

When roasted, they are very serviceable to sick persons to strengthen the stomach and promote healthiness therein ; they are of different qualities, according to their acidity and sharpness or their sweetness, of which all persons can judge for themselves, some like them of a sour taste, and some like them sweet. To quench the thirst and encourage appetite, and cleanse and strengthen the system throughout, they are, in their season, an invaluable boon for every household, and cannot be too highly prized. In packing them, they should be placed with their stalks downwards, and should be all free from bruises.

NUTS AND THEIR PROPERTIES.

CHESTNUTS, the pride of nuts, are very small, but they are not to be despised because they are small. These nuts should be tried, by those who have not done so, in a boiled state. The way of boiling them is thus :—put the quantity you are going to boil into a pot of boiling water, sufficient to well cover the nuts, boil them until the outside skins crack, when you can take them up and open them, the skins will come off quite easy and the nut will be mealy and nice. This is the nicest way of eating chestnuts. They yield wonderful nourishment to the body, by producing good blood, but are rather binding. The inner skin that covereth the nut is of so binding a nature that a scruple of it, taken by a man, or ten grains by a child, soon stops any flux whatever. If you dry some chestnuts and beat the kernels into powder, taking both barks away, and make it up into an electuary with honey, you can keep it by you as an admirable remedy for coughs and spitting of blood.

WALNUTS are mostly serviceable for medicine, both inwardly and outwardly applied, yet many persons eat them and like them. The young green nuts, taken before they are half ripe and preserved with sugar, are of good use for those who have weak stomachs or defluxious therein. The oil of walnuts easeth the cholic and expelleth wind.

BEECH NUTS are of a nourishing nature and most especially to cattle, they are also, in general, cooling and binding, and therefore useful in hot diseases.