

**WOMEN ADVISING WOMEN**  
**Advice Books, Manuals and Journals for Women, 1450-1837**

**Part 6:** Sources from the Brotherton Library, University of Leeds.

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## *Publisher's Note*

*Women Advising Women* has progressed to become one of our most successful series of publications, offering a wide range of prescriptive material written for women during the period 1450-1837. Part 1 concentrates on Early Women's Journals, c.1700-1832. Part 2 focuses on advice literature during the period c.1625-1837 with a variety of household manuals including cookery, marriage, child birth and child rearing, letter writing and recreational pursuits. Parts 3 & 4 contain the *Lady's Magazine*, 1700-1832 with poetry and prose by women, pen portraits of female role models and fashion news. Part 5 is devoted to women's writing and advice, 1450-1700 offering sources for the study of medieval and early modern women.

In Part 6 of *Women Advising Women* we focus on household management and domestic economy for the period c.1600-1800. The titles have been selected from the printed Cookery collection held in the Special Collections at the Brotherton Library, Leeds University. The collection is principally made up of two separate collections. Blanche Leigh, Lady Mayoress of Leeds, made a gift in 1939 of cookery books including historical works published mainly in Britain, but also including foreign publications. In 1962 another major gift was received from John F Preston. This important Cookery collection continues to develop through further gifts, and purchases by the library.

Our publication, which includes over 100 printed works, concentrates primarily on titles published in Britain by women writers. A small selection of male writers has been included to allow a broader understanding of household management and domestic economy during the period. Topics include husbandry, food preparation, recipes, menus, confectionery, gastronomy, health, medicine, household and garden management, and home economics.

Cookery was subject to gradual change from foreign influences: foods from southern Europe and France were introduced by the Romans, and from the Eastern Mediterranean by the Crusaders, the early colonisers of America brought home the potato, and the nabob spices from the east. By the eighteenth century cooks of the southern gentry used recipes of curried pickles from East Asia, or soup made with West Indian Turtle.

Religious and political considerations also affected the types of foods eaten and wines imported. Although by the mid-eighteenth century fish days and fasting days were no longer officially condoned, cookery books still continued to include recipes and menus for these occasions. In the work *The Art of Cookery* (1747) the author, Hannah Glasse, offers such advice in a section entitled, 'For a fast-dinner, a number of good dishes, which you may make use of for a table at any other time'.

A large number of books were written for women to advise them on the management of servants; an important aspect of household management. *The servant's directory, or housekeeper's companion* by Hannah Glasse (1760) explains the various duties of the chamber maid, nursery maid, house maid, laundry maid, and scullion or undercook. It also contains directions for keeping accounts with tradesmen, and other areas of household accounting – another important aspect of household management. *The housekeeper's ledger* by William Kitchiner (1824) also offers advice, with a plain and easy plan for keeping accurate accounts of housekeeping expenses.

Good husbandry and garden management were essential for quality home-grown foods, and we include a selection of titles written on these subjects. For example, Thomas Tusser's *Five hundred points of good husbandry* (1590) explains what corn or grass is proper to be sown, which trees to be planted, and how land is to be improved, whether for wood ground, tillage or pasture. While, in *Acetaria. A discourse of sallats* (1706) John Evelyn describes the preparation and growing of green leaves and vegetables such as 'endives, chichory, sellery, sweet-fennel, rampions, Roman, coffe, silefian, cabbages, lob-lettuce, corn-sallet, purflane, cresses, spinach etc'.

Confectionery in the form of fruit jellies and preserves were prepared by the lady of the house and her maids, from produce grown in gardens during the summer months, to provide delicacies for the rest of the year. The art of sugar working from which shoes, keys, slippers etc could be fashioned was also widely practiced. Titles on these subjects include: *The experienced English housekeeper* by Elizabeth Raffald (12th edition, 1769), *Mrs Mary Eales's Receipts* by Mary Eales (1718), and *A daily exercise for ladies and gentlewomen* by John Murrell (1617).

Recipes for health cures were often to be found in cookery books, for example the *Receipt Book* by Anne W Blencowe (1694) and *A collection of above 300 receipts in cookery, physick and surgery* by Mary Kettilby (1714). We also include John Hill's *The virtues of honey* (3rd edition 1760) writing on the origin and nature of honey, and including recipes for health cures for ailments such as gravel, asthmas, coughs, hoarseness and consumption.

Maria E K Rundell was a popular and influential writer during this period, and we include two of her works. *A new system of domestic cookery, formed upon the principles of economy, and adapted to the use of private families* (1806) was written from experience for her family, and includes receipts, directions to servants, bills of fayre, family dinners, and a small section on cookery for the poor. *The new family receipt book* (1810) contains a miscellany of information on topics such as, agriculture, angling, arts, brewing, building, canary birds, cattle, clothes, culinary art etc.

Some other titles in Part 6 include: *A choice manual of rare and select secrets in physick and chyrurgery* and *A true gentlewoman's delight* by Elizabeth Grey, Countess of Kent (1653); *A book of fruit and flowers*, Anon (1653) with introduction and glossary by C Anne Wilson; *The British Housewife*, Vols 1 & 2 by Martha Bradley (1756, 1760); *The country housewife's garden* by W Lawson (1676); *The court and kitchen of Elizabeth Cromwell* by Elizabeth Cromwell (1664); *The compleat housewife, or accomplished gentlewoman's companion* by Eliza Smith (1734); *The complete house-keeper and professed cook* by Mary Smith (1810); and *Adam's Luxury and Eve's Cookery*, Anon (1744).

The broad range of titles offered for study in this collection on household management and domestic economy, c.1600-1800 will be of particular interest to those studying the culinary arts, nutrition, social history, economics and anthropology.

Students will be able to use this material in conjunction with *Women and Victorian Values* to continue to compare the differing perceptions of women's status through the Victorian and Edwardian periods. Used in conjunction with *Masculinity, 1560-1918* they can compare the type of advice being offered to girls and boys and women and men.

Thanks are due to Chris Sheppard at the Brotherton Library, and C Anne Wilson for their help in the preparation of this microfilm collection. I have found Anne Wilson's *Food and Drink in Britain* (Constable and Company Ltd, 1973) particularly helpful in preparing this publisher's note.

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## *Editorial Introduction by C. Anne Wilson*

Books from the collections of Blanche Leigh and John Preston, Brotherton Library, University of Leeds.

Blanche Leigh and John Preston did not limit themselves to the narrowest definition of cookery when they collected their 'cookery books' (presented later to the University Library). They included items on other aspects of home life: the garden and its crops; servants and their duties; domestic medicine and home-made remedies; advice on social etiquette, and cosmetics. The cookery books themselves often hold extra material, such as guidance on marketing, menu-planning, brewing and wine-making, all of value to women with a household role, whether as mistress or servant.

Certain books in *Women Advising Women*, Part 6 were written by men for men; but these serve to point up the contemporary role of women. Two fifteenth-century cookery-books, the earliest, title, contains manuscript recipe collections written by and for male cooks serving late medieval aristocratic households, where all food preparation and most domestic tasks (except laundry and childcare) were carried out by men and boys. Lower down the social scale women were responsible for meal-making of a simpler kind, but they could not write, so initiated their daughters into basic cookery by word of mouth.

Andrew Boorde's *Dyetary of helth* is likewise addressed mainly to male readers, but it gives insights into beliefs about foodstuffs widely held in Tudor times. But Thomas Tusser, whose *Five hundredth pointes of good husbandry* (expanded from an earlier *One hundredth pointes*) offers month by month advice to the yeoman farmer, puts him into the context of his household, and also reminds his wife of seasonal tasks.

During the sixteenth century members of the gentry, successful merchants, lawyers and courtiers, were building country houses for their families. Produce from their estates was processed in the bakehouse, the dairy and other domestic offices, to feed family and servants. The grandest houses retained their stewards and men-cooks; but in the others the lady of the house had overall surveillance of the provisioning of the household. She was supported by the housekeeper, whose post was still relatively new in the 1550's.

Everyday cookery was the responsibility of the cook. But the mistress took over the preparation of 'banqueting stuffe', the decorative sugared sweetmeats and fruit preserves offered at the 'banquet' (final dessert course). She also prepared and administered home-made remedies.

Female literacy did not extend far down the social scale in Elizabethan and Jacobean times. The earliest printed books addressed to women were intended for those in well-to-do families, and provided recipes for sweetmeats, medicines, and, sometimes, the cookery of choice dishes. *A daily exercise for ladies and gentlewomen* (Murrell) and *A closet for ladies and gentlewomen* both contain sweetmeats, preserves and medical recipes. Such books were reissued over a long period. The 1644 *Closet* has the same text as the 1609 edition, but the 1627 copy reproduced here is a hybrid, with sections on cookery and 'sweet powders and oynments' from Sir Hugh Plat's *Delightes for ladies* bound in front, and the *Closet's* extensive medical section much curtailed.

The sources of the printed recipes were personal notebooks. Girls in gentry families compiled such books when young from their mothers' and older friends' recipes, and added to them through their married lives. Queen Henrietta Maria herself apparently collected recipes from named donors in the Court circle, published by a royalist supporter in 1655 as *The Queen's closet opened*. Sometimes the personal recipe collections were large enough to be published as separate works, like the two volumes ascribed to Elizabeth Grey, Countess of Kent, and the separate medical and cookery books of Sir Kenelm Digby, also in the royal circle.

Anne Blencowe kept a simpler cookery notebook later in the century; while Lady Grizel Baillies's manual gives a wider conspectus of how her Scottish household was organised. For the role of women at mealtimes and other events, *Rules of civility* (Courtin) provided a guide. The daughters of the upwardly mobile could attend cookery schools in London, such as that of Mary Tillinghast, who published her recipes for cakes and biscuits.

The strong French influence on English Court cuisine after 1660 introduced ragoos, olios and other made dishes developed by cooks of the French aristocracy. English translations of their books followed (eg Massialot). Some of that influence would work its way into recipes in the books compiled by English women cooks through the eighteenth century.

Female literacy was increasing in Britain, and with it the trend for keeping cookery notebooks, and buying printed versions, spread to the lesser country gentry, and to middle-ranking families in towns. Mary Kettily had collected her recipes from 'very Curious and Delicate Housewives', and believed they offered 'a splendid frugality' – suggesting a readership that was genteel, but not wealthy. For the enlarged second edition, 1719, she received further receipts from ladies eager to contribute to her book.

Some books were reprinted frequently over long periods of time. *Mary Eales' Receipts*, published in 1718, was unchanged except for a few extra recipes when reprinted as *The complete confectioner* in 1733, and further editions appeared under each title over the next fifty years.

Four books were reissued very frequently. There were eighteen editions, 1727-1773, of E Smith, *The compleat housewife*. H Glasse, *The art of cookery*, 1747 (including many recipes from Smith) went through numerous editions up to 1843. E Raffald, *The experienced English housekeeper*, 1769, reached its twelfth edition in 1799, with several more thereafter. E M Rundell, *New system of domestic cookery*, 1806, was still being reissued in its revised version in the 1860s. The longevity of certain individual recipes in these books helped to bed them down as traditional English dishes. Women often copied them into their own notebooks, and they were adopted as family recipes.

There was no copyright in recipes, and some authors reproduced large numbers from earlier printed books, eg S Jackson's borrowings in *The director from E Moxon, English housewifery*, fourth edition. M Cole, *The lady's complete guide*, named many of her sources, but most other writers published plagiarised material without acknowledgement.

C Carter's *Compleat city and country cook* was compiled 'for the mistress of the house or housekeeper', and in the earlier eighteenth century one or both would have been the readers. S Harrison's *Housekeeper's pocketbook*, [1733] was 'to inform

such House-keepers as are not in the highest rank of Fortune how to Eat, or Entertain Company, in the most elegant manner at a small Expense.' R Bradley wrote *The country housewife for families of country squires and farmers*.

Hannah Glasse states in *The art of cookery* her intention to 'Instruct the lower Sort', explaining that 'Every Servant who can read will be capable of making a tolerable good Cook'. But the subscribers to her book were mainly females of middling rank, who would have passed on her recipes to their cooks. Glasse's *Servants directory* is for housekeepers, with information about cleaning materials as well as details of servants' duties. Madame Johnson's present was purchased by the mistress and given to the servant. In addition to cookery, it contains an English dictionary, advice on letter-writing and arithmetic, and rules for moral conduct. Moral advice is also prominent in E Haywood, New present for a servant-maid.

Authors of cookery books from the 1750s onwards were mostly women who themselves had been in service. Several claimed that their books could 'be understood by the meanest capacity' (Raffald). A growing readership in the provinces led to the publication of cookery books outside London, such as E Moxon, *English housewifery*, c.1741 and many later editions, in Leeds; A Peckham, *The complete English cook*, 1767 and other editions until the 1790s, also in Leeds; and H Robertson, *Young ladies school of arts*, 1761, and several more editions in both Edinburgh and York. Mrs Frazer, *The practice of cookery*, 1791 and later editions, taught in a cookery school in Edinburgh; P Haslehurst, *The family friend*, claimed twenty years as 'instructor of young persons' in Sheffield.

As female literacy increased, so small books were published to appeal to housewives in lower-income families, as well as to servants. Examples are *Bradshaw's valuable family jewel*; L Honeywood, *The cook's pocket companion*; and E Price, *The new book of cookery*, each costing one shilling.

The larger, more expensive books were shared between mistress and servants. Many now included table-plans, often in the form of circles or ovals inscribed with named dishes, placed on the page in their intended position. The 150 bills of fare in C Mason, *The ladies assistant*, 1775 are printed directly upon the page, but arranged in similar order. Directions for marketing and monthly lists of produce in season are usually present in these books too, as aids to cooks and housekeepers.

The books compiled by, or for, the male cooks Collingwood, Farley, Henderson and Simpson around 1800 were intended for women servants, as is clear from prefaces or other clues. W Kitchener, *Housekeeper's ledger* is just that: a blank ruled account-book, with introduction attacking feckless spending and urging care in choice of tradesmen.

Books on gardens and their produce include W Lawson's *Country housewife's garden*, first published in 1618, J Evelyn's *Acetaria*, two books by J Laurence, and R Bradley's *Survey. Adam's luxury and Eve's cookery* and R Bradley, *Country housewife* demonstrate both growing and cooking aspects. Kitchen-gardens receive substantial coverage in other books, including *The complete family piece* and M Bradley's *British housewife*.

Medical remedies are in several seventeenth-century books already mentioned, and form sections of others, eg *A book of fruits and flowers*, 1653, E Smith's *Compleat housewife*, and *The complete family piece*. They come from family collections, and incorporate old recipes already re-copied many times. In the mid-eighteenth century, remedies were usually omitted; and those in later cookery books were taken from publications by contemporary physicians, especially W Buchan, *Domestic medicine*, 1769.

N Culpeper, English physician, enlarging his earlier, well-known herbal, J Meyrick, *New family herbal*, and J Hill, *Family herbal* (an illustrated version of his *Useful family herbal*, c.1750) represent herbal medicine; while Hill's *Virtues of honey* extols its medicinal usages. S Paulli, 1746 discusses tea, coffee and chocolate; and J Davies, *Innkeeper and butler's guide*, 1808, provides recipes for British alcoholic beverages.

Household recipes for cleansers, dyes, ink, cosmetic, and much more appear in M E Rundell's *New family receipt book*, and M Holland's, *Modern family receipt book*. Cosmetic recipes are in *The toilet of Flora* (translated from French); while Robertson's *Young ladies school of arts* advises on materials for painting, handwork and other pastimes of gentlemen's daughters, as well as cookery. In F B Parkes, *Domestic duties every facet of household management in the 1820s* is discussed by an older woman advising a newly-married one.

During the scarcity years of the late eighteenth century, cookery books began to include charitable provision for the poor. E Melroe, *An economical and new method of cookery* demonstrates the emphasis then placed upon types of soup now recognised to contain very little nourishment. W Cobbett wrote *Cottage economy*, 1822, for a whole class of poor people, families of low-paid agricultural workers, to help them make the most of available foodstuffs.

Finally, a few 'oddities' deserve special mention. W King, *Art of cookery* (imitating Horace's *Ars poetica*) is a Latin poem, with translation. D Defoe, Family instructor gives moral exemplars for family members; and *The history of Mary Wood* is a moral tale, with a sad ending. E Cromwell, *Court and kitchen* is a cookery book (almost certainly not hers) published by a royalist, whose long introduction attacks the meanness of Cromwellian housekeeping. Many other cookery books include various kinds of additional information. But I Moore, *Useful and entertaining family miscellany* contains, uniquely, 'The pleasing songster', a collection of verses complete with music.

### BOOKS FOR FURTHER READING

D Attar, *A bibliography of household books published in Britain, 1800-1914*, London, Prospect, 1987

J J Hecht, *The domestic servant in eighteenth-century England*, London, 1980

M Lane, *Jane Austen and food*, London, Hambledon, 1995

G Lehmann, *The British housewife: cookery books, cooking and society in eighteenth-century Britain*, Totnes, Prospect, 2003

P A Sambrook & P Brears, eds, *The country house kitchen*, Stroud, Sutton, 1996

C A Wilson, ed, *The country house kitchen garden*, Stroud, Sutton, 1998

H Woolley, *The gentlewoman's companion, 1675*, new edition, Totnes, Prospect, 2001

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## *Contents of Reels*

### REEL 1

Anon

*Adam's luxury and Eve's cookery.*  
1744.

Anon

*Two fifteenth century cookery-books.*  
Thomas Austin, editor. Harl Mss 279 & 4016. 1888.

Baillie, Lady

*Grizel The household book of ..., 1692-1733.*  
Robert Scott-Moncrieff, W S, editor. 1911.

Anon

*The Bath cookery book.*  
c.1780.

### REEL 2

Battam, Anne

*A collection of scarce and valuable receipts.*  
1750.

Battam, Anne

*The lady's assistant in the oeconomy of the table.*  
2nd ed. 1759.

Blencowe, Anne

*W Receipt book, 1694.*  
Introduction by George Saintsbury. 1925.

Anon

*A book of fruits and flowers, 1653.*  
Introduction and glossary by C Anne Wilson. 1984

Boorde, Andrew

*The fyrste boke of the introduction of knowledge made by Andrew Boorde ... A compendyoues regiment, or A dyetary of helth.*  
16c. 1870

### REEL 3

Bradley, Martha

*The British housewife.*  
2 vols. 1756

### REEL 4

Bradley, Richard

*The country housewife, and lady's director.*  
6th ed. 1736

Bradley, Richard

*Survey of the ancient husbandry and gardening.*  
1725

Bradshaw, Penelope

*Bradshaw's valuable family companion.*  
12th ed. 1752

Bradshaw, Penelope

*Bradshaw's valuable family jewel.*  
5th ed. 1749

Anon

*The British jewel, or complete housewife's best companion.*  
1785

Brooks, Catharine

*The complete English cook; or prudent housewife.*  
2nd ed. 1762

Brooks, Catharine

*The experienced English housekeeper.*  
1765

### REEL 5

## WOMEN ADVISING WOMEN: Part 6

Carter, Charles  
*The compleat city and country cook: or, Accomplish'd housewife.*  
1732

Carter, Charles  
*The London and country cook: or, Accomplished housewife.*  
3rd ed. 1749

Carter, Susannah  
*The frugal housewife, or, Complete woman cook.*  
1795

Cartwright, Charlotte  
*The lady's best companion.*  
1789

Cleland, Elizabeth  
*New and easy method of cookery.*  
1759

### REEL 6

Anon  
*A closet for ladies and gentlewomen.*  
1627

Anon  
*A closet for ladies and gentlewomen.*  
1644

Cobbett, William  
*Cottage economy.*  
1822

Cole, Mary  
*The lady's complete guide; or, cookery in all its branches* (bound with)  
*The complete brewer* (and)  
*The family physician.*  
1788

### REEL 7

Collingwood, Francis and Woollams, John  
*The universal cook, and city and country housekeeper.*  
1792

Anon  
*The complete family-piece: and, country gentleman, and farmer's best guide.*  
2nd ed. 1737

### REEL 8

Courtin, Antoine de  
*Rules of civility: or, certain ways of deportment observed among all persons of quality upon several occasions.*  
1685

Cromwell, Elizabeth  
*The court and kitchen of Elizabeth, commonly called Joan Cromwell.*  
1664

Culpeper, Nicholas  
*The English physician.*  
1790

Davies, John  
*The innkeeper and butler's guide, or, a directory in the making and managing of British wines ...*  
1808

### REEL 9

Defoe, Daniel  
*The family instructor.*  
14th ed. 1755

Digby, Kenelm, Sir  
*Choice and experimented receipts in physick and chirurgery.*  
1675

Digby, Kenelm, Sir  
*The closet.*  
1671



Eales, Mary  
*The compleat confectioner: or, the art of candying and preserving.*  
1733

Eales, Mary  
*Mrs Mary Eales's receipts.*  
1718

**REEL 10**

Eaton, Mary  
*The cook and housekeeper's complete & universal dictionary.*  
1822

Evelyn, John Acetaria.  
*A discourse of sallets.*  
2nd ed. 1706

Farley, John T  
*The London art of cookery, and housekeepers' complete assistant.*  
4th ed. 1787

**REEL 11**

Fisher, Lydia  
*The prudent housewife, or compleat English cook.*  
24th ed. 1788

Frazer, Mrs  
*The practice of cookery, pastry and confectionary.*  
4th ed. 1804

Frazer, Mrs  
*The practice of cookery, pastry, pickling and preserving, etc.*  
1791

Glasse, Hannah  
*The art of cookery, made plain and easy.*  
2nd ed. 1747

**REEL 12**

Glasse, Hannah  
*The servant's directory, or house-keeper's companion.*  
1760

Kent, Elizabeth Grey, Countess of  
*A choice manual of rare & select secrets in physick and chyrurgery.*  
1653

Kent, Elizabeth Grey, Countess of  
*A true gentlewoman's delight ... all manner of cookery.*  
1653

Hammond, Elizabeth  
*Modern domestic cookery.*  
1816

Harrison, Sarah  
*The house-keeper's pocket-book.*  
6th ed. 1757

Haslehurst, Priscilla  
*The family friend, or, housekeeper's instructor.*  
1802

Haywood, Eliza  
*A new present for a servant-maid: containing rules for moral conduct ...*  
1771

**REEL 13**

Henderson, William A  
*The housekeeper's instructor; or, universal family cook.*  
6th ed. 1795

Hill, John  
*The family herbal.*  
1812

## WOMEN ADVISING WOMEN: Part 6

Hill, John  
*The virtues of honey in preventing many of the worst disorders ...*  
1760

Holland, Mary  
*The complete economical cook, and frugal housewife, a new system of domestic cookery.*  
6th ed. 1829

### REEL 14

Holland, Mary  
*The modern family receipt book.*  
1825

Honeywood, Lydia  
*The cook's pocket-companion, and complete family-guide.*  
1760

Hudson, Mrs & Donat, Mrs  
*The new practice of cookery, pastry, baking and preserving.*  
1804

Irwin, Deborah  
*The housewife's guide.*  
1830

Jackson, Sarah  
*The director, or, young woman's best companion.*  
1754

Johnson, Mary Madam  
*Johnson's present: or, the best instructions for young women ... with a summary of the late Marriage Act.* 1754

### REEL 15

Kettilby, Mary  
*A collection of above three hundred receipts in cookery, physick and surgery.*  
1714

King, William  
*The art of cookery, in imitation of Horace's poetry.*  
c.1708

Kitchiner, William  
*Apicius redivivus, or, the cooks oracle.*  
1817

Kitchiner, William  
*The housekeeper's ledger.*  
1824

Laurence, John  
*The clergy-man's recreation: showing the pleasure and the profit of the art of gardening.*  
5th ed.

bound with:

*The gentleman's recreation: or the second part of the art of gardening improved.*  
2nd ed. 1717

Laurence, John  
*The fruit-garden kalender.*  
1718

Lawson, W  
*The country housewife's garden* (bound with) Markham, G, *The way to get wealth.*  
1676

### REEL 16

Lemery, Louis  
*A treatise of all sorts of foods, both animal and vegetable also of drinkables.*  
1745

M, W  
*The Queen's closet opened.*  
1655

Marshall, Elizabeth  
*The young ladies' guide in the art of cookery.*  
1777

## WOMEN ADVISING WOMEN: Part 6

Martin, Sarah  
*The new experienced English housekeeper.*  
1795

### REEL 17

Mason, Charlotte  
*The ladies assistant for regulating and supplying her table ...*  
1775

Massialot, Francois  
*The court and country cook.*  
1702

Melroe, Eliza  
*An economical and new method of cookery.*  
1798

### REEL 18

Meyrick, William  
*The new family herbal.*  
1790

Moore, Isabella  
*The useful and entertaining family miscellany.*  
1772

Moxon, Elizabeth  
*English housewifry exemplified.*  
Early ed. 1741

Moxon, Elizabeth  
*English housweifry exemplified.*  
Later ed. 1800

Murrell, John  
*A daily exercise for ladies and gentlewomen.*  
1617

### REEL 19

Nott, John  
*The cook's and confectioner's dictionary: or, the accomplish'd housewife's companion.*  
1723

Parkes, Frances B  
*Domestic duties; or, instructions to young married ladies.*  
1825

Anon  
*Patents for inventions ... relating to cooking, bread-making, and the preparation of confectionery, 1634-1866.*  
1873

Anon  
*Patents for inventions ... relating to tea, coffee, chicory, chocolate, cocoa, etc, 1704-1866.*  
1877

### REEL 20

Pauli, Simon  
*A treatise on tobacco, tea, coffee & chocolate.*  
D James, translation.  
1746

Peckham, Ann  
*The complete English cook, or, prudent housewife.*  
2nd ed. 1773

Phillips, Sarah  
*The ladies handmaid, or, a compleat system of cookery on the principles of elegance & frugality.*  
1758

Plumptre, Annabella  
*Domestic management, or, the healthful cookery-book.*  
1810

### REEL 21

Price, Elizabeth

## WOMEN ADVISING WOMEN: Part 6

*The new book of cookery, or, Every woman a perfect cook.*  
1780

Raffald Elizabeth  
*The experienced English housekeeper.*  
1769

Robertson, Hannah  
*The young ladies' school of arts.*  
4th ed. 1777

Rundell, Maria E K  
*A new system of domestic cookery formed upon the principles of economy, and adapted to the use of private families.*  
1806

### REEL 22

Rundell, Maria E K  
*The new family receipt-book.*  
1810

Russell, Elizabeth  
*The complete family cook.*  
1800

Shackleford, Anne  
*The modern art of cookery improved.*  
1767

### REEL 23

Simpson, John  
*A complete system of cookery.*  
1806

Smith, Alice  
*A new book of cookery.*  
1781

### REEL 24

Smith, Eliza  
*The compleat housewife, or, accomplished gentlewoman's companion.*  
6th ed. 1734

Smith, Mrs  
*The female economist.*  
2nd ed. 1810

Smith, Mary  
*The complete house-keeper and professional cook.*  
1786

Tillinghast, Mary  
*Rare and excellent receipts. Experienced and taught.*  
1690

Anon  
*The toilet of Flora.*  
1779

### REEL 25

Tyron, Thomas  
*The good house-wife made a doctor.*  
2nd ed. 1692

Tusser, Thomas  
*Five hundreth pointes of good husbandrie.*  
1590

Wood, Mary  
*The history of Mary Wood, the housemaid; footman; cottage cook; Sunday school; Hester Wilmot or, the new gown; The two soldiers; The good mother's legacy; 'Tis all for the best, or the story of Mrs Simpson.* 2nd ed.  
1800

Anon  
*The young woman's companion, or female instructor.*  
1820

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## Extracts

### The Compleat City and Country Cook: or, Accomplish'd Housewife.

Charles Carter, 1732. Reel 5.

" ... The Design of this Piece is rather to promote good Housewifery than Luxury, not so much to prompt to Epicurism, and gratifying capricious and fantastical Palates, as to instruct how to order those Provisions our Island is furnished with, in a wholesome, natural, decent way, and elegant Manner, yet not in so rude and homely one, but that they may be befitting the Table of a Nobleman or a Prince: to order them so that they may delight the Eye, and gratify a reasonable Palate as well as satisfy the Appetite, and conduce to Health at the same time that they do to the Nourishment of the Body.

*It gives not Directions so much for Foreign Dishes, but those we have at home; and indeed, we have no need of them, nor their Methods of Cookery whose Scarcity of what we enjoy, obliges them to make a Vertue of Necessity ...*

*Our Island is blest with an uncommon Plenty and Variety of most, nay, I may venture to say all the substantial Necessaries of Life; the produce both of the Land and Sea, whether Flesh, Fowl or Fish, and also Fruits, edible Roots, Plants and Herbs, the Product of our Fields, Meadows, Orchards and Gardens, in such Plenty that scarce any of our neighbouring Nations can boast the like ..."*

### The Book of Fruits and Flowers.

Anon, 1653. C Anne Wilson Introduction and Glossary. Reel 2.

"Of Straw-Berries. A Tart of Straw-Berries.

*Pick and wash your Straw-Berries clean, and put them in the past one by another, as thick as you can, then take Sugar, Cinamon, and a little Ginger finely beaten, and well mingled together, cast them upon the Straw Berries, and cover them with the lid finely cut into Lozenges, and so let them bake a quarter of an houre, then take it out, strewing it with a little Cinamon, and Sugar, and so serve it."*

### The English Physician enlarged with Three Hundred and Sixty-Nine Medicines made of English Herbs.

Nicholas Culpeper, 1790. Reel 8.

"Bilberries, called by some Whorts, and Whortle-Berries.

*Descript. Of these I shall only speak of two sorts, which are common in England, viz. the black and red berries. And first of the black.*

*The small bush creepeth along upon the ground, scarce rising half a yard high, with divers small dark green leaves set in the green branches, not always one against the other, and a little dented about the edges; at the foot of the leaves come forth small, hollow, pale, bluish-coloured flowers, the brims ending in five points, with a reddish thread in the middle, which pass into small round berries of the bigness and colour of juniper berries, but of a purple, sweetish, sharp taste; the juice of them giveth a purplish colour in their hands and lips that eat and handle them, especially if they break them ...*

*The Red Bilberry, or Whortle-Bush, riseth up like the former having sundry hard leaves, like the Box-tree leaves ... as in the former, come forth divers round, reddish, sappy berries, when they are ripe, of a sharp taste. The root runneth in the ground, as in the former, but the leaves of this abide all winter.*

*Place. The first growth in forests, on the heaths, and suchlike barren places. The red grows in the north parts of this land, as Lancashire, Yorkshire, &c.*

*Time. They flower in March and April, and the fruit of the black is ripe in July and August.*

*Government and Virtues. They are under the dominion of Jupiter. It is a pity they are used no more in physic than they are. The black Bilberries are good in hot agues, and to cool the heat of the liver and stomach; they do somewhat bind the belly, and stay vomitings and loathings; the juice of the berries made in a syrup, or the pulp made into a conserve with sugar, is good for the purposes aforesaid, as also for an old cough, or an ulcer in the lungs, or other diseases therein. The red Whorts are more binding, and stop women's courses, spitting of blood, or any other flux of blood or humours, being used as well outwardly as inwardly."*

### Mrs Mary Eales's Receipts.

Mary Eales, 1718. Reel 9.

"To preserve Raspberries. [sic]

*Take the Juice of red and white Raspberries; (if you have no white Raspberries, use half Codling-Jelly) put a Pint and half of the Juice to two Pound of Sugar; let it boil, scum it, and then put in three Quarters of a Pound of large Raspberries; let 'em boil very fast, 'till they jelly and are very clear; don't take 'em off the Fire, for that will make 'em hard; a Quarter of an Hour will do 'em, after they begin to boil fast; then put 'em in Pots or Glasses: Put the Raspberries in first, then strain the Jelly from the Seeds, and put it to the Raspberries when they begin to cool, stir 'em, that they may not all lye upon the Top of the Glasses; and when they are cold, lay Papers close to 'em; first wet the Paper, then dry it in a Cloth."*

"To make Raspberry Clear-Cakes.

*Take half Raspberries and half white Currants, almost cover 'em with Water; boil 'em very well a Quarter of an Hour, then run 'em thro' a Jelly-bag, and to every Pint of Jelly have ready a Pound and half of fine Sugar sifted thro' an Hair Sieve; set the Jelly on the Fire, let it just boil, then shake in your Sugar, stir it well, and set it on the Fire a second Time, 'till the Sugar is melted; then lay a Strainer in a broad Pan to prevent the Scum, and fill it into Pots: When it is candy'd, turn it on Glass, as other Clear-Cakes."*

Acetaria. A Discourse of Sallets.

John Evelyn, 1706. Reel 10

"Cucumber, Cucumis; tho' very cold and moist, the most approved Sallet alone, or in Composition, of all the Vinaigrets, to sharpen the Appetite, and cool the Liver, &c, if rightly prepar'd; that is, by rectifying the vulgar Mistake of altogether extracting the Juice, in which it should rather be soak'd: Nor ought it to be over Oyl'd, too much abating of its grateful Acidity, and palling the Taste; from a contrariety of Particles: Let them therefore be pared, and cut in thin Slices, with a Clove or two of Onion to correct the Crudity, macerated in the Juice, often turn'd and moderately drain'd. Others prepare them, by shaking the Slices between two Dishes, and dress them with very little Oyl, well beaten, and mingled with the Juice of Limon, Orange, or Vinegar, Salt and Pepper. Some again, (and indeed the most approv'd) eat them as soon as they are cut, retaining their Liquor, which being exhausted (by the former Method) have nothing remaining in them to help the Concoction. Of old they \* boil'd the Cucumber, and paring off the Rind, eat them with Oyl, Vinegar, and Honey; Sugar not being so well known. Lastly, the Pulp in Broth is greatly refreshing, and may be mingl'd in most Sallets, without the least damage, contrary to the common Opinion; it not being long, since Cucumber, however dress'd, was thought fit to be thrown away, being accounted little better than Poyson. Tavernier tells us, that in the Levant, if a Child cry for something to Eat, they give it a raw Cucumber instead of Bread. The young ones may be boil'd in White-Wine. The smaller sort (known by the name of Gerkins) muriated with the Seeds of Dill, and the Mango Pickle are for the Winter.

\*Cucumis elixus delicatior, innocentior. Athenæus."

"Dandelion, Dens Leonis, Condrilla: Macerated in several Waters, to extract the bitterness; tho' somewhat opening, is very wholesome, and little inferior to Succory, Endive, &c. The French Country-People eat the Roots; and 'twas with this homely Sallet, the Good-Wife Hecate entertain'd Theseus."

The Servant's Directory, or Housekeeper's Companion.

Hannah Glasse, 1760. Reel 12.

The Chamber Maid.

"To wash Thread and Cotton Stockings.

Give them two Lathers and a Boil, blueing the water well; wash them out of the Boil, but don't rince them; then turn the wrong side outwards, and fold them very smooth and even, laying them one upon another, and a Weight on them to press them smooth; let them lie a quarter of an Hour, then hang them up to dry, and when quite so, roll them up tight, but don't iron them, and they will look like new."

"To wash worsted Stockings.

Wash them clean in two cool Lathers, but don't rub any Sope on them; then rince them well, turn and fold them as you do the Cotton Stockings, then dry and roll them up tight."

"To wash Silk Stockings.

Beat up a clean Lather, and when cold wash then; the second Lather the same, only blue it well, and wash them well out of that Lather, don't rince, but turn them, then turn them, pull them smooth, press them, dry, and roll them up tight.

Take care never to lay any of your Stockings in soke before you wash them, it spoils the colour of them."

"For chapped Hands.

Take Small-beer and Butter, heat them, wash your Hands, wipe them, and draw on a pair of Gloves; this will make them fine and smooth, and is proper to be done every Night if your Hands are apt to chap. A quarter of a pint of Beer, and a piece of Butter as big as a Nutmeg is enough; but be sure you cut the Palms of the Hand of the Gloves, which then won't hurt you, and you may lie in them."

The Modern Family Receipt Book.

Mrs Mary Holland, 1825. Reel 14

"To discover whether Flour be adulterated with Whitening or Chalk.

Mix with the flour some juice of lemon or good vinegar; if the flour be pure they will remain together at rest, but if there be a mixture of whitening or chalk, a fermentation, or working like yeast, will ensue. The adulterated meal is whiter and heavier than the good. The quantity that an ordinary tea-cup will contain has been found to weigh more than the quantity of genuine flour by four drachms and nineteen grains troy."

"Improved method of salting Butter and Meat.

Best common salt two parts, saltpetre one part, sugar one part; beat them up together, so that they may be completely blended. To every sixteen ounces of butter add one ounce of the composition; mix it well in the mass, and close it up for use. It should not be used for a month, that it may be thoroughly incorporated. Butter, thus cured, has been kept for three years perfectly sweet. Keep the air from it, or it spoils. Cover it with an oiled paper, and a board on that.

To cure meat, add one ounce of the above composition to every sixteen ounces of meat. It must be very well rubbed into the meat. You cannot have it too finely powdered, nor too well rubbed into the meat."

"Method of curing bad Tub Butter.

A quantity of tub butter was brought to market in the West Indies, which, on opening, was found to be very bad, and almost stinking. A native of Pennsylvania undertook to cure it, which he did, in the following manner:

*He started the tubs of butter in a large quantity of hot water, which soon melted the butter; he then skimmed it off as clean as possible, and worked it over again in a churn, and, with the addition of salt and fine sugar, the butter was sweet and good."*

The Country Housewife's Garden.

W. Lawson, 1676. Reel 15.

"Of the Summer Garden.

*These herbs and flowers are comely and durable for squares & Cnots, and all to be set at Michael-tide, or somewhat before; that they may be settled in, and taken with the ground before winter, though they may be Set, especially sown, in the Spring.*

*Roses of all sorts, (spoken of in the Orchard) must be set. Some use to set slips and twine them, which sometimes, but seldome thrive at all.*

*Rosemary, Lavender, Bee-flowers, Isop, Sage, Time, Cowslips, Piony, Daisies, Clove-Gilliflowers, Pinks, Southernwood, Lillies, of all which hereafter."*

Of the Kitchen Garden.

*Though your Garden for flowers doth in a sort peculiarly challenge to it self a perfect, and exquisite form to the eyes, yet you may not altogether neglect this, where your herbs for the pot do grow: And therefore some here make comely borders with the herbs aforesaid; the rather, because abundance of Roses and Lavender, yield much profit, and comfort to the senses: Rose water, Lavender, the one cordial (as also the Violets, Burrage, and Bugloss) the other reviving the spirits by the sense of smelling, both most durable for smell, both in flowers and water: you need not here raise your beds, as in the other Garden, because Summer towards, will not let too much wet annoy you, and these herbs require more moisture: yet must you have your beds divided, that you may go betwixt to weed, and somewhat of form would be expected: To which it availeth that you place your herbs of biggest growth, by walls, or in borders, as Fennel, &c. and the lowest in the midst, as Saffron, Strawberries, Onions, &c."*

A Treatise on Tobacco, Tea, Coffee, and Chocolate.

Simon Pauli, translated by Dr James, 1746. Reel 20.

"A Treatise on Tea.

*I have hitherto strenuously endeavoured to preserve the Health of Europeans, by discarding and exploding the Abuse of Tobacco: But if any one should ask my Sentiments of Tea, which some Years ago began to be imported from Asia, and the Eastern Countries, and which has Qualities quite contrary to Tobacco, since it prevents Sleep, and therefore is by some Authors highly commended as an excellent Cephalic, and very grateful to the Viscera, subservient to Nutrition: I answer, that no satisfactory Reply can be made, till we know the Genus and Species of Tea, and to what Species of European Herbs it may be referred or compared; for Tobacco is by us called the Peruvian Hyosciamius, but we give no Name of any of our Plants to Tea: Nay, it is not known, whether Tea is what the Greeks call noa, an Herb, or Οαμν?σχιον, a Shrub, which Words, according to Ruellius, Morantha, and others, are so confounded by Dioscorides, Theophrastus, and other Botanists, as to occasion great Disputes among the Learned. But the Authors who have most faithfully collected whatever has been wrote upon Tea, either in the Spanish, French, Latin, English, or Dutch Languages, are Nicolaus Tulpius, and Nicolaus Trigautius, from the Works of whom I shall enquire,*

1st, Of what Kind and Species the Herb Tea is ?

2nd, Whether Tea is only the Produce of Asia, and whether it is ever found in Europe, or not ? And,

3rd, Which of the European Herbs may be most properly used in its Stead.

*Tulpius, then, speaks in the following Manner: "In the East Indies nothing is more common than drinking the Decoction of an Herb, which the Chinese call Thee, and the Japonese, Tchia. As my accounts of this Plant were received from the best and most impartial Authors, I shall willingly hand them down to Posterity..." "*

The Female Economist; or, A Plain System of Cookery.

Mrs Smith, 1810. Reel 24.

"Cookery for the Sick.

Beef-Tea.

*Cut a pound of lean beef into pieces, pour a pint of boiling water over it, and put it on the fire to raise the scum. Skim it clean, let it boil ten minutes, strain it off, and let it settle. Pour it clean from the settling, and it will be fit for use. Boil it longer if wanted very strong.*

Veal Broth.

*Take two pounds of scrag of veal, and put to it two quarts of water, a large piece of upper-crust of bread, one blade of mace, and a little parsley tied with a thread. Cover it close; let it boil two hours very slowly. Skim it occasionally.*

Chicken-Broth.

*Skin a fowl, pick off all the fat, and break the bones to pieces with a rolling pin. Put it into two quarts of water, with a large crust of bread and a blade of mace. Let it boil softly till it is as good as you would have it, which will probably require five or six hours. Pour it off, then put to it a quart more of boiling water, and cover it close. Let it boil softly till it is good, then strain it off, and season it with a little salt. An old fowl will make good broth."*

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