
halfe inch board about fowre foote above ground and  
ſet vpon a ſtrong foote or ſtocke that wil not eaſily moue  
and ſtirre, as you may ſee in any Houſ-wifes houſe what-  
ſocuer better then my words can expreſſe; and with a  
peece of wood called the ſwingle tree dagger, and made  
in the ſhape and proportion of an old dagger with a rea-  
ſonable

sonable blunt edge; you shall beate out all the loose buns and shiuers that hang in the Hempe or Flaxe, opening and turning it from one end to the other till you haue left no bunne or shiuier to be perceiued therein, and then strike a twist and fould in the midst, which is euer the thickest part of the strike, lay them by till you haue swingled all; the generall profit, whereof is not only the beating out of the hard bunne but also and opening and softning of the teare, whereby it is prepared and made ready for the market.

Now after you haue swingled your Hempe and Flaxe ouer once, you shall take and shake vp the refuse stuffe which you beate from the same scuerally, and not only it, but the tops and knots and halfe brak't buns which fall from the brake also; and drying them againe cause them to bee very well thresh't with flayles, and then mixing them with the refuse which fell from the swingle tree, dresse them all well, with threshing and shaking till the buns be cleane driuen out of them; and then lay them in some safe drie place till occasion of vse: these are called swingle tree hurds and that which comes from the hemp will make windowe-cloth and such like course stuffe, and that which comes from the flaxe being a litle towed again in a paire of wool cards will make a course harding.

*Vse of swingle tree first hurds.*

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

*The second swingling.*

*Of beating  
hemp.*

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

*Of heckling  
hemp.*

When your Hempe hath been twice ſwingled, dried, and beaten, you ſhall then bring it to the Heckle, which inſtrument needeth no demonſtration; becauſe it is hardly vnknowne to any woman whatſoeuer; and the firſt Heckle ſhall be courſe, open and wide toothed, becauſe it is the firſt breaker or diuider of the ſame, and the layer of the ſtrikes euen and ſtraight: and the hurds which come of this heckling you ſhall mixe with thoſe of the latter ſwingling and it will make the cloth much better; then you ſhal heckle it the ſecond time through a good ſtreight heckle made purpoſely for hempe, and be ſure to breake it very well and ſufficiently thereupon, and ſaue both the hurds by themſelues, and the ſtrikes by themſelues in ſeuerall places.

Now there be ſome very principall good Houſ-wiues which uſe only but to heckle their hemp once ouer, affirming that if it be ſufficiently dried and beaten, that once going ouer through a ſtraight becke will ſerue without  
more

more losse of labour, hauing been twice swingled before.

Now if you intend to haue an excellent peece of hempen cloth, which shall equall a peece of very pure linnen, then after you haue beaten it as before sayd and heckled it once ouer, you shall then role it vp againe, drie it as before, and beat it againe as much as at the first; then heckle it through a fine flaxen heckle, and the Towe which fall's from the Heckle will make a principall hemping, but the Teare it selfe a cloth as pure as fine Hus-wiues linnen, the indurance and lasting wherof is rare and wonderful; thus you see the vttermoſt art in dressing of hempe for each seueral purpose in cloth making til it come to the spinning.

*Dressing of  
hempe more  
fine.*

Flaxe after it hath beene twice swingeld needeth neither more drying nor beating as hempe doth, but may be brought to the heckle in the same manner as you did hempe; onelic the heckle must bee much finer and straiter; and as you did before the first heckle being much courser then the latter, holding the strike stiffe in your hand, breake it verie well vpon that heckell: then the hurdes which come thereof you shall saue to make fine hurden cloth of, and the strike it selfe you shall passe through a finer heckle; and the hurdes which come from thence you shall saue to make fine midlen cloth of, and the teare it selfe for the best linnen.

*Of beckling  
flaxe.*

To dresse flaxe for the finest vse that may bee, as to make faire Holland cloth of great price, or thrid for the most curious purpose a secret hitherto almost concealed from the best Hus-wiues; you shall take your flaxe after it hath been handled as is before shewed, and laying three strikes together plat them in a plat of three so hard and close together as it is possible, ioining one to the end of another till you haue platted so much as you thinke conuenient, and then begin another plat, and thus plat as many seueral plats as you thinke will make a role like vn-

*The dressing of flaxe  
to the finest  
vse.*

to one of your **Hempe** roubles before ſpoke of; and then wreathing them hard together make vp the rouble; and ſo manie roubles more or leſſe according to the purpoſe you dreſſe them for: This done put the roubles into a hempe trough and beate them ſoundlie, rather more then leſſe the hempe: and then open and vnplat it, and deuide euerie ſtrike from other verie carefullie: then heckle it through a finer heckle then anie formerly vſed: for of heckles there be euer three ſorts, and this muſt be the fineſt: and in this heckling you muſt bee exceeding carefull to doe it gently, lightlie, and with good deliberation, leaſt what you heckle from it ſhould runne to knots or other hardnes, as it is apt to doe: but being done artificiallie as it ought, you ſhall ſee it looke and feele it handle like fine ſoft cotten or Ierſey wooll; and this which thus looketh and feeleth, and falleth from the heckle, will notwithstanding make a pure fine linnen, and runne at leaſt two yards and a halfe in the pound; but the teare it ſelfe will make a perfect ſtrong and moſt fine holland, running at leaſt five yards in the pound.

*Of the ſpinning of hempe.*

After your teare is thus dreſt, you ſhall ſpinne it either vpon wheele or rocke, but the wheele is the ſwifter way, and the rocke maketh the finer thrid; you ſhall draw your thrid according to the nature of the teare, and as long as it is euen it cannot be too ſmall, but if it be vneuen it will neuer make a durable cloth. Now for as much as euerie Huſwife is not able to ſpiane her owne teare in her owne houſe, you ſhall make choice of the beſt Spinners you can heare of: and to them put foorth your teare to ſpinne, waighing it before it goe, and waighing it after it is ſpan and drie allowing waight for waight, or an ounce and a halfe for waſt at the moſt: As for the priſes for ſpinning they are according to the natures of the countrie, the fineſſe of the teare, and the deareneſſe of prouiſions: ſome  
Spin-

spinning by the pound, some by the lay, and some by day as the bargaine shall be made.

After your Yarne is spunne vpon spindles, spooles, or *Of reeling* such like: you shall then reele it vpon reeles, of which the *yarne.* reeles which are hardlie two foot in length, and haue but onelie two contrarie crosse-barres are the best, the most easie and least to be troubled with rauelling; and in the weauing of your fine yarne to keepe it the better from rauelling, you shall as you reele it, with a Ley band of a big twist deuide the slipping or skeane into diuers Leyes, allowing to euerie Ley 80. thrids, and 20. Laies to euerie slipping, the Yarne being verie fine, otherwise lesse of both kinds: But if you spinne by the Ley, as at a ob. a Ley or so, then the auncient custome hath bene to allow to a reele which was 8. yards, all about 160. thrids to euerie Ley, and 25. Leyes, and somtimes 30. Leyes to a slipping, which will ordinarily amount to a pound or thereabouts; and so by that you may proportion foorth the price for a nie manner of spinning whatsoeuer: for if the best thus, then the 2. so much bated; and so accordinglie the worst.

After thus your yarne is spunne and reeld, being in the slipping you shall scowre it: Therefore first to fetch out the spottes you shall lay it in luke warme water, and let it lie so three or foure daies, each day shifting it once; and wringing it out, and laying it in another water of the same nature; then carry it to a well or brooke and there rinse it till you see that nothing commeth from it but pure cleane water; for whilst there is any filth within it there will neuer be white cloth: which done take a bucking tub and couer the bottome thereof with verie fine Ashen ashes: then *Of the scowring of yarne.* opening your slippings and spreading them, lay them on these ashes; then couer those slippings with ashes againe, then lay in more slippings and couer them with ashes as before, and thus lay one vpon another till all your

yarne be laid in ; then couer the vppermost yarne with a bucking cloth, and lay therein a pecke or two (according to the bignes of the tub) of ashes more : then poure into all through the vppermost cloth so much warme water till the tub can receiue no more; and so let it stand all night: the next morning you shall set a kettle of cleane water on the fire; and when it is warme you shall pull out the spigget of the bucking tubbe, and let the water therein runne into another cleane vessell, and as the bucking tubbe wasteth, so you shall fill it vp againe with the warme water on the fire, and as the water on the fire wasteth, so you shall fill it vp againe with the lie which commeth from the bucking tubbe, euer obseruing to make the lie hotter and hotter till it seeth; and then when it so seetheth you shall as before applye it with boiling lie at least foure houres together; which is called the driuing of a Bucke of yarne: All which being done you shall take of the Bucking-cloth, and then putting the yarne with the lie ashes into large tubbes or boales, with your hands as hot as you can suffer it to posse, and labor the yarne, ashes, & lie together, a pretty while together; then carrie it to a well, riuer, or other cleane scouring water, and there rinse it as cleane as may be from the ashes, then take it, and hang it vp vpon poales abroad in the aire all daie, and at night take the slippings downe, and lay them in water all night, then the next daie hang them vp againe, and if any part of them drie, then cast water vpon them, obseruing euer to turne that side outmost which whiteth slowest, and thus doe at least seuen daies together, then put all the yarne againe into a bucking tub without ashes, and couer it as before with a bucking cloth, and lay thereupon good store of fresh ashes, and driue that bucke as you did before, with very strong seething Lies, the space of halfe a daie or more; then take it forth, posse it, rinse it, and hang it vp as you did

*Whitening  
of yarne.*

did before on the daies, and laying it in water on the nights another weeke, and then wash it ouer in faire water, and so drie it vp: other waies there are of scouring, & whitening of yarne; as steeping it in branne and warme water, and then boyling it with *Ozier* sticks, wheate straw water, water and ashes; then passing, rinsing, and bleaching it vpon hedges, or bushes; but it is a foule and vncertaine waie, and I would not wish any good House-wife to vse it.

After your yarne is scoured and whited, you shall then winde it vp into round balls of a reasonable bignesse, rather without bottomes then with any at all, because it may deceiue you in the waight; for according to the pounds will arise your yards and lengths of cloth. *Of winding yarne.*

After your yarne is wound and waighed, you shall carrie it to the Weauers, and warpe it as was before shewed for wollen cloth, knowing this that if your Weauer bee honest and skilfull hee will make you good and perfect cloth of euen and euen, that is iust the same waight in weft that then was in warpe; as for the action of weaning it selfe, it is the workemans occupation, and therefore to him I referre it. *Of warping and weaning*

After your cloth is wouen, and the web or webs come home, you shall first lay it to to steepe in all points as you did your yarne, to fetch out the soyling and other filth which is gathered from the Weauer, then rinse it also as you did your yarne, then bucke it also in lie and ashes as before said, and rinse it, and then hauing loops fixt to the seluedge of the cloth spreade it vpon the grasse, and stake it downe at the vtermoost length and breadth, and as fast as it dries water it againe, but take heed you wet it not too much, for feare you mildew or rot it, neither cast water vpon it till you see it in a manner drie, and bee sure weekly to turne it first on one side, and then on the other, and

and at the end of the firſt weeke you ſhal buck it as before in Lie and aſhes : againe then riſe it, ſpreade it, and wa- ter it as before; then if if you ſee it whites apace, you need not to giue it any more bucks with the aſhes and the cloth mixt together : but then a couple of cleane bucks, as was before ſhewd in the yarne : the next fortnight following, and then being whitened enough, drie vp the cloath, and uſe it as occaſion ſhall require; the beſt ſeaſon for the ſame whitening being in *Aprill* and *May*. Now the courſe and worſt huſwiues ſcoure and white their cloath with water and branne, and buck it with lie, and greene hemlocks : but as before I ſaid it is not good, neither would I haue it put in praſtiſe. And thus much for Wool, Hempe, Flax, and Cloth of each ſeueral ſubſtance.

### CHAP. IIII.

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

*Of Kine.*

**H**ere followeth now in his place after theſe knowledges alreadie rehearſed, the ordering and gouernment of Dairies, with the profits and commodities belonging to the ſame; and firſt touching the ſtocke wherewith to furniſh Dairies : it is to be vnderſtood that they muſt bee Kine of the beſt choice and breed that our English houſ- wife can poſſibly attaine vnto; as of bigge bone, faire ſhape, right bredde, and deepe of Milke, gentle, and kindly.

*Bigneſſe of Kine.*

Touching the bigneſſe of bone, the larger that euerie cow is, the better ſhe is : for when either age, or miſchance ſhall diſable her for the payle, being of large bone ſhe may be fed, and made fit for the ſhambles; and ſo no loſſe, but pro-

profit, and ay other to the payle as good and sufficient as her selfe.

For her shape it must a little differ from the Butchers rules; for being chose for the Dairie, she must haue all the signes of plenty of milke, as a crumpl'd horne, a thinne necke, a hayrie dewlappe, and a verie large vdder, with foure teats, long, thicke, and sharpe at the ends, for the most part either all white of what colour soeuer the cow be, or at least the fore part thereof, and if it bee well haired before and behinde, and smooth in the bottome, it it is a good signe also.

*Shape of  
Kine.*

As touching the right breed of Kine through our nation generally affoordeth verie good ones, yet some countries doe farre exceed other countries; as *Che shire, Lancashire, Yorke-shire, and Darbie-shire* for black Kine; *Glostershire, Somerset shire, and some part of Wilt-shire* for red Kine, and *Lincolne-shire* pide kine: and from the breeds of these Countries generally doe proceed the breeds of all other, howsoeuer dispersed ouer the whole Kingdome. Now for our hus-wifes direction, shee shall choose her dairie from any of the it best breeds before named, according as her opinion and delight shall gouerne her, onely obseruing, not to mix her breeds of diuerse kindes, but to haue all of one intire choice without variation, because it is vnprofitable; neither must you by any meanes haue your Bull a forrener from your Kine, but absolutely either of one Countie, or of one shape and colour: Againe in the choice of your Kine you must looke diligently to the goodnesse and fertility of the soile wherein you liue, and by al meanes buy no Kine from a place that is more fruitful then your owne, but rather harder; for the later will prosper and come on, the other will decay and fall into discaie; as the pissing of blood, and such like, for which discaie and all other you may finde assured cures in a little

*The breed of  
Kine.*

booke I published, called *Cheape and good.*

*Depth of  
milke in  
Kine.*

*Quantity of  
Milke.*

*Of the going  
dry of Kine.*

For the depth of milke in Kine (which is the giving of most milke) being the maine of a Hus-wifes profit, shee shall bee verie carefull to haue that quality in her beasts. Now those Kine are said to be deepest of milke, which are new bare; that is, which haue but lately calued, and haue their milke deepe springing in their vdders, for at that time she giueth the most milke; and if the quantity then be not conuenient, doutlesse the cow cannot be said to be of deep milch: and for the quantity of milke, for a Cow to giue two gallons at a meale, is rare, and extraordinarie; to giue a gallon and a halfe is much, and conuenient, and to giue but a gallon certaine is much, and not to be found fault with: againe, those Kine are said to be deep of milke which though they giue not so exceeding much milke as others, yet they giue a reasonable quantity, and giue it long as al the yeere through, whereas other Kine that giue more in quantity, wil goe drie, being with calfe some three moneths, some two, and some one, but these wil giue their vsuall measure euen the night before they calue; and therefore are said to be Kine deep of milke. Now for the retained opinion, that the Cow which goeth not drie at all, or very little, bringeth not foorth so good a Calfe as the other, because it wanteth much of the nourishment it should enioy it is vaine and friuolous; for should the substance from whence the milke proceedeth conuert to the other intended nourishment, it would bee so superabundant, that it would conuert either to disease, or putrification: but letting these secret reasons passe, there bee some kine which are so exceedingly ful of milk, that they must bee milkt at least thrice a daie, at morning, noone, & euening, or else they will shed their milke, but it is a fault rather then a vertue, & proceedeth more from a laxatiuenesse or loosenesse of milke, then from any abundance  
for

or I neuer saw those three meales, yet equall the two meales of a good Cow, and therefore they are not truly called deepe of milke.

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

*Of the gentlenesse of Kine.*

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

*Of kindlines in Kine.*

The best time for a Cow to calue in for the Dairie, is in the later ende of *March*, and all *Aprill*; for then grasse beginning to spring to its perfect goodnesse will occasion the greatest increate of milke that may be; and one good early Cow will counteruaile two later; yet the calues thus calued are not to be reared, but suffered to feed vpon their Dammes best milke, and then to be sould to the Butchers, and surely the profit will equail charge; but those Calues which fall in *October*, *Nouember*, or any time of the depth of winter may well be reared vp for breed, because the maine profit of the dayrie is then spent, and such breede will holde vp and continue the stocke, provided that you reare not vp any calues which are calued in the prime daies, for they generally are subiect to the disease of the sturdie, which is dangerous and mortall.

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

The Housewife which only hath respect to her Dayry, and for whose knowledge this discourse is written ( for we haue shewed the *Grasier* his office in the *English Husband-*

*Rearing of Calues*

bandman) muſt reare her Calues vpon the ſinger with ſloten milke, and not ſuffer them to run with the dammes; the generall manner whereof, and the cure of all the diſeaſes incident to them and all other cattell is fully declared in the booke called *Cheape and good*.

*The general  
uſe of Dai-  
ries.*

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

*The howers  
of milking.*

The beſt and moſt commended howers for milking are indeede but two in the day, that is in the ſpring and ſummer time which is the beſt leaſon, for the dairie is betwixt five and ſixe in the morning, and ſixe and ſeauen a clocke in the evening: and although nice and curious Huſ-wiues will haue a third howre betwixt them, as betweenc twelue and one in the after-noone, yet the better experiencd doe not allowe it and ſay as I beleeeue, that two good meales of milke are better euer then three bad ones: alſo, in the milking of a Cowe the woman muſt ſit on the neare ſide of the Cowe, ſhe muſt gently at firſt handle and ſtretch her dugges, and moiſten them with milke that they may yeeld out the milke the better and with leſſe paine; ſhee ſhall not ſettle her ſelfe to milke, nor fixe her paile firme to the ground till ſhe ſee the Cowe ſtand ſure and firme, but be ready vpon any motion of the Cowe to ſaue her paile from ouer-turning; when ſhe ſeeeth all things answerable to her deſire ſhe ſhall then milke the Cowe boldly, and not leaue ſtretching and ſtraining of her teats til not one drop of milke more wil come from them, for the worſt point of Huſ-wifery that can bee is to leaue a Cowe halfe milkt, for beſides the loſſe of the milke it is the only way to make a Cowe drie and vtterly vnprofitable for the Dairy: the Milke-mayd whilſt ſhe is in milking ſhal do nothing raſhly or ſodainly about the Cowe, which

*Manner of  
milking.*

may

may affright or amase her, but as she came gently so with all gentlenes she shall depart.

Touching the well ordering of milke after it is come home to the Dairie, the maine point belonging therunto is the Hus-wives cleanliensse in the sweet and neate keeping of the Dairy house, where not the least moat of any filth may by any meanes appeare, but all things either to the eye or nose so voide of so vernesse or stuttishnesse, that a Princes bed-chamber must not exceed it; to this must be added the sweet and delicate keeping of her milke vessels, whether they be of wood, earth or lead, the best of which is yet disptable with the best Hus-wives; only this opinion is generally receiued, that the wooden vessell which is round and shallow is best in colde vaults, the earthen vessels principall for long keeping, and the leaden vessell for yeelding of much creame: but howsoeuer, any and all these must be carefully scalded once a day, and set in the open aire to sweeten, least getting any taint of sowernesse into them, they corrupt the milke that shall be put therein.

*The ordering of milke.*

*Ordering of milke vessels.*

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

*Silling of milke.*

Now for the profits arising from milke, they are three of especiall account, as Butter, Cheese, and Milke, to be

*Profits arising from milke.*

eaten either ſimple or compounded: as for Curds, ſowre Milke, or Whigge, they come from ſecondary meanes, and therefore may not bee numbred with theſe.

*Of Butter.*

For your Butter which onely proceedeth from the Creame, which is the verie heart and ſtrength of Milke, it muſt be gathered very carefullie, diligentlie, and painefullie: And though cleaneſſe be ſuch an ornament to a Huſwife, that if ſhee want anie part thereof, ſhee looſeth both that and all good names elſe: yet in this action it muſt be more ſeriouſſie imploid then in anie other.

*Of ſlecting  
Creame.*

To beginne then with the ſlecting or gathering of your Creame from the Milke, you ſhall doe it in this manner: The Milke which you did milke in the morning you ſhall with a fine thinne ſhallow diſh made for the purpoſe, take of the Creame about ſiue of the clocke in the evening and the Milke which you did milke in the evening you ſhall ſlecte and take of the Creame about ſiue of the clocke the next morning, and the creame ſo taken off, you ſhall put into a cleane ſweet and well leaded earthen pot cloſe couered and ſet in a coole place: And this creame ſo gathered you ſhall not keepe aboute two daies in the Summer, and not aboute foure in the Winter, if you will haue the ſweeteſt and beſt butter: And that your Dairie containe ſiue Kine or more; but how many or few ſouer you keepe, you ſhall not by any meanes preſerue your Creame aboute 3. daies in ſummer, and not aboute ſixe in the Winter.

*Of keeping  
Creame.*

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

Your Creame being neatly and ſweet kept, you ſhall churme or churme it on thoſe vſuall daies which are fitteſt either for your uſe in the houſe or the markets adjoining neere vnto you, according to the purpoſe for which you keepe your Dayrie. Now the daies moſt accuſtomable held amongſt ordinary Huſwiues, are Tueſday and Friday: Tueſday in the after noone, to ſerue Wednesday morning

ning market, and Fryday morning to serue Saturday market; for Wensday and Saturday are the most generall market daies of this Kingdome, and Wenseday, Friday, and Saturday, the vsual fasting daies of the weeke; and so meetest for the vse of butter Now for churning take your creame and through a strong and cleane cloth straine it into the churne; and then couering the churne close; and setting it in a place fit for the action in which you are imployd (as in the summer in the coolest place of your dairie, and exceeding early in the morning, or very late in the euening, and in the Winter in the warmest place of your dairie, and in the most temperate howres, as about noone, or a little before, or after, and so churne it with swift strokes marking the noise of the same which will be solid, heauy and intyre vntill you heare it alter, and the sound is light, sharp, and more spirity: and then you shal say that your butter breakes, which perceiued both by this sound, the lightnesse of the churne-staffe, and the sparkes and drops, which will appeare yellow about the lippe of the churne, and clense with your hand both the lidde and inward sides of the churne, and hauing put all together, you shall cover the churne againe, and then with easie stroakes round, and not to the bottome, gather the butter together into one intyre lumpe and body, leauing no pceces thereof seuerall or vniouyned.

*Manner of  
churning.*

Now for as much as there bee manie mischiefes and inconueniences which may happen to butter in the churning, because it is a bodie of much tendernesse, and neither will endure much heate, nor much colde: for if it be ouer heated, it will looke white, crumble, and be bitter in tast; and if it be ouer cold it will not come at all, but make you wast much labour in vaine, which faults to helpe if you churne your butter in the heate of Sommer it shall not be amisse, if during the time of your churning you

*Helps in  
churning.*

place

place your Churn in a pail of cold water as deep as your Creame riseth in the Churne; and in the churning thereof let your stroakes goe slow, and be sure that your churne be cold when you put in your creame: but if you churne in the coldest time of Winter, you shall then put in your kream before the churne be cold after it hath been scalded; and you shall place it within the aire of the fire, and churne it with as swift stroakes, and as fast as may be, for the much labouring thereof will keepe it in a continuall warmth, and thus you shall have your butter good, sweete, and according to your wish. After your butter is churnd, or churnd and gathered well together in your churne, you shall then open your churne, and with both your hands gather it well together, and take it from the buttermilke, and put it into a very cleane boule of wood, or panshon of earth sweetned for the purpose, and if you intend to spend the butter sweet and fresh, you shall have your boule or panshon filled with very cleane water, and therein with your hand you shall worke the butter, turning, and tossing it to and fro till you have by that labor beaten and washt out all the buttermilke, and brought the butter to a firme substance of it selfe without any other moisture, which done, you shall take the butter from the water, and with the point of a knife scorch and slash the butter ouer and ouer euerie waie so thick as is possible, leauing no part through which your knife must not passe; for this will cleanse and fetch out the smallest haire or mote, or ragge of a strainer, and any other thing which by casuall meanes may happen to fall into it.

*The handling of butter.*

*Cleansing of butter.*

*Seasoning of Butter.*

After this you shall shade the butter in a boule thin, and take so much salt as you shall thinke conuenient, which must by no meanes be much for sweet butter, and sprinkle it thereupon, then with your hands worke the butter and the salt exceedingly well together, and then make it

vp either into dishes, pounds, or halfe pounds at your pleasure.

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

*Of May  
butter.*

Touching the poudring vp or potting of butter, you shall by no meanes as in fresh butter wash the butter-milke out with water, but onely worke it cleere out with your hands: for water will make the butter rusty, or reesse; this done you shall weigh y<sup>e</sup> ur butter, and know how many pounds there is thereof: for should you weigh it alter it were salted, you would be deceiued in the weight, which done you shall open the butter, and salt it verie well and thoroughly, beating it in with your hand till it be generally disperst through the whole butter; then take cleane earthen pots, exceedingly well leaded, least the brine should leake through the same, and cast salt into the bottome of it: then lay in your butter, and presse it downe hard within the same, and when your por is filled, then couer the top thereof with salt so as no butter be scene: then closing vp the pot let it stand where it may be cold and safe. but if your Dairy be so little that you cannot at first fil vp the pot, you shall then when you haue potted vp so much as you haue, couer it all ouer with salt.

*Of powde-  
ring vp or  
potting of  
Butter.*

Now there be hus-wiues whose dairies being great, can by no meanes conueniently haue their butter contained in pots; as in *Holland, Suffolke, Norfolke*, and such like, and therefore are first to take barrels very close and wel made, and after they haue salted it well, they fill their barrels therewith, then they take a small stick, cleane, and sweete, and therewith make diuerse holes done through the

*Of great  
dairies and  
their en-  
somes.*

butter euen to the bottome of the larrail: and then make a ſtrong brine of water and ſalt which will beare an egge, and after it is boild, well ſkimm'd and cool'd; then poure it vpon the toppe of the butter till it ſwimme aboute the ſame, and ſo let it ſettle. Some vſe to boile in this brine a braunch or two of Roſe Marie, and it is not amiſſe, but pleaſant and whoſome.

*When to pot  
Butter.*

Now although you may at anie time betwixt *May* and *September* pot vp butter, obſeruing to doe it in the coolest time of the morning: yet the moſt principall ſeaſon of all is in the Month of *May* onelie; for then the aire is moſt temperat, and the butter will take ſalt the beſt, and the leſt ſubiect to reeling.

*Uſe of But-  
termilke.*

The beſt vſe of buttermilke for the able Huſ-wife is charitablie to beſtow it on the poore Neighbors, whoſe wants doe dailie crie out for ſuſtenance: and no doubt but ſhe ſhall finde the profit thereof in a diuine place, as well as in her earthly buſineſſe: But if her owne wants command her to vſe it for her owne good; then ſhee ſhall of her buttermilke make curds in this manner: ſhee ſhall take her buttermilke and put it into a cleane earthen veſſell, which is much larger then to receiue the Butter-milke onely: and looking vnto the quantitie thereof ſhee ſhall take as it were a third part ſo much new Milke and ſet it on the fire, and when it is ready to riſe, take it off and let it coole a little; then powre it into the buttermilke in the ſame manner as you would make a poſſet, and having ſtirred it about let it ſtand: then with a fine ſkummer when you will vſe the curds (for the longer it ſtands the better the curds will cate) take them vp into a cullander and let the whey drop well from it: and then cate them either with Creame, Ale, Wine, or Beere; as for the Whey you may keepe it alſo in a ſweet ſtone veſſell: for it is that which is called Whigge, and is an excellent coole drinke  
and

*Of Butter-  
milke Curds*

*Of Whigge.*

and a wholesome ; and may very well be drunke a summer through in stead of any other drinke: and without doubt will slake the thirst of any labouring man as well , if not better.

The next maine profit which ariseth from the Dairie is Cheese, of which there be diuers kinds, as new Milke, *Of Cheese.* or morrow milke Cheese, nettle Cheese, flotten milke Cheele, and eddish, or after much Cheese, all which haue their seueral orderings and compositions as you shall perceiue by the discourse following: yet before I doe beginne to speake of the making of the Cheese , I will shew you how to order your Cheesep-bag or runnet, which is the most principall thing wherewith your Cheese is compounded, and giueth the perfect tast vnto the same.

The Cheesep-bagge or runnet which is the stomacke bagge of a young suckling calfe, which neuer tasted other foode then milke, where the curd lieth vndigested. *Of the Cheesep-bag or runnet.* Of these bags you shall in the beginning of the yeere provide your selfe good store , and first open the bagge and poure out into a cleane vessell the curde and thicke substance thereof; but the rest which is not curdled you shall put away : then open the curd and picke out of it all manner of motes, chiers of grasse, or other filth gotten into the same : Then wash the curd in so manie cold waters till it be as white and cleane from all sorts of motes as is possible ; then lay it on a cleane cloth that the water may draine from it, which done lay it in another drie vessell, then take a handfull or two of salt and rub the curd therewith exceedingly : then take your bag and wash it also in diuers cold waters till it be verie cleane; and then put the curd and the salt vp into the bag, the bag being also well rub'd within with salt : and so put it vp, and salt the outside also all ouer : and then close vp the pot close and so keepe them a full yeere before you vse them. For touching

the hanging of them vp in chimney corners (as courſe Huſwiues doe) is ſluttish, naught, and vawholſome, and the ſpending of your runnet whiſt it is new, makes your Cheeſe heaue and proue hollow.

*Seasoning of  
the rannet.*

When your runnet or earning is fit to be vſed, you ſhall ſeaſon it after this manner; you ſhall take the bagge you intend to vſe, and opening it put the curde into a ſtone mortar or a bowle, and with a wooden peſtell or a roling pinne beat it exceedingly; then put to it the yelkes of two or three egges, and halfe a pint of the thickeſt and ſweeteſt creame you can ſceete from your milke, with a peny-worth of ſaffron finely dried and beaten to powder together with a little Cloues and Mace, and ſtirre them all paſſing well together till they appeare but as one ſubſtance, and then put it vp in the bagge againe: then you ſhall make a very ſtrong brine of water and ſalt, and in the ſame you ſhall boile a handfull or two of Saxifrage, and then when it is colde claire it into a cleane earthen veſſell, then take out of the bagge halfe a dozen ſpoonfull of the former curde and mixe it with the brine, then cloſing the bagge vp againe cloſe hang it within the brine, and in any caſe alſo ſteepe in your brine a few Wall-nut tree leaues and ſo keepe your runnet a fortnight after before you vſe it and in this manner dreſſe all your bagges ſo as you may euer haue one ready afrer another, and the youngeſt a fortnight old euer at leaſt, for that will make the earing quicke and ſharp, ſo that ſowre ſpoonfuls therof will ſuffice for the gathering and ſeaſoning of at leaſt twelue gallons of milke, and this is the choiſeſt and beſt earning which can poſſible be made by any Houſ-wife.

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

To make a new milke or morning milk cheeſe, which is the beſt cheeſe made ordinarily in our kingdome; you ſhal take your milke early in the morning as it comes from the Cowe, and ſile it into a cleane tubbe, then take all the  
creame

creame also from the milke you milk the euening before, and straine it into your new milke, then take a pretty quantity of cleane water and hauing made it scalding hot powre it into the milke also to scauld the creame and it together, then let it stand and coole it with a dish til it be no more then luke warme, then go to the pot where your earning bagges hangs, and draw from thence so much of the earning without stirring of the bagge as will serue for your proportion of milke, and straine it therein very carefully; for if the least mote of the curd of the earning fall into the cheese it will make the Cheese rot and mould when your earning is put in you shall couer the milke and so let it stand halfe an howre or thereabouts, for if the earning be good it will come in that space; but if you see it doth not then you shall put in more, being come you shall with a dish in your hand breake and mash the curd together, possing and turning it about diuersly, vvhich done with the flat palmes of your hands very gently pres the curde downe into the bottome of the tub, then with a thinne dish take the whey from it as cleane as you can, and so hauing prepared your Cheese-fat answerable to the proportion of your curd with both your hands ioined together, put your curd therein and breake it and presse it downe hard into the fat til you haue fild it; then lay vpon the top of the curd your flat cheese-boord and a little small weight therevpon, that the whey may drop from it into the vnder vessell, when it hath done dropping take a large cheese cloth, and hauing wet it in colde water lay it on the cheese-boord and then turne the cheese vpon it; then lay the cloth into the cheese-fat and so put the cheese therein againe, and with a thin slice thrust the same downe close on euery side, then laying the cloth also ouer the top to lay on the cheese-boord and so carrie it to your great presse, and there presse it vnder a sufficient waight; after

it hath been there preſt halfe an howre you ſhall take it and turne it into a drie cloth and put it into the preſſe againe, and thus you ſhal turne it into drie cloathes at leaſt five or ſixe times in the firſt day, and euer put it vnder the preſſe againe, not taking it there-from till the next day in the euening at ſooner, and the laſt time it is turned you ſhall turne it into the drie fat without any cloth at all.

When it is preſt ſufficiently and taken from the fat, you ſhall then lay it in a kinnell and rub it firſt on the one ſide and then on the other with ſalt, and ſo let it lie all that night, then the next morning you ſhall do the like againe and ſo turne it vpon the brine which comes from the ſalt two or three daies or more, according to the bigneſſe of the cheeſe, and then lay it vpon a faire table or ſheife to drie, forgetting not euery day once to rubbe it all ouer with a cleane cloth, and then to turne it til ſuch time that it be throughly drie and fit to goe into the preſſe; and in this manner of drying you muſt obſerue to lay it, firſt where it may drie haſtily, and after where it may drie at more leaſure: thus may you make the beſt and moſt principall cheeſe.

*Cheeſe of  
two meales.*

Now if you will make Cheeſe of two meales, as your mornings new milke, and the euening Creame milke, and all you ſhall doe but the ſame formerly rehearſed.

*Cheeſe of  
one meale.*

And if you will make a ſimple morrow milke Cheeſe which is all of new milke and nothing els: you ſhall then doe as is before declared, onely you ſhall put in your earning ſo ſoone as the milke is fil'd (if it haue any warmth in it) and not ſcald it: but if the warmth be loſt, you ſhall put it into a kettell and giue it the aire of the fire.

*Of nettle  
Cheeſe.*

If you will haue a very dainty nettle Cheeſe, which is the fineſt ſummer Cheeſe which can be eaten; you ſhall doe in all things as was formerly taught in the new milke Cheeſe compound: Onely you ſhall put the curd into a

verie

verie thin cheefe-fat, not aboue halfe an inch or a little better deepe at the most; and then when you come to dry them as soone as it is drain'd from the brine, you shall lay it vpon fresh nettles and couer it all ouer with the same; and so lying where they may feele the aire let them ripen therein, obseruing to renew your nettles once in two daies, and euerie time you renew them to turne the Cheefe or Cheeses, and to gather your nettles as much without stalkes as may be, and to make the bed both vnder and a loft as smooth as may be, for the more euen and fewer wrinckles that your Cheefe hath, the more daintie is your Hus-wife euer accounted.

If you will make floaten milke cheefe, which is the coursest of all cheeses, you shall take some of the milk and heate it vpon the fire to warme all the rest; but if it be so sower that you dare not aduenter the warming of it for feare of breaking; then you shall heate water and with it warme it, then put in your earning as before shewed, and gatner it, presse it, salt it and drie it as you did all other Cheeses.

*Of floaten  
milke cheese.*

Touching your reddish cheefe or winter cheefe, there is not any difference betwixt it and your summer cheefe touching the making thereof only, because the season of the yeere denyeth a kindly drying or hardning thereof, it differeth much in taste and will be soft alwaies, and of these reddish cheeses you may make as many kindes as of summer cheeses, as of one meale, two meales, or of milke that is floten.

*Of reddish  
cheese.*

When you haue made your Cheefe you shall then haue care of the whey, whose generall vse differeth not from that of butter-milke, for either you shall preserue it to bestow on the poore, because it is a good drinke for the labouring man, or keep it to make curds out of it, or lastly to nourish and bring vp your swine.

*Of whey &  
the profits.*

*Of whey  
curds.*

If you will make curds of your beſt whey, you ſhall ſet it vpon the fire and being ready to boile, you ſhall put into it a pretty quantity of buttermilke, and then as you ſee the curds ariſing vp to the top of the whey, with a ſkummer ſkimme them off and put them into a Cullender, and then put in more butter-milke, and thus do whi-  
leſt you can ſee any curds ariſe; then the whey being drained cleane from them, put them into a cleane veſſell, and ſo ſerue them forth as occaſion ſhall ſerue.

## CHAP. V.

*Of the office of the Brew-houſe, and the Bake-houſe, and the  
neceſſary things belonging to the ſame.*

*Of Bread  
and drinke.*

When our *English Houſ-wife* knowes how to preſerue health by whoſome phiſicke, to nourish by good meate, and to cloth the body with warme garments ſhee muſt not then by anie means bee ignorant in the prouiſion of bread and drinke; ſhee muſt know both the proportions and compositions of the ſame. And for as much as drinke is in euery houſe more generallie ſpent then bread, being indeed (but how well I know not) made the verie ſubſtance of all entertainment. I will firſt begiue with it; and therefore you ſhall know that generally our kingdome hath out two kindeſ of drinkeſ, that is to ſay Beere and Ale, but particularly foure, as Beere, Ale, Perry and Cider; and to theſe we may adde two more, as Meade and Metheglin two compound drinkeſ of honie and hearbes which in the places where they are made, as

*Diuerſities  
of drinkeſ.*

in *Wales* and the marches are renowned for exceeding wholesome and cordiall.

To speake then of Beere, although there bee diuers kinds of tastes and strength thereof, according to the allowance of malte, hoppe, and age giuen vnto the same; yet indeed there can bee truly sayd to be but two kindes thereof; namely, ordinary beere and March beere, all other beeres being deriued from them. *Of Beere.*

Touching ordinary Beere, which is that wherewith either Nobleman, Gentleman, Yeoman, or Husbandman shall maintaine his family the whole yeere; it is meet first that our *English Hus-wife* respect the proportion or allowance of mault due to the same, which amongst the best Husbands is thought most conuenient, and it is held that to drawe from one quarter of good malt three Hogheads of beere is the best ordinary proportion that can be allowed, and hauing age and good caske to lie in, it will be strong enough for any good mans drinking. *Of ordinary Beere.*

Now for the brewing of ordinary Beere, your mault being well ground and put in your Mash-fat, and your liquor in your leade ready to boile, you shall then by little and little with scopes or pailles put the boiling liquor to the mault, and then stirre it euen to the bottome exceedingly well together (which is called the mashing of the mault) then the liquor swimming in the top cover all ouer with more mault, and so let it stand an howre & more in the mash-fat, during which space you may if you please heate more liquor in your leade for your second or small drinke; this done, pluck vp your mashing stroame, and let the first liquor runne gently from the mault, either in a cleane trough or other vessels prepared for the purpose, and then stopping the mash-fat againe put the second liquor to the mault and stirre it well together; then your leade being emptied put your first liquor or wort there-

in and then to euery quarter of mault put a pound and a half of the best hops you can get, and boile them an hower together, till taking vp a dishfull thereof you see the hops shrinke into the bottome of the dish; this done put the wort through a straight siue which may draine the hoppes from it into your cooler, which standing ouer the Guil-fat you shall in the bottome therof set a great bowle with your barme and some of the first wort (before the hops come into it mixt together, that it may rise therein, and then let your wort drop or run gently into the dish with the barme which stands in the Guil-fat, and this you shall do the first day of your brewing letting your cooler drop all the night following, and some part of the next morning, and as it droppeth if you finde that ~~it~~ lacke skumme or mother riseth vpon the barme, you shall with your hand take it off and cast it away, then nothing being left in the cooler, and the beere well risen, with your hand stirre it about and so let it stand an hower after, and then beating it and the barme exceeding well together, tunne it vp in the Hogsheds being cleane washt and scauled, and so let it purge, and herein you shall obserue not to tun your vesseis too full for feare thereby it purge too much of the barm away, when it hath purged a day and a night you shall close vp the bung-hoies with clay, and only for a day or two after keepe a vent-hole in it, and after close it vp as close as may be. Nor for your lecond or small drinke which are left vpon the graines you shall offer it there to stay but an hower or a little better, and then drain it off also, which done put it into the lead with the former hops and boile the other also, then cleere it from the hops and couer it very close til your first beere bee run'd, and then as before put it also to barme and so tunne it vp a so in smaller vssels, and of this second beere you shall not drawe about one Hoghead to three of the better. Now  
there

there be diuers other waies & obseruations for the brewing of ordinary Beere but none so good, so easie, so ready and quick'y performed as this before shewed: neither will any beere last longer or ripen sooner, for it may be dranke at a fortnights age and wil last as long and liuely.

Now for the brewing of the best march Beere you shall allow to a Hogi-head thereof a quarter of the best malt, well ground: then you shall take a pecke of peale, halfe a pecke of Wheate, and halfe a pecke of Oates and grind them all very well together, and then mix them with your malt: which done you shall in all points brew this beere as you did the former ordinary beere: onely you shall allow a pound and a half of hops to this one Hogshead: and whereas before you drew but two sorts of beere: so now you shall draw three: that is a Hogi-head of the best, and a Hogi-head of the second, and halfe a Hogs-head of small beere without any augmentation of hops or malt.

*Of brewing  
the best  
March  
beere.*

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

Now for the brewing of strong Ale because it is drinke of no such long lasting as Beere is: therefore you shall brew lesse quantity at a time thereof, as two bushels of northerne measure, which is foure bushels or halfe a quarter in the South; at a brewing and not aboue; which will make foureteene gallons of the best Ale. Now for the mashing it & ordering of it in the mashfat, it wil not differ any thing from that of beere; as for hops although some vse not to put in any; yet the best Brewers thereof will allow to foureteene gallons of Ale a good espen full of hops and no more, yet before you put in your hops, as soone as you take it from the graines you shall put it into a

*Brewing of  
strong ale.*

vessell and change it, or blinke it in this manner; put into the wort a handfull of Oake bowes and a Pewter dish, and let them lie therein till the wort looke a little paler then it did at the first; and then presentlie take out the dish and the lease, and then boile it a full hower with the hops as aforelaid, and then cense it, and set it in vessels to coole, when it is no more but milke warme, hauing set your barme to rise with some sweet wort: then put all into the guilfat, and as scone as it riseth with a dish or bowle beate it in, and so keepe it with continuall beating a day and a night at least, and after tunne it. From this Ale you may also draw halfe so much very good middle ale, and a third part very good small ale.

*Brewing of  
Bottle Ale.*

Touching the brewing of bottle Ale, it differeth nothing at all from the brewing of strong Ale, onelic it must be drawne in a larger proportion, as at least twentie gallons of halfe a quarter; and when it comes to bee changed you shall blinke it (as was before shewed) more by much then was the strong ale, for it must be pretty and sharpe, which giueth the life and quicknesse to the Ale: and when you tunne it you shall put it into round bottles with narrow mouthes, and then stopping them close with corke, set them in a cold cellar vp to the waist in sand, and be sure that the cokes be fast tied in with strong packethrid, for feare of rising out, or taking vent, which is the viter spoile of the ale. Now for the small drinke arising from this bottle Ale, or any other beere or ale whatsoever, if you keepe it after it is blinkt and boiled in a close vessel, and then put it to barme euerie morning as you haue occasion to vse it, the drinke will drinke a great deale the fresher, and be much more liuelie in tast.

*Of making  
Perry or Cy-  
der.*

As for the making Perry and Cider which are drinks much vsed in the west parts, and other Countries well-stored with fruit in this kingdome; you shall know that your  
perry

Perry is made of Peares only, and your Cider of Apples; and for the manner of making thereof it is done after one fashion, that is to say after your Peares or Apples are well pickt from stalkes, rottenesse and all manner of other filth, you shall put them in the presse mill which is made with a mil-stone running round in a circle, vnder which you shall crush your Peares or Apples, and then straining them through a bagge of haire cloth, tunne vp the same after it hath beene a little letled into Hogl-heads, Barrels and other close vessels.

Now after you haue prest all you shall saue that which is within the haire cloth bagge, and putting it into seuerall vessels, put a pretty quantitie of water thereunto, and after it hath stood a day or two, and hath beene well stirred together, presse it ouer also againe, for this will make a small perrie or cider, and must be spent first. Now of your best sider that which you make of your summer or sweet fruite, you shall call summer or sweet cider or perrie, and that you shall spende first also; and that which you make of the winter and hard fruite, you shall call winter and fowre cider, or perry; and that you shall spend last for it will endure the longest.

Thus after our English Huswife is experienc't in the brewing of these seuerall drinkes, shee shall then looke into her Backe-house, and to the baking of all sorts of bread, eithor for Masters, Seruants, or Hinds, and to the ordering and compounding of the meate for each seuerall vse.

To speake then first of meales for breed, they are either simple or compound, simple as Wheate and Rie, or compound as Rie and Wheate mixt together, or Rie, Wheate and Barley mixt together; and of these the oldest meale is euer the best, and yeeldeth most so it be sweet and vntainted; for the preservation whereof it is meet that you cleanse

*Of Baking.*

*Ordering of Meale.*

your meale well from the branne, and then keepe it in ſweet veſſels.

*Of baking  
Manchet.*

Now for the baking of bread of your ſimple meales, your beſt and principall bread is manchet, which you ſhall bake in this manner; firſt your meale being ground vpon the black ſtones if it be poſſible, which makes the whiteſt flower, and boulded through the fineſt boulding cloth, you ſhall put it into a cleane Kinnel, and opening the flower hollow in the miſt, put into it of the beſt Ale-barme the quantity of three pints to a buſhel of meale, with ſome ſalt to leaſon it with: then put in your liquor reaſonable warme, and kneade it very well together, both with your hands, and through the brake, or for want thereof, ſould it in a cloth, and with your feete tread it a good ſpace together, then letting it lie an howre or thereabouts to ſwel, take it forth and mould it into manchets, round, and flat, ſcorcht about the waſt to giue it leaue to riſe, and prick it with your knife in the top, and ſo put into the Oven, and bake it with a gentle heate.

*Of baking  
cheate  
Bread.*

To bake the beſt cheate bread, which is alſo ſimply of wheate onely, you ſhal after your meale is dreſt and boulded through a more courſe boulder then was vſed for your manchets, and put alſo into a cleane tub, trough, or kinnell; take a ſowre leauen, that is a peece of ſuch like leauen ſaued from a former batch, and well ſild with ſalt, and ſo laid vp to ſower, and this ſower leauen you ſhall breake into ſmall peeces into warme water, and then ſtraine it, which done make a deepe hollow hole, as was before ſaid, in the middeſt of your flower, and therein power your ſtrained liquor, then with your hand mixe ſome part of the flower therewith till the liquor bee as thicke as pancake batter, then couer it all ouer with meale, and ſo let it lie all that night, the next morning ſtirre it, and all the reſt of the meale wel together, and with a little more warme  
water,

water, barme, and salt to season it with, bring it to a perfect leauen, stiffe, and firme, then kneade it, breake it, and tread it, as was before said in the manchets, and so mould it vp in reasonable bigge loues, and then bake it with an indifferent good heat: and thus according to these two examples before shewed, you may bake any bread leauend or vnleauen'd whatsoeuer whether it be simple corne, as Wheate or Rie of it selfe, or compound graine as wheas and rie, or wheat, rie and barley, or rie and barley, or anie other mixt white corne; only because Rie is a little stronger graine then wheate, it shall bee good for you to put to your water a little hotter then you did to your wheate.

For your browne bread, or bread for your hinde seruants which is the coursest bread for mans vse, you shall take of barley two bushels, of pease two pecks, of wheat or rie a pecke, a pecke of mault; these you shall grind altogether and dress it thorough a meale siue, then putting it into a sower trough set liquor on the fire, and when it boils let one put on the water, and another with a mash-rudder stir some of the flower with it after it hath been seasoned with salt and so let it be till the next day, and then putting to the rest of the flower, worke it vp into a stiffe leauen, then mould it and bake it into great loaves with a verie strong heate: now if your trough be not sower enough to sower your leauen, then you shall either let it lie longer in the trough or else take the helpe of a sower leauen with your boiling water: for you must vnderstand that the hotter your liquor is, the lesse will the smell or ranknesse of the pease be receiued. And thus much for the baking of anie kinde of bread, which our *English Hus-wife* shall haue occasion to vse for the maintenance of her family.

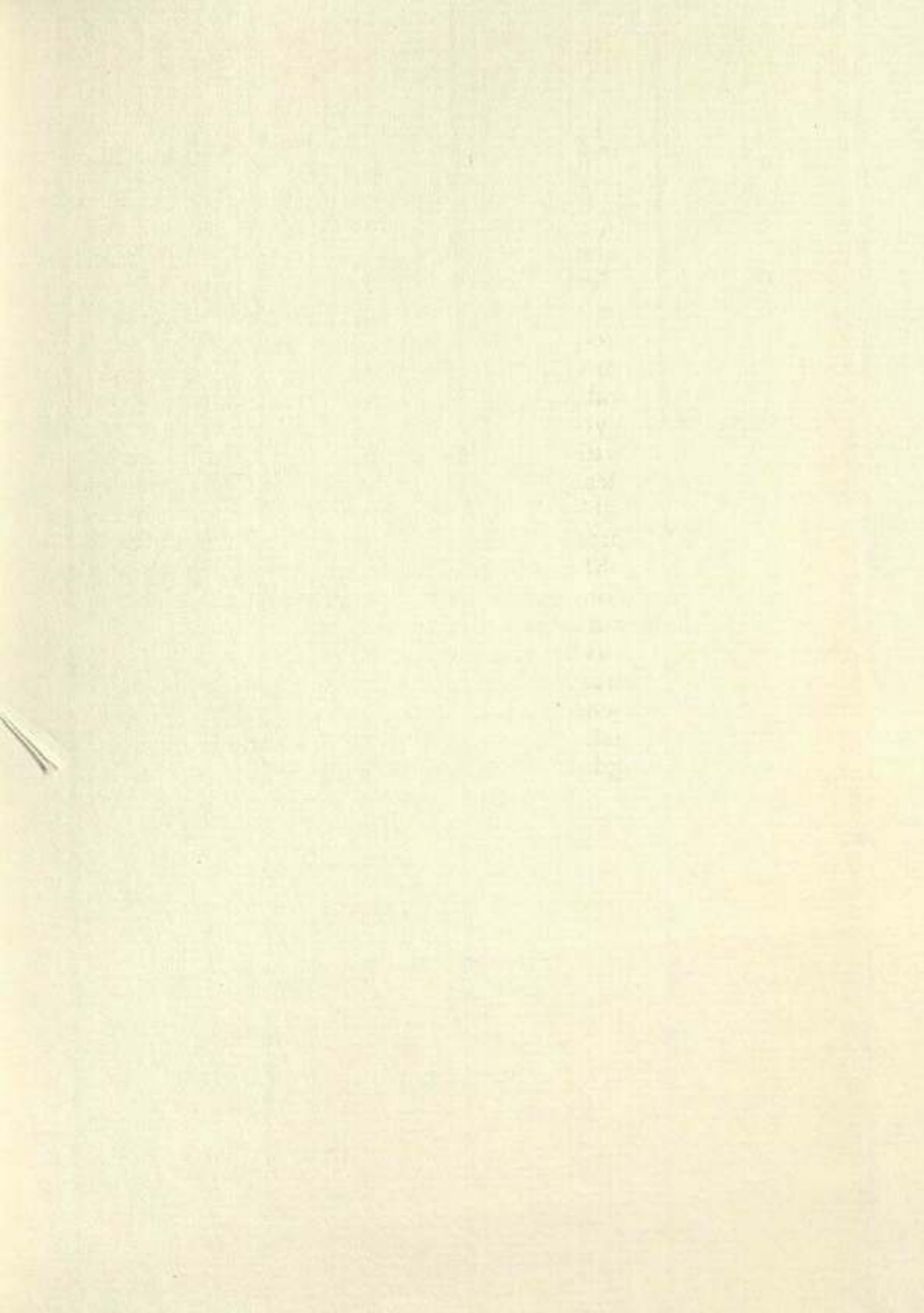
As for the generall obseruations to be respected in the Brew-house or Bake-house they be these: first that your Brew-house be seated in so conuenient a part of the house  
 that

*Of browne bread.*

*Generall obseruations in the brew-house and Bakehouse.*

that the ſmoke may not annoy your other more priuate roomes, then that your furnace be made cloſe and hollow for lauing ſewell, and with a vent for the paſſage of ſmoake leaſt it taint your liquour; then that you preferre a copper before a lead, next that your Maſh-fat be euer neereſt to your leade, your cooler neereſt your Maſh-fat, and your Guilfat vnder your cooler, & adioining to them all ſeueral clean tubs to receiue your Worts & Liquours: then in your Bake-houſe you ſhall haue a faire boulting houſe with large Pipes to boult meale in, faire troughes to lay leauen in and ſweet ſaſes to receiue your branne, you ſhall haue boulders, ſearſes, raunges and meale ſiues of all ſorts both fine and coarſe, you ſhal haue faire tables to mould on, large ouens to bake in the ſoales thereof rather of one or two intire ſtones then of many bricke and the mouth made narrow, ſquare and eaſie to be cloſe covered: as for your peeles, cole-rakes, mankins and ſuch like, though they be neceſſary yet they are of ſuch general uſe they need no further relation. And thus much for a full ſatiſfaction to all the Huſbands and Huſwiues of this kingdome touching Brewing, Baking, and all what elſe appertaineth to either of their offices.

**FINIS.**









DCH 520

GERVASE MARKHAM  
COUNTRY  
CONTENTMENTS

LONDON, 1615

