

SHRUB A concentrated mixture of a spirit, citrus fruit and sugar. Basically, shrub was pre-made punch without the water. In this form the high alcohol content prevented it from spoiling, and it could be kept for long periods. A 1762 ad for commercially-marketed shrub boasts, "one Glass of which is sufficient to make a Quart of Punch"

SHRUB.

Shrub is often made in the West Indies as follows: take one gallon of rum, six pounds of sugar, and one quart of lime juice; dissolve your sugar in the lime juice, and then mix it well with the rum; after which, set it in a bottle or cask to settle, till it becomes mellow. This makes excellent punch.

From *The Innkeeper's and Butler's Guide*, 1810

TODDY Probably the second most popular mixed drink, toddy was rum or brandy, sugar and water, sometimes with nutmeg grated on it. Basically, it was punch without the citrus. It could be served hot or cold.

T O D D Y.

This liquor is prepared by adding to three half pints of water, one of rum or brandy, a little sugar, and after stirring, a little nutmeg.

It is called a salutary liquor, and especially in the summer season, if it is drank with moderation.

from *The American Herbal*, 1801

FLIP A hot drink of beer, sugar and rum or brandy. Sometimes a mixture of beaten eggs and cream was added. Toddy was traditionally heated with a hot poker or loggerhead. Obviously, a cold weather drink.

F L I P.

This kind of liquor is made by putting a spoonful of brown sugar into about five or six jills of malt beer, which is then warmed by putting a hot iron into it, called a logger-head; afterwards, half a pint of rum or brandy is added, and the mixture well stirred with a spoon. Then a little nutmeg is grated on the top, which makes the flip fit for use.

From *The American Herbal*, 1801