

Honey was the great and univerfal sweetner in remote antiquity, and particularly in this ifland, where it was the chief conftituent of *mead* and *metheglin*. It is faid, that at this day in *Paleftine* they ufe honey in the greateft part of their ragouts<sup>†</sup>. Our cooks had a method of clarifying it, N<sup>o</sup> 18. 41. which was done by putting it in a pot with whites of eggs and water, beating them well together; then fetting it over the fire, and boiling it; and when it was ready to boil over to take it and cool it, N<sup>o</sup> 59. This I prefume is called *clere koney*, N<sup>o</sup> 151. And, when honey was fo much in ufe, it appears from Barnes that *refining* it was a trade of itfelf<sup>‡</sup>.

Sugar, or Sugur<sup>§</sup>, was now beginning here to take place of honey; however, they are ufed together, N<sup>o</sup> 67. Sugar came from the Indies, by way of Damafcus and Aleppo, to Venice, Genoa, and Pifa, and from thefe laft places to us<sup>¶</sup>. It is here not only frequently ufed, but was of various forts, as *cypre*, N<sup>o</sup> 41. 99. 120. named probably from the ifle of Cyprus, whence it might either come directly to us, or where it had received fome improvement by way of refining. There is mention of *blanch-powder* or

<sup>†</sup> Calmet. Dict. v, Meats.

<sup>‡</sup> Barnes, Hift. of E. III. p. 111.

<sup>§</sup> N<sup>o</sup> 70, Editor's MS. 17. alibi.

<sup>¶</sup> Moll, Geogr. II. p. 130. Harris, Coll. of Voyages, I. p. 874. Ed. Campbell.