

Biscuit is much used by seamen, and the only way for passengers to take it is, to pour boiling water on it, and when steeped a few minutes toast it before the fire, then butter it, and it will eat as pleasant as loaf bread, but not otherwise: oat bread well baked in an oven, will answer well with either tea or coffee; cheese will be very needful; split peas for soup; and lastly, vinegar, butter, and potted herrings.

To preserve new milk for a voyage, take a large or small jar or jars, and clean them remarkably well, and when done, put the milk therein, and after securing it well by corking it close, put the jar or jars into a large pot of water, and boil them over a good fire, and when done, pack them in a hamper, or some other place, and it will keep sweet the whole of the passage. This has been tried by a man of truth and credit, who went last season to Philadelphia, and used the milk there after his arrival, it retaining its natural sweetness. There is a diet much used here, vulgarly called "beggars dish," composed of peeled potatoes and either beef or bacon cut in thin slices, and mixed through them, affords a pleasant meal, the soup is much esteemed, being seasoned with pepper. Delft ware will not in any wise answer in common use, I would therefore recommend tin poringers, or small wooden noggins and trenchers, these will be found best at sea, as the constant motion of the vessel will have a tendency to break any other: a tin kettle in the form of a D will be found very useful in boiling meat or any other food, as it can hang on the bars of the grate at any time, this will be highly accommodating, especially where so many families are boiling their food at one time. The kind of apparel I would recommend to male passengers would be, short jackets or