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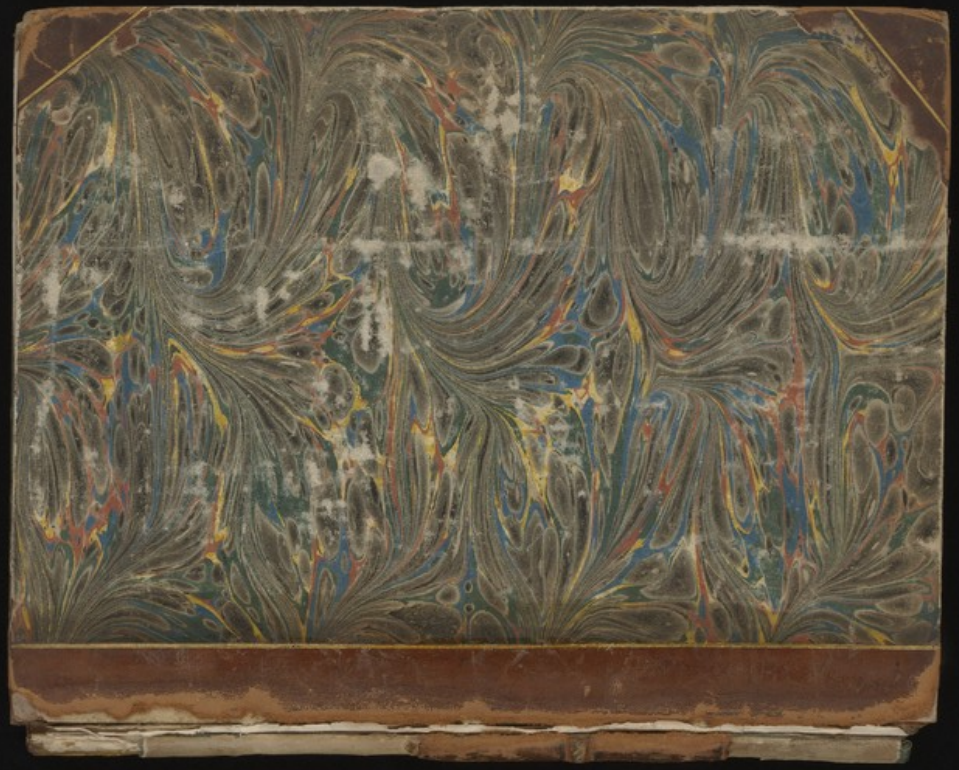

To make juice of Liquorish.

Take half a pound of liquorish; a quarter of a Pound of Annise-seeds, a ounce of Caraway-seeds, half a pint of Hyssop-water, half a pint of Sell-cet-water, half a pint of Wherehound-water. You must strape y liquorish, & slice it, then bruise it with the other goods; then let 'em be infus'd in the water three nights, & three days in a Gally-pot; setting 'em in hot embers all the time; then strain it hard, & boil it in a clean Pipkin till it be Syrrup, then set it a cooling; then take one ounce of Gumdragon, & a little Gum-arabick, & some gum of Kariture. Steep all these well in Damasck-rose-water for two days; then take of sugar finely beaten sifted thro' Cypress bag grounds, & three or four spoonfuls of fine wheaten flower of Musk & Ambergrease, of each six grains. Beat all these in a hot mortar, with the syrrup & Gums. Strain, if it be not thick enough put more Sugar to it, & beat it to a Paste a good while, then work it up into balls, then lay 'em on paper strewed with fine Sugar, & set 'em a drying in a warm Cupboard: and then keep 'em for your use.

To make Syrrup of Violets.

Pick your Violets from the green, & put 'em into a Pipkin, then put as much water to 'em as will cover 'em (It must be scalding hot) & set 'em by till the next day; then set over a few embers till they be warm; then strain 'em out three times as hard as you can; then put to every pint of juice a pound of fine sugar finely beaten; then set it on the fire till it be scalding hot; then take it of & scum it well; then set it by for one month, or 6 weeks then if you find it grow mouldy take a little kettle or pot, & put your syrrup into a Silver tankard or earthen pot; putting hay in the bottom & round about it; then let it stand in the water till it be scalding hot.

To dry Mussel Plums.

Take one pound of Plums & slit 'em on the slit side then thrust out the stones with a Bodkin; then full of holes, & make a syrup; & when it has stood till it is but warm, put 'em in & let 'em stand upon the fire a little; then put 'em in a close pot till next day; then warm 'em twice a day for 2. or 3. days together then lay 'em out & dry 'em. So it's done.

Your Green Plums order thus.

To make Gelly of Pippins.

Take one quarter of an hundred of John Apples, or Pippins & when pard, or slict, put 'em into a skillet; when done put in as much water as will cover 'em; then set 'em over the fire til they look clear, & keep 'em stirring till they are boild clear. Then take 'em of & strain 'em thro' a boltin strainer. Put to a pint of this one pound of sugar; & slice in some Pippins & Orange & Lemmon Peel slict according to your own discretion, bring first boild with the juice of Lemmon. Let all those boil together till they come to the heighth of a Gelly. Then must be blyld with 'em a little milk. Then put it in Glasses for your use.

To preserve Quinces white.

Soar your Quinces raw, & put 'em into a skillet of water ready to boyl; shifting 'em into severall such waters till they be tender. Weigh 'em before you boyl 'em; & take as much sugar as they weigh. Put to each pound of sugar a pint of water; boil & clarify your sugar; then put in your Quinces when it's boyl to a reasonable Syrrup. So let 'em boyl till they be red.

To preserve Apricocks.

Take your Apricocks before they be soft; take ye weight of 'em

in fine sugar; then pare 'em & cut 'em on the stem side; then put 'em into a clean pot with Sugar under 'em; the stem Sugar on 'em & so by degrees as it melts put in more till all the Sugar be melted. When done, let 'em stand for one day & one night at the least. then take out the stones, & with a quick fire boil 'em till the syrup be thick and if you perceive the syrup to grow thin in a week's time, you must boil 'em again a little & they'l keep the better.

The Spanish Cream.

Set 2. Gallons of new milk over the fire with 6. blades of Mace & as it boils put to it a quarter of a Pint of Cream by times till you have put in 2 quarts then stir it till its quite cold, & set it in pans all night to Cream in the morning. Scum it & put to it Orange-flower water Sack & Sugar to your taste & whip it till 'tis as thick as Butter. So heap it high into your dish with a Spoon.

To dry Currants pull'd from ye stalks & Stoned

Take to half a pound of Currants 3. quarters of a pound of double refined Sugar; then lay 1. of the quarters by; then take a pint of clean water, & put it to ye half pound of sugar; & then melt it on the fire; & when 'tis throly melted take it of the fire & put it into the Currants; letting 'em stand till they are cold only shaking 'em: then set 'em on the fire again, & boil 'em as fast as you can: casting in at times the Sugar that was left; scumming them clear & plump. Take 'em of & when they are cold lay 'em on Glasses in a stove, turning 'em & in 3. or 4. days time they will be dry to box up.

To make Lemmon Cream.

Boil 1. pint & half of Cream with ye peel of half a Lemmon let it be stir'd till it be quite cold; & then put to it ye juice of 3. good Lemmons with so much Sugar in it as will make it almost like a Syrup. Stir it well together and so put it in your Dish.

To Dry Green Plums.

Take any sort of white Plums while they be green, put to 'em some water heated so hot as you may put in your finger and after half an hour put in more, hotter than ye former & so continue till they begin to be tender, & change from yellow to look greenish, keeping 'em warm with a gentle heat all the time then have ye Syrup ready, then put 'em in & let 'em lye for half an hour; then set them on ye fire, & when you perceive 'em to boil take 'em off & let 'em stand till next day, & then order 'em as your other fruit. They will be at least 3. or 4 hours in greening.

To make Sack Cream.

Take 2. quarts of sweet Cream set it over ye fire in a Kettle, & while it boils, put in so much good Sack as will turn it to a Curd; then strain ye whey clear from it, & Rub your curd thro' a strainer into a Clean Dish. Season it with rose water & fine sugar & if it is too thick put in some of the whey ye ran from it. So put it into a fresh Dish.

To Dry Green Plums.

Take any white Plums before they are ripe put 'em into warm water & let 'em stand on a gentle fire, to be but scalding hot. In ye mean time get your sugar ready, take half their weight in Powder Sugar, to every two pound one white of an egg beaten; & put it into your water cold, when you put your sugar let it boil together a while, then strain your Sirrup through a bolting Strainer, then boyl it to a candy hight; then having ye plums in a readiness, in a preserving Pan, Throw your boiling Sugar all over 'em & cover 'em, & let 'em stand till ye next day. This farms 'em then set 'em on a good fire & boil 'em a little roscile; then let 'em stand till night & warm 'em again, & so keep 'em warming twice a day for 3. or 4. days together; ye warming must be but as hot as one may endure his finger in it. Then take 'em from ye Syrup & lay 'em on sieves & dry 'em, & when they be almost dry, wipe 'em, with a wet cloth to take away ye dewginess of 'em, & set 'em on again, & 1. hour finished. If you make 'em to be plump & fair, add their whole weight in Sugar.

To make Almond Cream.

Take 1. quarter of a pound of Jourdan Almonds lay'd in cold water; blanch & beat 'em in a stone Morter; take a little rose water & put to 'em strain 'em wth a quart of sweet cream; season this wth fine Sugar; then put it into a fine kettle & set it upon ye fire, let it boil a little; y^n pour it out to cool.

To make Almond Cream.

Boyl 1. quart of cream & put 2. eggs to it; then take a quarter of a poun of Jourdan Almonds; lay 'em in cold water, blanch & break 'em in a stone morter very fine, with a little Orange-flower-water; put to 'em as much loaf sugar as will sweeten ye cream; put it altogether into a kettle; set it upon ye fire stirring it till it boyl a little; pour it out, & let it stand till 'tis cold.

To make Rasberry Cakes.

Take Rasberries very ripe, & bruise 'em very small in a Pewter or Silver dish; then take their weight in fine sugar; y^n boil your sugar to a sandy ye put to your Rasberries, & stir 'em well together; then lay it on plates; set 'em in a Stove turning 'em every day; & so let 'em stand till they be dry.

To make a Lemon Sullebub.

Take a pint of thick cream, half a pint of Rhenish wine, a quarter of a pint of sanack; 3. quarters of a pound of loaf Sugar, & grate ye Rind of a Lemon then squeeze ly^e juice to ye wine; put altogether in a milk pan, stir 'em well, whip 'em till they are thick enough to scum of ye froth as it rises; then put it into a Sullebub pot, then whip it agaie; so take it of till your pot is full. (This should stand 1. night before it is taken.

To make Quiddincy of Quinces, or New Marmalade.

Take of ye juice of Quinces 1. pint; & 3. quarters of a pound of Quinces parboil'd & sliced thin. Then take as much double refine Sugar as all in weight; wet ye Sugar wth a little water; then boil it to a sandy height then put in your juice & ye slices of Quinces, & let 'em boil apace till they be enough without intermission, & so put it up for your use.

To Make Lemon Cakes.

~~Take Butter & rub it to a cream before they turn; then cream & rub the~~

Pare 1. of your Lemons, & boil ye Peel in water till it be very tender, then cut it small, & squeeze to it half a pint of Juice; then make a candy of 3. quarters of a pound of double refind sugar, & when it's of the size put in ye Lemon; then set it in a stove in broad Glasses, & as they candy over, take of the candy as large pieces as you can; then lay it in heaps what bignes you please the oft'ner shewt to candy again.

To make Jelly of Quinces white.

Take 6. Quinces & coddle 'em but not too tender, whilst they are boiling ~~take~~ other Quinces, & strain ye juice thro' a bag; put into every pint of Juice, ~~and~~ half pound of sliced Quinces scalded, & to every pint of this when so mingled 1. pound of double refind Sugar, boil it as fast as you can till ye Quinces be clear.

To preserve white Barberries.

Take Barberries white before they turn, stone 'em, & then take their weight in Sugar; put ye Sugar into ye Juice of Barberries, & boil ye Syrup high; then put 'em in, & let 'em boil very fast till the Syrup grow thick as you like it.

To preserve Oranges whole.

Take ye fairest Burmudas Oranges you can get; cut of ye hard top; & let 'em lye covered in clear water 3. days, & 3 nights; shifting ye water every day. then rub 'em with ye juice of ye peel; boil your Oranges in water; the water must boil before you put 'em in, so keep 'em boiling till another shift of water boils; then shift 'em 3. times, ye water boiling still, tye 'em singly in clean lawn cloths before you boil 'em, that you may take 'em up whole then weigh your Oranges, & put 'em in a clean cloth; then cover 'em close y^t no air come to 'em; & to every pound of Oranges take 2. pounds of treble-refind-sugar, & 1 pint of running water; & when ye Syrup rises to a scum, take it off; & if your Syrup be not clear, you may lay of white of 2. or 3. eggs which will take off any filth. boil ye Eggs a good while in ye Syrup, then take it off & strain your Syrup into a Dish, or bason; & let it stand till it be almost cold; then put ye Syrup into a Skillet & the Oranges to it; then boil 'em as fast as you can, till they be all coloured.

keep out one quarter of a pound of Sugar, & while your Oranges are boiling, strew ye Sugar on 'em; then take 'em of the & cover 'em close, to clear 'em, & when they have stood long enough put 'em up presently, & cover 'em close till they are clear, & keep 'em for your use.

To dry Plums of any sort.

Weigh your Plums & stone 'em; then take ye weight in refind Sugar; put your Sugar into a Skillet; & then put to it 6. or 4. spoonfulls of water to dissolve ye Sugar, & so set it on ye fire then make it boil have ye Plums ready, & so put ye Syrup to 'em boiling hot, do so 2. times a day, 3. days together; then lay 'em on Sieves, & let 'em 2. or 3. times a day on dry sieves; when they are almost dry wipe 'em with a wet cloth dipt in warm water; the former injunctions being duly executed & performed let 'em stand till they be dry.

To Make Orange Cakes.

Take Orange rinds & lay 'em in fair water a day & a night, then boil 'em in 3. waters, then take half a pound of ye pulp of Oranges, half a pound of ye pulp of Pippins, & a quarter of a pound of Orange rinds boil 'em together till they grow tender and so work thro' a hair sieve with a spoon. then take a pound & a quarter of Sugar, then put in a little water, and when it boils scum it, then let it boil till it comes to Sugar again, & put in your pulp & stir it a little together, then lay it upon plates, & set it to dry in a stove.

To preserve Citrons.

Take a Citron, then rub it very well in salt, & slice it into what pieces you please; when done, take out ye meat, & lay 'em in fair water a day or 2, then take 'em out & boil 'em in several waters till they be tender, let your last liquor be most of it white wine; then take to every citron, 1. pound of Sugar, & a pint & half of running water, & if your Sugar be not very fine clarify it with whites of Eggs. then boyl your Syrup well, then put in your Citron while it's hot, & let it stand till ye next day, & y boil 'em up you may put in some juice of Lemon & a little mace, & you may put in some of ye meat of ye Citron at ye last when ye Citron is almost boiled, but be sure you pick ye seeds clean out of it.

To make jelly of Rasberries.

Take your Rasberries, & put 'em into a stone pot, stop it very close & set it in a kettle of water; & when it has boil'd an hour take out ye thin juice, & when you have taken out as much as is clear take ye weight of it in Sugar, & let it stand over a soft fire till it comes to a jelly, which you may conceive by dragging ye finger on ye back of ye spoon, & when come to a jelly put it into Glasses.

To make clear takes of Goosberries.

Take Goosberries when at their biggest before they change colour, & clip of ye stalks, put 'em into a preserv pot; then set it in a pot of boiling water, & let it boil a good while till you see ye Juice come clear: then throw a half & let ye juice run thro' a cloth into it, not touching it at all, & set ye Juice into a boson of water warm & keep it warm till you make it up thick. take to a pound of juice, 1. pound & a quarter of double refined Sugar, & boil it to a Candy: then take it off ye fire & stir in ye juice, & then set it on ye fire till it be ready to boil, then put it into dishes & when it's hard crudled over turn it & cut it into what fashion you please. The clear meat of Rasberrys is made after this manner but y^t 'tis a little more crusht——— The Clear Meat of Currants is made thus to but y^t there must be a few green Goosberries put into ye pot w^th 'em & if you please you may put some among ye Rasberries for it will make the jelly ye stiffer.

To preserve Pippins Green.

Take ye greenest Pippins cleanest from spots; Pare 'em very thin slice 'em into cold water, boil 'em in a kettle of water covered very close let 'em boil softly till they be green & tender, then take 'em out of the water & take their weight in sugar pounded, then take as much water as you think will cover 'em. adding to it a little rose water & make a syrup, when its cold & strain'd clear, put in your slices & let 'em boil together, if they don't clear tho' cover 'em, let 'em boil softly but if ye syrup begins to burn you must uncover 'em make 'em boil very softly; if it is not thick enough you may take out your Pippins so that they may not turn red.

To preserve Damsons.

Take 20 a pound of Damsons 1. pound of sugar & 1. Pint of water, make your Syrrup & when it's scummed take it of ye fire & put in your Damsons & let it stand till they be almost cold then set 'em on again & let 'em boil but not so fast till they be half done; then take 'em of again as before till they be cold; then set 'em on again, & let 'em boil till ye Syrrup be thick. if you save out some sugar to strew on 'em while they boil, they will be the better but it must be put on before they be half done.

To Candy Figgs.

Chuse ye longest figs that are ripe; put 'em in boiling water, let 'em boil very fast till they are tender; then take 'em up & dry 'em with a linnen cloth, then take their weight in Sugar wet in spring water & turn'd into water again; then boyl it till it hairs, then lay your figs in a pewter bason & pour Syrrup upon 'em, & let 'em lye till they begin to candy, heating 'em 2. a day, then lay 'em on Glasses then set 'em in a stove to dry.

To preserve Quinces Red.

Take to 1. pound of Quince, 1. pound of Sugar & 1. pint of water. first & perboil 'em till they be reasonably tender have your Sugar & water ready boiled & strein'd; then pare your Quinces & put 'em into the Syrrup & boil 'em leisurely still scumming 'em until such time as your Syrrup dropping of will stand, then wash 'em clean from ye scum of ye Syrrup then put your Quinces into Glasses; but save some of your Syrrup in a silver dish till it be thoroughly cold. so lay that on the Quinces & it will keep 'em all ye year.

The Lady Bethels way to make Mead.

Take 4 Gallons of water; you may add 2. quarts for the boiling away, put into it 8. quarts of the best honey, stir it well together, & let it on a clear fire till it boil; scum it very well, then put in, balm, Mint, Rosmary, Pennyroyal, Sweet majoram, Sicurworth, Muscovy, Southernwood of each one handfull, what other good herbs you please, & half a handfull of Bay leaves, wth 2. oz of 6. Nutmegs of Ginger, slict & bruised boil 'em together half an hour very fast, then pour it thro' a Sive, and

when'tis cold enough to be wrought Put x x x x Yeast to it, then turn it into a Vessel & when it has done working, Put into a little bag 4. Nutmegs, cloves, Mace, Cinnamon, with 3. Raisins of Ginger slice & bruised, all beaten pounded. Put these into ye Vessel & stop it up close; & if you would drink it soon draw it into bottles, when it has stood a week, but if longer 'tis better, you must remember to wash your herbs well.

To make Syrrup of Marsh Mallows.

Take of ye Root of Marsh Mallows, of red Pulse 1. ounce, of ye Root dogs tooth, of saxefrage, liquorish, Raisons stond of each half an ounce of marsh Mallows mallows, Pellitory of ye wall, Pimpernell, Plantain Maiden hair, of each 1. handfull; of ye 4. cold seeds greater and lesser, of each 3. drams. Seeth all these in 6 pints of water, to 4. pints strain em, & add 4. pound of loaf sugar, boil it to a Syrup.

To Dry Apricocks.

Take 1. pound of Apricocks, stone 'em & pare 'em put 'em into fair water; & whap they are all pay'd weigh 'em, & to every pound of Apricocks, put half a pound of double refined Sugar beat, then put it into a Silver Basen, & lay ye Apricocks in & cover 'em wth Sugar; & let it stand till it is all melted; then put 'em on a soft fire & scorn gently the heat till they are done half so much as them you preserve, then take 'em from the Syrrup & lay 'em a draining; then take half a pound of Sugar & make a candy thin, & boil it but not too high; then put ye Apricocks into ye Pan; & pour the Copey upon 'em, Scald 'em in it 6. times letting 'em cool betwixt while; then lay 'em upon Glass plates & immediately hot, turning 'em every day till they are dry; they must not be above 3. or 4. days in drying least they lose their colour

To make a March-pane, to new Gild it.

Take 1. pound of blanch Almonds finely beaten, droppin in rose water, then a Spoonfull of rose water put 3. quarters of a pound of Sugar then beat it to a paste in a stone-morter, then roll it out & cut it by a dish; set an Oblate to it then set it over wth fine Sugar beat with rose water bake it upon paper, cut your Gold & lay it on with

Gum water; save some of ye past which you may make up into toys; & dry 'em & stick 'em about, to Garnish it, and strew it with Comfits.

To make Apricock Cakes.

Take Apricocks & pare 'em, cut 'em in halves & put 'em in a Pan or pot, Set 'em in a pot of boiling water, then let 'em boil till they are very tender; then pour a little of ye Juice from 'em, then strain 'em thro' a thin cloth till you leave nothing but ye strings, you must strain it into a dish y^t you know ye weight of; & take to that juice, to every Pound 1. pound & a quarter of double refin'd Sugar; then take as much water as will wet your Sugar, & no more then will boil it to a candy. & stir in ye Apricocks; then let it stand till 't is ready to boil; then put it into dishes of what thickness you please; & set it into a stove; & when it is hard candied over turn 'em upon a plate, & let 'em stand 3. or 4. days; then put 'em into what fashion you please, and dry 'em.

To Make Maccaroons.

Take half a pound of Jourdan Almonds, lay 'em in cold water all night; then blanch & beat 'em very well, with a few spoonfulls of rose-water in ye beating, to keep 'em from oyling; when they are beaten very fine, strew in half a pound of double refined Sugar beaten & searced. then beat 'em very well together; then put it in a dish; then set it on a chafing-dish of coals, & put into it ye whites of 2. Eggs beaten to froth; & let 'em stand on ye fire; still stirring it till it's pretty stiff. And of your Oven be not which must be kept quick, drop 'em with a spoon on a Plate, it being strewed thick with searced Sugar, & searced sugar strewed over 'em then set 'em in the Oven & if you see 'em colour but a little, take 'em out, & put 'em in a dish, so let 'em dry.

How to boil up Sugar.

A full Syrup is when it's of an Amber-coleur. Proper Christs hight is when it drops between your fingers like a small thread. To boil it to a candy hight, you must stir it sometimes with a stick, & as you stir it fling your stick from you, & when ye Sugar is high and it will fly from your stick in great flakes like Snow.

To make whipt Cream & whipt Sullebub Red & white.

Take as much sweet Cream as you think fit; put it in a Milk pan, or bowl, & season it with double refin'd Sugar, a little Nutmeg cut in bits, a little whole Cinnamon in bits, a Glass or 2. of Canary; according to your taste infuse your Spices in your wine, & ye Sugar till 'tis scalding hot. & when it's quite cold take out ye Spices & put so much to your Cream as will suffice to sweeten it to your taste. but put not in so much as to curdle it, then whip it wth a birchen rod, till the froth rises, like snow; then lay some Cream in the bottom of a Dish, and lay the Snow by spoonfulls all over, & heap up laying ye Spoonfulls that they may lye a little holow.

The same you may heap up on your Sullebub Glasses, bring 3 quarters filled with Sullebub, & ye Snow to be laid on spoonfulls on ye top of ye Glasses; for variety you may make some red Claret, wch will look reddish, & ye froth may be whipt up wth some Claret scalded wth Spice & Sugar, as you did ye Canary. Half ye Sullebub Glasses to look red & half white will be pretty. Serv'd up in a Silver Tankard. Or you may use Alicant wine instead of Claret.

To Make Brickat Cakes.

Take 9. Eggs beat 'em in a wooden bowl half an hour, then put 1 pound of fine Sugar to 'em; & beat 'em half an hour longer: to these put 1 pound of fine flower, & 1 grain of Musk, & beat 'em well together, till your Oven is as hot as for Manchet. then butter your Plates, & put 'em in & bake 'em, scrape sugar on 'em hot; & you may if you please put a few Caraways or Coriander seeds bruised; when they are baked, gran' 'em & loosen 'em from their moulds, then put 'em in again & dry 'em in ye Oven. You may instead of Plates drop 'em on Papers lay'd on Grates of Wire, or tin moulds, & so bake 'em.

To make Past of Violets.

Take your Violets & pick 'em clean, when done, bruise 'em in a stone Mortar, then wring the juice from 'em into a bell metle or Silver dish, or basin, & put as much hard sugar finely beaten as the juice will colour; then dry your sugar; then beat it agin; then take as much Gum-dragon steep'd in rose-water, as will bring the Sugar into a perfect Past.

And when 'tis perfect make it up into what fashion you please. then print it wth your Mould as you please; then take it of & dry it in your Stove & when 'tis dry you may some Leaf Gold on it; & so done 'twill be a very fine Sweet.

To Dry all manner of Plums.

Take ye Plums when they are green, & at their full growth, scald 'em in hot water & then Peel the thin skin off from 'em then put 'em into ye water green, & let 'em stand by a soft fire close covered, & they'll turn green again & infusing as they were at first; then clarifie 1. pound of Sugar, & boil it to a Blanket Christie Height, then put 3. quarters of a pound of Plums into it, and boil 'em very leisurely till they are very tender. then let 'em stand 3. days then wash the Syrup from 'em in warm water, & dry 'em for ye use.

To make past of Pippins {White / Green} or Red.

Take old Pippins, pare 'em quarter 'em, & boil 'em very tender in fair water; then Pulp 'em thro a Sieve then clarifie 1. pound of Sugar, & boil it to a Candy height; then put 1. pound of ye Pulp into it & keep it boiling, always stirring it till it comes from ye bottom; then lay it on Plates, & dry it & keep it for your Use. To make Past Green boil spinnage in fair water, strain it & boil your Pulp; then order it as above. If you'll have your past red, boil Rast first in ye water; then strain it & boil ye quartered Pippins in that water; & do as above in all things. Quinces you may make ye same way; but it's most proper to be white but you may Print 'em if you please.

Put your plums into a Pot, & cover 'em close; & set 'em into a Skillet of water, & let 'em boil to mash; strain 'em thro a Pulping Sieve. boil your sugar to a Candy height; then put your Pulp into it; & to 1. pound of Pulp put 1. pound of sugar; keep it always stirring till it comes adain from ye bottom of your pan. ye lay it upon Plates, to Dry 'em.

To your Apricocks ye same way; only to 1. pound of Apricocks add half a pound of the Pulp of Pippins; & in all things else do as above; you may shape 'em like half Apricocks putting 2. together & ye stone between sticking half out.

To make White Marmalate.

Take fair Quinces, boil 'em tender in fair water; Pare 'em & cut 'em from ye Core, dry 'em in a Platter over a Chafing dish of Coals; then have ready your double refined Sugar. then put 1. pound

of Sugar to 1. pound of Quinces; boil it to a Candy hight; then put your Quinces into it & stir it well together; then boil it hastily, uncovered, rig it upon y side of a Dish boil it not too long least it lose its colour; let yt water you boil your Sugar in be Apple Water, twill Jelly yt better & you need not boil it so high. If you have not double refine, but must use powder Sugar, clarify it w th whites of eggs. Put your marmalate into your Glasses or pots hot; but first hold 'em over the steam to keep 'em from cracking. Lay a Plate over your pot till another be filled then take it of & it gives it a Gloss.

Red Marmalate.

Pare your Quinces & quarter 'em, then put 'em into clarified Sugar; to 1 pound of Quinces, 3 n. pints of water, put to each 1. pound of Sugar boil 'em leisurely close covered till they be tender, & look red. then take the Quinces out of y Syrup into a Pan & there break 'em well then put 'em into the Syrup again; stirring 'em well; set 'em on yt fire again; then cover 'em & boil 'em leisurely, often stirring 'em till the colour be a fine red; then uncover 'em, & boil 'em, continually stirring 'em; try some on the Dish side; & when 'tis enough put it up as before.

To Preserve Pears White.

Take your Pears & boil 'em very tender in fair water; then Pare 'em & prick 'em thro y Core, w th a knife; then clarify 1. Pound & half of Sugar, boil it to a thin Syrup; then put 1. pound of Pears into it & let 'em boil very fast uncovered till your Sugar is in a full Syrup; then set 'em to cool let 'em stand 1. week; then boil the Syrup by it self, till it at a Moderate Christo hight, then put it to your Pears again, & so keep 'em for your use.

To Make Paste of Oranges & Lemons.

Lay 'em in water 7 days shifting 'em 2. a day; y n boil 'em in fair water very tender then add to each pound of Oranges 3. quarter of a pound of the Pulp of Pippins, & do as directed Page 13. Only throw your Pulp together.

To Make Bullis Cheese.

Take your Bullis & infuse 'em in boyling water as you do

To preserve Barberrys

Stone ye best Barberrys, & to half a Pound of Barberrys put a Pound of double refined Sugar; boil ye ~~best~~ worst Barberrys in a quart of water, ym squeeze ym out, & put ye sugar to a pint & a half of yt Liquor, & a quater of a pound of sugar more, ym boil & skim it, & on ties almost cold put in ye Berrys; & give ym a warm or two, ym take ym up & put ym into Glasses, & boil ye Jelly, & wn ties a little cold put it to ym.

your Barberries, then strain 'em thro a Cloth; then put to 1. pint of your bullis half a Pint of honey; boil it, till 'tis so thick that it will hang at your Spoon: then pitt it into boxes for your Use.

To preserve Barberries.

Take & pick out your finest Barberries to preserve, & then take your smallest Barberries; put 'em into a Pot cover 'em close, & set 'em into a kettle of water, & let 'em stand boiling in it 3. or 4. hours. then strain the juice of 'em; then stone your Barberries, & take 2. pound of Sugar; ym put as much of ye juice of Barberries into it as will melt it. then let it to boil; & when it boils put half a pound of Barberries into it then let 'em boil very fast the Syrup begins to hang at your Spoon then set 'em to cool & keep 'em for your Use.

To Preserve Rasberries.

Take 1. pint of clear water & boil 1. pound of sugar in it, & scum it very clean; then put half a Pound of Rasberries into it; boil 'em very fast till ye Syrup begins to hang on your Spoon. then set 'em to cool for your Use.

To preserve Mallegatoons or Peaches.

Take 'em & lay 'em 3. days in lye made of fair water & ashes; boil 'em very leisurely in fair water till they are tender; yn take ye Stones out of 'em; yn clarifie 1. pound of Sugar, & boil it to a full Syrup; then put 1. pound of your Mallegatoons or Peaches into it; boil 'em very leisurely till they are very tender; then set 'em to cool for ye Use.

To Conserve Roses.

Take your Red Rose leaves & cut of ye white of ye End; then put to 1. pound of ye Rose leaves 2. pound of Sugar; then beat 'em in a stone Mortar, when your leaves are beaten something small, put to 'em a drop or 2. of Oyl of Vitriol, & that will turn the colour of it as red as the Roses were at first. when you have beaten it small strong in ye sugar by degrees, continually beating it till it be 2nd: then put it up.

To Conserve Barberries.

Take ye Barberries, & put 'em into a Pot, cover 'em close, & set 'em into a kettle of water 2. or 3. hours; then strain 'em thro a cloth; & put to a pint of your Barberries 1 pound of Sugar; then boil it till it hangs at your Spoon. then put it into Boxes for your Use.

To Conserve Damsons.

Take your Damsons, put 'em into a Pot, cover 'em close, & then set 'em into a kettle of water 2. or 3. hours: then strain the juice out of 'em thro a cloth; & then put to 1 pint of ye juice 1 pound of Sugar, & boil it till it hangs at your Spoon: then put it into Boxes & so keep it.

To make Whipt Sullebub.

To 1 pint of Cream put 3. whites of Eggs; & 3. Spoonfulls of Canary, or Sack but not so much as to turn it; Sweeten it with fine Sugar to ye Taste, then whip it with a whisk to a froth; then scum it off as it rises, & put it into Glasses, & of mace rosd will stand 2. Days. This is Mrs Susanna Olivers receipt.

To make a Jack Posset.

Take 1 quart of Milk, & boil it up with mace & cinnamon; then let it stand till it be pretty cool: then put into it ye Yolks of 10. Eggs rock beaten. Stir 'em into ye Milk till it be the thickness of Cream; then put into it half a pint of Canary blood warm with so much Sugar as will sweeten it; & stir it till it be well mix't; then put it into your Bason; having in readyness the whites whipt up with some Sugar; as the Froth rises take it up with a Spoon & put it into a Pan; till all the whites are spent in froth; then take 'em & lay 'em as high as you can upon your Posset; & so serve it up. Mrs Owens receipt

To make Muscadin Comfits.

Take 2. Ounces of double refined Sugar beaten & sifted with 1. grain of Musk and Grain of Ambergrease, & 1 grain of Clove; Beat all these with ye Water of Gumdragon till it comes to a Paste; then take it out & cut it into what shape you please, with a knife or thimble; then set 'em a drying in some warm place till they are dry.

To Preserve or dry Apricocks.

Take your Apricocks before they are too Ripe, & 1. day after they have been gathered stone 'em; & if you please pare 'em very fine & to 1. pound of Apricocks take 1. pound of double refined Sugar; strew 1. half in the bottom of the preserving pan then lay in your Apricocks; then strew ye rest of your Sugar upon 'em; then let 'em stand for 2. or 3. hours till such time as the Sugar is melted without water; then set 'em on a slow fire; so that they boil not in half an hour; turn 'em sometimes 1st case, that you do not break 'em; & when you think they are tender enough put 'em into Glasses as are drop, & when the Syrup has boiled a little longer than your let on your Apricocks then let 'em stand till they are cold if you please to dry 'em; when they have lain 1. week in the Syrup take 'em out & lay 'em on Glass plates then set 'em in a Stove or Oven warm to dry; & turn 'em upon clean plates every day till they be thorough enough dry.

To Make Gooseberry / Raspberry / Currant Wine.

To 1. quart of water take 3. pound of Goosberries, & 1. pound of Sugar; let 'em stand 24 hours; then strain 'em & put it up into a Vessel & stop it up close & let it stand 4. or 6. weeks. or till it has done working a noise; then rack it into a Vessel & put 1. dram of Ising-Glass cut very small into half a pint of Rhenish Wine; & bring dissolved is a quantity proportionable for 1 Kilderkin; & when it has stood 1. or 3. months or till the noise has ceased, then bottle it, loosly Cork'd for 1. day or 2.; then stop it up close, & keep it in a cool place. It will keep 2. or 3. years. Take but 2. pound of Raisins to 1. quart of water, & 1. pound of Sugar

To make a Biscake Cream

Take a Role of Naples Bisket; cut it into thin Slices; ye take and pint of Cream; boil it in a few Caraway seeds tie up in a clean Rag & a little Mace ye take ye yolk of 6. Eggs well beaten to thicken your Cream; put in to it 2. spoonfulls of Canary, & 3. of Rose-water; when you take it off ye fire put in your Biscake; then sweeten it to your taste & let it stand till it be cold where it may not be stirred.

Superfine Cakes.

Take 1. pound of fine flower, 1. pound of currants washt, pickt, & rub'd y night before. 1. pound of y finest Sugar beaten. & 1. pound of very good Butter rub'd to a Cream between your hands: half a dram of Mace beat in fine: 8. Eggs well beaten; Mix y flower, Butter, & Sugar well together then take 1. half of it mix'd w the Eggs & Spice, stirring it very well together, then mix y other half of it w y Currants, stirring it as little as you can. Bring so mixt altogether put it into little pans buttered; set it in to moderate hot Oven till they rise above the Pan. And when they have an Ice upon 'em they are then enough.

Fine Biskets.

Take 1. quarter of a Peck of Flower. 1. quarter of an Ounce of Aniseeds dusted & bruisd, a little Salt; then work all these together w y thickest sweet cream you can get, w 2. or 3. Spoonfulls of ale Yeast then cool 'em into little thin Biskets; Prick 'em w a clean Stick. Bake 'em upon papers y Oven being as hot as for Manchet; the lid having been shut up 1. quarter of an hour, to cast y heat downwards, & to prevent scorching 'em; set 'em in, & when they are bakd pretty hard & not too much colour'd draw 'em & keep 'em they will last 1. Year.

The Rare Little Cakes.

Take 3. pound of Butter, & wash it well in Rose-water, or fair water then work in 1. pound of double refind Sugar, beaten, & sifted very fine; work together w your hands first washt in hot water. & then rub in salt, & rinse in cold water, to keep it from sticking to y hands beat 'em in a milk-pan till 'tis as light as Cream. then put in 6. Eggs w 4. of y whites taken out; beat 'em with 3. or 4. Spoonfulls of Rose water, & a little fine beaten Musk. then beat Mace well together w 3. quarters of a pound of fine flower well dried before y fire & cold again before you weigh it. then strew in 1. pound of Currants, washt picht, rubd, & plumpd. & shred but little afterwards butter y little pan, & put into each pan 1. Spoonfull & a half; fill 'em but half full for fear of boiling over in y Oven; Dry lid of the Oven stand but a little white; then look on 'em, & when they are brownish they are enough. half an hour, or a little more bakes 'em. Shut up your Oven lid before. Set under fear of scorching. 12 little Pans to fill seems well hole 'em.

To make Gooseberry Wine.

To every Gallon of Goosberries put 3. pints of Water; bruise the Berries first being full Ripe; let 'em stand 12 hours; then press 'em hard out or strain 'em through a strong piece of sarsnet; & to every Gallon of liquor put 2. pound & an half of Sugar; but if you keep it longer than 1. year, you must put 3 pound to a Gallon; & put it into a Vessel fit for it; let it work of itself; & when it has done working past a piece of paper over it for 9. or 10. days, then stop it up close pouring in with cork, & clay over it; & keep it 2. months then draw it out into bottles putting into each bottle 1. ounce of Sugar; let 'em be well stop'd, & kept in a cool place; it will keep 3. or 2. years; the better for keeping; if you make any stock quantity you may tack it upon lees, instead of bottling it. — The same way you may make Currant or Raberry Wine; fruits, or Bramblebrings. ◎ **Note** to fine it the 1. end of a long glass cut very small & put it into half a pint of Rhenish wine, & being dissolved is a powerfully proportionable for a Hidrophia.

To make Black-Cherry Wine.

To a dozen & half of Cherries put 4 Gallons of Water, & 9. pounds of Sugar; boil the water, & Sugar together then pour it upon 'em hot; being first picked from the Stalks & bruised; but not the Stones broke; let it stand 2. days, then press or strain it out & put it into a Vessel fit for it. Put a little toast into the Vessel, & stop it up close to stand for 2. or 4. months, then draw it out into bottles; put into each bottle half an ounce of fine Sugar; & when it has stood a fortnight in the bottles it may be drank, but the longer it stands the better it will be — The preserving good Morella Cherries make a Rare Wine like Musadin.

The Lady Sidley's Cordial Water.

Take of Angelico leaves 2. ounces; of Baume & Sage each 4. ounces dried in May; of Carduus Benedictus, 6. ounces dried; of Angelico-root 5. 9. ounces; Liquorish 1. pound; Spices Aromatick roses, & Damascene dulce, of each 1. ounce & half; of Lignum aloes in powder 1. ounce; of Bezoar ambrate & Diam argarition, each 1. dram. Infuse all these in 10. quarts of Canary 6. days, then put it into your Alembick & draw 7. quarts; add to it 1. pound & half of white-sugar-candy dissolved in a pint of Rock-water; Mix it in your cordial water, quicken it fine in your Alembick, & there will arise an oil, which you must skim off the water, & keep it for the use in all perfumes.

To make Cider.

Take the best Pippins & pare-mains you can get; & after they have sweat, but not be mellow then throw them into a shower till morning; then strew fine white sand so fast on it that it may carry down the rots; then draw off the Cider & put it into a barrel with 1. pound of Malagoe Raisins, &

so much wheat bruis'd into bales; ye draw it into Bottles in 14. days without Sugar; the Vessel you put it in must be wider at top than at bottom.

Now to fine it, when your cider has stood about 12. days in a cool place cover it wth a hair cloth & another over it, but not so close as to make it work. & if it be not indifferent clear, let it stand fourteen days; then draw it off again, after which let it stand 2. or 3. days. y^n take 1. Gallon, or 2. quarts of Spring water, & boil it in 5 or 6. ounces of Ising-glass, till ye water be half boil'd away; then put it into a Hogshead of cider & you'll find it if your quantity of cyder be big the quantity of water & Ising-glass must be proportionably abated; the Cider will be fine in 14. days time after putting in ye Isinglass; & ye will be fit to Bottle.

To make Goosberry Wine.

Take 30. or 32 quart of water 12 pound of Goosberrys & 1. pound of good Sugar; boil ye water first, & let it be cold; then stamp ye Goosberries, & let 'em stand in ye water 24. hours; then strain 'em in a Cotton bag, & when done put in ye Sugar, & so let it stand in ye Vessel till it be fine, & after it has stood 2. months then bottle it up.

To make Currant Wine.

Take 40. pound of Currants, strip 'em from ye Stalks; 20. pound of brown Sugar, & 8. Gallons of Spring water; & after you have weighed your Currants bruise 'em very well between ye hands into a convenient Vessel. put the water into a kettle, & when it's warm put in ye Sugar, & keep it stirring till it be dissolved then let it boil 2. hours, taking ye Scum fro it. y^n put ye water to the Currants as hot as possibly you can, cover ye Vessel close wth a cloth, & let it stand till it be thorow cold. then strain it thro' a bag made of three cloth, pressing ye bag easily thro' your hands; & empty ye bag as oft as you find it to hinder ye running; as ye liquor runs from it, put it into a Kundlet y^n let it stand 14. days, & then close it up; & then let it stand till it fine, & then bottle it up. if you think it to sharp when you bottle it you may put half an ounce of loaf Sugar into every bottle. the Lipping of the bag must as hard as you can; & put it into a Kundlet by it self and drink it as soon as it's fine.

Mrs Hamerton's Receit is. 26. pound of Currants to five Gallons of water, 10. pound of Sugar. & he keeps it 3. months or more in the Vessel before he bottles it.

To make Puddens Cakes.

Take half a pound of Sugar beaten & sourcht, half a pound of flower

well dried; half a pound of Butter washt & workt in ye hand till it be soft; then put in 1 quarter of an Ounce of Mace well beaten; then work it well wth ye hands till it be well mixt, then put in ye Dust of Sugar by degrees; take 8 yolks of Eggs, & 2. whites beat 'em very well & put 'em into the Butter, keeping constantly stirring till it gets into ye Oven; then put [illegible] in half a pound of Currants well washt & dried; then put 'em very quick into moulds & Searce a little Sugar over 'em; let 'em in ye Oven so hot as for penny-bread: 1. spoonfull in a mould is enough tho' it keep 3. months & 1. quarter of an hour will bake 'em sufficiently.

Mrs. Bennet's Wiggs.

A Pound of Butter melted; 3. or 4. spoonfulls of rose-water; then take as much flower as ye Butter will drink up; put 1. nutmeg grated & 2. spoonfulls of Ale-yeast; 1. ounce of Caraway Comfits; 1. ounce of smooth Annis-seed Comfits 2 ounces of Sugar & 2 Eggs; then kneed it into Paste; & let 'em not lye too long before they are put into ye Oven; for fear of Chillings ye Oven must be as hot as for Manchet bread.

Shrewsbury Cakes.

To half a peck of fine flower take 1. pound 3. quarters of ye best powder Sugar; 1. ounce of Cinnamon, wth 2. penny worth of Cloves & Mace finely beaten together, break 4. new laid Eggs into ye flower Yolks & whites then take 3. pound & a half of ye best fresh Butter; Mix 'em then work 'em allogether wth ye hand upon a Table; & to what thickness of Bignes you please to have 'em; you must work 'em out wth hands; wch you put 'em in by ye Corn you must flower paper & put under 'em ye Oven must be pretty Quick; & about ye heat as you use for mince pyes you must not stop it up; they must be in about half a quarter of an hour; & ye begin to take 'em out.

Cakes of Currants.

To 1 pound of Flower take 4. ounces of Sugar & 4. Yolks of Eggs; & as much Cream wth a bag of Safron in it; as will make it like a Paste; Roll it as thin as a Paper; then lay Currants upon your paste; you should plump ye Currants all night in some Syrup if you had it; & mingle wth Sugar and a Nutmeg; then bake 'em carefully ye Oven not being to hot.

To make a good Cake.

To 1 peck of Flower by measure take 3. pound of Butter & 1 pint of Ale-yeast, 10. Eggs wth 6. of the whites, Nutmegs, Mace & Cinnamon, of each half an ounce; 3 quarters of a pound of fine Sugar; 12. pound of Currants; beat ye Eggs

Strain 'em & your Yeast into 1. quarter of ye Flower; into ye other 3. quarters put your Salt Spice & butter; being broke & rubb'd in very small, make it into a Past with scalding hot water, & half a quarter of a Pint of Rosewater of ye same heat; wet ye other quarter of flower wth warm water; for if it be too hot it will set ye Yeast & keep it from rising; You must make ye Past stiff; mix both pieces of Past together, & lay 'em in a warm cloth before ye fire half an hour, in order to make it rise; In which time heat your Oven; then pull your Cake to pieces; & flat 'em thin & spread ye Pieces wth Currants; & strew Sugar upon 'em; flak another piece of Paste; & so put on more Currants & Sugar; & so wth all the Paste & Currants till you have mixt 'em; break ye Currants as little as you can; that ye Bread may look white; then make it up as fast as you can; Place it well to ye bottom; Cut in an Inch deep into ye Ridge, & let it stand 2. hours in ye Oven; You may dissolve a little Ambergrease in ye Rose water; Perfuse you dry the Currants with; & in cold weather, let 'em before ye fire to warm least they make the Cake heavy.

Icing for a Cake.

Put into ye Mortar 3. quarters of a Pound of double refind Sugar sift'd; Gum dragon ye quantity of an Egg when steep'd in Rose-water; & 1. drop of Spirit of Roses; ye white of 2. eggs will beaten, then grind 'em 3. or 4. hours; & if you find 'em too Stiff, you may make 'em thinner with Rose water & Gum dragon; let your Cake stand drying half an hour before you ice it; half an hour in ye Oven after 'tis iced; Roses must be dissolved in the Rose-water 1. grain of Musk, & as much Ambergrease; then use only ye clear.

A Seed Cake.

Take 3. pound & half of Flower, wch is one quarter of a Peck by weight; & 2. pound of Butter; work it & rub it into ye flower dry; then take 1. Pint of very good Ale Yeast, & beat it half an hour; then take ye Yolks of Eggs, & 3. whites beaten w^th 'em; or 4. spoonfuls of thick Cream; then work them altogether into a Past & let it lye half an hour, or more arising; the Oven must be as hot as for Manchet; when you ready for ye Oven work into ye Past 1. pound of Caraway Comfits; & half a Peck of white Bisket if you please, You may keep a few Comfits to strew on the Cake just as you put it into ye Oven. It must be not much coloured, nor stand in ye Oven above 3. quarters of an hour.

To make Buns.

Take 2. pound of flower, 1. pound of Butter 1. pound of Sarawaye Comfits boy
then a pint pint of Goats, Dry ye flower upon a dish over a Chafin dish of
Coals; then rub your butter into your flower dry; beat ye Yeast half an hour
so as little thick foam as will rise ye flower into an indifferent Lith Paste; y
work them all together into a Paste; let it lye half an hour to rise; ye Oven must be as
hot as for Manchet; & when ye Oven is ready work ye Comfits into ye Paste
& make this quantity into 1. dozen of Plums; lay 'em on a Sheet of white paper on
a brown paper under 'em; cut 'em pretty deep on ye top long ways; Prick 'em
& set 'em speedily in ye Oven.

To make Biscakes.

Take half a pound of ye finest flower searcht; & 2. quarters of a pound
of double refind Sugar searcht; take 8. new laid Eggs, yolks & whites, beat
ye Eggs together very well; & as ye froth rises take it off with a Spoon, so yt you take
nothing but froth, put it to ye flower & Sugar then stir it to mingle 'em
so do till you have fresh one to make it as thin as biskit batter, put it then
into your plates being butter'd, but don't fill 'em too full; let ye Oven be quick
but not too hot; when they are enough they will rise to the top: if you please you
may put a few Caraways & a little Rose-water or a little Musk, or Ambergreas if yt will.

Biskets made of Almonds.

Take 1. pound of loaf Sugar finely beaten; 8. eggs Yolks & whites together
then beat 'em Sugar & Eggs 1. hour; then put in 4. ounces of blanch't Almonds
finely beaten, with a little Rose-water to keep 'em from Oyling; beat them
all together 1. other hour; then take 2. ounces of fine flower & mingle it well
with ye Sugar & Almonds; Put in a little Musk & Rose water; then heat y
Oven as hot as for Manchet; then set up ye Oven lid a little while fully
heat stickes good; ye butter ye plates & put in ye Butter; then mingle a lit
tle Sugar & flower together & lye it upon a piece of Virginy; & throw it on y
& sad set 'em in & let 'em stand till they be well brown on ye bottom; then lo
ose 'em from ye plates & set 'em in again, till they be hard; ye Oven-lid must be
set up till they be baked.

Sugar Puffs.

Take double refind Sugar, beat & sarse it; mix with it a little Musk,
beat ye whites of 4. Eggs; & as it rises put ye froth into; the Sugar must
by another Person be kept constantly beating, make it a little thicker than

Batter then drop it upon a buttered Plate about ye bigness of a 6 pence; then put ye into an Oven something hotter than when Manchet is drawn. Shut up the Oven & then they will be presently baked; they must come as white out of ye Oven as when they went in

To make fine Almond Jumballs.

When you'l make 'em then over night steep about 1. dozen of Almonds or something more in cold water, & a little piece of Gumdragon sliced, in Rose water, have ready half a pound of double refined Sugar searced very fine, & when you are ready to make 'em blanch your Almonds into cold water, then dry 'em with a clean cloth; & pick out ye specks; beat ye whites of 1. Egg to a froth; & when you begin to make 'em then put 8. or 10. of ye Almonds into a Stone Morter, beat 'em a little they put in 2. or 3. drops of Rose water, & as much of ye Gumdragon as half a Nut, & a little spoonful of ye froth of ye Egg; beat all these in ye water very fine, then work the with ye pestle till it be smooth & white. then put in as much of ye Sugar as will make it a past fit to Rowl; then strew some Sugar on Paper, then rowl ye Past on it into little round Cakes as big as ye palm of ye hand. Put 4. round holes in 'em with a thimble, & on ye thirdly lay 'em on ye Paper, upon Pye plates; then set 'em into an Oven not so hot as for Bisscakes; neither so cold as after drawing any thing; if ye Oven be too hot ye Sugar will melt; they will rise up & be hollow where they were cut; & then they are no' baked which will be very quickly you need not shut up ye lid; you may cut 'em & hoist 'em like Jumbals after they are rowled.

To Make Maccaroons.

Take 1 pound of ye best Almonds & steep 'em in cold water 1. day & 1. night shift ye water once, then blanch 'em, & put 'em into water, & when they are all blanch'd lay 'em in a clean cloth & take a knife pick out every speck; & take away every almond that is very yellow. then put 'em into a very clean stone or Alabaster Morter; then put to 'em 5 or 6. spoonfulls of Rose water. then beat, & grind 'em about ye Morter, until you can find nothing of ye Almond hard in your Mouth wch will not be less than 1. hour & half at the least you can not beat 'em all at once; as you are beating 'em you must offen dip the end of your Pestle in Rose water, & put now & then 1. spoonful to 'em to keep 'em from oyling, first & last you may put in half a Pint or more of Rose water ~~to put also & then a spoonful to 'em~~. if you find the Almonds dry when you are beating, you must beat ye whites of 6. Eggs in a birchen rod; & when they rise to a high froth take it off & so beat still taking off ye froth as it rises till all your Eggs be broken into froth.

When your Almonds are beat as aforesaid put 'em into a bason wth a pound of fine beaten Sugar; then set 'em on a slack fire, stirring 'em continually, let it dry 12 1. pour or more till you find it pretty stiff; take it of ye fire & put into 'em all the yolks; be sure you put in no whites of Eggs, but what is beaten into froth, for y^t will make 'em heavy; lay 'em then on Tin plates being a little buttered; lay 'em in what bitts form you will; set 'em into an Oven slack heated as for Bisket, never shut up ye fire; they will be baked in 1. quarter of an hour or less. Then w^n a knife take 'em off ye plate, be careful you break 'em not; lay 'em 2. by 1. on a white Paper.

To Make Leach.

Take ye stock of Jelly before it be seasoned, melt it, & put in ye whites of Eggs beaten. Stir it as you put 'em in, stir apace all 1. ways till it boil; scum off those whites, if it be not clear put in more; then strain it wth a bunch of feathers in ye Strainer, & boil it wth Cinnamon, good store of Long Cast; white Sugar Rose-water, musk & Ambergreese, & some milk. If you would have some of it yellow, dry Safron & rub it to dust, then beat it in a Morter & strain it. To make it green take Spinage or young Grass, fling it into scalding water, & boil it very fast. till it is ye; then strain it from ye water & stamp it in ye Morter wth what quantity of Leach which you would have green, Melt it down & strain it. To make it Red, take a Rag of Turpth, & roll it in water then put it into ye Leach on the fire. Ring ye cloth into ye Leach, & dip it, & ring it till it be as deep as you take it. Let it boil, scum it, & strain it. Now if you'd give those colours you must put some of ye green, & pour it into a dish. when y^t is cold pour some white upon that, & when that's cold pour on red. When you serve it cut it in slices; for 't will look like a Ribband of divers colours. ye Isinglass must be watered a day before.

To make a good Red to colour any thing.

Take 1. quarter of an Ounce of Cochineel, & beat it as fine as can be, then set half a pint of clarified Sugar, & as much water over ye fire in a Skillet; & when you have so done & it begins to boil, then put in ye Cochineel, & let it boil half a quarter of an hour; & then take half an Ounce of Allum, & beat it fine & put it into ye Skillet & then stir it together; & so soon as you think it's dissolved take it of ye fire, & strain it thro' a linnen cloth; not our extraordinary fine cloth, for then 'twill not run thro'. & so keep it for your use, as you have occasion; don't boil it in any thing that you use it in; & when you use take a little in a spoon, & put in & mix it together & it

it be coloured enough but give whatever you colour a heat over the fire after 'tis coloured.

To Make Horse flesh Coloured Leach.

Take thick cream boil it with good store of Iron-glass, well sodden up water with sticks of Cinnamon & sugar boil it till it comes to ye thickness of Leach. Colour it with a Purgill cloth. Skim it clean. Leach it with Rose-water & then strain it.

To Clarify Sugar.

To clarify 4. pound of Sugar you must take ye whites of 1. Egg, & a quart of water at ye least you may use 2. pints or more if you please but less than 1. quart cannot serve: ye less water 'tis done with the better 'twill keep; wth a whisk beat the Egg to a froth; then put a little water to it, & beat it again; then take sugar & put it in; you must have so much water as will make it indifferently thin; stir it well & then set it over a pretty quick fire; & when it begins to boil apace then put in so much water as to keep it from boiling over; & so you must do every time 'tis ready to boil over till ye Scum be hardened & ye Sugar appear clear; skim it as clean as you can, & let it boil, still putting in water as you see occasion till you have skim'd all clean: then let it stand of the fire a while to settle, then if it needs straining strain it; boil it again till its ready to draw wth a small hair, between your Thumb & forefinger; & then 1. pint will weigh 1. pound; but if 'twill fully draw with a small hair between ye Thumb & finger less than a Pint will weigh a pound. The surest way to know a pound will be first to weigh the thing you put it in; & then in that to weigh your Sugar.

To preserve damsons.

Take Damsons or black pear-plums weigh to 1. pound of them 1. pound of Sugar beaten very small; then wipe ye plums & cut of a little of the stalks open ye skin all along ye cleft side; divide ye Sugar into 2. parts; lay ye half of 1. part into a broad pan; upon it lay 1. layer of Damsons wth ye cleft side downwards; then cover 'em with ye Remainder of ye part of sugar then pour in 10 spoonfull of water in ye middle of ye Bason. then set it on a very slow fire to help the sugar the better to melt. after it wth ye hands of a spoon, stewed your plums: when sugar is molten take it off ye fire & turn ye Plums. then put in ye second part of sugar, & set them stand from ye fire the space of 1. quarter of an hour; then set

them on a litle quicker fire, & let 'em not boil fast; & when ye Sugar is melted, do wth ye third part of Sugar as ye former; & boil 'em up wth reasonable good speed; taking ye dum up as it rises; & putting 'em into ye hottest place; & when you perceive by cracking a stone the kernel to blanch, your plums is enough; they may stand one day and one night; & then if ye Syrup be not very thick boil 'em a little again.

To keep Plums for Tarts all ye Year.

Take half ye weight of ye Plums in Sugar, & put ye plums into a high narrow Gally pot. Strew in ye Sugar between ye Rows of plums, & on ye top & bottom then tyed ye pot down close, or else lay a paper, & weight upon it. Set ye pot into a pot of scalding water, keep ye water boiling about it till ye Plums are pretty soft and tender; then take 'em out & put 'em up in a Skillet. Put to 'em 3. or 4. drops of Oil of Vitriol or more, accordingly to ye quantity of ye Plums; then boil 'em a pace till the Syrup jellys.

To preserve white Bullies.

Weigh to 1. pound of Bullies 1. pound of double refin'd Sugar; keep back 1. third part of ye Sugar, & wth ye rest & half a Pint of water make a Syrup. skim it very close about it a little, & when it's almost cold put in ye plums; then keep 'em under ye Syrup till they be wet all over; y^en boil 'em indifferently fast till they easily slip out of ye Skins then take 'em off ye fire & take off all the Skins, & as you skin 'em put 'em immediately into ye Syrup. then strew a little Sugar on 'em; then boil 'em as fast as they can stirring off ye rest of ye Sugar at several times as they boil; & when they are clear to ye stone & ye Syrup of a good thickness take 'em off & when they are cold put 'em up.

To preserve ye Premorgan Amber,
Or white Pear Plums.

Take to 1. pound of Amber plums before they are quite ripe, when they may be eaten, their weight in good loaf Sugar, beat it fine, & put most of it into your preserving pan, wth 6 or 7. spoonfuls of water; wipe ye plums & cut ye stalks pretty short, & then slit 'em down ye seam, lay 'em wth ye slits side downwards in ye Sugar then set 'em upon a slow fire till they be melted then let 'em boil but not too fast till they look clear which will be within 1. quarter of an hour; and if they have boiled a little & you have skim'd it you must strew in the Sugar you have reserved, when they look clear & ye Syrup jellys they are enough ye next day heat 'em, & put 'em up; & if you do white pear plums or any plums that their skins are tender, & subtle you must pull ye skins off before you put 'em into Sugar, & if you take ye Stones out after they be preserved and they will keep the better.

To Make Marmalet of Cherries.

Take ye pound of Cherries before they are black ripe; stone & mash 'em then boil 'em as fast as you can till they are consumed to juice, stirring 'em & breaking 'em as they boil then weigh to 1. pound of this pulp half a pound of sugar first ye sugar in then stir it in, or else boil it to a candy & then stir in ye pulp. mix it well together; & let it stand a hour on an exceeding slow fire to dry stir it now & then as it dry; then put it up into ye Marmalet glasses & cover it.

To preserve Gooseberries.

Take your Gooseberries at their first growth before they begin to turn yellow; weigh to 1. pound of 'em 1 pound & ¼ 1. quarter of double refined sugar then pick off their black ends; open 'em on their sides, & put a great Pin knife or bodkin pick out all their seeds; then divide your sugar into ye parts; take 2 parts & as much water as will serve to melt it, which will be 1. quarter of an ale pint at least. When ye sugar is melted & skim'd make it boil as fast as you can, & as soon as it is boiling put in ye Gooseberries and keep 'em boiling 'em so fast till you think 'em scalded very tender, then put in ye rest of ye sugar, & let 'em boil as fast as before take off the scum when it rises. When they are all very clear, & of a syrup jellies they are enough; if you put ye Gooseberries on the corps & make 'em like tops, you'l have syrup enough tho you take but their weight in sugar they will be tender if you lay 'em 1. hour or 2. in fair water before you do any thing to 'em.

To make Pippin Water.

apron

Pare core & quarter ye Pippins & wash 'em then put 'em into as little nothing water as can possibly receive 'em; then boil 'em on fast till they are tender; then strain ye liquor hard from 'em then run it thro' a cloth & so use it.

To preserve Cherries Rasberries or Grapes.

To 1. pound of Cherries take 1. pound of sugar ~~[illegible]~~ stone ye Cherries, & strew a little sugar on 'em to keep them cool; then put to 1. pint of sugar almost a quarter of a pint of juice of red Currants & water together then roll ye sugar & stir it as it melts; skim it & let it boil a little; then

put in ye Cherries & boil 'em as fast as you can till they be clear, which will be more than a quarter of an hour; then take out ye Cherries & lay 'em 1. by 1. upon a Corn sieve; then take ye thin Syrup that drains from 'em & put it to ye Other; then boil it till it will jelly being a little cool; then put ye Cherries into Glasses, not more than half a pound in ie. Glasses; then pour out ye Syrup while it is hot. Thus you may do Raisins, & Grapes.

To make 100 Quinces Marmalet

Pare, core, & quarter ye quinces, take to 1. pound of Quinces 1. pint of water, & 3. quarters of a pound of Sugar. let it boil very fast close covered till ye Quinces be tender; then let 'em boil very softly till the Syrup grows reddish; then break ye Quinces & let 'em boil apace, till they be one you must keep 'em covered all the while they are a boiling till they be almost as stiff as you would them. The kernels should be tied up in a cloth & boild with 'em.

To preserve Cherries to half their Sugar.

Take of ye fairest Cherries half their weight in Sugar, pull out their stones & stalk 'em; then put a little sugar into ye bottom of a great Skillet upon it lay a row of Cherries with the stalk side downwards; then strew on some Sugar; then put on a Row or 2. more of Cherries; then put ye rest of ye Sugar upon 'em; set 'em upon a quick fire; & let ye handle of a spoon stir ye Sugar on the side to help it to melt; & shake ye Skillet now & then; boil it from first to last as fast as you can; it will ask a great deal of boiling. Strain & clear & wipe ye Syrup jellies 'em; it will jelly sooner, & be of a better colour, you will have no need of graps, it will keep ye Cherries if you put in a 2. or 3. drops of the Oil of Vitriol when they have boild but a little while; you may serve 'em as sweet meats, & bake 'em in thin crust at any time of the year.

To make Pippin & Lemon Marmalet.

If you pare & quarter ye Pippins throw 'em into water; & to a pound of Pippins take a pound of Sugar; & as much water as will wet it to; then take 3. good lemons to 2. pound of Sugar. Save ye juice of ye lemons; boil ye peel very tender, then bruise peel in a coarse cloth; scrape away the white pith of ye peels, & put the peels & pippins ye Marmalet is made to the height, in ye pare & juice; & then stir 'em well together but let it not boil after ye juice is in.

To preserve Grapes & Barberries.

Take ye Grapes when they are just ripe and to eat neigh to 1. pound of Grapes 1. pound of fine Sugar; pull ye Grapes from their Stalks, &

wool of their skins, & with a Pin pick out their stones; but first you should make a Syrup with 3. quarters of ye Sugar, and as little water as you can. When ye Syrup is well skimd make it ye boil very fast; then put in your Grapes & the other part of ye Sugar; then boil 'em very fast till the Syrup is very thick keeping 'em clean skimd. Thus you may do Barberries either ripe or green only you must not skim 'em; & this is a good way to do white currants in bunches, if when you have stoned 'em you let 'em lye 12 hours in the Syrup or longer before you set 'em on ye fire; and ye Syrup must be cold to put 'em in.

To make Apricock Marmalet

Take ripe Apricocks, & half their weight in Sugar finely beaten; pare & slice 'em into a bason then put to 'em 7 or 8. Spoonfulls of water; let 'em stand till ye Sugar is melted; then set 'em on ye fire boil 'em till they are clear & ye Syrup thick keep 'em as whole as you can. then put 'em into Glasses & stove 'em till they jelly.

To preserve Walnuts.

Take walnuts about ye beginning of july; lay 'em in water 3. days shifting ye water every day. Into ye first water put a little Salt; then put 'em a little thro' ye middle: if you have half a hundred of Walnuts take 4. Gallons of water, put ye walnuts in a bag, & boil 'em till they are tender then weigh to 1. pound of walnuts 2. pound of Sugar with most of ye Sugar make a thick Syrup; & while ye Syrup is making pare ye walnuts then stop down 1. slice of lemon or a piece of clove into the middle of every walnut: if you pare 'em sprinkle 'em with ye Sugar you reserved; then make ye Syrup boil put 'em in 10 a Stick of Cinnamon, & a quarter of Nutmeg; when the Syrup begins to be pretty thick set 'em by 3. or 4. days; then boil 'em till they are ind. I think less Sugar will serve.

Apricock Chips.

Take 'em as ripe as be possible; pare 'em & cut 'em in pieces like three quarters; then to 1. pound take a quarter of Sugar; strain ye Sugar amongst ye Apricocks the next day boil 'em about a quarter of an hour or till they be clear & ye Syrup pretty thick; set 'em by in ye Syrup 1. day & 1. night; then dry 'em.

To preserve Walnuts.

Boil ye Walnuts as in ye other Receit (Pag 20.) but soak 'em not before
Weigh 'em before you boil 'em, & take to a pound of 'em 1. pound of Powder
Sugar; & when they are boild Peel 'em; you may put a piece of flow
into very it if you please; & as you peel 'em put 'em into the dry Sugar
but you must first open 'em on 1. side then put the rest of ye Sugar on
top & let 'em lye in it all night; ye next day boil 'em, stirring ye Sugar
that it may melt; boil 'em indifferently fast; skim 'em clean & when
ye Syrup is thick put 'em up into Potes look upon 'em a week after
& if the Syrup is thin boil 'em again; these are more for Medi-
cin then Sweet. 3. or 4. eaten in a morning gives 3. or 4. Stools
cures ye head & is good against ye worms.

To make Syrup of Lemons.

Take half a pint of ye juice of lemons. 3. quarters of a pound of double
refind Sugar & put it into a deep preserving glass then set it into a
skillet of sand over ye fire, & so let it stand till it be of a good thick
ness; it must never boil but as the scum rises take it off, & when 'tis of a
good thickness put it into a Vial glass & keep it close stopt.

To make Orange Bisket.

Take of ye deepest coloured Oranges you can get; grate ye Yellow Rind
off, thin; then dry it by ye fire till it will to powder; then Searce, & Indi
ffing Sugar Searcd & leaf Gold in a little Musk, & ambergreese & as much
of ye Orange Powder as will give ye Sugar a perfect taste of ye Orange. Then
take Orange Peel boild tender, & scrape out all the white dry ye Peels well in
a cloth; then cut 'em small & beat it very fine in a mortar then put it to
your powder of Oranges & Sugar mingled with ye Gold & musk; beat all together
in your Mortar till it comes to a paste then cool it out & cut it into
what fashion you please lay it on papers & dry it in a stove. you may
make 'em in the fashion of little pagot sticks & by an cross the rows of ye Same.

To make Syrup of Violets.

Take 1. pound of good picke violets, & put 'em into an earthen Skillet
then pour on 'em 1. quart of scalding water then cover 'em & let 'em stand
warm for 24. hours; then strain this liquor & put to it 4. pounds & 3. ounces
of loaf Sugar, & when you have done so put a skillet of water on ye fire
& the pipkin into it & so let it dissolve gently taking off ye scum as it
lies rise & when its cold put it into glasses
for your Use.

Knots of Quinces & other fruits.

Take ye pulp prepard as for past then strain it thro' a cannvis then take a good quantity of double refin'd Sugar beaten & Searcell & put so much of the pulp to it as will make it into a Lump; then put this lump round out of ye knots with your hand; & break it into knots then put 'em into a stove the next day turn 'em: if you'd make 'em of plums Apricocks or barberries you must put 'em into an earthen pot, & then set the pot into a Pot of soaking water till ye fruit be tender then strain it hard thro' a fine strainer, & set it over a fire, & stir it now & then till it be as thick as hasty pudding; If you make 'em of the juice of barberries, or any such thin juice, you must put in Gum dragon strain'd.

To make Harts horn jelly.

Take 2. pints of water, & 4. ounces of harts horn, & 1. stick or 2. of Cinnamon then boil 'em together pretty fast in a Pipkin between 1 hour & 2. then take up 1. spoonfull & set it a cooling if it jellys in a little time after 'tis thrown cold then 'tis good then strain it thro' a jelly bag & after you have strain'd it let it stand to settle then strain the clear again 2. or 3. times till it be as clear as can be then season it deeply with Rosewater, Sugar, & Baron: strain it again then put it into ye pipkins, or Glasses.

Apricocks dry'd.

Take of ye fairest Apricocks not too ripe 1. pound; pare 'em & stone 'em & to 1. pound of Apricocks take 2. quarters of a pound of double refin'd Sugar, & set ye Apricocks in ye Sugar till it be melted; then boil 'em until they be half boild & bitter then let 'em lye in ye Syrup 2. or 3. days: then often have wooden boild to a candy 3. quarters of a pound of Sugar & whom ye Apricocks are dryed in the first Syrup, warm 'em on a Clear fire then take 'em out of ye first Syrup & put 'em into ye Candy & so let 'em lye 3 or 4. days more. onto a day morning warm 'em & often turning 'em; then take 'em out & lay 'em on Glass plates; then put 'em into a Stove often turning 'em. take this Syrup, & the weight of scalded Apricock & boil it up as fast as you can. & put it into glasses for Marmalade.

Syrup of Roses, or Gilyflowers.

Clip the white of ye flowers, & make ye infusion with the same quantity of water & flowers; & often ye same manner as in the

Syrup of Violets; then put in a pint of ye water, & 1. pound & half of Sugar; boil it till it be good Syrup; then skim it clean.

Cherries Dry'd.

Take 4 pound of Cherries & pull out ye Stones wth ye Stalks, & p^r'm take 1. pound of Sugar; then put 'em into a Skillet having a broad bottom, that they may not lye too thick. boil 'em as fast as you can untill they be half preserv'd; then take 'em off & lay 'em lye in the Syrup 3. days, or a week. then drain 'em from the Syrup & lay 'em upon Sieves or plains of glass; & then dry 'em in the Sun, Stove, or Oven; but be sure you dry 'em not too fast; turn 'em now & then when they are almost dry enough put 'em into a Sieve, & spread 'em over it, then pour warm water on 'em & rub 'em wth ye hands, to fetch off all the clammines from 'em; then set 'em in the Sun again until they be thoroughly dry; the coolest place keeps 'em best & when they are dry put 'em into a Gally-pot. & crush 'em down hard, & take 'em out & wash 'em according as you have occasion to use 'em.

To preserve Oranges & Sweet Lemons.

Take ye best coloured Oranges; & scrape off ye spots, & a very little of ye outward Rind wth a sharp knife; then cut ye Oranges a little way down ye 4. quarters; but not thro' to ye meat; leave it whole towards both ye ends; so lay 'em in water 3. or 4. day shifting the water as you find it bitter then on a great fire hang 2. pots of fair water then put ye Oranges in to 1. of 'em when the water is cold; then let 'em boil very fast in ye water till the water grows bitter, & turns something drop colour, then take 'em out, & put 'em into ye other pot of nothing water. let 'em boil up before still shifting 'em as the water colours or grows bitter; for they are very tender take 'em out gently for fear of breaking 'em, & lay 'em in a warm cloth; when they are well drain'd from ye water then weigh 'em & to every pound of Oranges put 1. pound & half of fine Sugar, & 1. pint of water make ye Syrup wth half then half ye Sugar, & when the Syrup is clear skimd put it into a pipkin. boil it a little, then put in ye Oranges, & every morning & evening pour ye Syrup clean from the Oranges, & make it boiling hot; then pour it on ye Oranges again thus you must do 8. or 10. days then drain ye Syrup, & put in ye rest of ye Sugar you left out: when this Syrup is boild & skimd, then put in ye Oranges & boil 'em very fast. the Oranges are clear & enough sometimes before the Syrup

jelly's & when they are so, take 'em out & boil the Syrup till it jelly
then put each Orange into a Glass by it self then pour ye Syrup
upon 'em; before you boil 'em in ye Syrup with a bodkin pick out
the seeds, at ye slits of ye sides of ye Oranges. The Lemons must not lye
so long a soaking.

To candy Angelico.

Take Angelico stalks in ye latter end of April or beginning of
May; then soak 'em in cold water 12. hours to make 'em tender
put 'em into soothing water & boil 'em apace till they will pull easi-
ly, then drain 'em from the water, & weigh to 1 pound of stalks,
half a pound of Sugar: peel of the skins & slit those stalks that
are very thick. then lay 'em 1. by 1. in a skillet as close as you can
lay 'em; then take as much water as will just cover 'em; sweeten pre-
ty sweet: make it soothing hot then put it on ye stalks; then ring a
cloth out of very hot water & lay it close upon 'em; & over that a
plate if needful; then cover the top of ye skillet with 1. other plate
so let 'em stand on a slow fire 1. hour or 2. till they are very green
then take 'em out & strain 'em; then put 'em in the ye Syrup made of
the Sugar you weighed against ye Angelico & as little water as you can; the
stalks must be laid in the skillet as you were directed before & this Sy-
rup must be boiling hot; when you pour it upon 'em then keep 'em boi-
ling gently close covered till they are as green as you would have 'em and
the Angelico something clear; then take it of ye fire & let it lye in the
Syrup 2. or 3. days then take it out & lay it on pye-plates. Sift 'em o-
ver very thick wth fine Sugar, & shake 'em, turn 'em, & sift 'em all over
with Sugar again: thus do 3. or 4. times keeping 'em still in ye Oven
till they be thorow dry; you must sift 'em with most Sugar first, & after
with less & less till they grow dry; when they are pretty dry, you must
strew on no more. If you find the Angelico not being tender, you
must only make 'em very hot; & not boil 'em wth you put them into
the thick Syrup.

To make Cakes of Spirits Lemons or flowers.

Take double refined Sugar in lumps & dip 'em in fair water
with that water it soaks up most ye Sugar; then skim it & boil it
fast, till it be so high a Candy as being drop't soothing hot up-

any thing it stands, & does not spread it self: you must stir it & have it almost continually while it's on ye fire. Especially at last when it's boild to that height; take it from ye fire, when ye bubbles are down put in spirit of Wormwood or any other spirit such a quantity as will give it a pretty strong tast; then let it cool a little then drop it wth a spoon on white paper or glass, & if it grows cold before you have drop'd all your Sugar you must warm it again; & if that don't thin it and put in 8. or 10 drops of water; & thus you may do so often as it grows stiff but for ploughing this trouble 'tis good to make but a little at a time; & when you have drop'd 'em stove 'em till they be dry; for lemon cakes you must boil the candy higher; & instead of ye spirit put in juice of Lemon according to ye tast & the rind of a Lemon small shred; for red roses or other flowers the candy must be as high as for strong; the flowers must be clipt & the choice part only taken & dried, & beaten to a fine powder, & sarsiet & so much put into ye Candy as you think fit then set it again upon ye fire & pick it well then take it off & put in ye juice of Lemon; 'twill be much ye better if you tie up in a rag a little Ambergreese & Musk, & boil it in ye Sugar. Drop ye Cakes about the bigness of a Sixpence; & when they grow cold you may thin 'em wth ye juice of Lemon, as ye spirit takes no wth Water.

To preserve Rasberries or Currants in Jelly's

Take of ye juice of Rasberries & Currants together 1. pint; to which quantity of juice put half a quarter of a pint of water, & 1. pound of Sugar let it boil till it be well skim'd; then put in 6. ounces of whole Rasberries & 6. ounces of Sugar; boil 'em as fast as you can till the Rasberries are clear; & the seeds appear white; then take 'em off the fire & put 'em into jelly Glasses; if this be done cold the jelly will be tender; thus you may do Currants, but you must first stone 'em.

To make conserve of red Roses, Sage, or Burrage flowers.

For Roses take 'em in their buds wth clip of the whites; then grind 'em very small, & to 1. pound of 'em take 2. pound of Sugar; then grind 'em again with the Sugar according well; you must put in y^e Sugar by degrees a little at a time; then put it into a Silver Resen & set it o=

ver a slow fire; & keep it stirring for half an hour, & when 'tis cold put it into a Gally pot, & keep it for yr use. Thus you may make conserve of Burrage; only clip not thos flowers but pick out yr black seeds in the middle: & for Sage, take the flowers they will require neither picking nor clipping. The Sage is very good, to be eaten against Convulsion fits at any time. Thus you may make any conserve.

The conserve of Burrage is good against a consumption; the Sage is good for such women as are apt to miscarry, the roses are very astringent, & conserve of Garden Young Grass is good to help Digestion.

Almond Biscake.

Take half a pound of double refin'd Sugar beaten & searc't & 5. or 6. Eggs according as they are in big ness. put away 2. of the whites then beat the Eggs & the Sugar together 1. hour & a quarter. Then have a quarter of a pound of Almonds finely beaten; then mingle 'em with the Eggs & Sugar & a very little flower. when yr Oven is ready put 'em immediately into coffins of paper made like dripping pans, butered; then searc on Sugar; then put 'em into yr Oven, upon pye-plates; keep yr plates a little hollow from the Oven-bottom. By sure the Oven scorch not: when they are bak't cut 'em into long slices & lay 'em upon papers; & set 'em into yr Oven again to dry. — Lady Poole's Receit.

Black or Red Cherry-water.

Take 1. quart of Claret, & 2. pounds & an half of Cherries, & 1 ounce & a half of Cinnamon, & half an ounce of Nutmeg. 1. good handfull of Balm, 1. good handfull of Mint half a handfull of Rosemary, crush stone yr Cherries; then pound the Stones & shred yr herbs, & bruise your Spices; then put 'em altogether into yr Still over night. Stop the still close, & the next day still it; this quantity will yeild 8. pints of water; the first quart keep by it self; the other pint draw away in two glasses.

To clarify juices of any herbs or flowers, & to make Syrup of em. Juice your herbs into a Gally pot; then put the pot into a

Skillet of water on ye fire till it has cast all the Scum; Skim it clean then take it out of the Skillet, & let it stand to settle; pour of ye clear, & to 1. pint of this put 1. pound or more of Sugar, boiling it to a Syrup.

To make Cherry-wine.

Break ye Cherrys with ye hands, then put 'em into a cotton bag, then hang it up to drain & when 'tis well draind, put to each quart of the clear 1. quarter of a pint of white wine; & 2. ounces of Sugar; then bottle it, & keep it for ye use. You must steep the pulps in beer, & afterwards strain, & bottle it for cherry beer.

To make Syrup of Mulberrys.

Take 1. pint of ye juice of Mulberrys & put to it 1. pound of Sugar, let it stand 2. or 3. days then boil it & skim it clean. You may in the boiling add more Sugar if you please, then boil it to ye height of a Syrup.

To make cowslip Wine.

Make an infusion of pick'd Cowslip flowers & water as strong as you would for Syrup. Strain it out & put it into a Vessel that is fit for it & to 4. Gallons of this put in 1. pound of Sugar. Stop it close, & after some weeks draw it out into bottles. Some work it wth yeast as they do ale before they put it into Vessels.

To make Cherry Wine.

Take cherries that are exceeding ripe; stone, & bruise them. then let 'em stand 1. day to clear; then strain the clear, & put 1. pound of Sugar or more if you please to each Gallon of the wine; & when it has done working stop it up.

To make Scotch Collop.

Cut the Gan of a Fillet of Veal into thin slices, then beat 'em on both sides wth the back of a knife then lard 'em with bacon

then season'em a little with mace pepper & salt, a little grated white bread & a few sweet herbs shred thin; fry'em brown in sweet butter with some forst meat balls, & 2. veal sweetbreads cut in slices; then clean the pan, & put in a pint of white wine, & strong broth or water as much; 3. Anchovys, 1. shallot, a few Musharoons; let it stew a little; then put in the Scollops, & forty Oysters, 1. quarter of a pound of butter, the juice of a lemon; then brat it up thick wth the yolks of 3. Eggs, serv it with Sippits, Garnish it with fryed Oysters lemons & Barberries.

Make your forst meat balls thus.

Shred 1. pound of lean veal with 1. pound & half of beef suet. take out all the skins of ye beef & suet, & shred it very fine, then beat it with a rowling pin till you know not meat from suet; then put to it 3. Eggs 1. handfull of Grated whitebread, then season it wth half an ounce of pepper, and as much flour, Mace, Nutmeg, & Salt, a few sweet herbs shred small; then mix'em altogether, & its fit for balls or any other use. Make ye balls as big as walnuts & some longish.

To make Orange Wine.

Take 20. Gallons of good spring water, & 40. pounds of good sugar, boil it on ye fire & clear it with wth whites of Eggs; & against this is done, have ready the Pools of 200. Oranges pard so thin that no white appears upon ye Pools. then put all the pools of ye 200. Oranges into a Tub or such a Vessel (brass excepted) as will hold ye liquor, & when ye water & sugar is boilld & cleard pour it boiling hot upon the pools. Cover'em very close, then let'em stand to cool: then ring out all the juice of ye 200. Oranges as close & hard as you can; & when your liquor is almost cold then put in all the juice but no seeds; & put to every Gallon of liquor 1. spoonful of Yeast, & let it stand to work 2. days; then take out or strain of ye pools, & barrel it up, & add 2 Gallons of white wine the best you can get; then stop it up very close, & at 6. weeks end, or longer bottle it off; & to every Gallon add 1. ounce of Syrup of Citron; & put a lump of sugar into every bottle.

I never put any Syrup of Citron, but I always put a good half ounce of Sugar into every bottle in lumps; & if you let it be 8. weeks before you bottle it I find it very nice.

To make Westphalia Bacon.

Cut a hinder quarter of Pork; then let it lye in white salt 24 hours, to fetch out ye blood; then take 1. pint of Bitter salt; & 1. pint of white Salt, & 2. ounces of Sale peter, half a pound of brown Sugar. Mix these all together; then rub ye pork very well with it; then let it lye in the brine 21. days turning & rubbing it well every day; then rub it with a cloth & hang it in a chimney to dry, where they dry bacon, & that will dry it. —— You may put hongs into ye same brine but first fetch out ye blood, as you did out of ye ham. Let em lye but 14 days & to dry em.

To make Cheesecakes.

Take 2. pound of good tender curd, & rub it thro' a hair sive with a good piece of butter & put to it grated bread or biscakes; howeever some biskets & 6. Eggs, Yelks & whites, with Spice, Sugar, Salt, & Currants, according to ye mans discretion; with a spoonfull of Rose-water, & 1. Glass of Canary, & Lemon Peel & Citron & such like sweet meats; & if it is not tender end add 1. spoonfull of Cream then mixt it well together & put it into Puff Past.

To make Elder Wine.

Take a good quantity of Elder-berries being full Ripe, gather em fair from rain or dew; then pick em from ye Stalks, & press em in a hair bag. & having gain'd ye Juce clean from em put as much fair water as juice, & lay the skins of ye berrys all soak in it all night. (for there is great vertue in ye skins) the next morning press em out & mix the juice well to ye water then put in as much clear brown Sugar as will make ye Liquor strong, and to bare an Egg a groats breadth; then set it on a quick fire; & let em boil till the scum had done rising take it off as fast as it rises; then put it into a convenient Vessel to cool, & when 'tis cool and set it to work with yeast as you do ale; then turn it up & when it has stood in ye Vessel close stopt up

6. weeks, draw it into bottles putting into every bottle 2. or 3. lumps of loaf Sugar; Cork 'em well filling 'em no fuller than to ye neck. It will be fit to drink when it has been bottled 6. weeks.

Mr. Mary Greenough

To make Asses milk

Take 1. quarter of a pound of pearl Barley, & put to it 2. quarts of water then let it boil away till it comes to 1. quart then strain it off & put 1. quart of Milk to it, & let it boil up & the party drink half a pint in ye morning fasting; & as much at y^e in the Afternoon.

To make Sage Wine

To 12. Gallons of running water take 24. pound of fine powder Sugar, & boil it well for ½ hour; then take it of ye fire, & put it into a cooler; then take half a Bushell of Sage slightly measured. brush it & put it in ye 2. pound of raisons stoned & when it's almost cold put in 2. or 3. Spoonfulls of Ale yeast; then Stir it all together and let it stand 2. or 3. days; then strain it, & put it into a Vessel that will be full with it, & when it has done working, stop it down close, & let it stand 1. month; then draw it off into bottles, putting lumps of loaf Sugar into 'em: It will be fit to drink in 2. months.

To make Cherry Wine.

Gather your Cherries black ripe; squeeze, & break 'em with your hands; let 'em stand all night in a tub; next day press 'em out, & put 'em up in a Vessel; & to every Gallon of liquor put half a pound of fine Sugar; then let it stand 3. or 4. days to work before you stop it close, & let it stand 1. month before you bottle it up. put into every bottle 2. or 3. lumps of Sugar; stop 'em close; & lye 'em: but don't fill 'em too full for fear of bursting. ——— This wine if well made will keep till Cherries come in again; & will not be fit to drink till three years old. 13. dozen pounds will make a Vessel of 12. Gallons.

Mr. Mary Greenough.

To make Cowslip, or Jelly flower wine.

To every Gallon of water take 2. pound of Sugar, & boil it in an hour; then set it a cooling, & after that a working with Syrup of Lisbon & yeast, & to every Gallon, take 1. ounce & half of Syrup of Lisbon with ye Yeast & put into it; then make 2. great brown Toasts & spread with Yeast, & put 'em in hot to work 2. days; & in the working of it, put in of flowers being stamp't to 10. Gallons; take half a bushel of flowers, then put in 2. lemons sliced, rind & all; & 1. pot lb of white wine; put in all in the working then put it up in a Cask; & when it has stood 14. or 3. weeks, then bottle it up & keep it in sand; if you boil it 1. hour & half 'twill be bitter; set 'em a boiling as soon in the morning as you can, that it may be cool enough to set a working that night; & so turn it up after it has stood 2. nights & 1. day; Put ye flowers into ye bag & hang 'em in ye Liquor; then bottle it up at 3. weeks end.

To pickle Mango Cucumbers.

Take ye greatest & largest Cucumbers, & scrape 'em; then take some Mustard seed & bruise it; then put 2. or 3. cloves of Garlick, & about 2. spoonfulls of ye seed; then put into each of 'em half a dozen corns of black Pepper; & 2. or 3. bits of Ginger; then lay 'em in steep in the best white-wine Vinegar for 14. days as much as will cover 'em; then boil 'em in the same pickle upon a brisk fire; then take 'em & cover 'em close; keep ye steem in & when they are cold take 'em out 1. by 1. then put 'em into a Pan & ye Liquor to 'em.

Pickle Mellons ye same way.

To make Westphalia Hamms.

Take ye Ham, & lay it in pump water about 20. hours, and 12 in Salt which you commonly use taking it from thence. take of bay Salt, & peter Salt a pint of each & of salt peter 2. or 3. let it remain after salting 3. weeks then take 'em thence & dry 'em to turf: & after they are well dry'd you may then sab 'em if you please; but take care you s-

not too much at night least you should want drink & by rising catch cold. — I forgot to tell you after salting it with saltpetre & peter salt you must add a pound of brown sugar. — After you have taken out ye Ham you may (after as before having watered it & added about a pint of bay & peter salt together) put some hogs cheeks & salting 'em by some time longer than the former. If you observe the Pickle keep well then use 'em as the former.

MEDICINAL RECEIPTS.

To make a Purge & drink for the Chin cough in little Children.

Boil a quarter of a pound of French Barly in 2. quarts of spring water; shifting it first in 2. waters; then boil it half an hour with 2. ounces of liquorish; strain it, then sweeten it with Syrup of hyssop; then let the child drink of it constantly; & every 3. or 4. days infuse a dram of Senne with a thimble full of Annise seed bruised in a quarter of a pint of this drink, sweetned with Syrup of Hyssop all night by the fire; then give it the child to drink.

Instead of Senne, you may dissolve half an ounce of Manna with a few bruised Annise-seeds; & give it the child to drink; if it be too weak you may the next time put in 3. quarters of an ounce of Manna.

To make a Powder good for all Diseases.

Take 1. ounce of Sena; & 1. quarter of an ounce of whole ginger 1. quarter of an ounce of wormwood; & 1. quarter of an ounce of Annise-seeds; & 3. or 4. leaves of wood Bettony; & 1. quarter of an ounce of Fennel seed; dry only the wood Bettony; then beat all these together in a morter; then search 'em thro' a sive; then weigh out for a man 2. quarters of an ounce, for a woman half an ounce; & for a child one quarter of an ounce; it must be taken in stale beer & sugar, or as much hong as Nutmeg; take it in the morning fasting; & then fast 1. hour after; then you may eat 1. poringer of Mutton broth; or water-gruel.

The Lady Ashons water.

Take Sage, Solanding, Rosemary, wormwood, Rue, Roasolis, Mugwort, Pimpernel, Dragons, scabious, agrimony, balm, Scordium, holy thistle, Bettony flowers & leaves, Sanicle tops, marygold flowers, & leaves of sack; of these 1. handful; of Fumonth roots, Ellecampane, Peachy roots and liquerish, all clean scraped of each half an ounce; shred all these together, then put 'em all together into a Gallon of white wine; then let 'em steep 2. days & 2. nights; stirring 'em once every day; then still 'em in a cold still, and keep 1. pint of y first running, by it's self; & 1. quart of the second, & 1. pint of the last; you may give of the first safely to a man, or to a woman tho' with child; & of the

second as much more; & of the last to Children, & one spoonfull may be given to a little infant. You must take it luke-warm with a little Sugar.

It may be taken for the Plague, Small Pox, Measels, or Agues.

A Drink for the weakness of ye Eyes.

Take Sarsaparilla, Sassafras, Guaicum of each 2. ounces, Sage & Rosemary of each ½ handfull; boil 'em all in 2. quarts of fair water 1. hour then strain 'em for your Use, and drink 9. or 10. spoonfulls cold in the Morning for two months.— Bath your forehead and Eyes with it, Morning, and going to bed with a Sponge.

For Sore Eyes.

Take 24. spoonfuls of Spring water, & 24. leaves of red sage; 2. spoonfulls of Virgins honey; & as much white Copperis in powder as will lye upon a new shilling. boil all these in a Silver pot untill half be consum'd, strain it then thro' a fine white cloth; & when 'tis cold, take ye top of a feather, & put 2. or 3. drops into the Corner of your Eye next your nose; you lying flat on your back, & when in ye bed; Use it in ye Evening, & in ye morning, & 'twill (with Gods blessing) cure you in a few days.

The Miraculous Oyl for Aches.

Take 1. pound of Cammomil, 1. pound of Green sage, one pound of Southern wood, & 1. pound of Wormwood; Shred all the herbs very small; then put 'em into 1. Gallon of the best Sallet Oyl & let 'em stand 9. days, stirring 'em every morning & evening; then take 2. handfulls of red Rose-buds pull'd, & 2. handfulls of Lavender tops; Shred 'em and put 'em to the herbs & Oyl; and after they have stood 9. days boil 'em gently upon Embers 2. hours, stirring it all the while; & when it has boil'd 1. hour, then put in 1. pint of Aqua-vita by little & little as it boils; & after it has boil'd 2. hours strain it thro' a cloth, & prass the herbs very well, & when 'tis cold put it up into glasses; & stop it very close & keep it for Use.

Observe that all these herbs must be gather'd in May when the dew is not on 'em.

Note it must be outwardly apply'd for any sprain, or bruise anointing the place therewith by warming it in a Saucer, by rubbing it well in wth the hand against the fire.

One spoonfull taken inwardly is good for a bruise; or Use to mitigate the pains of Child birth, being drank presently after she is delivered. 3. spoonfulls warm wth a little Sugar; the Vertue of it is unspeakable for any swelling or Gout or any swelling in the body inward or outward, being apply'd warm outwardly & inwardly wth Sugar. You must keep it very close stop'd, & it will keep its vertue 7. years.

A Receit for a Consumption.

Take one Ounce of Conserve of Red Roses. 1. dram of the finest powder of Mastick. Mix these very well together then take the quantity of a little walnut, about 10. of the clock in the forenoon; & the like quantity at 4. of the clock in the afternoon; then walk into the fields and drink as much Red Cows milk as you can.

This has cur'd them in 14 days time, that could not walk without one to lead 'em.

A Cordial Water.

Fill your still with Marigold flowers; then take one pint of ye best Canary, & put it into a bason; & with a sprig of Rosemary, sprinkle of the Canary upon the Mary golds; then take half an ounce of Safron dry'd, & crush it to powder & strew it over the Marygolds then still it for ye Use.

To make Poppy water.

Take one pottle of the best Angelico water, and 1 pottle of Ethniscowsso water: Take an equal quantity of either of 'em; of both together about 6. pints; then take about half a peck of Poppies; when the bakes are taken of, put 'em into the water & let 'em lye near a day; then press 'em out very hard, & do so 4. times.

which I think is enough. My receit says y. Pimos; then put it into a glass with your other waters; & put therein one ounce of Cinnamon bruis'd; one ounce of Nutmeg slic'd; half an ounce of Cloves bruis'd; let it stand 14. days stop't close; then strain it from the spices; & put to it half a pound of white Sugar Candy; 12. grains of Bezoa You may hang also in it 6. grains of Musk, & 6. grains of Ambergreece. — This water is excellent against a Surfeit or any thing y^t offends ye Stomach.

An Electuary for a Cold.

Take 1. handfull of the Powder of Coltsfoot, & as much maiden hair; half a handfull of ye Powder of Liquorish; & as much fennel seeds beaten, & searc't; then make a Syrup of Hyssop water, & Sugar; then mix those altogether in it like an Electuary; You may compound these things with any Syrup that is good for a Cold; And if you make it with other Syrup, you may take the powder of hyssop leaves. You may make these ingredients when the herbs are green into a conserve with sugar, & without Syrup.

To make a Cordial water.

Take 1. pound of Loaf Sugar finely beaten; & 1. quart of fair water; then let these stand 2. hours together; then strain 'em thro' a cloth bag twice; then put in 1. pint of Red rose water; then strain 'em all again; then put in 1. quarter of a pint of Angelico water; then strain 'em all again; then put in 1. quarter of a Pint of clove water; then strain 'em all again; then put in 1. quarter of a pint of Rosa Solis water; then strain 'em all again; then put in 1. pint of Cinnamon water; & strain 'em all again; then put to all three pints & a half or 1. quarter (more or less stronger or weaker) of Aqua Vitæ; then strain all these twice; then shred 1. Ounce of Muscadines very small; then divide ye Quantity into bottles wherein you put the water; then stop it close; but fill not ye bottles too full, if you do 'twill endanger their breaking. a a a

What need of vital Cordials, since ye Life
Of Mortals may infirmities sustain?
'Tis the sick soul refreshing Cordial, needs,
Whose ardent thirst is lay'd by heavenly rains.

To make Aqua Mirabilis

Take 3. quarts of Canary; 1. quart of Brandy; & 1. quart of the juice Callendine; then mix 'em altogether wth half an Ounce of Cardanum Seeds; half an ounce of Cubebs; half an Ounce of Gallingall roots; half an ounce of Mace & as many Cloves; half an ounce of Nutmegs; beat all these & put 'em into the liquor; Put in half an Ounce of Melilot flowers; mix all these well together then put 'em into ye Still over night; & stop 'em very close with past; the next morning still & draw 3. bottles with a quick fire; divide 1. pound of Suger into 3. bottles, & let it drop out of the still upon it; then mix the first & the last together; & what you draw afterwards keep by it self; You may make this water with 2. parts white wine, & aqua Vitæ; Put 1. grain of Musk & one grain of Ambrigrise into a bit of Siffine, & hang it in your water.

An Approved Medicin for y Green Sicknes.

Take 2. ounces of blew currants, & half an Ounce of steel powder finely prepard & beaten together into a Conserve; & take the quantity of a Nutmeg every morning & Evening in Pills or any other way till the whole is taken; & if you please you may take a glass of Rhenish wine after it; you must take some small purge before you begin it, & also after it to carry it away.

To make the bitter drink

Take the tops of Sentery, of Camomill flowers, of each a Pugill, of the Roots of Gentian half a Scruple; of Carduus seeds 1. dram; boil all these in half a pint of fair water till it comes to 1. quarter of a pint; then strain it thro' a linen cloth, & drink it in the morning fasting.

If you have a mind to have it purge add 1. dram of Senna, & 1. scruple of Salt of pinella.

Dalby's Elixir.

Take 3. pints of juniper water, 2. ounces of Senna; 1. ounce of liquorish; 1. ounce of Elecampane; 1. ounce of coriander seed; 1. Ounce of Annise seed; half a dram of cochineel; half a dram of Saffron; half an ounce of Rurbub; 2. ounces of Raisins stoned; 1. ounce of horse Radish; & 1. ounce of Eringo roots; slice the roots & gently bruise the seeds; & infuse it for 10. days then strain it; & take 2. or 3. spoonfulls at night going to bed, & the like next morn, & so for 2. nights, & 2. mornings.

To make Plague Water

To 10. gallons of brandy put 2. pounds of Scordina; one pound of Roman wormwood; 12. ounces of Sassafras; 12. ounces of balm; 8. ounces of Rue 6. ounces of Marigold flowers; 10. ounces of Sage; 6. ounces of Angelica root; 8. ounces of Virginia Snake root; 6. ounces of winter savoury; 12. ounces of Agrimony; 10. ounces of pony Royal; 3. ounces of fennel, 12 ounces of Pimpernell; 8 ounces of berberries; & 50. green walnuts; infuse all these 3. days; then distill it & dulcify it according to Art.

Plague Water.

Take 3. pints of Muscadin, & boil it in Sage, & Rue of each one handfull, 'till one pint be wasted; then strain it, & set it over the fire again; Put then to 1. dram, of long pepper, Ginger, Nutmeg of each half an ounce, being all bruis'd together; then boil em a little, & put thereto half an Ounce of Andromachus treacle, & 3. drams of Mithridate; & 1. quarter of a Pint of the best Angelico water; take 1. spoonful morning & evening if infected, if not take but half a Spoonfull.

For the Rickets.

Take a Puppie of 3. days old, & strangle it; & when 'tis therein dead that 'twill not bleed, being Opened, Cut of the head, & then take out ye bowels; slit it thro^ugh the back, & belly; then lay 1. side of the Puppy to 1. side of the Child on the short Ribs; & the other half on the other side; lay it on as hot as you can, & tye it close keep it on as long as 'tis sweet. This has presently freed children of the Rickets; & in few days after they have been able to go which before could not.

A Spring drink good against the Scurvy.

Take half a peck of Garden Scurvy grass, & half a peck of Sea scurvy grass; two penny-worth of maiden hair; two good handfulls of ground Ivy; one handfull of Coltsfoot leaves; 1. good root of horse-radish; 3. handfulls of Fir tops; the inner rine of Elder, the rine of 2. Civil Oranges; brook-Lime & water cresses of Each 3. handfulls; fumitory two handfulls dock roots & monks Rhubarb of each half a pound; Wood sorrel Sage, & Dandelyon of each 2. handfulls; Juniper berries, & liquorish of each 1. ounce & a half; a few figgs, & a few ston'd Raisins; Cut 'em a little, & put 'em into a thin bag; this quantity is for eight Gallons of Ale or very good beer; Put the herbs into the drink; as soon as it comes in, it will be fit to drink at the usual time.

For a Consumption Cough.

Take unslacked lime one quart; put to it 4. Gallons of running water; let it stand 24 hours; then there will be a fat upon the top which take of; then strain your water from your Lime; & put to it 1 pound of English Liquorish slicit; half a pound of Annise-seeds bruised; half a pound of sassafrass sliced; 6. large blades of Mace; then give ye party this to drink after it has been steep'd 24 hours; half a pint in ye Morning fasting & walk after it; & as much at 4. of the Clock in the Afternoon; a wine-Glass at going to bed; if you find good in it, save it for 1 month, or 2.; then take it again; & if you find it binds, put into your drink, once or twice a week a little quantity of Purgative that is good; & will work once or twice a day with you. Four Quarts is your full measure.

This is Mrs Mary Greenoughs Receipt.

To make milk Water.

Take Balm, Cardus, Alehoof, Wormwood, Mary-gold flowers, with the buttons of each; one good hand-full: of Mint, Sage, Rosmary, Rue, Sweet majoram, half a hand full; Cut 'em small, then brat 'em in a Stone mortar, & put to 'em as much milk as will cover 'em over, if you still in a cold Still; but if in a Lembick you must put in more milk let 'em stand steep all night then still 'em of with a Gentle fire. ~ ~ Mrs Mary Cosnough's receit.

To make Oyl of Mastick

Take 3. ounces of Mastick, and bruise it a little; then put it in an Oyl Glass with half a pint of Malmsie, & one pint of good Oyl of Rod Roses; Cover the Glass, and set it in a pot of seething water; then let the water boyl till the Oyl be well infused, & mixt then take it out, and reserve it for your use. This doth very much strengthen, either stomach or any other part. ~ ~ ~ ~

A Restorative water for a Consumption.

Take an old fock, pull him & take out the intrails; then dry him but don't wash him, & cut him in small pieces; then break the bones, and put him into a Still; with one quart of Claret-wine, 1. pint of Cream; and one pint of New milk; of Rosemary, Sage, Violet Leaves, Red Mint, Burrage, Lettice, Bettony, of each one handfull; let 'em Lye in the still 12 hours, before you put any fire under it; Put in the mouth one grain of Musk or Ambergrease; and one quart of Canary; So let your pot be coverd, and past your Alembick with Rye Dow; And so let it still, and recieve it into seven Glasses, that the strongest may be by itself; One Spoonfull is enough at a time of the Strongest; And two Spoonfulls of the smallest, in beer or wine or Syrup of Clove Gilliflowers; or what you like best to take it in; a Glass Still is the best to still it in, if it may be had.

The Vertues of this Water.

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'Tis good for all obstructions whatsoever, and cures those that are in a Consumption, & dropsie; 'tis good against Surfeiting, altho' they be lame in their limbs; 'tis good against the stopping of the stomach, ~~&~~ fever, & pain in the head; 'tis good against the Plague, & the Jaundice; it comforts the heart, & assists nature very much; it preserves youth, prolongs life, defends from sickness, & kills all worms in the body, & procures good digestion; it drys up all moist humors, & helps conception. 'Tis also good for many other infirmities; 'tis to be taken in the morning fasting, two hours after, and at four of the clock in the afternoon; A Woman is to take two Spoonfulls of this water, & one Spoonfull of Syrup of Gilly=flowers; or if they be hot one Spoonfull of Syrup of Violets; & a Man 3. Spoonfulls of water, & two Spoonfulls of Syrup.

Mrs Mary Greenough.

Orange Water to strengthen ye Stomach:

Take the Rinds of twenty four Oranges pared as thin as you can pare 'em. Steep 'em 9. days in 1. quart of Canary; or so much as will cover 'em; & half a pint of white wine; then put 'em into a common Still passe close ye Still it; this quantity will not yeild 1 quart of water, & that a very small water; but if you put in but half this quantity of peels to this quantity of Canary 'twill be much Stronger. Some steep 'em in brandy, & still 'em in an Alembick, which makes it a Mighty strong water.

How to use the other part of ye Oranges for the same purpose.

Cut 'em in halves, squeeze out the juice; then boil the rest till the peels be very tender; then pull out the fleshy part, & with a course cloth press the Peels 'till they be dry; then cut 'em into long slices, & lay 'em some hours in the clear juice you squeezed from 'em; then drew 'em from thence, & strew about half their weight in Sugar on 'em by degrees; & dry 'em in a dish over a chafing dish of coals; stirring 'em as they dry; & when they are almost dry, lay 'em in little heaps, & dry 'em in a stove.

To Make a very good Sear Cloth.

Take 4 pound of ye Oyl of Olives; of the dross of brus & red lead, of each 1 pound very well calcind into dust; & 12. ounces of Spanish Soap, not ye Castle Soap that is washed with lope. & looks like old Cheese, but of a dark colour with some spots of blow in it; then slice the Soap in as thin slices as you can; Put all these things together in some Vessel that will hold a great deal more than this proportion; then put it on a small fire continuing it on the space of an hour & half, still stirring it with a long stick made bread at one end; then make a fire bigger till the redness be turnd into a grey colour; but you must not leave stirring till the matter be turnd into the colour of Oyl somewhat darker; then drop of the plaister upon a wooden trencher, & if it draw neither to your finger, nor to the trencher; tis end. then Oyl a table, & pour 2. or 3. ladles full of your

Salve upon it, according to the bignes of your ta
ble; & when 'tis a little cold, take it of the table,
& work it together in your hands, & then make
it up into roles before you put any more on the table;
the other must be clean taken of, & the table now
Oyl'd; the next day put up every Role by it self in an
Oyl paper. —— The vertues of this Soer cloth.

This soer cloth being laid to the stomach provokes
Appetite, & takes away pain in the Stomach; being
layd on the belly 'tis a remedy for the collick; being layd
on the reins 'tis good for the bloudy flux, the run
ning of the reins, the heat of the kidneys, & weakness
of the back, & miscarrying; it heals all swellings &
bruises, & clean takes away all aches. it breaks ffellons
pushes, & all other impostumes, & heals 'em; it draws
any running humor Not breaking the Skin; it draws
out thorns & Splinters; being applyed to the fundament
it heals all diseases therein; being laid to the

head 'tis good for the willes; being laid to the temples 'tis good for the head ach; 'tis also good for the rume in the Eyes being laid to the Naps of the Neck; 'tis good to heal kibes, but first wash 'em in lime water; if You lay this plaister to the temples for extreme pains, then heat bettony & grate Nutmeg brown 2. tiles & then Apply it to the Naps of the neck; it has given ease, & procur'd sound sleep, & by that means has recovered those who have been without hope of Life; this plaister helps those who are Suddenly taken with a benummedness in their limbs which deprivetth them altogether of the Use of them. a a a a a a

A Salve for Green wounds, Sore breasts; especially good for inflam'd & ovird wounds, to be made in May.

Three pound of houslick, 1. pound of green Elder-leaves at the top of the tree; 1. pound of Arpis; half a pound of Plantane leaves; half a pound of holyhock leaves; half a pound of Walnut leaves, 1. handfull of Adders tongue leaves; 1. handfull of hound. tongue leaves 1. handfull of Chickweed 1. handfull of Shepherd's Pouch; 1. handfull of Parsly; 1. handfull of Marigold leaves; one handfull of Ist-well leaves; 1. handfull of Bean leaves 1. handfull of Poplar leaves; 1. handfull of Dock leaves chop all these together very small, & pound 'em afterwards, then take half & butter, & strain 'em; & boil the rest in the juice of the others with 1. pound & a half of Butter unsalted & unwashed; one pound of Wax 1. quarter of a pound of Rozin; half a pint of hony; a little piece of Bear Suet, boil it together about half an hour, till it be green; then strain away the herbs & let it stand till it be cold; then take of all the

Salve which will be at the top from the water underneath then melt it again, & put to it 2. penny worth of Turpentin, 1. penny worth of Frankincense, & 1 spoonfull of honey; when the frankincense is well dissolved then put in half a peny worth of Verdigreece, keep it on the fire till that be dissolv'd but boil it not; if there does arise any specks to the top of the salve, as they rise take 'em of; then pour your salve into flat pans, but let none of the dregs at the bottom of the skillet mix with it; & when you come near to the bottom set that by, & when 'tis cold you may take of the salve from the dregs, & so melt it again & put it into a pan when 'tis cold if you warm the pan 't will easily come out.

A Medicine for the Worms.

Take Corralina powder, & powder of hartshorn; of each a like quantity, & mix 'em together; You may give to a child of 2. or 3. years of age as much as will lye upon a shilling.

The Italian Plaister.

Ten ounces of Olive Oyl; 4. ounces of yellow Wax; litridge of Gold, litridge of Silver, Cerus, of each of Myrrh 4 drams, of Gums Turpentine 4. ounces. of those 4. ounces first put into a pipkin or pot 2. parts of 3. of the oyl with the wax cut in to small pieces; when the wax is melted put in the Metals one after another, alway stirring 'em from first to last on a moderate coal fire; your pipkin on a trevet or the like a little above the fire; when 'tis boiled to a brownish colour; put in the Myrrh & the 3. part of the Oyl; let 'em boyl together, you stirring 'em as before 'till they come to a brownish colour. Then take it of the fire, & put in ye Venice Turpentine, stirring 'em well about; afterwards pour 'em suddainly into a bucket of fair water; then knead it a little; then mould it & make it up into spell Roles for ye Use. ∴∴ Captain Grevis plaister that he cured cancers keep with; it eases corns & sometimes takes 'em away quite if they be close cut before 'tis applyed. 'Tis good for every thing a plaister can be good for; it cures burns the fire being first taken out, & the blistrs cut. ∴

A Salve for a sprain or wrench or for a bruise or Gall; & for a humor that loosneth the skin from the flesh, & leaves it raw; & for an old & new sore & good for a sore breast; & to take away any pain; & also for ye Gout, & for Pushes. ∽

Take 1 pint of Sallet Oyl; & half a pound of Red lead powdered & searced; as much yellow wax as an egg thin shaved; put all into a Skillet, & set it on a soft fire still stirring it; & let it not boil too fast at first it will ask 2. or 4. hours boiling, & when the end will run into small hairs, & not stick to the hands; then take it of the fire & let it cool a while; then stir in half an ounce of Bratan Rosin; pour it into an earthen pan & when you have occasion to use it for a bruise, you may melt some of it putting into it pomacette, or Oyl of St Johnsworth, & a little more wax to harden it; if you would have it draw more you may melt a little & put in some Saffron in powder; & if you would use it for a burn, add more Lead to it. ∽ ∽ ∽ ∽ ∽ ∽ ∽

A Receit for Capt. Gibson's Powder whereby he makes his water, which he curd fistiloes with.

Take 1 ounce of Camphire, as thin scrap'd as you can; & put it into the calcining pot; then put in 4 ounces of white copperis fine beaten, & searcd thro a lawn searce; Set the pot upon a chafin dish of small coals, calcine it with a gentle fire; Cover the pot with a paper, then with a lancer, or slate stone to keep the air from coming forth; those ingredients on the fire will turn to water, & then after harden, & congeal to a stone feeling wth your finger on the top of it, & finding it very hard, you shall know that 'tis fully calcin'd; & w^n 'tis cold break the pot & take it out, scraping that Camphire which you find sticking on the pot or paper like white powder on the rist; then beat this consolidated matter very fine, then searce it as you did the copperis. then beat or searce 4 ounce of the best Bolarmanack; Put this to the other mixing, or throwly in a morter; and

then put 'em up close for use; half an Ounce of this powder will make 1. quart of Water; if it be for Sores a wine quart; if for the Eyes, then an ale quart when you make it first, put the powder into a bason; pour the water Scalding from the fire into it; so stir it about till 'tis cool enough to put into a glass; put in rolling & all, & stop it close; when 'tis clear use it; the powder preserves the water in its full force at any time; when you have us'd it shake the glass, & then 'twill be clear against you use it again.

This water is good for a Canker in the mouth; being gangarisd & spit out 'twill take down the swelling of the Gums proceeding from any corruptory, or Rheumatick Cause; & fastens loose teeth; it cures any sore or Ulcer, being wash'd with it as hot as the patient can endure.; being injected, it cures fistulas or any wounds; It's excellent for Rheum in the Eyes especially for hot Rheums, 'Tis good for weak Eyes.

Capt: Green's Seer Cloth, which he us'd with this water is sovereign for any hot Houmes, either in legs, or Arms, or any other place; & is good to dry up any old Sore.—This plaister of my own knowledge heald a Ladys legs of 20 holes when they were swell'd as big as ones middle. ∽ ∽ ∽

Take half a pint of Oyl Olives, 4 ounces of red lead, 1. ounce of white lead, & 3. ounces of Litharmanack; make all these into fine powder, & Searce 'em; put 'em into the Oyl then set 'em over a temperate fire; and when it has boil'd near half an hour add to it one ounce of Oyl Vitriol; if the sore be inflamed or imposthumed; otherwise leave it out; then let it boil a little while longer, after the Oyl is in; then take it of the fire, & put into it 1. quarter of an Ell of new Cloth 3 quarters broad; & when 'tis well soak'd, & the medicin begins to cool a little, let 2. take it, & stretch it strait laying it on a smooth board, moistned with a little Oyl of Roses. so spread it as even as you can with a plaister knife, & working it smooth, with a slack strenge; then you may rip more, or make it up into a hole (but let always rip all) then lay it on the sore, & when the 1. side will stick no longer then turn the other side, & if the sore be deep cut a hole in the sear cloth yt you may dress it the Oftner. ∽ ∽ ∽

To make the Black Plaister which is good for all manner of old aches, & for any strain or bruise, & to heal a wound.

Take 2. quarters of a pound of the finest yellow Virgins wax, & 1. pint of the best sallet oyl; melt both these in a fair brass pan; then take half a pound of the best white load, & grind it very fine on a painters stone; When your wax & your Oyl is molted, take it from the fire, & let it cool a little; then put in your load, & stir it well; then let it boil half an hour; then take it from the fire & put in 2. ounces of frankincense 2. ounces of Myrrh; 2. ounces of the finest Olibanum, & 2. ounces of Mastick finely beaten, & searct severally then put it in, softly stirring it least it run over, when you put in your Gums stir it has done rising; then set it on the fire, & let it boil half an hour more, stirring it now & then; then put to it 1. quarter of an Ounce of Camphire beaten very fine into it, & let it boil till it be black; then stir it till it be cold & make it up into Rolls

To make May Butter.

Take 2. or 4. pound of butter in May, & set it in the hottest sun for a month together; take heed the dew, & rain dos not catch it; then strain & pour the clear from all the settling at bottom; & of this butter make your medicines.

A Seer Cloth for the Gout, which

Gives great ease, & suffers it not to settle.

Of Burgamy pitch 1. pound, of the best, & clearest fro dross; of Rosin half a pound; bees wax 1. quarter of a pound; boil these together on an easy fire, till they be 1. quarter consum'd then let it cool, & work it up into a ball, or into Roles as you please; when you use of it let some of it relent into a pan, over embers but not too hot; then spread it on lambskins, or sheeps leather pricked full of holes. & apply it warm to the place; when the plaister is loose of it self apply another; follow the pain wherever it removes with this plaister; This is also good for aches, or to draw any other sores.

An excellent Salve for a burn, or Scald.

Take half a pound of ye Litridge of Gold; burn it in the fire then brat it to a powder; then boil it in half a pint of white-wine; when the wine is consumd, put in such a quantity of goose-grease as you had of wine when the wine is first set on; Put into it 4 spoonfulls of sheeps dung 2. handfulls of house-leek, & as much Ho hoof well bruisd; boil 'em in this wine or a greater quantity if it require it, till it be consumd then put in your goose grease, & boil it to an Ointment.

An Ointment for Wens on the Eyes, for kernels, for the kings Evil or any hard Swelling.

The flowers of broom shred & workt into May butter; then put into a glass & lye a cloth upon it; reverse the glass over another glass, then set both into the Sun Set the upper glass somewhat a slant, so that what melts may the better run into the other; if it be not very yellow, you must put in more flowers; & if you use it you must now it should be used as soon as you can after the flowers are & then give a gentle ⅄ & you should stir it often.

Lucantellus Ointment.

Take a penny worth of Turpentine; 3. pints of Ogl Olive, half a pound of Yellow wax; 1. ounce of natural balsam 1 ounce of Oyl of St Johnsworth; 1 ounce of red Saunders powdered; & 6. spoonfulls of Canary. — Take the wax, & melt it over the fire; & then lest it catch ye fire take it of, & put the Venice turpentine thereto, having first washt it thrice in Damask Rose water; then having also mingled your Oyl Olive, & Canary together; put it to the other, & set all over the fire, & stir 'em 'till they begin to boil; (if it boil much 'twill run over presently.) then suffer it to cool for a night or more. 'till the water & wine be all sunk to the bottom; then make holes in the stuff that the water may come out of it; which being done, put it over the fire again; then put to it the balsam; & Oyl of St. Johnsworth; & when 'tis all melted put the Saunders thereto, then stir 'em all well ye they may incorporate; when it begins to boil take it of the fire, & stir it 2. hours 'till it be grown thick. Keep it as of most precious Use it will last 8. or 4. years.

The Vertues of this Ointment. 'Tis good to heal any inward wound, it being Suringed warm into the same, & outward putting lint into the wound being first dipt in the Balsam; anoint also all the parts about the wound; it keeps it from inflammation, or pains; it draws forth all bones that be fractured, or that would putrify, or fester it; it heals any scald or burn, or any bruise or cut by anointing the place infected; it cures the head ach by anointing the temples, & nostrils therewith; it's good against the wind Collick or Stich in the side; being applyd hot with warm cloths 'tis good against poyson; & helps a horse it taking 1. ounce thereof in a little warm Canary. it helps the biting of a mad dog or other beast being applyd as before said. 'tis good in time of Plague to anoint your Nostrils, & lips therewith before you go into ye Ayr; it heals fistulas, & ulcers in any part of the body applyd as to wounds; 'tis good for ye worms or cankers, sound; 'tis good for such as are infected wth ye plague, or measles or like diseases, so it be presently taken in warm broth; about 1 quarter of an ounce at a time for 4 morns together, & ye 4th morn sweat upon it; it holds digestion anointing ye Navel & Stomach wch ye infected goes to bed; 'twill speedily stanch the bleeding of any cut or green wound putting lint into the Ointment, & then into ye wound; binding it on hard; 'Tis very excellent for a sore breast, a anointing it therewith. ~ ~ ~ ~ ~ ~

A Seer Cloth for sprains, bruises, pains in the back, & limbs; to draw out thorns; heal green wounds; it help't one, who for some weeks had not been able to stir their arms, nor hold any thing in their hand bring suddenly taken with a benummedness in their arms. ^ ^ ^

Take a skillet that will hold 1. pint, or better, & put into it 1. pint of Oyl of St. Johnsworth; then take half a pound of red Lead, finely beaten & searced, when done shake it into the Oyl; then set it on a soft fire to seeth, continually stirring it; & when it begins to turn a little blackish, take so much Rosen as a pullets Egg; beat it & searce it, & shake it into ye Oyl with the red lead; then let it seeth a little longer; then take so much bole Armoniack as you do of the Rosin, & beat & searce that, & shake it into it; & so let it seeth till it be black: How shall know when 'tis seethy the dropping a drop on the dish side; for then 'twill slip off on ye nail, & roll between ye fingers; then dip ye cloths into it, & hold 'em up against the fire; then scraps 'em; & then lay 'em on your table, & smooth 'em as you'd smooth a cloth; but you must wipe the table wth Oyl before you lay 'em on, or else they will stick to the table. ^ ^ ^

A Special Ointment made wth broom flowers. a

Take 3. pound of fresh butter about mid may or a little ye
ter, & an Ale quart of broom flowers when they are newly blown
before they are bread blown; & pick 'em from the green stamps
then pick out the strings that are in the midst of the flowers
then take an Ale pint of Elder flowers pick'd from the
green likewise; then knead 'em all into the butter, & let 'em
stand in the sun in a bason or such like for the space
of one month at least stirring 'em once or twice a day,
& when 'tis melted have an Eye to the weather, least it
rain into it; & if it should chance to take any water
pour it out when the Ointment is cold; & at the month's
end, strain it thro' a thin canvis as hard as may be; then
set it in the sun again 3. or 4 days to clear it; then
pour it from the grounds, & save it in earthen pot, & so
twill be good 2. or 3. years. — The broom flowers are
always blown before the Elder, therefore you may put in ye
Elder afterwards as soon as you have 'em; If
any Person be inwardly bruis'd, let
them take one spoonfull thereof; and dis
solve it in hot Posset drink; & then let 'im drink it.

The Vertue of this Ointment. — For any Ague falle down into the Legs warm some of it, & anoint twice a day; for a sore throat anoint the throat with it warm; for the wind colick in your Stomack, dissolve ye quantity of a walnut in Poset Ale & drink it; for a wen anoint the place twice a day for a month together warm; for a burning lay some of the Ointment upon Primrose Leaves then lay it to the burning; for the Piles spread it upon a Mallow leaf or upon flew wool, & lay it to the Piles; for any Swelling, Ague, ach, or bruise anoint the place with it warm; for Kernols, for ye Kings Evil, for Sore Eyes anoint the Eyes therewith. ∾ ∾ ∾

An Ointment for Wens on the Eyes; for Kernols; for the Kings Evil, or any hard Swelling. ∾ ∾

Take flewer of broom shred, & work it into may butter, then put into a Glass, & lye a cloth upon it; wholm the Glass over another glass, then set both into the Sun; Set the Upper Glass somewhat aslant so that what molls may the butter run into the other; if it be not very yellow you must put in more, & when you use it you must now & then give a gentle — It should be sunne as soon as you can, after the flowers are in & you should stir it often. ∾ ∾ ∾

Agrimony Butter excellent to put in Pectusses

'tis good for sprains, burns, or any inflammation, or swelling or sore Eyes.

Take the tender leaves of Agrimony & shred 'em as small as possible; then mix it with the purest May butter; then work in the Agrimony with your hand till it be well mix'd; & work in it as much Agrimony as the butter will contain; then make it up in Rolls like horse loves; then set 'em up and lend in an Earthen pan & set the pan under a barrel of beer, in a moist place, & let 'em stand there till they be all over mouldy; then boil 'em on a slow fire till the herbs be crisp; then strain it & beat it till it be so thick it will not beat any longer; If you make much Ointment you must beat it at several times, a little at a time.

An Excellent Water for the wind of the Spleen.

Take green Walnuts before they are hardened at all, & when you may thrust a Pin quite thro' 'em, & fill 'em, & of this water take half a pint at any time they are ill; but if they are not extraordinary ill, give 'em but a wine glass full, but first sweeten it with Sugar.

To make a Green Ointment.

Take sage, & rue, of each 1. pound; of wormwood, & of young bays, of each half a pound; of Cammomil, Mallows, Balm, & Dill of each 1. quarter of a pound; each of these must weigh their proportion; after they are pick't very fine, shred 'em very small; then take 4. pound of Sheeps Suet, & shred it very fine then take the herbs, & Suet, & mix 'em well together; then put 'em into a Stone Mortar, & beat 'em till you can discern none of the Suet; & when you have so beaten 'em take a pottle of Salet Oyl; then mix your herbs, & your Oyl well together with yr hands in an earthen pot; let 'em stand in the same pot close covered 9. days, & 9. nights in a Cellar, or in a hole made in the ground; then put it into a fair brass pan, & set it on a soft fire; then let 'em boil for 2. hours or untill the herbs be crisp; then strain it into the pot you mean to keep it in thro' a thin cloth, & put into it 2. ounces of Oyl of Spike. ~~ This Ointment is good for Aches, Sprains, Sticks, bruises, Palsies, Cramps, & the gout; 'Tis good likewise to keep Lips from breaking; being put into the Ears 'tis good against deafness, & also to anoint blasted faces; being first melted in stilled butter milk. Stilled butermilk will help y blasting or pimples in y face of it self but being stilled with wood Sorrel, 'tis likewise good for Freckles. ~~

A White Ointment good to heal Nipples it being a great cooler, & dryer.

Take of white hogs lard half a pound, & wash it well in fair water; then wash it in planton, or red rose water, & when 'tis purely washt beat the water well from it; work into it 1. ounce and 2. quarters of white Cirus, & 2. quarters of an Ounce of white lead both made into pure powder; & if the sore be hot shave in a little camphire, & anoint therewith; to dry up an old sore put some Bolearmanark into the Ointment, & work it well together & spread it on a Rag; then lay it all over the sore on the top of the same you laid to heal it; there is often a dry scurf on the Skin round about sores, especially when dryed Medicins are used; that scurf must be taken away with the back of a knife; or butter and bees wax will hinder the healing of the sore.

A Drink for the Rickets.

Take unto hyssop, colts foot, maiden hair of ye wall, of each 1 quarter of a handful, half an ounce of liquorish; Annise seeds, & coriander seeds, of each 1 quarter of an ounce; 2. ounces of Raisins in the sun stoned; 2. figs slice; boil all these in 2. pints of spring water till half of it is consumed; then strain it & put into the clear liquor 2. ounces of brown sugar candy, if the child be very weak; otherwise less will serve; let the child drink of it as oft as it will & when 'tis gone you must make again it must be drank Cold.

An Ointment for the Rickets.

Take unset hyssop, unset thyme, bay leaves, Rosemary, sam=
momil, & lavender tops, of each an handfull; of Alehoof half an
handfull; mince the herbs small; then beat 'em in a mor=
ter, & boil 'em in a pound of Butter out of the churn for
1 hour or more; then strain it & when 'tis cold pour away
the water from it; & anoint the childs breasts, sides, hips,
& joints, every morning, & warning with it half an hour at a
time; be very careful the child takes no cold; you should
not anoint 'em unless it be in great extremity in June, July,
August, November, December, nor january; nor let 'em
blood in those months; nor at any time unless the sign be
below the heart. ♋ ♋ ♋ ♋ ♋ ♋ ♋ —

An Excellent Ointment to kill worms in the Stomach, or chest worms; or for the passion of the heart or for any cold; or to anoint a child that is troubl'd with the Rickets. ♋ ♋ ♋

Take of Rue, southernwood, Feverfew, Cammomil, Sage
balm, Rosemary, Wormwood, Mint, Pennyroyall; of each of

these a like quantity, & of Lavender as much more as of any of the other; then shred or beat your herbs; & then boil 'em in Deer suet 'till it be very strong of the herbs; if once doing of the herbs will not make it green, then do it over again with fresh herbs, & strain it; then take about a quarter of a pint of strong water, & some Orange flower butter & oyl of horseshanks; the marrow of horse bones, & good store of beaten Mace, Nutmegs, & Saffron; then let it boil to the consumption of the hot water, the which you shall know by letting 1. drop drop into the fire, & if it be not end 'twill spit as it were; but when the hot water is consum'd 'tis end; then strain it again, & let it stand till it be cold, & 'twill come out in flakes; This Ointment will keep 4. years; & when you use this Ointment heat some of it in a Saucer; & with your warm hand against a good fire anoint your Stomach, & stroak it downwards, & then take brown paper, & anoint one side of that, then warm it & lay it on as hot as the Party can endure it, & 'twill give 'em ease.

To make Oyl of Charetie.

Take Rosemary, lavinder, Sage, Wormwood, Cammomil, & the lesser Vallerian, of each 2. handfulls; cut 'em small, & put 'em into Oyl Olive 1. quart; then let 'im stand thus infus'd 7. days; then set it on the fire, & let it but wammle; then strain it from those herbs, & put new herbs into the Oyl, & so let it stand other seven days, & do it as before till it has been 3. times seaven days infusll; then put in Valerian only, and paumble it on the fire; then strain it, & keep the cleare by it self in a glass. 'Tis very good for any inward bruise, or outward; if inward take half a spoonfull in what liquor you please; if outward anoint the part; it heals the green wound. Eases the tooth ach, if it comes of cold Rheum dipping a cloth in it, & laying it to the cheek; 'tis good for any swelling in men or beasts; & after this manner you may make Oyl of any thing that grows.

To make Oyl of Roses.

Take Damask & red rose buds, clip'em from the whites, bruise 'em, & fill your Oyl pretty full of'em; then set'em in the Sun 3. or 4. days; if it shines not, put ye glass of oyl being a very strong glass into a Kettle of boiling hot water; & let it stand on the fire till it has taken out the Vertue of the roses; then press out those roses, & put in fresh & do as before; so put in more till tht the Oyl smell strong of the Roses; the last roses you put in bruise not; put in but a few, & let 'em be all red roses, & bruise 'em in all ye year. Thus you may make Oyl of any flowers or herbs.

To make an Oyl of Ashen Keys excellent for the spleen side, for hardness & pain there.

Take 2. pounds of Ashen Keys, gather 'em in ye beginning of July; then take 3. pints of good Sallet Oyl; shred the keys very small, & put 'em with the Oyl into a great Bellied Glass, with a wide mouth; put the Glass into a kettle of cold water, & hang it over a fire that may warm it moderately hot for 24. hours; then let the water seeth half an hour; then take it from the fire very gently letting the Glass still remain in the kettle, till the water be almost cold; for if it be taken out sooner it will be subject to break; when ye Oyl is cold strain it. & anoint the side with it morning & evening.

The best way to make Snail Water.

Take 1. peck of Garden snails, & wash 'em in a great bowl of beer; then put 'em into a large hot oven, & let 'em lye 'till they be dead; then take 'em out, & with a clean cloth wipe of all the green; then take 1 quart of earth-worms, & slice 'em; then strew salt upon 'em, & wash 'em clean with water; then stamp the worms with the snails & the Shells altogether; then take a great brass pot & lay in the bottom it Liquorice & Fallendine of each 2. handfulls, & upon that lay two quarts of Rosemary flowers & upon that 2. handfull of —— & upon that lay wood Bettony, Egrimony wood, sorrel; the inner Rind of Barberries; red dock roots the pith taken out of 'em of each of these 2. handfulls then lay the snails upon 'em; then take Fenugrick Seeds, Turmerick, & Rue, of each of 1 ounce. stamp these together & lay 'em in; then pour in 3. gallons of the strongest Ale take 1. ounce of Cloves, & bruise 'em & 6. penny weight of Saffron very well ground & 6. ounces of Harts horn; beaten to powder, & set that in; then set on ye bottom lick, & close it with Rye dough, & let it stand all night & in ye morning put fire under it & 2 or 3 cider the water into several glasses; keep ye 2. first running by themselves; & drink as long as it will run, & thereby endangering the breaking of the Pots

The Vertues of this Snail Water. 'Tis good for all obstructions whatsoever & cures those that are in Consumptions; & dropsies; 'tis good against Surfeiting tho' they therewith be lame in their limbs; 'tis good against wind the stopping of the Stomach and liver, & pains in the head; 'tis good against the Plague & jaundice it comforts the heart & assists nature very much; it preserveth youth & prolongs life; it defends from sicknes, & kills all worms in the body; it preserves good blood, & good digestion; 'tis also good for young & old; it strengthens the Stomach, & causes appetite by means whereof follows good digestion; 'tis also good for many infirmities.

A Cordial Water for a windy, raw Stomach:

Take a Still full of Spare mint & still it; then take pennyroyal & balm, mix't together, the quantity of 2. Still fulls; Put 1. Still full of it into your Still; & put a good quantity of Annise seeds upon it; then pour on all the Still full of Mint water, & let 'em Still till the herbs be dry; whilst this is Stilling let the other part of the balm & pennyroyal lye upon the table to dry; then take 'em out, & put in your other Still full, pouring ye Annise seed on 'em as before, & all the water shild from the former herbs pour upon 'em; then put into ye Glass wherein it shall drop some fine Sugar, a little Musk, & a little Ambergriase.

The Palsy Water.

Take of Lavender flowers strip from their Stalks, & fill with 'em a large Galon Glass; & pour on 'em good spirit of wine or perfect Aqua vitæ; then circulate 'em for 6. weeks very close stop'd with a bladder, that nothing may breath out; let 'em stand in a very warm place; then distill 'em, with his coler, in a Lembick then put into the said water of Sage, Rosemary, & Bettony flowers of each half a handful; of Burrage & Baglass flowers, of the flowers of the lilly of the Vally, & Cowslip flowers, of each 1. handfull; steep 'em in the spirit of wine Malmsey, or Aqua vitæ; every 1. in their season till all may be had; then put also to 'em of Balm, mother wort, spike flowers bay leaves; the leaves of Orange trees with their flowers for so they may be had of each 1. ounce; put 'em into the aforesaid distill'd wine altogether, & distill 'em as before; being steep'd the space of 6. weeks; then put into this distill'd water Citron seeds dryed, & piony seeds hull'd of each 6. drams; of Cinnamon mace Nutmegs, Cardamony Julips, & Yellow jaundice, of each half an ounce of Lignum Aloes 1. dram; make all these into powder, then put 'em into the distill'd water aforesaid, & put to 'em of Jubelows new & good half a pound; the stone being taken out; cut 'em small then close your Vessel with a double bladder then let 'em digest 6. weeks; then strain them hard in a press

& filtrate the Liquor; then put into it of prepard pearl Smaragdes, Musk & Saffron, of each half a Scruple, & of Ambergreece 1. Scruple; Red Roses dried well; Red & yellow Saunders of each 1. Ounce; hang them in a Jarsnet bag in the water, & keep it close that nothing breath out. ~ The Vertues of this Water. ~

This of exceeding vertue in all Soundings; in weakness of heart, & decaying of Spirits in all Apoplexys & Palsys; it is in all pains of the joynts, coming of colds; in all bruises outwardly bathed & dipt cloths laid to this; strengthens & comforts all animal, natural, & vitals; & the external Sonses it clears, strengthens the memory restores lost Appetite, & all weakness of the Stomach, being both taken inwardly, & bathed outwardly; it takes away giddiness & dizziness in the head; it helps lost hearing; brings a pleasant breath; it helps lost speech; it helps all cold disposition of the liver, & a beginning dropsy; it helps all cold diseases of the mother in women. None can express the vertues of this water sufficiently; You must take morning, & evening about half a Spoonfull with crumbs of bread & Sugar. ~ ~ ~

To make Rosa Solis.

Take 4. Gallons of the best aqua vitæ, & put into a well seasoned hundlet; ye take Primroses, & Cowslips of each 1. peck pickt; 4. handfulls of Angelico, leaves & Stalks, shred fresh: 4. quarts of Rosemary flowers 4. handfulls of sweet Majoram stript; 2. handfulls of Balm 2. pound of Reasons of the Sun: Stoned red Currants, washt & well bruised, & blew figs slict of each 1. pound; half a pound of Dates slict & pickt; 4. ounces of Annise seeds pickt, & bruisd; long Pepper & white pepper bruisd Ginger slict, of each 2. ounces; 1. pound of English liquorish, scrapt & slicd: Damask rose buds, & red rose buds of each 1. peck the white tips being off; 1. bushel of clove Gilly-flowers, the white tips being taken away; 4. good handfulls of ye Herb Rosa Solis finely pickt, Set this same vessel in the sun closely stopt, stirring it often; as the herbs drink up the Aqua Vitæ so put in more to it. This is used to begin in the beginning of April, & to put in all things as they come in their prime; & after the last things are in, let it stand 1. month, at ye lowest shaking it as afore said, then strain it forth hard, & to every Gallon put 3. quarters of a pound of Brown Sugar Candy finely beaten; & when ye Sugar Candy is dissolved put it into Glasses for ye Use.

A Water good against the Plague or any Surfeit.

Take Rue, Agrimony, wormwood, Celandine, Sage, balm, Mugworth, Scordium, Tormentill dragons, burnet, Pimpernel, Angelica, fennel, Carduus benedictus, of each of these half a pound; Rosemary, Marigold flowers, Cowslip flowers of each of these 1. pound: of Ellecampane 6 ounces; then shred 'em very small, & put 'em into a deep earthen pot; then steep 'em in 8. pints of White wine, & 8. of canary; then let 'em stand close covered wth a cloth, & a pan that will keep it close at ye mouth 8 days & 8. nights; Stirring 'em every day; When you lay 'em to steep put in of Annise-seeds, coriander seeds, & sweet fennel seeds, & cardiacung rootl cubb'd, & bruised, of each 1 ounce; after wards put 'em into an ordinary still; & past it very close, & carefully; still the lees & joins together at 4. times; Every still full will perhaps yeild you about 1 quart of water the 1. pint of which you will find much stronger, than the second; therefore keep it in several Glasses; but when you give it to be drank you may mingle it together; The most seasonable time to still this water is, when Pimpernell —— Give of this water about 6 spoonfulls warm with a little sugar; but in case of extremity, as ye Pox, Measels or any Surfeit, you may give it with a little treacle, or Mithridate; take 1. ounce of Saffron, dry it, & powder it & then divide it into 4. parts, & strew on every still full a part before you past it up.

Finis.

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