

I should recommend the whole consumption of the house to be produced on the premises, as far as is possible; and oxen, sheep, &c. to be purchased at first hand, and slaughtered for the house, disposing of such as is not wanted, by which it has been proved great savings have been made where similar methods have been adopted.

Let out the poor to persons in the neighbourhood wanting any assistance for gardening, working on the roads, going on errands, weeding, washing, ironing, or any other work, on reasonable terms.

Also keep a register of all persons or children in the house capable of work, for the inspection of such as are in want of servants and apprentices.

The following is suggested as proper diet.

*For Breakfast.*—Milk pottage: barley broth: rice milk: bread and cheese occasionally: also gruel or burgou, which is something thicker than gruel. It may be boiled in large coppers, and not made so thick as hasty pudding. It is eaten with molasses; and the expense about three half-pence a meal.

*For Dinner.*—Butcher's meat, with plenty of vegetables; ox cheeks and shins of beef stewed, with vegetables; pork stewed, with peas-pudding; rice puddings boiled, or dumplings; one pound for grown persons; half to three-quarters of a pound for children is considered sufficient: bread and cheese, with onions, once a week. Meat broth made as follows, has been found to be cheap and good, viz: 3 lb. meat, 2 lb. barley, 10 lb. potatoes, 4 lb. bread, 40 lb. water, is together 59 lb., to be boiled away to 48 lb., which will be sufficient for 32 persons, allowing 1½ lb. to each. A few onions or leeks boiled with it will much improve it. The expense for each person per meal will be about five farthings to three half pence.

Again, peas broth made as follows is also a good and a cheap article of food: 4 lb. peas, 2½ lb. barley, 10 lb. potatoes, 4 lb. bread, 40 lb. water, with onions or leeks, is 60½ lb., boiled until reduced to 48 lb.; is 1½ lb. each for 32 persons.

Count Rumford, who has paid much attention to cookery, has given the following receipt: a tea-cup full of pearl barley, and one gallon of water, boil gently for half an hour; then add 3 lb. of lean beef, or neck of mutton, some carrots and turnips cut small, a pint of green peas, if to be got, and some onions: let the whole boil gently for two hours longer in a close soup kettle, when the broth will be fit for use.

The following receipts have been given to me as worthy of notice:

I. Four lb. salt pork or beef cut small, put into a pot with 12 quarts of water; boil it slow for three quarters of an hour; then