

v. 2. H. 1827.

DOMESTIC ECONOMY,

AND

COOKERY,

FOR RICH AND POOR;

CONTAINING

AN ACCOUNT OF THE BEST ENGLISH, SCOTCH,
FRENCH, ORIENTAL, AND OTHER FOREIGN

DISHES;

PREPARATIONS OF BROTHS AND MILKS FOR CONSUMPTION;
RECEIPTS FOR SEA-FARING MEN, TRAVELLERS,
AND CHILDREN'S FOOD.

TOGETHER WITH

ESTIMATES AND COMPARISONS

OF DINNERS AND DISHER.

THE WHOLE COMPOSED WITH THE UTMOST ATTENTION TO
HEALTH, ECONOMY, AND ELEGANCE.

BY A LADY.

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145

P R E F A C E.

THE following receipts were collected during twenty years' experience in housekeeping, and have been written for the especial purpose of affording to heads of families, as well as to cooks, a knowledge of the elegancies and comforts of a good table, and of the easiest modes and the most proper seasons for procuring and preparing them.

Particular attention has been given to the details of the table, as well as to the estimates introduced for regulating this important branch of household expenditure; and the most approved rules have been added for detecting whatever deleterious substances may have been mixed up with provisions of every kind. The best information has been collected in regard to milks, broths, and other diet adapted for infancy, debilitated constitutions, and consumption; and many receipts are inserted expressly for the comfort of seafaring men, and for the relief of artisans and the poor.

The department of foreign European cookery is constructed according to the best practice, which a long residence abroad enabled the Author to appreciate; and in this branch of the work will be found receipts for many excellent dishes which have never before been described to the public. The mullatanees and curries of India; the sweet pillaus, yahourt, and cold soups of Persia; the cubbubs, sweet yaughs, and sherbets of Egypt; the cold soups and mixed meats of Russia; the cuscussou and honeyed paste of Africa; a light imitation of turtle, and methods of dressing the real, &c. &c. have been, for the most part, inserted with the view of introducing a less expensive, a more wholesome, and a more delicate mode of cookery.

DOMESTIC ECONOMY

AND

COOKERY.

No nation has written more on the subject of economy than our own, and no nation has practised it less. Indeed, the mass of the population can receive little or no benefit from the clearest general precepts. When they are told economy is a good and useful thing, that it will secure a comfortable subsistence to their children in their infancy, and themselves in their old age, they hear and believe; but this will never teach them that 3lbs. of one sort of meat may be had for the same price as one of another*, or that they may make wholesome beer for themselves, at one eighth of the price that they pay, as their forefathers did, and their neighbours do, for poisonous porter. Such precepts must proceed from those that have devoted a considerable portion of their time to domestic concerns; and in no work can they with more propriety be given than in a cookery-book,

* Were I not afraid of frightening my readers, I should have added, and that they may make one of these pounds go farther than three cooked in the ordinary way.— This, however, the receipts will show. I once saw a French family, consisting of six grown persons, a child, and a jack-daw, who, by the by, was the heaviest of the eight on the meat, dine on one pound of lean veal, made into a rich ragout, with mushrooms, morels, &c. (see receipt) and goose fat, the properties of which I have amply enlarged upon. This may astonish my country folks, as I assure them it did me; and in the expectation that the moral of it may impress itself on others as it did on myself, I place it thus forward as being the first thing that opened my eyes to the advantages of French cookery. I may further add, that this entire family was enjoying perfect health, and had never heard of many of those disorders, which, under the different appellation of nervous, bilious, &c. are so prevalent in this country.

from the hands it is likely to fall into, from its embracing the objects of expenditure more than any other, and because the waste of the necessaries of life is, of all others, the most injurious.

The arrangement of those receipts has been no trifling labour. I indulge, however, in the hope that, by pointing out the means of preventing waste, I may be enabled, in some degree, to diminish the cares of the rich, and encrease the happiness of the poor. The dishes of our own and other countries which are given, have been all dressed in my own kitchen; and the foreign ones which are not yet used in England I have had proved. I have assigned a reason for every thing, *as far as the limits would permit*, that the cook may understand what she does, and why she does it. In gardening, agriculture, &c. analysis and generalisation have been introduced, to the great ease of the learner, and advantage of the community. In cookery, generalisation has certainly been recommended, but very little practised, because that art, though indebted to some professional men, as Dr. Hill, (Mrs. Glasse,) Dr. Hunter, and Dr. Kitchener, for the three best cookery-books we have at present, engages still less than any other the attention of those whose education renders them best calculated to simplify and improve. Not that cookery is in itself any ways inferior to many others in which they pride themselves in excelling, but they neglect it from the very reason that should have induced them to lend their assistance to it, namely, its universal practice; and in this consideration I perhaps may be excused when I say, that I treat more of universals than the few who have restricted that term to themselves. As I shall have frequently to use the word economy, let it be understood that it is not saving mean. Saving is the privation of a comfort or luxury; economy, the procuring it at the least expence.

Though deeply impressed with the importance of economy, and though convinced of the facility with which it may be practised, and of the happiness which may be the result, still it is with a feeling far short of confidence that I propose the following system, when I look around me on the habitual extravagance of every rank, the depravity of servants, the inability of women to manage their own affairs, and the rooted prejudice

against improvement, — a prejudice that has prevented our people from benefiting by the better customs of their neighbours, which the profusion of money, and local and accidental circumstances, have prevented them from discovering, or (more hopeless still) have brought into disuse. The middling classes, so far from wishing to save, seem to consider profusion a mark of affluence. The higher orders, who are above this vanity, are, in most cases, equally ignorant of the state of their establishments: while the poor are proportionably more extravagant than either. In fact, I know not where any thing like economy is to be found amongst us, except in the reduced families of the higher, and sometimes of the middling ranks. It is worse than ridiculous to hear the English boasting of their charitable and benevolent institutions, and valuing themselves on a comparison with the virtuous and unobtrusive frugality of the French, and indeed of every other nation, when there is twice as much wasted by their menials as would, if fitly administered, maintain in honest independence the wretches whose name is a sanction for drunkenness in a tavern, or dissipation at a masquerade. "A French family would live well on what is daily wasted in an English kitchen."

This national blemish has originated amongst the rich, in the enormous disproportion between the wealth of this and of other countries; amongst the poor, in the demand for workmen, and the consequent high price of labour which attends a flourishing state. The habits of extravagance thus acquired, in subsequent reduction, by fall of wages, sickness, or any other cause, are no less heavy and calamitous than they were criminal before. The manhood of such persons is a succession of intemperance and want; their age is spent in a workhouse. But we must contrast them with the working classes of other countries, to be awakened to the wretchedness of a condition to which, unfortunately, its very prevalence renders us callous. To these causes, and, in a great measure, to the fall of the Roman Catholic religion, I am inclined to attribute the manifest decline of the culinary art. The frequency of fasts and *jours-maigres* forced the people to exert their ingenuity in dressing vegetables, fish, eggs, &c.; and Friar's chicken, Pope's posset, Bishop, and Monk,

are reliques that have not been swept away with their cells and monasteries; whilst New-College pudding, Oxford John, Dean's particulars, &c., still grace their ancient halls. In an old family register I find, besides many other dainties requisite for a bishop's table, that capon was a standing dish, and formed a considerable portion of his *kain*.* I do not believe, that now-a-days, a single capon would be procured for money, from Tweed to John-o'-Groats. To the patriotic zeal of the monks†, are we much more indebted for fine breeds of animals, than to the Agricultural Society of the present day. They discovered a spring of action, as yet wholly overlooked, by the less scientific members of that society; for they received no poultry, as *kain*, under an enormous weight; and I saw, a few years ago, at Paisley Abbey, a pretty tolerable sized ring for measuring eggs, beneath which, the friars used to place a basin; the eggs that fell through were, of course, not counted, being broken, and only fit for puddings.

With respect to servants, their depravity is too notorious to require exposure or minute detail. Its evil effects are so universally, and so severely felt, that the bare mention of a chance for ameliorating it, would, it might be supposed, be seized with avidity. This, however, is far from being the case, because the real root of the evil is in the factitious state of society, and want of proper education.

But, at all events, the more we can be useful to ourselves, and the more we can do without servants, the happier we shall be. It would be quite Quixotic to call society by its right name, or to think even of the pains and assumed happiness it costs; but let those who have the greatest trial and exertion to maintain themselves in it, and who are, consequently, most dependent on servants,

* A portion of rent or tithe paid in kind.

† The monks on the continent, at this moment, are reputed the best of cooks. I may say that I never saw a better dressed or better served dinner than one that was begged, cooked, and served by a mendicant friar. He came to Rome once a-week, went his rounds, and brought his gleanings to an *Abbate* who patronized him. The door was then shut, the outer cloak thrown off, and half a dozen bags, plump as their carrier, displayed themselves to the enraptured eyes of the benevolent host. Fearing that the load under which the frater's shoulders themselves were made to bend, would completely overwhelm the credulity of my readers, I abstain from the bill of lading. Suffice it to say, that for a dinner of ten dishes, no one ingredient was wanting, not even oil. The receipt for one of them—baked curds—I regret I have lost. I shall refer to the receipt for a *Quarter of kid dressed à l' Isaac*, which was truly savory. I had an opportunity of witnessing several sights of the kind, being introduced by the friendly *Abbate* as the *Sorella* _____.

mark some point at which they judge the pleasures of society to be more than counterbalanced by its pains. Let such persons, then, summon up courage, and retire from it at once, and save, for the support of their children, the substance they lavished on strangers, that ridiculed them while they fed on their misapplied bounty. Let them not suppose, that, in the parade of society, there is any thing captivating beyond idea. It is afflicting to think, that the mind, which we are accustomed to call free and uncontrolled, should not only be less free than the body, but that the means of enslaving it should be greater: "when goods increase, they are increased that eat them; and what good is there to the owners thereof, save the beholding them with their eyes." I should recommend that no servant be taken, without a character of three years at least; that no master or mistress give a good character to bad servants, for the sake of getting rid of them; and that no servant be taken from the recommendation of trades-people.* Were these simple maxims attended to, the result, I have no doubt, would answer the most sanguine expectations. Servants would then seldom quit their places; they would have an interest in pleasing their masters; and masters have always an interest in overlooking a few faults, that they may not be put to the inconvenience of changing. In short, servants would consider their places as their homes. The system of giving false characters†, seems now quite a matter of course. Indeed, a brother, a husband, or a father of a family, would risk much in refusing one to an impertinent fellow. The only means of remedying this, is requiring testimonials of a period of residence in one family of a considerable length; surely people could not falsify in this respect. If a man, who knows himself wholly de-

* Though it is not my plan to enter particularly into the subject of servants, yet there is an abuse too serious to be omitted, as it is not generally known, though I do not see how it is to be remedied. A gentleman runs about to a dozen coach-makers to save a couple of pounds on his carriage, and say it costs him 200l. The coachman, before he drives it from the tradesman's door, receives, perhaps, 200 shillings, though the tradesman has to wait for his money, and long enough too sometimes. He has likewise to supply the coachman with tickets for drink when he chooses to pay him a visit, with dinners, civilities, and whatever else may be going on, and to pay him three times the value of the old harness, should that be unfortunately a perquisite. The cause of this is, that the coachmaker has warranted the coach to run for a certain period, and of course he must season the coachman as well as the coach.

† A case of false character has lately been tried, and 700l. damages were adjudged against a person who gave a character for honesty to a servant whom it was proved he knew to be dishonest. A few such examples would have a very salutary effect.

ficient, in point of honesty, find his master give him the character of an honest servant, what inducement can he have to forego a practice that adds to his stock, and detracts not from his good name?

But it requires something more than precept and the terror of true characters to constitute a well-principled and a well-regulated family—the good conduct and good principles in the master and mistress, of which servants are the best judges. What can oral precepts do, when constant practical ones are in opposition to them? or with what reverence can servants look up to those whose duplicity and petty frauds they daily witness? How can they receive benefit from their instructions, when they merely recommend honesty and truth? This remark I would address more particularly to the mistress, as her conduct is an example to her husband, as well as to others, from the persuasive and engaging delicacy that belongs to the female character;—the only return, and a poor one it is, that woman receives in lieu of every thing society denies. And besides, it is her virtues alone that can be displayed in the most necessary and endearing offices of domestic life, in the management of the household, in the toils and anxieties of bringing up a family, and in the tender and indefatigable watchfulness of a sick bed. Evil example is generally considered much more contagious than good; but, placing the standard a good way below perfection, as is requisite to make the cases admit of comparison, I think it is just the reverse. I could mention instances of prudent women whose example has influenced their neighbourhood for miles around; and, while no female tongue could allow them the slightest praise, mothers became more attentive to their families, and mistresses to their households.

Another fundamental error is the ignorance in which the wife is kept of the real state of her husband's affairs, of whose ruin she may thus be the innocent and unconscious cause. Men often seem more anxious to conceal from their wives, than from others, the embarrassment they should wish them alone to know. They have buoyed them up with expectations, the failure of which mortifies their own pride. With the rent-roll let the debts and mortgages be produced, and at all events, let the young wife, before she runs into the heedless expense, find

some means to ascertain whether there be incumbrances, and to what extent. If example be required, I will produce that of a lady of more than patrician birth, and of a mind as elevated as her rank. Suspecting, from several circumstances, the embarrassed state of her husband's affairs, she went into the steward's office, and, locking the door after her, declared that she would not quit the place till he made her acquainted with her real situation. Her suspicions being more than confirmed, she prevailed on her husband to go and pay some visit, and then immediately dismissed the carriages, horses, servants, hounds, and all the et cetera of expense, and when her husband returned, received him with open arms to a state of peace and comfort to which his former condition rendered him a stranger, and which pomp and festivity had served at best to interrupt. The creditors, by wisely trusting their honour and discretion, saved their own money, and prevented the ruin of the family. It was, however, a long and painful task of fourteen years. With less labour the fortune might have been triply earned; but it had more value as the work of integrity. Had the lady been a merchant's daughter, in all probability the family would have been ruined; for what judgment or feeling can be expected from boarding-school discipline? Many mistresses, who subscribe to the Bible Society, have servants at home without a Bible. Let them take home a common Bible, and books, of which there are many suited to their capacity, both engaging and instructing. These books should be changed at proper intervals (say once a week) and some of them examined as to their contents to secure their perusal. Thus mistresses would gain a knowledge of the dispositions of their servants, and obtain intellectual authority over them, the reaction of which, by requiring in her the same moral superiority and a regard for the principles which she nurtures, would extend its beneficial influence to the society in which she moves, to her children, and even to her children's children. Let us not regard remote causes as insignificant. The highest flights of genius, and the profoundest arguments of philosophy, are but assemblages of minute and individually inconsequent relations. By this discipline, servants also will have their minds occupied and improved, and consequently their happiness increased. Is

not idleness the source of all evil? What then can be expected from a number of idle people sitting down together from three to five hours every evening, deprived by dependence and distrust of every sense of honour, with no spur to improvement, and every incentive for vice? As their service is indispensable to our comfort, their comfort, morals, and happiness, are indispensable to our tranquillity. Their life, however, is far from being happy, and, though our happiness is intimately connected with theirs, we seem not to have a care on the subject. We are exalted by their degradation, but let it not appear that we are happy by their misery. There is a great deal of time, precious to their families, wasted by well meaning and virtuous women in running after charitable institutions, whilst their children are suffering from neglect, or abandoned to neglectful servants, and whilst there is perhaps twenty times the value of their alms wasted in their kitchens, not from any particular mismanagement, but from the want of attention to economy and knowledge of it so universal in this country. I do not mean to say that charities are always prejudicial: there are many on the contrary highly meritorious; such as schools of all descriptions, when food and clothes are not given; relief in all cases of accident, unforeseen calamity, fires, &c. But the constant and systematic practice of alms-giving, the Foundling and Lying-in Hospitals, and the like, are checks to industry, and premiums for vice, and are as remote from the spirit, as from the letter of the Scripture, on the authority of which they are generally maintained. There are, who are carried away by what they call tender sympathies, and who give some from their abundance, some from their necessity, and some forgetting that justice is before liberality; and there are, I am sorry to say, whose sole aim is a fair report, who would think it very harsh that the poor should be taught to have an honest contempt for the bread of charity, and that they should save even from their needful to support their aged parents, or to keep in store for their own necessities. But what could such people think of any one who would say, that, "If any man provide not for his own, and especially for his own kindred, he hath denied the faith: he is worse than an infidel?"

Women, guided by judgment and reason (as well as

by the best intentions), will begin with studying and practising economy in their own families, and they will then instruct the poor or peasantry around them to increase their means by diminishing their waste and their wants, and to pride themselves on independence. But, till women's minds are more improved, and their views more extended, they naturally will endeavour to render themselves as necessary to the poor as the poor are to them. The dreadful lessons we have at different times received, by the failure of harvest or stagnation of commerce, seem to be entirely lost upon us.* The miseries of Spitalfields are forgotten as if they had never been; and fewer heed than recollect the loaf of bread hung in crape in Hyde Park, with an alarming motto. It is not decrees of government or acts of parliament that can eradicate an evil rooted as this is in the universal and individual extravagance of the people.† That must result from the united

* Such opinions I have heard reprobated, as the doctrine of despots, who wish to make the people as tame as possible, and satisfied with whatever their bounty may condescend to permit them to retain. But can it be maintained, in the first instance, that inducing them to be frugal, and consequently rendering them independent of their superiors, is the way to debase them? and, in the next place, what happiness can exist in the midst of ineffectual struggles against arbitrary power? I will even go so far as to say, that there accrues as much happiness, or at least as little unhappiness, from the impossibility of acquiring any object, (of course beyond the necessities of life,) as from its absolute possession. What is the utmost of the benefits to be reaped from such struggles or explosions? a very slight experience, considering the magnitude of the event, and a little stimulus to improvement. How differently might these objects be met, by affording the people leisure with the means of improvement, now so easily procured by education and books! Others may suppose, that by promoting contentment, industry is checked. But contentment is not apathy, and frugality and indolence agree neither in sense nor in sound.

† "A moralist of Henry the Eighth's time, contrasting the character of that period with all which had preceded, would say that voluptuousness and depravity had then reached their utmost pitch. One who witnessed the excesses of Charles the Second and his boon companions, would, by the same rule, deem it almost impossible for vice to be carried further. These specimens, as far as they extended, were certainly gross and execrable enough; but the sphere of voluptuousness then, compared with that of our own times, was very narrow. Money being the scale by which licentiousness is to be measured and compared, let us by this apostolic instrument, compare and estimate our own purity.

"During the thirty-eight years that Henry reigned, the total expenditure of the government was 30 millions; being on the average about 800,000 annually. The reign of Charles was thirty-six years, in the whole of which time 64 millions were expended, the annual average being 1,800,000. Now, comparing these sums with our annual payments, independent of interest on monies borrowed at various times, called the National Debt, and which ought not to be left out of the calculation, making this money-business the criterion of national licentiousness, it appears that ours is about fifteen times as profligate as the reign of Charles, and about thirty-four times worse than that of Henry.

"To come, however, to facts, let us, as a further test of our prudence and virtue, view the four longest reigns, which will furnish fair data for our purpose.

	reigned	Years	Yearly Expenditure.	Total.
Henry III.	_____	56	£80,000	£4,480,000.
Edward III.	_____	50	154,000	7,700,000.
Elizabeth	_____	45	500,000	22,500,000.
George III.	_____	59	16,220,000	2,357,436,000.
		33	70,071,000	

endeavours of the mistresses of families, who alone are enlightened enough for undertaking it, influential enough to recommend and enforce it, and numerous enough to carry it into effect. As one instance in a thousand of the contrast between English workmen and those of other countries, an extensive manufacturer at Manchester told me that for thirty years he had employed none but Scotchmen, because in times of scarcity and sickness he had no trouble or expense with them. They had always sufficient in his hands, with their own frugality, to carry them through.

We all of us, and at all times, consume more food than health or prudence would warrant. What gives trouble to one man to digest would maintain three in comfort. One pound of food a-day, says the Koran, is sufficient to support a man: if he take more he has to support it. The criminality of this waste is more particularly evident in the severe afflictions of famine. One portion of the community will abate nought of their ordinary excess for the preservation of the other. Servants will not submit to the slightest privation, while perhaps the nearest relations of their master are starving. Masters will use substitutes of any kind, against which the poor have prejudices. They go among their people, comforting and advising them, and share in their misery: while servants will with great difficulty suffer, if any at all, some trifling reductions. Snails and frogs, so much prized in all other states of Europe, might have greatly assisted us at that period

"Now, to apply these facts to our present purpose, we will say from the accession of Henry Third, to the middle of the reign of Elizabeth, to the death of George Third, is 294 years. During the first period the annual expenditure increased *six fold*; during the latter, which is forty years short of the former, it increased *a hundred and twenty fold*, and in the whole period of 600 years it increased *nine hundred fold*. Now it cannot reasonably be expected that an equal rate of expenditure could be observed throughout the whole term; the question therefore is, what would any competent mathematician of the age of Elizabeth, with the practical data before that time, as here furnished, have said might be the probable expenditure in 1808, or in 250 years time. His calculation would be simply as follows:—During the 160 years from Henry to Edward, the ratio of increase would not be quite 2: in the last 236 years, from Edward to Elizabeth, not quite 24, computing by centuries. Now, allowing for all moral contingencies during the 250 years to which his calculation related, he would, perhaps, have said, let three be the ratio; or, allowing extravagantly, four: the former would make 6,750,000. the charge on the nation in 1808; and if four were the ratio, it would have been 12 millions. For the last twenty-six years of George III., 60 millions therefore were squandered annually more than any prudent calculator would have estimated on the data before given. If, then, I might be allowed to call the means of gratifying sensuality in the time of Elizabeth, *unit*; the political economists of George III, had contrived to make it *one hundred and twenty times* greater; and granting money to be the standard of gradations in vice, could any times, let me ask, be more flagitious?"

when provisions were scarce ; as they were, like the shell fish, in great plenty. I regret this prejudice of ours very much ; as, in this country so liable to consumption, they might be of great service. I give receipts for preparing them, and I should recommend that broths be made of them for consumptive patients, and, if necessary, without their knowledge.

Those who have leisure, and who employ themselves in making experiments, might render infinite service to the community, by making bread, as the Laplanders do, of pine bark. Wake Robin and the root of Dent-de-Lion, were they properly treated, would make excellent bread ; and indeed almost all the roots of wholesome plants might be eaten boiled. The discovery of their nutritious properties would be a fine employment and amusement for children of opulent families, who have gardeners capable of directing their researches. It would enlarge their minds, not only in the knowledge of nature, but also in the feelings and relations of humanity. Beech masts, acorns, horse chesnuts, and even sloes, by steeping, might be made useful for food, and new qualities discovered in other weeds and vegetables. *

The physician of one of the embassies to China told me, that he had seen children (almost infants) lying upon the sides of tanks, gathering every thing that had life, and putting what they had collected into little boxes formed like mouse-traps, to prevent their escape. The produce was put into the rice-pot. Such things should be known, as well in case of necessity as to clear away prejudices. Ass and horse-flesh might be used, at least in scarcity. Asses were considered a luxury by the Romans. An elephant was shot at Geneva, from exhibiting symptoms of madness. Finding that my landlady had had some of it for dinner, I requested her to procure some for me, but it was all gone. In a few hours the people had bought up the whole of it at one franc the twelve ounces. I suspect it would have remained longer on hand

* " A corps which was employed to invest Neo-Patra in 1823, being unable to procure any corn for some weeks, tried many substitutes, until they at length began to try fern roots, which were found to yield more nutriment than any other succisaneum. Captain Fanganas, who had often partook of this new species of bread, describes it as being very palatable."

Had our military in the American wars fallen upon such resources, it would have saved many a life, when the short provisions were almost in a state of putrefaction, the biscuit destroyed by the weevil, and the men dying of want.

in England. Parents, officers, and masters, ought to know these things; for, supposing themselves to be exempt from personal misfortune, yet it may be in their power to succour those by their advice, whom they could not assist in any other way. But deliverance from prejudice should in itself be a sufficient motive to induce a rational being to throw aside the peculiarities of a country, and the antipathies of a nursery.

An officer, recounting the dreadful calamities to which the army at one time in America was reduced, emphatically said, "But I have to thank the good sense and propriety with which my mother brought me up, in the midst of the prejudice and superstition of the country in which I was born."

The vulgar would say, if he could eat rancid meat and mity bread, he must have been low born: but that is not the case; for the low born are the last to accommodate themselves to any privations. On the contrary, he is of a very ancient family, of which he was then only the younger branch, though now the heir; but he owes his life to his mother's good sense, and not to hereditary honour.

I would gladly draw the attention of land-owners, and particularly those upon the coast*, to the many unexplored resources they possess on sea and land; for were they to examine their shores more closely, they might find them to contain fish not known to frequent them, or not taken. For instance, dragging for muscles upon the northern coasts of the island, a variety of fish have been taken which the fishermen did not know: red and grey mullet in particular, sole, and some others which I have forgotten. There is found also, in the spring, at the high tides, a curious ugly flat fish, vulgarly called the pedal. It is generally found fixed upon a roe heavier (I believe) than itself. The peasantry eat this roe, and the skin (which is a thick jelly) raw, or heated over the coals. The rich, to whom it is sent in presents, cook it in a fricasée sauce; but it is best dressed as turtle. It is taken when it overstretches the water-mark to deposit the spawn. There was brought to me, in the spring of 1813, a fish of the trout species, that the sea had left. It

* The sand reed is worth the notice of such proprietors.

weighed above sixteen pounds ; and although it had lain upon the shore till hardened on the upper side, it was perfectly fresh, and the most delicious of the kind I ever tasted. Although at that time I could get no account of it, I have since met with it on the Barbary coast. It is the *chabbel* of the Mediterranean, a species of salmon, but much more delicate. Were people who go to these and other coasts, to enquire into the manner of taking the different fish, it might be ascertained whether such fish are visitors or natives of our own? Where turbot is not fished for it is often taken upon skate-lines. There are more likely places for them than at Aberdeen further north, where the climate is more genial.

Where samphire, dulse, laver, or shell-fish is found, the poor ought to be instructed to gather and preserve it for a little commerce, and to make their own salt. Cheap as it is, the very carriage is of consequence to them ; and, if they made the salt, they might make excellent soy of dulse, either for themselves or for sale.

The only true secret of assisting the poor is making them agents in bettering their own condition, and supplying them, not with temporary stimulus, but with permanent energy. Many hardships might be washed out of the lot of the poor, by turning their attention to such little occupations ; and this only requires to be set a-going. It employs, likewise, much idle time which the men have in winter. Remember, that the waste of one extravagant servant would keep two or three of these families : though I would much rather that, if possible, they subsisted by the sweat of their own labour. I have read many works upon saving the food of the poor — many excellent treatises indeed ; but they all suppose that every one who reads is convinced by reason and guided by conviction. They are swayed by example, that is, constant repetition. The oftener, then, that such precepts are repeated, and the more they are insisted upon, the more chance there is of success.

I have said to the cook a good deal about bread ; yet, as a mistress may not look into that part of the work, I will tell her, that during the scarcity, every family that attended properly to it, in some cases saved nearly a half, and in others fully so. Some families had to threaten to turn away their servants, not that they had too little, but

got dissatisfied and haughty, because they saw regulations going forward against their waste. It is very bad economy to buy bread, even if the bakers did not adulterate it. I saw bread baked in a family at Chatham, last summer, which was made better than baker's, at two-thirds of the price; and I found it would still have been cheaper had the flour been bought by the sack. The deleterious substances that are put into porter by the retailers, (even when the brewers are suspected of doing so likewise,) should bring families to the resolution of not allowing a drop of it to come into large establishments, which ought to brew their own from good malt and hops.* And there are many economical methods of brewing good and nourishing materials for servants, and those of smaller incomes, receipts for which I have given. There is not a more exhausting expence on the middling and lower classes than that for malt liquors. I once saw a young woman with a fine child twenty months old in her arms, she was still nursing it. Her face was inflamed to a deep scarlet, but not bloated. I asked about the child, and, after some questions, I found she lived upon broiled meat and porter. When I attempted to dissuade her from this diet she turned to her husband, and said, "You know, Joey, how often I tell you I cannot drink a pint of it; for I am in a hot fever all night, and thirsty next day till dinner-time." "And why will you still drink it, since you are so reasonable? Take, then, only a small tea-cupful or less, and make negus of it, with a good deal of sugar and nutmeg, and your fever will decrease, you will have no thirst, and your natural colour will return." I had the pleasure of seeing my advice take effect in this as in many other instances. I recommended the porter negus, in order to wean her from the pure porter. She now takes gruel. I find that poor people (the women especially) prefer porter negus to porter, and afterwards gruel to either, as it admits of such variety in dressing. (See Receipts.)

* Cobbet's Cottage Economy, 2s. 6d. — This is the best gift the lady of the manor could make to the cottagers, teaching them the best modes of brewing, baking, keeping cows, rearing pigs, bees, and poultry. The manner of sowing wheat to get the fine straw for hat-making, such as the Italians grow, &c. &c. besides much other useful information.

Cobbet's Art of Brewing.—The whole system of ale, table beer, and porter brewing, with names and proportions of materials used, cider, perry, and home-made wines.

Every family who brews ought to be in possession of this little treatise.

There would be a great saving in using rice, and grinding it at home. The small rice, which is indeed the best, and if free from a musty smell, ought to be chosen. If bought in tierces, it may be had for little more than three halfpence a pound. Many sorts of nuts may be used instead of almonds. There is a time for buying in each article at the cheapest rate. A great deal of speculation is thus prevented in price, weight, and measures, as well as in waste of time: but whoever has the charge of such things ought to give them out with care. I have seen the consumption of potatoes reduced one half throughout the season by the housekeeper having the saucepan in which they were to be boiled brought as a measure. It was a good cook that gave me this hint. Of course, if the keys are trusted to servants, laying in large stores is perfect ruin. On hiring a housemaid, I asked her on what account she had left her last mistress, with whom she had been to Brighton, and who gave her an excellent character, she said that the lady, when she went to Brighton, took no other servant but her, and that the tradespeople brought in every day just what was necessary; so that when she had any friends to tea, she had nothing to give them. This plan in a town is the very best for those of small incomes, though it is subject to inconvenience and imposition; but a knowledge of the prices and weighing the articles will greatly obviate the evil.

One day a carpenter's bill appearing to be highly charged, I objected to it, and ordered it to be reduced. The servant said, (I believe unawares,) Oh, it is a true bill. What is meant by a true bill? I mean a printed one.* To this I made no reply, as it immediately recalled the similarity of the hand-writing I had often paid bills in. This was a serious lesson.

I have been anxious to give proper receipts for children's food. Parents should be persuaded to give them oatmeal, which is far more nourishing than meat, when it agrees with them. A scale of the nutritive properties of different victuals is given, that mothers may be able to choose for their children. Meat inflames the blood, particularly so in some constitutions, not to say any thing

* I have found from the enquiry this led to, that bad servants get fictitious bills made out for them.

of (that first of objects with mothers) beauty. Lady M——, I know, considers good living the best receipt for good looks. Her ladyship's "good living" is however, I fear, far different from Daniel's pulse. Then, to be sure, we have only his word for the efficacy of his receipt. Let mothers try both.

The great object throughout has been not only to give the cook and housekeeper a knowledge of their office, but to give them lessons of economy, and instructions to assist in enlarging their ideas. These instructions their mistress ought sometimes to read to them.

It is the fault of many cooks to give servants their meals cold, or in a slovenly manner. This always brings disgrace upon the management of a house, and is attended with much waste: as in such cases the servants generally take all they can lay their hands on.

Finding it impossible to give a complete system of the economy of a table, and all that is necessary in French cookery, I have in many cases referred to Beauvilliers. The receipt of eastern and other foreign dishes I have picked up myself in my peregrinations, and from travellers and natives. Many of them have been dressed by native cooks for my own table, and I have found English dishes treated after these methods equally good.

In the oriental cookery, there is a marked distinction between the Hindoo and the Mahometan. The Hindoo is all pepper and sweet herbs, the Mahometan all sugar, fruit, and spice. The fare of the Bedoween Arabs is not coarse. The Arabs live principally upon mutton, pulse, coarse bread, fruit, and milk. Myriads of people live all their lives upon rice, without thinking of a change. How different are the English, and how inconsistent! What one half of the community pays any price for, the other will not eat for pay.*

Many a mistress indulges her servants for the sake of a good report; but a character is a hard purchase from them, for which she may serve all her life, but for which they will not serve her one hour. I speak of servants

* A gentleman travelling in Scotland, found in Aberdeen the turbot so cheap that he determined to remain some time there, and wishing his servants to enjoy that luxury with him, he ordered turbot and lobster sauce for them all. Some days after his coachman gave up his place, feigning some necessity to return to London. He was discharged. Another appeared to take his leave. The master asked what was the matter. The servants said, that though their master could live upon fish, they could not: so he very properly discharged them.

as I have found them, good and bad. The bad have prevailed, but I do not blame them; on the contrary I am truly grieved at their insatiation.

There is a silly vanity in the middling ranks of forcing themselves into the company of their superiors. They fix upon a rich, a noble, or a literary relation to assist at their entertainments, who, when they have no better engagement, honour their humble relatives; but will not scruple, in case of a better chance, to cause a card of apology to be conveyed to the lady, when all is expectation for him in the drawing-room. The disappointment is great, and the chagrin of the lady damps all. "It must be sickness, or some extraordinary event that could make him disappoint me." "There is no doubt of that, my dear," replies the good-natured husband. "Shall I ring for dinner?" "If you expect no one else," resumes the lady, trying to get into spirits. This, however, is the conduct of a man fresh from the university, or of one maturer in years, but not more so in the ways of society—not that of a gentleman. Every man knows his value in the different ranks which he frequents, and will never accept an invitation from an inferior that he does not mean to fulfil. A disappointment would be of little consequence to an equal, and of none to a superior. Thus people often spend their money very foolishly in boring their superiors.

By the reductions in their establishments, that many families were obliged to make at the conclusion of the late war, many, by their own confession, made great advance in happiness, being in spite of themselves disencumbered of a load of care. This is the remark of one whose calling frequently presented such examples to his view.

I give the following quotation from a writer of the sixteenth century, chiefly from the remark he makes on the carriage of the good wife, when every thing is not exactly such as her vanity would wish. Than this attempt at display, nothing can be more fertile in all sorts of unpleasant feeling. It is completely subversive of all the real pleasures of society, and there is certainly nothing like hospitality in the master of the feast. Perhaps it may be rather called hospitality in the guests, who fed him with approving of his goldsmith and cook.

Hospitality has hung itself in a halter of its own twisting. This passage* will dispel any doubts the reader may entertain of the good cheer of our ancestors. We have not even gained one course upon them.

In the conducting of good tables, sameness of ornament or of dishes should be carefully avoided; but as that subject will be often recurred to, I shall only make one remark here, to induce the mistress not to neglect it. She would not like that her guests should be betting, as they rolled along, on the particular dishes that she was to set before them. Another remark may be necessary, that some distinction ought to be made between dinners professedly different. Thus, a country gentleman meets a friend in town, who asks him to a family dinner. He, perhaps, is just come from placing a son at college, or a daughter at school. He considers the matter in his warm clothing — they are by themselves — they will receive me as we do one another in the country. He walks up stairs and finds a party of fashionables. Some titter, and others give way for fear of their dresses. I have seen much *trifling* distress from invitations of this kind to those that are unaccustomed to the etiquette of the present time.

Persons of smaller income require to give still more attention to management. They often, from their situation, have to pay much higher rents proportionally, than

* " Is it for nothing that other countries, whom we upbraid with drunkenness, call us bunster-bellied gluttons? We make our greedy paunches pondering tubs of beefe, and eat more meat at one meal than the Spaniard or Italian in a month. Good threstie men, they drag out their dinner with sallets, and make madame nature their best caterer. We must have our tables furnished like poulters' stalls, or as if we were to victual Noah's ark, or else the good wife will not open her mouth to bid one welcome. A stranger that should come to one of our magnificoe's houses, when dinner is set on the board, and he not yet set, would think the good man of the house were a haberdasher of wilde fowle, or a merchant venture of daintie meate that sells commodities of good chere by the great, and hath traders in Arabia, Turkey, Egypt, and Barbary, to provide him of strange birds, China mustard, and odde patterns to make custards by.

" Lord, what a coyle have we with this course and that course, remounting this dish higher, and setting that lower, and making always the third? A generall might in lesse space remove his campe than they stand disposing of their gluttony; and whereto tends all this gormandise but to give sleep gross humors to feede on, to corrupt the brain, and make it unapt and unwicly for any thing? The Roman censors if they lighted on a fat corpulent man, they straight took away his horse, and constrained him to go on foot; positively concluding his carcasse was so puffed up with gluttony or idleness. If we had such horse-takers amongst us, and that surfeit swolne churles, who now ride on their foote cloath, might be constrained to carry their flesh badges from place to place on foot, the price of velvet would fall with their bellies. Plenus venter nil agit libenter, et plures gula occidit quam gladius. A man is but his breath, and that may as well be stopped by putting too much in his own mouth at once, as by receiving too much from that of a cannon."

their incomes can afford, which bring on higher taxes. They are subjected to many privations, of which neither the higher nor lower classes know any thing of, and often to the caprice of one bad servant, who robs and leaves them.

Sea-faring men are too well acquainted with the utility of fresh provisions, not to seize every opportunity of procuring them. Soups, however, I am too partial to, to omit any occasion of recommending. I have inserted many various modes of making fish soups, which they will find both palatable and wholesome. On long voyages, they should carry prepared skins of beef and veal, for making soup; and, indeed, the skins of the cattle killed on board, may always be cured as per receipt; as also other meats, after the manner of curing the pork and geese in Languedoc, where hardly so much salt as is necessary for the palate is used; and, were that meat to be drest as ragouts, only half the stowage would be necessary, the bones being abstracted; and the flour and other farinaceous ingredients would be more nourishing and less heating, than quantities of salt animal food. A portion of salted provisions might be added at pleasure. Sour kroust may be made on board, from an excellent receipt. The pickles should not, of course, be made in copper vessels, or greened with any injurious substance. Butter, too, may always be cured without salt, in the French way. (See Receipts.)

Sauces and ketchups are indispensable in the kitchens of the rich; they are also a great saving and comfort to the lower classes, particularly to artisans, who labour from morning till night, with curbed bodies, over work that is of an unwholesome tendency. To this valuable class, I anxiously wish to give instruction with respect to proper diet. Were they to use soups, and little ragouts, seasoned with ketchups, they would not only be better fed than by chops and porter, which heat and bring on that debility, which afterwards rarely admits of cure; but they would be relieved from the desire for fermented liquors, and allowed, by diminution of expense, now and then to take some exercise in the open air, so necessary to health and comfort.

Where a good table is kept, it is a great saving to make ketchups at home; besides, were they really as expensive as those from the shops, the assurance of having them

without adulteration would be a great satisfaction. The articles for making these ketchups, when bought at the proper season, are very reasonable, and a poor workman ought to forego a few quarts of porter, for what will assist in giving him many a comfortable meal, during the short, hard, cold days of winter. To men that labour in the fields, health and appetite give a zest to food, however coarse; but a poor man, labouring all day, as above described, Sunday often not excepted, requires some little additional zest.

I am quite delighted to see the cheap coffee shops establishing in London: but what a blessing would it be to the people if gin shops were suppressed. But, as this may not be possible, I would humbly suggest, that no spirits be sold under a quart. The reduction of the price of spirits, though, in the end, it must tend to diminish the consumption, still will be very detrimental in its immediate consequences on the very poor. This, of course, would be prevented by either of the above plans. When the duty was taken off spirits, under Charles the Second, what excesses were not the result! The sign posts held out drunkenness for one penny, and straw to lie on gratis!

From the following pages, the humane may assist the poor, by making them as comfortable, in their way, as the rich, and, with a little good cookery and good management, easy and respectable. They should particularly impress upon artisans the use of onions and garlic, which greatly repairs the exhaustion of the lungs, occasioned by such occupations, as gilding, chemistry, house painting, tin soldering, brass work, shoemaking, tailoring, baking, and many others. Those employed in such occupations, require to have well drest food, that they may not wish for fermented liquors, which are poison to them. Fine thick oat-meal gruel, with plenty of sugar, to which may be added a little butter, is a nutritive repast, which they would soon come to relish. Is it any wonder, from their confinement, that so many fall into consumptions and die?

Let those who distribute charities, and who ought consequently to know who those are that deserve them, attend the markets in the evening, from seven to ten, and especially on Saturday evenings, when things are dearer; the dealers knowing that the people have money, and must spend it. I cannot more strongly show their

silly extravagance, and their pride in paying high prices, than by the following little affair, which took place under my own observation. A poor woman, on a Friday evening, had bought some pigeons, at fivepence a-piece. Another woman, all in rags, came up to her, and asked her the price of them. She answered sixpence. And very cheap too, replied the other ! and went immediately and tendered her sixpence for one. I told her, (for which, indeed, I was nearly mobbed,) that the other woman had paid but fivepence. Indignant at my interposition, she said she would certainly pay the sixpence, as it was well worth it, and that it would be tenpence to-morrow.

It is a notorious fact, that the poor people pay much more than the rich. As to tea, which is one of their greatest comforts, and a harmless one it is, if a poor woman goes to buy it, she approaches the counter as if it were for charity, and receives for her money the most abominable trash. But the other day, I ordered a servant to go for some tea, to one of the most respectable houses in London. She, however, sent a char-woman, and, though the quantity was considerable, the stuff she brought was, in the most unqualified sense, undrinkable. I sent the servant herself back with it, and they changed it, with excuses and assurances, that it was a mistake. When the poor go to market, they are absolutely blackguarded into buying ; and, though they are forced to pay much more than the middling classes, they receive, as if it were a charitable contribution, the meat, that is absolutely thrown at them. In their coals, and in every thing else, they are in the same manner brow-beaten and cheated — cheated in the quality, price, and measure. What wonder is it, then, that they are degraded below savages and slaves ? for they suffer the privations and degradations of both, without enjoying the independence of the one, or being lulled by the apathy of the other.

The best way to ascertain the real state of poor people is to send persons whom they do not suspect to visit them. A visitor of this kind, going into a poor woman's house at market-time, on a Saturday evening, found nobody at home. She seated herself in a corner, and waited. The woman came in, and placed on the table (on which lay a society's ticket for a blanket and sheet)

a lump of butter of the value of 3s., a large fat goose, sauce, apples, celery, and sweet herbs. The stranger stepped forward, and said she was afraid she was mistaken; that she was the bearer of 5s. to a *poor* woman of her name. The woman seemed ashamed, stood aside, and gladly got rid of her visitor. This is instanced not to check benevolent feelings, but to regulate the exercise of them. One shilling earned by labour is better than three gotten in charity. With the first there is every inducement to sobriety and economy; the latter always tends to enervation, and too generally to riot. Much better than to give money would it be to read to the poor (as they believe what is printed in a large book) of the poisonous things that are put into porter, and then to send them a little hot gruel, with a little sugar and nutmeg, rice, or vegetable soup. Use them in their prejudices like children, and when they come to taste your advice in their comforts, you may open their minds, and lead them to look forward to higher things. I am induced to press this subject, as a publication of this kind may fall into the hands of some that may be disposed to give advice, and which, perhaps, was never before thought of by masters and mistresses who have work-people in their pay. The knowledge of these little comforts, so easily procured, would operate usefully among that class of the community, whose languor often forces them into excesses, which might almost always be avoided, if their home were made comfortable, and their diet nourishing and exhilarating.

Let something be done to put down spirit and porter shops, and supply their place with coffee, small beer, and soup-shops. What a comfortable breakfast would a pint of nice soup make, with a pennyworth of bread, instead of a pot of porter. The poor might live very comfortably on the price of the porter they drink. On the continent, with a warm climate, and bread, wine, and fruit cheap, they know that fermented liquors are not good alone; therefore the poor have meat cooked in this way in the street and in shops. Who does not know what porter and gin, as well as bread, contain? but the evil might be abated, by places of proper accommodation, with ovens and furnaces erected from distance to dis-

tance, for the convenience of the poor ; and those houses might be let to respectable people, who would supply such as chose with home-made bread and ale.

When a cook comes into a family, she ought to be examined upon her style, her ideas of management, what cookery-books she has been used to, what her opinion is of them, and of brass and copper vessels. Enquire of her whether such and such things be proper ? Ask her if she uses bay ? how she makes up the fires ? if she understands fats ? if she attempts filtering or purifying the water ? how she preserves fresh, or recovers tainted meat ? what are her ideas upon the management of servants ? Simple questions of this nature, though they may appear to the inexperienced frivolous, are the only means of ascertaining the qualifications of the cook, at the same time that it lets her see her mistress's opinion and knowledge in household concerns, and prevents causes of discontent and change. If money is entrusted to her to disburse, every day's expence should be made up, and laid in the evening upon the mistress's table, whether she has time to look at it or no. Surely there is nothing in all this mean or shabby, but the very reverse. It is by such management that, to use the words of Solomon, "the family is clothed in scarlet and fine linen, and that the master sits in honour at the gate." Johnson prefers in a wife the knowledge of domestic economy to a fortune of 10,000*l.* What will the young ladies say to this ? "Oh ! the foolish gourmand ! Did he know how many comforts 10,000*l.* can procure ?" Yes, but we know also how soon 20,000*l.* might be thrown away by want of management. Rawleigh, quoting Beersheba's advice to king Lemuel, and many others, concludes thus : "Have, therefore, ever more care that thou be beloved of thy wife, rather than thyself be besotted on her ; and thou shalt judge of her love by these two observations ; first, if thou perceive that she hath care of thy estate, and exercise herself therein ; the other, if she study to please thee, and be sweet in her conversation." An experienced head of a family, to whom I submitted these observations on economy, remarked that she had generally found servants more attentive to order, when once established, than mistresses, who, when they think of length of bills and shortness of income, are ready enough to

form plans of reform, that are punctually attended to for a week, perhaps for a fortnight ; after which they begin to be weary of the regularity of the cook, or other servants, in bringing in their bills. This is very natural : order saves the servant trouble, by preventing confusion that she herself must put to rights ; to the mistress it gives trouble, by making her attend to what otherwise she would have little or nothing to do with. The consequences in the end may be severer to her than to the servant ; but things that are distant are scarcely ever believed, and never heeded. The only way to render women economical is to give them charge of little affairs in the household, as early as the age of five, or even four years. The department that is entrusted to them will be better looked to than any other, if they are not indulged or praised for what they do. The soul of children is activity, and, if it is not employed in something that interests them, it must find vent in ill temper and crying, the consequences of which are ill looks, ill health, and often fits. An eminent practitioner told me, that, excepting in some particular complaints, he never knew a child to have fits that was not indulged, and consequently had its passions excited. The improvement I have witnessed in the looks, temper, and intellect of children, simply from keeping them employed in this way, is truly astonishing, and the little things seem so delighted with being useful, and with the trust reposed in them, — a principle, the strongest perhaps in our nature, which we recommend to those more advanced in life, and expect from them, while we neglect to excite and to cherish it at an age when the feelings are warmest, and the confidence in others still undiminished. But perhaps it is better as it is ; it would add but one regret the more, to think that such children should be doomed to a *boarding-school education*.

Were the attention of every master or mistress of a family turned to the ventilation of their dwelling, it would be greatly the means of insuring health. One single ventilator in the uppermost staircase window would effect a great deal. Great attention ought to be paid to letting the chamber-windows down from the top frequently through the day, particularly where the family sits.

If a pipe was laid to conduct the soapy water to destroy

the bad effluvia that proceeds from back-yards, so obnoxious, particularly in London, in wet or damp weather *; round such places an open leaden trough might be constructed and kept constantly filled with lime water. † And also in wide receivers in cellars and other shut-up or under-ground apartments as is directed. See Underwoods's Theory and Practice of warming and ventilating public Buildings and private Dwellings; let it then be strongly pressed home as if the utmost consequence to health, and that ease of mind that no one can have without ease of circumstances, which cannot be possessed by the great multitude of the people without the strictest attention to economy, and that even ventilation and things still apparently more remote, are very deeply and nearly concerned, not only with economy but with our dearest interests, which cannot be better illustrated than in the following melancholy, I may say tragical event, to which I was an eye witness. ‡

However desirable it might have been in such a treatise to go into a proper dissertation of the whole duties

* Cellars, damp yard walls, kitchens, and ground apartments ought to be done over frequently with lime, it being a great purifier. It would also be not only a great economy but a comfort and productive of health, if the fires on the ground floors were burned upon hearths instead of grates.

† The drains or sewers passing through any house, if there is no stoppage beyond might be taken up for a few pounds, and laid and covered in with proper cement.

‡ This would do a great deal to confine the pernicious effluvia, particularly in damp weather, which is so offensive in London, but this must not be trusted to common workmen. This will not, however, prevent the annoyance from neighbouring sewers, but it is to be hoped, for the comfort of the people, that they will occupy those who at present are busy with the improvements and decorations of the first city in the world, as cleanliness and health is of the first importance.

‡ A family leaving town in the autumn of 1811, shut up their house, which was very large and airy; upon their return they went immediately into it, without paying any attention to ventilating or airing it.

It was observed to be damp, with a very noxious smell, which was got rid of by large fires, and the air being admitted freely, and no bad consequences were apprehended. In a very short time, a fine healthy family of children got all into bad health, a typhus fever ensued, and two or three children were carried off by it, and one so weakened as probably to influence its health during life.

The havoc and expense this occasioned is beyond calculation, without taking into account the agonizing compunctions of a mother who always laid the loss of her children to her own charge.

But the truth is, women are not instructed enough in those matters; their instruction in infancy and youth does not ever lead to what is necessary in the duties of life, and the thinking part only arrives from dire experience at a practical and systematic knowledge when they have no more use for it.

An accident of another kind, but which had nearly the same evil effects, which happened from a large bottle of lavender water being broken near an infant of five days old, who was immediately almost suffocated, and was in a dangerous situation for many days.

The father, who was a physician, was laughed at by every one, for supposing such a thing possible, but the child felt uneasy during his first years when any strong smelling thing was brought near him, which was proof enough of the cause. From such hints an anxious mother will see cause of looking very narrowly into the minutest circumstance that concerns her nursery, as above all she cannot be too scrupulous upon its conduct.

belonging to the mistress of a family, the thing is impracticable to assume not only its present comfort but its future prosperity. A family in conduct, health, and means, and to her who wishes conscientiously to discharge those duties, little more will be necessary than right hints to put her in the way, and let her be convinced that there is nothing more necessary to health and comfort than the ventilation of her house, which is seldom difficult, and that attention be paid to drains and sewers, which would prevent many a death, as the effluvia from them is particularly detrimental, but more particularly so to infancy and childhood, giving that sallow complexion always met with in fenny countries by breathing pestilential air, *malaria*, so well known in Italy and other swampy countries.

THE TABLE.

The taste and management of the mistress are always displayed in the general conduct of the table; for although that department of the household be not always under her direction, it is always under her eye. This I do not say with respect to company-days alone, as it is the every-day table, that is the test of good housewifery; regularity and order are absolutely requisite to comfort, economy, and the management of a table. If the servants are allowed to neglect their ordinary duty, what can be expected from them when more than that is required. The result must be waste of time, waste of substance, confusion in the family, disappointment to the mistress, and no great treat to the guests.

Nothing in her household concerns requires more attention from the mistress than the furniture of the table, no less in regard to economy than appearance, from its extreme liability to accident, and from the paramount importance that is very absurdly attached in England to its display.

In choosing for her table, the mistress should have in view her style of life, her house, her service, the length and breadth of her tables, and even the furniture, and the size of her rooms, and should pay particular attention to have her different sets of china to assimilate with one another in colour and shape. This is not meant servilely, as a good taste will mix all shapes, so that the

colour is the same, to have a better effect than the sets from the hands of the manufacturer will produce. This must be understood, therefore, as addressed to the economist, who already knows the value of having dishes to replace, if any accident should occur at the moment of serving dinner, or in dressing out longer tables.

The style of tables may be called three-fold. The magnificent, the elegant, and the simple.

The magnificent, gold and silver plate, highly decorated.

The elegant, rich china, with ornamental plate.

The simple, Nankeen china, with no more ornament than is useful, or to fill up simply the size of the tables.

There are many intermediate stages which taste must direct in the mixtures of these three styles, as occasion may call forth. The best English china, from the fineness of its texture, its elegance of shape, and fine colouring, may be used with the most splendid plate*, and requires magnificent plateaux, crystal, and the finest linen, and indeed every thing equal to plate in the furniture of the table, and is well suited to entertainments of the first order, and makes a most splendid display, when the meats are handsomely dished, and highly garnished with jelly; but Nankeens are better suited to family dinners.

The iron-stone china would be a valuable acquisition was it better shaped and more delicately coloured; but in its present form it is very exceptionable by being vulgar.

There is a very nice texture of china, which is white, and has large patches of flowers; but however beautiful in the hand, the economist will avoid it as well as French white, and all pale china, which are very trying, requiring, as the finest china, the finest linen and crystal, and, above all, very nice dished meats; and even after all this care, it can never be raised above the simple, as relief depends upon the degree of colour or colours properly blended. Besides, the least chip renders those pale chinas useless; therefore, in the choice of china, never let the economist

* Rich well-chosen china has a more superb appearance on table than silver plate, particularly when interspersed in the French style, with rich sockles, nougats, casseroles, and all cold meats highly decorated with jelly.

It is astonishing with all our table furniture, how much inferior the style of our first tables is to that of France. They have the true art of decoration, and so many pretty modes of dishes, that it is astonishing that a country so near, with the advantage of an intercourse of all ranks of people, should have through prejudice so long neglected its economy, elegance, and excellent cookery.

be induced, by a fleeting fashion, to purchase conspicuous things, or ever be hasty in the choice of any thing that is expected to last long; and let those who would really keep a genteel table, avoid being taken with every thing they see in shops or on other people's tables, or allow themselves to be persuaded by salesmen against their own judgment. They are the best judges of their own style, and of what they can afford, and were mistresses implicitly to act for themselves, they would sooner acquire an experience, which often comes too late, than by following the advice of others, which is seldom, in one instance out of a hundred, even though well meant and good advice, well adapted. There are many other reasons that ought to be considered, which is the wonderful effects of combinations, to go no further than a lady's white hand, will look better over a rich red or blue ground, than over any other of the paler colours; and what will look well on one table will look ill and out of place on another.

The colour of the walls will affect the table. Cold green, and blue tints are much against effect with artificial light; every warm tint, and the warmer the better, increasing that glow which is pleasant in a dining-room, where day is shut out, even in summer.

This consideration makes chandeliers and candelabras so preferable to lights dispersed over the table, that it would even be desirable to shade off the side board and fire lights. Entire elegance cannot be produced without attention to such minutæ; yet some have naturally such a good taste, that their arrangements are beautiful, without attending to it scientifically; but where such enormous sums of money are squandered upon the table by all ranks of society in England, some rules ought to be generally known, to lead up from the simplest to the most magnificent table.

People of great wealth cannot always command that elegance which, if their own taste was improved, might be carried about with themselves, otherwise they are subject, with every change of servants, to a change in the management of their tables, or are obliged to put up with bad servants, on account of their knowledge. But did ladies know how easily this knowledge is acquired, when they begin early, and that it gives them no trouble, as it

increases daily without labour, together with the great satisfaction they must have of seeing their tables the display of their own judgment and taste. *

Care should be taken to instruct footmen in holding the napkin they serve with, as they had better have none than use it awkwardly †; but if they are not accustomed to serve with it daily they will never do it well; and this is the cause of much confusion when such things are required of them.

Much has been written to servants, but little to form a good one. *The Complete Servant*, written by a servant, gives some very good instructions for footmen, but nothing to constitute a finished servant; that polish must be given by the master, who ought to look a servant into a respectful conduct; and a servant that cannot be so managed ought to be dismissed, whatever his other qualifications may be, as that cannot be dispensed with; and once he is brought to that, he will generally become a good one; as when forced into a proper demeanour, he generally feels inclined to act up to it. If a master is determined to have good servants, he will have them. A good servant is easily known; every thing he does is done with nicety and care; the manner he places and removes the dishes, how he takes any thing from the hand of his master and places it before the guests; the respectful way in which he watches his eye, and attends to the wants of the company; he never even appears to hear any thing but what is addressed to himself. On the contrary, when servants are ill managed all is confusion; they are attending more to the conversation going on at table than their own business, and often joining in the laugh.

These hints will not be lost on those who love order

* Families who cannot afford plate, should economize till they can obtain at least four or five covered dishes, a sufficient quantity of forks, and two sauce boats of silver, made perfectly plain, for every day's use. They will, at least, in a large family, save the cost from three to five years. There are very nice dishes now made of prince's metal, excellent for family use.

At the Universities they generally till this day eat off pewter. It would have been well for the country that such economy had never been abandoned; many families might have a service of plate for the money that is squandered on trash in five or six years.

† The napkins for this service ought to be soft and thin, not hemmed, but overcast at the ends, so that the corners may wrap firmly round the thumb without much enlarging it; the napkin is then thrown over the hand and tucked back by the left to the elbow, for if tucked only to the wrist, which is often done, it sweeps over the dresses to the great annoyance of the ladies.

This is the simplest and most elegant mode of service that is or ever can be practised.

and regularity: and they are pressed home to the master setting out in life, as attaching more respectability to himself than he can be aware of at the moment.

To constitute a good housewife, personal experience certainly is the chief requisite, but by the time it is generally attained, we have no more use for it; therefore, the experience of others is not to be neglected, particularly at the outset; and although this knowledge is less certain than our own experience would be, it certainly is a great assistance, as there is nothing gained without trouble.

I would also recommend to such as could afford it, a butler's table, heated by steam, which would only cost a pipe from the kitchen; the numerous advantages must be apparent to every one, particularly that of keeping sauces and plates hot, giving plenty of hot water, &c. &c. while a maid servant might attend, behind a skreen, and having a lined cistern, without noise and opening of doors, wash china, and what else might be necessary; it would also warm the room, which would make it comfortable in winter. This would not only be a great conveniency, but a great saving and comfort in many other ways.* Those who have not a run of company, but who are obliged at times to give entertainments, should be careful not to trust implicitly to what cookery books give as elegant, and to be particularly on their guard against the books of tavern-keepers, and also tavern cooks. This I say more particularly with regard to their decorations, though it applies to their dishes, which are heavy and expensive.

Where there is no plate nor crystal for the middle of the table, let it be decorated with salads. Cold meat pies, glazed hams and meat, or fish in jelly; these, at the second course, may be exchanged for biscuits, nougats, caramel and Mantilly baskets, creams, jellies, candied or preserved fruits, &c. All these things may easily be made at home, and, besides their superiority as to elegance and use, they are also much less expensive, and give much less trouble than that excess of vulgarity, dressed plates of gilt paper, and artificial flowers, with wax baskets, wax fruits, and plateaus of coloured sand, for which nothing can account, but ladies allowing servants to manage, for

* A lining should at all times be used in washing china, and only one dish put in at a time.

unless these *assiettes* and *pieces montées* are made by the first-rate confectioners, they are, in general, very vulgar.

It is surprising sometimes to see such trumpery at the tables of ladies of taste, and taste does not depend on means; at least, want of means does not produce want of taste.

Let nothing be placed on the table that is not apparently at least for use, unless highly ornamental plate; crystal, delicate flowers, caramels, baskets, rude gum fruit baskets, in the dessert, with a few small sweet flowers, without their stalks, bedded in moss, one kind in each, are not objectionable, or very delicate nose-gays; but great Covent Garden bouquets are an abomination. The extent of this work, is barely sufficient to give room to an index for the mistress of a large and elegant establishment.

If economy is studied, much attention at first is necessary in the arrangement of dishes for courses, for which we have a greater scope than any other nation, from our own travellers acquiring a taste for foreign dishes, as well as a great part of society, being made up of those who have spent much of their lives in foreign climes, and who relish the cookery to which they have been so long accustomed, and, in some cases cannot well do without, so that with a very small variety of meats, many exquisitely relishing dishes may be made, and elegantly intermixed, as has often, and cannot be too often repeated, that all depends upon the mode of cooking, and those dishes may be arranged according to taste, as to size, contents, or country. For instance, the four principal English, the four flanking the centre French, the next four oriental, &c. &c.

Proper intermixtures of meats, poultry, and fish, should be attended to. At high entertainments, a fish course is thought necessary; but at ordinary ones, a single fish makes its appearance, and which must always be an expensive one.

The French use grills, fishes, and whatever they term *plats de rôts*, in their second courses, and often a boiled turbot at the top or bottom, which they eat with oil. Experience, with such management, will show, that an excellent, elegant, and often a better dinner, may be served at half the expence, than the sterling management

of this country would deem reasonable, for a very middling one. I know that the English will account this, at the least theoretical; but I also know, that the English, as a body, are the last to whom I would give credit for immunity, from prejudice, economy, or good management.

The dessert may be conducted also at a greatly reduced expence, by the regular attention of the mistress throughout the year.* Pines, melons, lemons, oranges, cucumbers, should be preserved in their proper seasons. A little caramelled or chemised fruit, makes a fine appearance; almonds or nuts may be caramelled, or chemised, and nothing in elegance can surpass a dessert all done *in chemise* and *caramel*.† Comportes, as served by the French, are not expensive; dried pears, plums, biffins, apple, and quince chips, &c., may be all in store; and who has such, can never be at much expence for a handsome dessert.

Where no regular butler is kept, it has a better appearance, as it only keeps the master waiting a moment after his guests, to have the candles put out, and the dining-room door locked, than to keep the company standing till the wines are locked up.

The lady will find time to go down stairs and look to the wines and dessert, when she orders supper.

It is an excellent rule, that every thing should be cleaned and arranged the same evening, no matter how late, as this is the only way to prevent waste and breakage.

With a very little trouble, perfumed tepid water‡ may always be had for the finger glasses, which should be served before the dessert.

Ladies ought always to have foot stools, which should have sheep-skin covers in winter, and morocco in summer, and in winter gentlemen ought to have sheep-skins under

* Small pines may be procured at the end of the season in Covent Garden of from 3s. to 5s., one of these candied would in spring stand in lieu of one that at that season would cost 30s. or 40s., or even more.

† The whole expence of which is a little sugar and trouble to the housekeeper, or amusement to the young ladies.

‡ A few fresh or dried rose leaves, lavender, or any other flower, have only to be infused in the morning for this purpose.

I have seen at the house of a lady long accustomed to the perfumes and luxury of the East, an incense burner placed on the table with the dessert. I do not recommend this, but simply mention it, as I found it very pleasant myself, and as it is so necessary to dispel the vapour of the meats.

I am also sure that short and portly bodies at least will not feel inclined to laugh at me for recommending foot stools, and arms to their chairs, by giving rest to the soles of their feet, they would be spared many a wearisome hour of maintaining an uneasy position on the ridge of a high chair.

their feet ; it seems very inconsistent to see people shivering and roasting at the same table, when a very little attention to management would make them all comfortable. One would be led sometimes to think, that people were invited for no other purpose than to be crammed.

LINEN.

FINE linen is so expensive, that it calls for the utmost attention to its minutest details ; and, as it suffers little from wear, the greatest care ought to be given to the manner in which it is washed, as in that operation, noxious substances are often used to lessen labour and expences, which are very detrimental to it. The common method of getting it up, is also bad ; it is allowed to dry, and is then shaken violently by the corners by two women, which wears it out, sooner or later, according as this method is persisted in. It ought to be regularly steept, from forty to forty-eight hours, say, from Saturday morning till Monday ; if the spots are attended to, it will require little rubbing in washing, which wears off the pile ; and, consequently, diminishes its richness ; when it gets a little dry, it ought to be carefully stretched on a table, doubled and smoothed, with the hands, and folded down for some hours, that it may become equally dry and smooth ; it must then be hung up, or spread out double to dry, which stiffens it. This management requires much less rubbing in the mangle to finish it.

Very coarse linen is in general used for the table on the Continent, which is not mangled, but which they crimp sometimes very prettily. Their attention being more given in such matters to *bonne chere* than *bon goût*.

The changing of table-linen is an annoying business to guests ; yet, with all this attention to style, there are many real comforts neglected. The French are satisfied with one cloth, which is left in repose during the whole repast. Therefore, their plateau is called a *dormant*. *

* The new plateau. This is an elegant plateau of six feet by two, and consists of four pieces of fine mirror set in silver mouldings, and supported upon tortois.

The border is enriched with many of our fine abbeyed and castled ruins in dead white, bas-relief upon a burnished ground.

Different views of Dover Castle finishes this superb plateau. The octagonal corners are ornamented with the thistle, rose, and shamrock ; it is constructed so as to answer different sized tables. There is, however, such a relief in variety, that it