

Godfrey, Elizabeth (& others)

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& others

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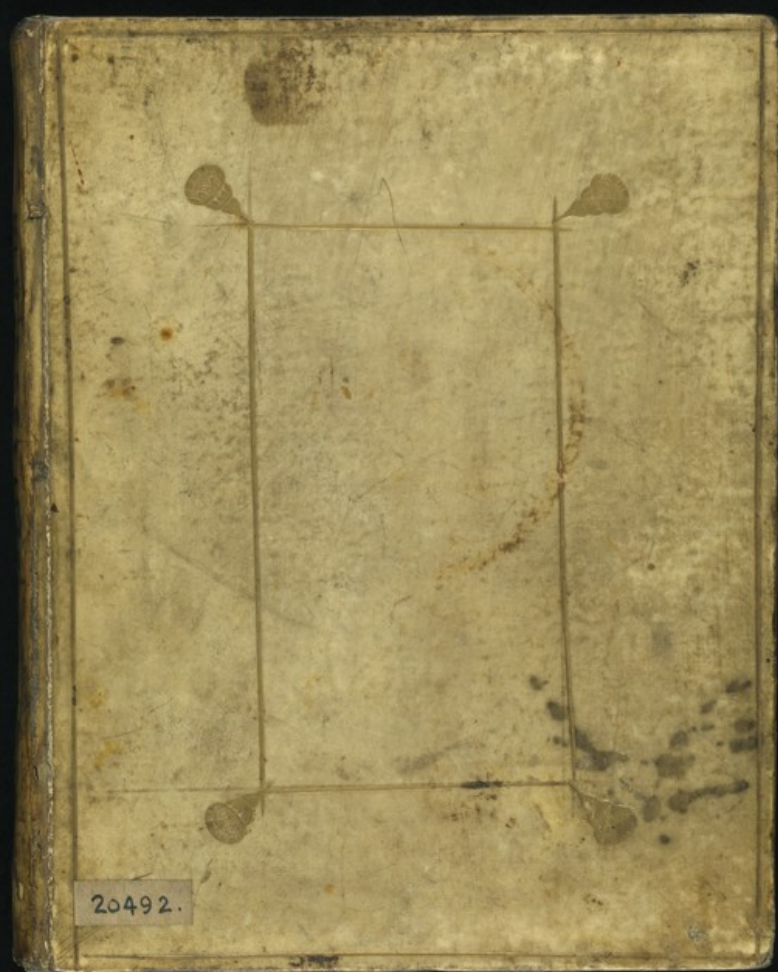
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Nearly 200 years old
A book of Curious Old
Medicine Receipts

2535 7c

~~122~~
153

51 B (14) 20492
GODFREY (Elizabeth) [a others]

Book of receipts, cooking & medical

[Early 18th cent.]



ACCESSION NUMBER
20492
PRESS MARK
MS. 2535

Sym 331
5/18

To make hartshorne Gelley
Take a gallon of water wine measure & put to it
Ten ounces of hartshorne, let it boyle gently &
When it is about half boyled away that it will
Gelley in a spoone take it up & lett it Run
Through a white cotton gelley bag & lett it stand
Till the next morning, then take it & put it
Into a silver bason or a new earthen pipkin &
neare a pound of dubble refined sugar two whole
nutmegs sliced the peel of one whole lemon
and two slices of lemon then take the white of
six eggs & beate them to froath & as the froath
rises cover your gelley all over with it & so
continue till all the whites of eggs be used then
stirre it all together & sett it one the fire then
take the Juice of three lemons & of three oranges
& six spoonfulls of sacke mingle all these together
& when the gelley boyles up put in all the Juice &
lett it boyle a halfe or two more then take
it off from the fire & lett it Run through
a dry gelley bag you may putt two sticks
of rosemarie under the bottom of the bag if
you love the tast & two or three slices of lemon
if you boyle it in a pipkin you must be very
carefull to stirre it, for it will bee apt to burne
two

To make limon creame

Take a pint of faire water & stepe in it half an
flowe the rine of one limon pared very thin
then take the juce of 4 lemons & the ~~white~~ whitts
of 5 or 6 eggs verry well beaten & sweten it with
double refined sugar to your one pallet then straine
it through a fine sine into a silvet bason you
may put into it a little bagg of ambergreese & a
stick of sinamon which you please & sett it over a
charcoale fire & lett one blow the coales constantly
whilst a nother stirs it all one way till it thickens
& begins to boyle then straine it through your sine
again into the dish

To make Orange custard

Take the juce of ten oranges & straine them into
a skillett & sweten it with a good quantity of
sugar then sett it over the fire and lett it boyle
a little then take it of & lett it stand till it is
almost cold then take the yelks of thirteene eggs &
beate them very well then put the yelks a pint of
very good Creame & beate them well together then
straine them & put them to the juce & sett it over
the fire & keep it stirring all one way till it is
thicke enough then take it of the fire & put it
into the dish you intend it for

observe it must be boyled in silver

How to make biscuits Not to be writt

take a pound of flower dryed a pound & a half
of good sugar half a pound of almonds beaten very
fyne take nine eggs leaving out one yeaik or white
which you please then beat them very well till you
can take up one spounfull then put in your
almonds & mixt them with your flower and sugar
& and beat them together 2 howers when they are
beat enough put in a spounfull of coriander seeds
butter your pans or plats and bake them in a quick
oven

How to make quince marmelitt recd

Take 3 pound of quinces when they are pared & cored &
quartered and 4 pound of sugar and a quart of ^{of quince} ~~juice~~ ^{juice}
and half your sugar and lett them boyle till your quinces
are tender then put in the other half of your sugar
& couer them up that the collet may come & when you
see it look with a good collet break them & boyle it up
pretty quick when it is ~~enough~~ enough it will jolly
about the pan or bason you must keep it stirring
when it begins to be enough for it is very apt to burne

How to make the juce

take some of the smallest quinces & pare them
then grate them then strayne out the juce then
set it on the fire till it boyles and parts clear
then straine it and put it to your quinces & sugar

To make sugar Plum cakes

Take a pound of flower dry it well & a pound of
lofe sugar searse the flower & sugar through a sieve &
put them together take a pound of butter & washe
it in a little rose water & worke it very well with
your hands then strew in a little of the sugar & flower
stil working it with your hands til it is half in
then putt in 6 eggs 2 of the whittes put away & soe
by degrees putt in the rest of the flower & sugar &
when the oven is sweeping put in a spoonfull of rose
water & a little beaten mace & a pound of Currants
your pans must bee ready buttered fill them half full
& searse some double refined sugar on them & soe
bake them

M^{rs} Bradfords seed cakes *Not to be written*

Take 5 pound of flower ten pound of butter & rube
the butter very well in the flower untill it bee all very
well mixed then take a pint of good thicke ale yeast
& a quart of cream & mingle it together and one
nutmeg grated & mingle it well together & cover it up
& sete it to rise when the oven is hote then take
a pound and a half of Caraway comfits break the dow
in small peeces & strowe in the caraways and soe never
knead it

To make chese cakes *not to be written*

Take 3 quarters of a pound of butter & yells of eggs
and put into it lesse then a quarter of a pecke of fine
flower soe worke it up pritty stif with cold water ^{for the paste}
Then take the curde of 9 or 10 quarters of new milke the
curds being well drained in a cloth not put in a press
being soe drained put them in a mortar & beate them
well with ^{3 quarters of} a pound of butter put the quantity of the
crumes of 1 steyle white penny loaf ^{mix all by this} grated & after
wardes rubbe through a cullender ^{these 3 and beate it there}
with adadsoe the quantity of a pound of very good sugar so
be beaten ^{these with all being thus beaten together take}
all out of the mortar & beat 8 yells of eggs with 2 or 3
spoonfulls of sacke one spoonfull of rose water a nutmeg
grated ^{little salt} with a corne of ^{off the} beate all these together then
then plump your currants & mixe ^{with the curds} & soe
it will bee fitt to put into the crust

To make cracknate Biscuits

Take a pound of flower & a quarter of a pound of sugar well
sieved with 4 eggs one whole one ^{spoonfull} of yeast
a pece of butter as bige as an eggs carawayes coriander seed
& ginger of each a little beaten & well searsed then work
them together & put them unto plates but of what
fashon you please and then bake them when they
are baked take them out and see them sell them in
a paine til they be dry to make the ^{Justing} take the whitt
of an eggs and beat it very well til you may take up a
spoonfull then put in some double refined sugar beaten
and a little rose water you must role them out very thin
and you may cut them with a glasse

To make orange marmelad

Take oranges & paire of the yealors rine very thin leaving none of the white to it boyle these parins in 3 or 4 several waters till the bitterness bee out of them and that they be very tender then take half a pint of water whereing pipins have bin boyled a quart of a pound of pipins pared & cored & a quart of a pound of orange rines very small beaten in a stone mortar & put to them a pound of fine sugar lett it boyle up and scum it very well when it is almost enough put to it 3 or 4 spoonfulls of juce of lemons then lett it boyle till it is enough & glaze it up

To make a great cake

Take half a pecke of flower by measure 3 pound of corants as much sinamon nutmegs sugar as you think fit & eggs melt a pound of sweet butter & a pint of ale yeast half a pint of sake then take it of the fire and put to it a pint of sweet cream & a little rose water mingle it well with the yeast and sake and make it up as quick as you can put it in the oven

To make hipocris

4 gallons of white wine 1 pound of sugar half a pound of sinamon one ounce of ginger one ounce of cloves ~~break~~ break your sinamon in small peeces and brase your other spice then put your wine and sugar and spice in to a grate earthen pot lett it stand three days stirring it every day keeping it close stopp take a cotton bag fims it fast with pack thread then put in first a quart of mill & a little wine to thicken the bag

to lett it be run through the bag a 20 bottle is up

To make a great cake

Take a pecke of the finest flower by weight and dry it in a warm oven then take three quarters of a pound of sugar half an ounce of cloves & mace ^{beaten} together 2 nutmegs beat all this fine and mingle it with the sugar & flower then take seven pound of fresh butter & add put it in a boddle working it with your hands till it be like cream then take a quart of good cream ~~half a pint~~ and half a pint of such 2 quarts of good ale yeast 14 eggs well beaten by men selves and strained half the whites being left out mingle the liqued things together & put them by degrees to the butter working them with all together then take 16 pound of corants being washed the day before & dried in a cloth till they be as dry as before they were washed you must first strow in the flower by handfuls full into the others things working as fast as you can strow in the corants last of all and put it in to a hour putting double cape paper one the botom and rising the sides buttered the paper and the hour very well the oven must be redy against you put it together the oven must be Drity quick and it will be 2 flowers & a half if you make a cake of half the quanty 2 howers will bake it if you will make it very rich you may put in half a pound of citron and preserved orange and 6 granes of ambrogree beaten in fine sugar then put the lew rose water when your cake is in the oven take a pound and a half of double refined sugar beat to powder then take as much rose ^{water} as will weat it with to spoonfulls of the white of an egg beat to froth and so continue beaten it till the cake is baked when it has stood in the oven above 2 howers dray it to the mouth of the oven with the peele & spread this being allowd so lett it stand till it is dry

To preserve oranges whole

Take your oranges & pare them thin not to take away the coler then cut them in halfe and take out the meat & rub them with salt then put them in water and let them ly 2 or 3 dayes change the water 2 or 3 times a day then boyle them till they be tender shifting the way twice in the ~~boyle~~ boiling then take them up and lay them in a cleane cloth to dry the water out of them then take you a pound of oranges a pint of the water which has bin boyled with John apples is a pound and a half of fine lofe sugar beaten boyle your sirup up and scum it and then put your oranges and let them steame then set them by while next day is then boyle them up pritty quick that they may not lose their coler and when they are almost enough put on a quarter of a pint of juce of orange and lemon lemons are done the same way only they must have no juce of orange

To make marmelade of apricocks H.C.

Take of the palest apricocks pare them and cut them in quarters take there wate in fine lofe sugar beat it very small & divide it in to 2 parts put one half over your apricocks and boyle the tother half to sugar againe wet your half as is to boyle to sugar againe like a past if you wet it to much it will be like curd so let it boyle till it turns to sugar be sure to keep it stirring then put your apricocks and your other half of your sugar into your skillett and set it on a soft fire ~~and let it boyle till~~ you see it bely then put the other half of your sugar and set it on over a softly till all the sugar be dissolved then put it in flat glasses and keep it in a warm place untill it candes one the top

To preserve damsons or pear ploms

Take your damsons and when you have wipt them cleane give them a slit neare so the top to the stone then take three weight in sugar and to a pound of sugar put a bou half a pint of water let the sugar and water boyle up and scum it cleane then put it over your damsons and let it steame a little over a very softly fire then set them by and let them stand in the sirup all night the next day boyle them one a softly fire till they be enough you must doo them in silver or stone because they are so long a doing they would tast of brase

To preserve Barboris

Take of the fairest bunches of barboris and fullest you can get picke out all the stones with a pin very cleane take to a quarter of a pound of Barboris half a pound of sugar double refined then pick some other barboris from the stalks & boyle them in water till they be very tender straine them through a cloth and neerer sques them and take ~~the~~ a quarter of a pint of the juce and ~~the~~ a pound of sugar beat the sugar fine and put it with the juce into a skillett and let it boyle up and scum it very well then put in the barboris to the juce and let it boyle till the barboris be tender and begin to sely a but the spoon so glas it in low glasses

How to dore cheris
Take 6 pound of cheris and a pound of single refined sugar beat the sugar over them and set them in a skillett and let them boyle a little while soe let them stand all night in that liquor in a stone pan the next day heat them in that liquor and let them stand another night and then lay them on cleane plates or some plates turning them every upon cleane plates and flat them

To make orange biskets

You must take the best rind oranges 12 & lay them in steep in water 3 dayes shifting the water everi day at the nine dayes end ~~take~~ take them & put them in a kettle or pan of faire water & boyle them till they be very tender shifting the water twice in the boyling then cut of all from the meat to a pound of the peales 3 pound of double refined sugar then stamp the peales in a mortar very small and put your sugar after it is ~~beat~~ small beaten by a ~~spoon~~ spoonful at a time into the mortar with the peales beating it well as you put it in then take the meat and huce of 6 ran oranges putting it in to the mortar as you did the sugar when all this is very fine beaten then take it out and lay it upon broad peaces of glasse or upon paper plates if you have not the other is you may lay it in what shape you please then put them in to a oven or stove till they be dry from use to turn them after they have stood for and twenty hours but you ~~may~~ may use your own discretion

How to make apricocks marmelade

Take of the palest apricocks pare them & cut them in quarters take there weight in sugar double refined beat it very small and divide it in 2 equal parts boyle the one half to sugar againe put the other to your apricocks let it boyle till you see body then put the other half of your sugar and set it on a softly fier till all the sugar is dissolved then put it in flat glasses and keep it in a warm place untill it candies one the top if best way

To make bean cakes

Take almonds & blanch them in cold water dry them well and slice them very thin with a knife take there weight in fine sugar and beat it very fine take a little gum dragant and wet it with rose water let it stand on embers that the water may dry in and the gum may be soft and thicke then mingle your sugar with your gum when that is done put the almonds to them ~~then~~ then take as much of the white of an egge beaten to froth as will make it like a positive stife paste then stire in roit the the thin parings of lemon peale and make them up little round loafs upon buttered plates you must put some amber grece in the sugar the oven must be heated as for maderouns

How to Candy Anjelico

Take a pound of the smale stalks of anychico wash them overi cleane and boyle them veri fast in a kettle of water till they will peale then you must make a surron with a quarter of a pound of sugar the stalks must both in the surron till it be all ~~consumed~~ then take the stalks and place them then take a pound of sugar and boyle it to a candie heith then put in your angidico keeping it stirring till they are enought this is y worst way to doe them

To make aple icely with slices of orange

when your oranges are rubbed wth salt & lain in water you must doe for y^e whole ones y^e must cut out y^e your oranges tender boyled lay them upon a cloth to drye out y^e water then slice y^e in thin slices & to halfe a pound of oranges put a pound & a halfe of Double refined sugar & a pint of y^e apple water put all this together in a Kiblet & let it boyle pretty fast till it be almost enough then put in a quarter of a pint of y^e Juice of oranges & a common & let it Boyle again till it be Enough

How To make Lumps of marinated Red & White

Take y^e quinces as fresh gathered as you can get them grate them very quicke on a bread grater & wring y^e Juice from them as hard as you can let y^e Juice run through a thin Cotton bag like an Hippocris bag till it be quite clear from any ground y^e have some other quinces kind of for skalded pare them & cut y^e in from y^e Core in pretty big peeces & to a pound weight of quinces take a pint of y^e aforesaid liquour & two pound of fine sugar well beaten put them all together in a Kiblet If it is for white it must boyle so fast y^e liquour be quite above y^e fruit & it may be clear skummed on it is enough put it into a bason till it be pretty cold & fill y^e glasses If it be for red it must boyle more curiously & be kept covered till y^e Coulour begins to come

To preserve Apples in halves

Take of y^e whitest rennish mixe ~~it~~ halfe a pint & as much saye water larger measure make a sirup of y^e wth a pound of Double refined sugar let it boyle up then have ready a pound weight of peppins wth are husked at y^e shells cut y^e in two & when they are paired put them into the boyling sirrup then keep them boyling so fast that the liker may alwayes cover the fruit & when it is almost Enough put into it y^e Juice of two Lemmons strained through a linnen or Tiffing & halfe an orange wet preserved cut in thin slices let it boyle a little longer thin glas then halves in a glas & lay the slices of oranges wth a bit them put that y^e sirrup over them till it is almost cold & in y^e sirrup boyle one of y^e Lemmon voyces to give it it a taste & when you put in y^e fruit take it out the it will be to bitter you may boyle in a Tiffing againe or two of musk or amber greese to which you like best

To make apriochs Cakes

Take y^e apriochs & pare them & put them in quarters and put them into a glazed pot & put y^e pot into a Kettle of water & make y^e water boyle till the apriochs are tender but y^e pot must be left open all the while - when they are tender straine out as much of them as will come through a fine haire sieve & then take the waite in ~~the~~ refined sugar you must boyle the sugar to sugar again & then straine apriochs to it till all y^e sugar is melted but it must not boyle & when it is Enough put it into thin glasses & the next day set y^e in the sun till they are candied & when

one side is Cabled turne them ~~in~~ on peeces of glasse and
If you please you may cut them into three peeces when you
have turned them out you must make all the windowesERRY
Close so that they are Dried to keep them from waspes

To make the lady wottons cake
Take 3 pound and a half of fine flower 3 pound of currants
half a pound of raisons a quarter of a pound of sugar
spice to your taste liking a pound of fat fresh butter a pint
of creame a pint of ale yett a quarter of a pint of sack
3 eggs with out whites sett the flower before the fire over
night wash your currants the day before in warm water
that they may plump then put them in a bag and dry
them before the fire turning the bag often when
you will temper it put your flower in an earthen
pan lay it towards the sides and make a hole in the
middle put there in the sugar and spice the butter
also being melted in the creame the yeast and sack and
the yolles of eggs must first be well beaten and all the
driots taken out when these liquid things are thus
put together strow the flower from the sides litle over
them till they be covered and let them stand by the
fire the pan being close covered till the yeast be risen
above the flower then temper it with your hands till
when it is mixt let the currants be strowed in and
the raisons first stoned and shred be strowed in also the
open must be redy against it is tempered being soe
hot as to collect a white paper but not to burn it
lay cap paper one the peale and make it up like
a loaf cut it one the top if you please like a star

then set it in the oven and let it stand 3 quarters of an
honor then you must have ready half a pound of fine
sugar wet with rose water but not to thin draw
the cake and se it all over with this and set in the
cake again one quarter of an honor the oven lide
must not be set up till it be colored enough then put
a paper over it and set up the oven lid

How to make barly cream

Take a saucfull of ~~cream~~ barly wet it in a coarse cloath and
beat it well and then take away the husches then boyle
it in 10 quarts of milke very tender then put to it a pint
of creame and a sprige of rosemary and let it boyle a
while or to then season it with sugar and rose water

How to keep gooseberries all the yeare

take your gooseberries when they are at the full growth
before they are ripe and pick them and scald them
in ^{glasse} bottles and let them stand till they be cold they must
scald but just to turn the collar when they are cold cork
up the bottles and by a leather over them very close
and put them in a cool place when you open a bottle
you must youse all or they will not keep when the aire
comes to them

To make a cream with apricocks

Take apricocks and pare them and cut them in peares then
put the yeaght in sugar then they set them one the fire
in a dish break your apricocks break your apricocks with
the sugar then stame it through a laune then take a bowl
apointfull of this stuff and break it with your creame by
degrees one spoonfull will make a dish

how to make a sort of eades like make ones

Take a pound of almonds is a pound of double refined sugar beat your almonds with a spoonfull or 2 of rose water very small then put them in a earthen dish and mixe three quarters of the sugar very well with them their being a little muske and amber grease brused in the sugar then put in 2 or 3 spoonfulls of grated bread and take some froath of the whyre of three eggs as you think will serve to weate it then lay them upone marchapin paper and strow your other quarters of sugar one the top when you set them in the oven

To make snow cream

Take a pint of the thickest cream and sweeten you can get put to it some musked sugar and sweeten it to your tast then take the whire of an egg and beat it to froth and when it is well beaten put it in to the cream then take a chocolat mill and put your cream in to adie silver basin or stone basin and beat it with the mill and when you se it look light like snow take it of with a clean shinner that the whyre may run out you may lay rasberis at the botom wash with a ponne of rose water and mixe with rose water and sugar if you like it lay your snow by spoonfulls as hy as you can and when you serve it to the table drop it with some of the rasberys one the top

To make whipt sillibugs

Take a quart of the sweetest and thickest cream you can get and put to it a pint of good canary and sweeten it to your pallet and froth it with a chocolat mill and lay the froth by spoonfulls in your sillibug glasses

To make sugar of roses

Take 10 rose buds put of the whits and put away the seeds and then beat them in a stone mortar and straine it through a strainer beat hard sugar very fine set the juce one the fier and when it is thoroughly hot put as much sugar in to it as it will wett alwayes stirring it till it comes to sugar again this way you may sugar of any thing

to preserve Rasberis whole

Take a pound and a half of double refined sugar beaten then take half a pound of Rasbares and ring them through a strainer put the juce to your sugar in a skillet shut it and se it one the fier and let it boyle till adrop will stand one the edge of the spoune keep it scumming then put a powde of fave rasbares and boyle them as fast as you can to the top of the skillet still scumming it till it be enough if you must coole a little before you put in whole rasberis or else they will be hard and broken

To make basketilons

Take 4 ounces of sugar beaten and sowed a few aniseeds then take a little gum dragon which had been steeped in rose water the whire of an egg beaten work all these together In to past then make them up into loafs as big as an egg then cut them round a bout the sides and prick them one the top set every one upone a wafer paper and bake them in a baking Pan when they are baked they will be as whit as snow and hollow lyke a puff

To dissolve amber greice

Take amber greice being than sliced and mixe it with 2 or 3 drops of cleave refined sugar being taken boylng hot of the fier or els the buck of a cannon and that will open the body

How to make biscuits

Take a pound of flower dyed a pound and a half of good sugar half a pound of almonds beaten very fine take nine eggs leaving one yelke or white which you please then beat them very well till you can take up one spoonfull then put in your almonds mixe them very well to your sugar and then put in your flower and when they be well mixt together beat them two howers and when they be beaten enough put in a spoonfull of coriander or caraway seed which you please if you put in both put in but one spoonfull in all then butter your plates and bake them in a quick oven

How to preserve ^{whole} currants

Take of the fairest currants you can get stone them and to halfe a pound of currants a pint of licour and a pound and a half of sugar double refined the currants must be picked ^{boiling} and infused in a pitcher set in a kettle of water put your sack and sugar in a skillett together and scum it then put in your currants and boyle it as fast as you can

To preserve white pears plums
Take white pears plums weigh them and to a pound of plums a pound of double refined sugar then take a skillett of boiling water of from the fire and let the plums stand in the water covered till you can peele them then lay them in your sugar till it dissolves then boyle them pretty quick that your plums may not lose thaire colour nor bread to much when they are enough put them in to your glasses and when the ~~sauce~~ belly is almost cold strain it through a muslin and put it to your plums ~~your plums must be put in the water when it is cold and left it be scolding hot when take the pears from the fire and set them by till they will peele in water~~

To preserve quinces whole throed

Take of the largest quinces you can get and take out the core with a scoupe very cleane then waxe them and for 2 pound of quince take 2 pound of single refined sugar and put to them a pint of water and as much juce of quince clarified then pare your quinces and put them in a broad panne that you may not break them then let them boyle till the quinces is quodled then scum them cleane and clove them close to draw the colles you must be sure to slaken the fire that they may not be so tender before the colles is come when they are almost enough then let it boyle till it is selved if your quinces be tender and well colleded you may take them ~~up~~ out and boyle your liequot a little while then let it stand till it is almost cold and put it to your quinces

To make white marmalade

Take a pound of quinces when they are boyled and cored cutt them in quarters then take half a pint of juce of quinces being clarified and put to it a pound of double refined sugar set it over the fire till the sugar be dissolved then put in your quinces and boyle it as fast as you can and in the stirring it will break small enough when you see it cleare glaze it

To make reason wine

Take 2 gallons of faire running water nine measure lett it boyle half an hower then pour it over 2 pound of reasons stoned and one pound of sugar and 3 or 4 lemons so lett it steep 5 dayes then bottel it and lett it be well stopp it will be 2 weekes before it is fitt to be drunk

^{nouze} To make Beate Breat
Take almonds and blanch them in cold water and dry them well and slict them very thin with a knife then take their weight in fine sugar and beat it very fine and take as much gum dragant as will by one ashitin and steep it in rose till it be very tender ^{one} night then mingle your sugar with your gum and when that is done put the almonds to them then take as much of the whites of eggs beaten to froth as will make it like as thick as will drop then cut in the reale of one or 2 lmons very thin and made them up in little round loafs upone buttered plates you may put some ambergees in the ~~better~~ sugar the oven must be heated like for mackerons

To make almonds knots
Take a pound of Bourdan almonds put them all night in water blanch them and peale them and as you doe them put them in a wet cloth to keep their colour then beat them in a stone mortar very small as you beat them put in 2 spounfulls of gum dragant steep in rose water when they are well beaten put in as much dable refined sugar as will work it to a past work it in 2 roles with some sugar and turn it in to knots then put them one apy plates well sugared and set them in a stove anight and a day then take the whites of 2 newlaid eggs beat in an earthen pan to froth then put it into a stone mortar to beat it with 4 or 5 spounfulls of sugar powdered beat it till it be thick then take your knots one by one upone a card and spread them with a feather one the upper side and shift them from the card one a plate being well sugared set them in again into the stove to dry and then doe the other side as the first you must keep the icing beating till you have done with it

To make almond butter
Take half a pound of almonds blanch them in cold water pick them and beat them in a stone mortar with 3 quarters of a pint of water and 2 or 3 spounfull of rose water powdered in by degrees then strayne y^m out and swayne them againe and doe soe till the thin is white then sett it one the fire with a blade or 2 of mace let it boyle a little to thicken but stir it all the while then pother it into a pan and let it stand 2 hours or covered with a napking and a dish neare y^e fire then put it into a travayser wet with rose water and hang it up to drayne then smecten it with fine sugar and put it into glasses like marmelade it will keep 2 dayes but take out y^e mace soe soon as it is boyled

A rillebut my Ant Chambrclans way
Take a pint of white wine a quarter of a pint of sack y^e juice of 2 Lemons and some sliced nutmeg and a little roxmarry put all this together and sweeten it to your Likeing with loafe shugar then put to it a quart of Cresse and whip it up till it is thick then put it into rillebut pots or a bason for your use

How To dry apricocks
Take apricocks and pare them then take out the stones and to every pound of them take half a pound of sugar when you have your apricocks cover them with sugar and let them stand till all the sugar is dissolved then boyle them and let them lie in the sturup 2 or 3 dayes then take them out and lay them one glas plates to dry you must keep them in a constant heat but not to hot when they are almost dry strow some sugar on the top of them through a ruffiny very lightly to dry them 2 or 3 dayes longer in the stove

How to preserve Citrons

Boyle your citrons very tender but before you boyle them take the weight of them in sugar and to every pound of citrons take a pound of single refined sugar and half a pint of water make a supor with the sugar and water boyle it and scum it clean then sett it by and when your citrons are tender enough cut out the spots but doe not pare them cut them into eight quarters and put them into the supor and lett them boyle a bout half an hover then sett them by and doe soe for 5 dayes then put away the supor that is left and to every pound of sitrons take a pint of water where in quins or John apels have been boyled and a pound of double refined sugar ~~make~~ melt your sugar first then lett it ~~boyle~~ coale a little then put in your sitron and lett it boyle with fast till you think it will selly then put in to every pound of sitron 2 spounfulls of renish wine and as much juce of leamon you may also put a little musk and lett it boyle a little longer then put it in to a gally not for your use

To make the selly

pare your John aples or quins and cut them in quarters but not core them then put as many into a skillet as will 3 quarters fill it then put in cleare water and as much as will fill it and lett it boyle apace till the apels are tender and then straine it

to make sitrons marmelat

You may take of your citrons before they are quite done and cut them in thin slices and boyle it in Johnnell selly which is made the same way as that you put to the whole quarters and to every pint of water take a pound of double refined sugar and when the sugar is melted lett it coale a little and then put in the peaces of citrons and so lett it boyle very fast untill it will selly then put in some renish wine and juce of leamon and a little musk if you like it and soe lett it boyle a little longer and then glas it as fast as you can the sitrons out of the first snoop is fit for this

How to make wiges

Take 3 pound and a half of flower 3 quarters of a pound of butter rub your flower and butter very well together then put in three quarters of a pound of sugar a few caraway seeds and coriander seeds and a little cloves and mace beaten together then take a pint of milk and warm it and add to it a pint of good ale yeast then put it together not kneading it much then lett it lie by for half an hover covered close before you make it up then bake them half an hover

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To make bisket bread
Take a quart of flower 2 ounces of sugar half an ounce of yeast
way seeds and the yolks of 6 eggs beaten with 5 spoonfulls of
rose water and a little milk make it up in past and roll it
very thin cut your cakes and bake them on a plate they must
not colour but bake them ~~crisp~~ when you draw it out of the
oven you candy them make your candy of double refined sugar
and a little milk wet it with rose water and let it boyle til it
be thick enough to dip your cakes in then lay them in plates
and set them in the oven to dry if you will have them be light
or take the whites of 3 eggs in stead of rose water

How to make macarones
Take half a pound of almonds and blanch them then beat them
in a stone mortar with 2 or 3 spoonfulls of rose water then
take six ounces or thereabouts of sugar and beat it with your
almonds and put them in a ~~skillet~~ skillet and set it on the
fire a little while to dry them beat the whit of an egg very
well and stir in among it then make them up upon the wafer
paper in the fashion of macarones and dry them a little in the
oven

to preserve cherries whole

Take your largest cherries and stone them and to
a pound of cherries a quarter of a pint of Juice
of red and white currants and a pound & a quarter
of double refined sugar beaten put 3 quarters of
your sugar over them and boyle them as fast as
you can that the sirupe may cover the
fruit and when they are scummed put in the
other part of your sugar and boyle them till
they be enough and when you glaze them first
put in the cherries and let the sirupe be just
in last when it is almost cold

if they be morrell cherries the Juice must be
all of white currants hester chambrelan

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Chirre wine
press your cherries and put the Juice up in a runlett
and let it stand till it be fit to be drawn off and
put some sugar in the bottles and keep it for your
use

to preserve white currants whole

Take of the fairest currants you can get stone them
and to half a pound of currants a pint of licour
or a pound & a half of double refined sugar the currants
must be striped and broke with a spoon and strained
then put your Juice and sugar in a skillet together
and let it boyle just to scum it and then put
in your currants and boyle it as fast as you
can as they may not look yellow

To make Chocolat

Take 25 pound of Coconuts put them in a frying
penn till you can peel them of the shell and they
may be 10 pound of nuts to which you must take
10 pound of shugar the best London powder sugar
and beate it very fine in a mortar and to this quantity
of a pound of ~~oil~~ and to this quantity
you must put 19 bunileus and a quarter of a
pound of sinamon and if you would perfume it
put in a dragme of muske

to dry peare Plums or other plums
way 4 plums and slit them with your knife
and too a pound of plums a quarter of a
pound of shugar soe make a sirupe with
water and the shugar and let it boyle and
scum it soe put in your plums & let them
boyle a little doe soe for 2 dayes till your
plums be tender then lay them upon a glaze to dry

To Preserve walnuts the best way
gather your walnuts very young a fortnight
midsummer or 14 days after then ~~peel~~ ^{pare} them
and throwe them into a pale of cleare water
and when they have bin in the water untill the
quantity that you would preserve is peeled shift
them into a kettle of boyling water and when they
have boyled half an ~~hour~~ ^{hour} quarter of an hour
put them into a nother kettle of boyling water
till three times then put them into Cullender
to dreene the water out of them then lard them
with Citron then take to every pound of
walnuts one pound of sugar to make the
sirope which being made and clarefied put
the nuts into it and lett them ly in the sirope 24
houers then boyle them in the same sirope and
when they have boyled half an hour take
you offe from the fire and lett them stand till
the next day in the sirope then boyle them ~~once~~
a nother half hower soe put them up for use
when you ~~use~~ lett them stand in sirope it must
be in Earthen pans but when you boyle them
it must be in brasse you may boyle a grain
of musk in a piffney in the sirope to every
pound.

How to Candy orange chips
pare your oranges and steep the peeles in
water 3 dayes shifting your water twice
a day then boyle them till they be very
tender if you think they are too bitter
have 2 shings of boyling water to shift
them in y^e boyling when they be tender
may your chips and too a pound of chips
a pound of double refined sugar wet wth
sugar with water and when it is scummed
dry your orange peales with a cleane cloth
and put them in and lett them boyle half a
quarter of an hour then put them into
a pan and lett them ly in the sirope till the
next day then boyle them again doe soe
till the sirope be almost consumed then
lay them out to dry you may dry
them in an oven

How to candy rime

soake gumaroback in the whire of an egg
and when it is dissolved dip in your sprigs of
time then searce double refined sugar over them
and put them in a warm place to dry

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to Candy rose leaves

Take half a pound of double refined sugar wet it with rose water noe more then will make it like a past then set it over the fire and lett it boyle almost to sugar a gaine then put in a norringer full of Damask rose leaves and lett it just boyle then take out y^e rose leaves one by one and open them lay them in a dish to dry

To make lemon sugar

Take half a pound of double refined sugar beaton then wet it with 2 spoonfull of orange flower water and one spoonfull of faide water mixe the sugar with the water till it is like a past then sett it on the fire and lett it boyle stirring it all the time and when the sugar is melted put in as much grated lemon peale as you can take up betwen y^e 2 fingers and thumb when you think it is neddy to turn to sugar a gaine power it very hy into drinipans maide with cards and when shure are cold take them out for your use

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To make shroosberry lakes

Take a pound of loafe sugar & seice it in the bearing take 2 or 3 blaydes of mace and seice it through a sine and put it into 2 pound of flower then take a pound & a half of butter wash it in rose water & take ye yealks of 4 eggs and beate them in 3 or 4 spoonfulls of sack then pour y^e rose water from y^e butter and melt it when it is melted put it to your flower & shugar work it well then put in your Eggs if you find your past to light put in more flower till it be stiff cut it upone a paper with a glass or cup according to ye figness you would have them then prick them with a bodkin strow some sieved shugar one them before you put them into the oven If you like coriander or carraway seeds bruse your seeds before you put them in Mrs Lettons

To make Chory marmelade with the first way 7 pound of ~~sugar~~ Chories then stone and stalk them then sett them ouer the fire and breake them with your spoune and lett them boyle till they be very thick then bruse some red Corrants and straine a quarter of a pint of iuce and put in and a pound of beaten white shugar put in by degrees then lett it boyle till you think it is enough

To make Apricock Wine.

Take one pound & a halfe of Rasse sugar & three pintes of Water; sett it ouer y^e fire till it boyle then take of y^e Scum very cleane, then take three pound of Apricocks being pared & stoned put them into y^e liquor & lett it continue boyling till the Apricocks become tender; then pass it through a Seive, but doe not break the Apricocks, then put it ouer y^e fire againe and put in a Sprigg of Blowne or flowered Flay & lett it boyle a little, then lett it stand till it is cold & bottle it up, This will keep y^e years round.

The Apricocks serues for Tarts or to be made up in short paste little Pasties.

If you would haue any for present drinking in stead of three Pintes of water take three quarts. some will worke it with a tost spread with Yeast

Candy Angelleco y^e best way Cut y^e stalks in what length you please then boyle them in a litle till of water till they will float then peale them and put them into cold water then dry y^e water from them with a cloth y^e to a pound of stalks a pound of double refined shugar then strow some of your shugar in y^e bottom of a pann and lay in your stalks then couer them with y^e rest of y^e shugar; lett them stand till next day then lett them simmer for 2 or 3 howers when they begin to candy prity much take them out & make them in knots or as you like them theire must be noe water put to them but what comes from y^e stalks to y^e shugar if the stalks be neuer so big they are y^e better you must doe y^e before they run to seed

To pickle greates concombres Take y^e concombres and payre y^e and cut y^e in slices and hang them up in a cloth 24 howers to dreen y^e water out then take some vinegar and whole pepper and a pritty deale of salt and put y^e sliced concomber into it, it will keep all y^e winter

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to make Liver Buddins ^{not} walkers way

Take a 2 penny loafe and grate it put to it a good quantity of the liver boyled and very finely grated and at much beate suet finely shred as will make them very fat the liver being dry then season it with good store of cinnamon and some mace & nutmeg and a quarter of a pint of sack put sugar and currants as you please and put in fore Eggs and a when you fill them put in halfe a pound of fresh butter melted and enough new milk to make them slide and put a little salt in them you must be shure not to make them to wet

To make a rice puding ^{not} Louin Cooks way
dry it Take halfe a pound of rice wash it or else it will not beate beate it pritty fine boyle it in 3 pints of milk till its as thick as a harty puding lett it stand till its cold then beate suet finely shred sweeten it to your tast and grate in some nutmeg and slice in some preserved onitoe peale or Lemon peale and put in a little sack & bake it

to dres a dish of Cales Louin Cooks

Take neare as much watter as will cover y Cales & halfe a pint of white wine a whole onion some cloues mace & pepper a bunch of time & savory lett them boyle well together then put in your Cales then take 6 spoonne fulls of y licour put to it a little white wine and 2 anchoves and beate it up with some fresh butter for y sake and you may thicken it with y yolke of an Egg

y Cales must be cut into peaces before they are stoned
to fry oysters for fish or to eate by themselves
strayne y oyster liquor and heate your oysters in it then powder your oysters from it and heate it in faire water then powder it from them and heate y oysters in a hotter watter than dry them in a cloth and beate some Eggs yolk & walnes according to your quantity of oysters and put in some flower of batemeel till its as thick as batter then dip your oysters in y batter and fry them if you eate your oysters by themselves you must have gravye sale with them and they will look very brown and pritty Louin Cook

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To Pickle french beanes ill^l Parts way

Take your beanes when they are very young make a strong brine that will beare an Egg then put your beanes into it lett them ly in it a month then take them out and put them into cold watter and sett them ouer ye fier lett them simmer a good while then lett them boyle till they be tender then take them out and lett ye watter drean from them then take some vinegar put in some hole peper mace sliced ginger & boyle together with a small peace of Roach all alone in it then lett it staynt till its cold and put your beanes in it and keep them close for your use

Take grated Bread and Beeffe Suet & an Egg brake into it a little salt, and wet it with Juice of Leekes.

It makes pretty Ballis to put into any Savory dish or seasoned Pye, or into a pye with Goose Giblets being made up in Little Ballis.

To keep meat in hott weather that is Raw.
Take some fresh Butter and smears it over and the flye can never come to hurt it.

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To pickle Lemons

Take a dosen of the thickest rind lemons rub them well with salt and wash them and dry them very well then cut them in halves and take out all the meat and cover the rindes with faire water and lett them ly in water 24 houers shifting them once or twice then boyle them very tender shift them twice in to other boylng water then take them out of the water and dry them in a clothe then take the meat of them that was cut out and straine out the juce then put it to a pint of water and 3 quarters of a pint of winegar and a pound of ordinary sugar then lett these boyle up then put it boylng hott over the lemons and lett them ly in it a night the next day lett it boyle upone a soft fire about half an houer then take them out and lett the licour boyle a little a lone when you have scumed it cleane put it into a gally not over your lemons

To pickle Brume buds

Take y^e buds and pick them cleane from y^e leaves & put them into salt water & lett them stand over y^e fire till they be ready to boyle then take them from the fire & lett them stand till they be almost cold then sett them on the fire as before 3 times in all then dreen them from y^e water and lay them on a cloth to dry and coule then take winegar and salt and some mace and make a pickle for them boylng it well and skimming it then put the buds in a pott and when y^e pickle is cold pour it over them then put a board and a wate upone it to keep them down and ty down y^e pott and sett it in the seller for your use they will be very green Mrs HC

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To pickle Mushrooms

Getther your mushrooms in the morning and evening the least is best the biggest should be noe bigger then a hutnegg cut of a little bit of the end then put them into a pail of water and rub them one by one with a piece of flanel and throw them into a skillet with as much water as will cover them to 2 quarters of mushrooms put a good handfull of bay salt 3 or 4 bay leaves some pepper and mace then sett the mace over a quick fire and lett them boyle as long as an egg then draine the liquor from them and sett it a cooling then lay the mushrooms upone a dry cloth to coole when they are quite cold then put your lemons and mushrooms together and keep them close upond three or 4 dayes then draine away that liquor and dry your mushrooms in a cloth then make a fresh pickle thus & put them into it Take as much whitwine as winegar and season it with salt to your tast a pitcher is the best thing to keep them in pour your mushrooms into the pitcher then pour as much liquor in as will cover them stopp them close they will keep a yeare you may put more spice to them if you please y^e pickle must be cold when its Put to y^e mushroom

How to pickle green goosberis
Take green goosberis scald them lett the water run from them through a linder they must not be broak and when they be cold put them in a thone pott with winegar and sugar and tie the pott very close to keep them for your use

To Pickle greene walnuts

Take green walnuts before they have meate in them
boyle them in water and salt as they couler the water
shift them this doe 2 or 3 times scumming them cleane as
it riseth boyle them till they are a little softish but
not to be to soft take them up and wipe them then take
them when they are cold and put them in a stone pott
laying as much dill as will cover the bottom of the
bottom of the pott then put in as many walnuts
as will cover the dill on the nuts strent a handfull of salt
in this maner fill the pott 3 quarters full put in some cloves
mace and a little hole peper and some cloves of garlick
or for want of garlick some shurlotte but garlick is best
lay dill att top and some salt then fill the with y best
white wine vinegar tie it up close from the ayre and
lett it stand 2 or 3 months before you open it if the
pickle be decayed putt in fresh vinegar noweing
the old away putt in fresh spice and garlick likewise
you may scrape of the skin when you eat them if they
be so keep all the yeare you must not boyle them onely
scald them or shift them in cold water every day for
a month together till the bitterness be out of them this
way usually practis the water must be fresh shifted
every day *Time is the time to pickle them*

To pickle cucumbers
when you have wiped the cucumbers with a cloth lay
them in to your pott that you that you pickle them in then
lay on them a little dill seed and but a little make a brine
with whit wine vinegar and salt you may put into it
a little faire water if the vinegar be very sharp and put
into the pickle a few bay leaves and 3 or 4 cornes of long
peper first brused and boyle your pickle and the leaves
and peper in it but not the dill as it boyles put in

a little ~~spice~~ peice of roach allome when it hath
boyled scume it if it want and nowre it boyleing hot on
the cucumbers then for 9 or 10 dayes together nowre the
pickle each morning and lusk make it boyle and nowre
it hot one the cucumbers againe but cover them not
till they be cold each day lett the licore lie a bowe the
cucumbers doe not boyle the leaves any more then the
first time you may putt in some mace cloves and sliced ginger

to make a leg of pork like westfaile
Take ^{3 pints and proportionally} peter salt and common salt of each a little quantity
and salt your gammons and lett them lie 12 or 15 dayes
turning them every day then hang them up ad drying
where you burn wood for 3 weekes then lay them in sweet
wort for ^{one night} ~~one~~ day turning them twice then take them
out and when the wort is pretty dry a bout them rub
them over with some sheeps blood if you doe 2 gammons put more
salt but not more sugar

To make a pork pie
Take the bones of pork when you kill a hogge pretty lean
season them with peper salt murrey mace and a few
cloves and shred sage partly sweet margerome and time
in the middle of the pie put in a whole onion and
put in a peace of butter a spounfull or 2 of water
and 3 or 4 spounfulls of vinegar when you sett it in
to the oven and when you dray it out cutt up the lidd
take out the onion and beat the yolks of 2 or 3 eggs
with some of the licheour of your pie only to make
a cadd

How to make fritters

Take a gallon of morning milk and strain it up let it stand till the next morning then take about a quart of the top of it and boyle it take something more than half a pint of sack and almost as much ale let the milk be pritty coole soe make a possett flat the curd be no harder then a jelly then take a bason and take the yeaules of 9 eggs and whits a litta cloves and mace as you like best and as much ginger as will by upone a skilkin finely powdered ~~as a bason a spoonfull~~ of and a litta sugar and a litta salt beat all this very well together then take the top of the possett and 2 handfulls of fine flower and mingle all these together beating all them a good while then put in some of the possetts drink till it be pritty thin then take tender apples a pells when they are pared cut them in thin slices and dip every slice severally in the batter and frie them in a deap skilkit of white suet the licquor must be veri hot before you put them in which you may try with one before you put in a hole batch

How to make dutch parthes ~~with~~
Take 12 eggs beat them very well then grate a penny loaf and put it in the eggs and beat them well together then take as much flower as will make it pritty thick then take a quart of milk and make it scalding hot let it stand a while to coole then mix it with the flower and eggs by degrees then take half a pound of butter and melt it and stirre it in put in alsoe a litta salt and 2 or 3 spoonfulls of ale yeast and sett them by the fier that they may rise

To make saseges

Take a pound of veale a pound and a half of bife suet shred the veale and the suet very small and season it with peper salt cloves and mace and a musmeg you may put in a litta sage and rosemary shread very small then mix them all together and break in soe many eggs as will make them stick together then rote them up like saseges and fry them in a pritty deale of suet which must be very hot

To make pease Pottage

Take half a peck of pease and 8 pound of bife 2 pound of bacon then put to them as much water as will cover them then lett them boyle altogether till the pease are tender then take the pot of from the fier and straine the pease through a cullinder and let the nett be washed and put the licour into it againe then wash the bife in warm water and put it into the pott againe then sett them over the fier and lett them boyle then put in the bacon and when it is thick about half an hower before you take them up put in some spare mint and sweet marigolme being dryed and rubbed small betwen your hands and some peper and salt when you dish them you may ~~serve a whole~~ ^{put} some butter in them and cut the bacon in slices and some white bread and lay round the dish

To make little balls

Take a pound of veale a pound and a half of bife suet and half a pound of fat bacon and shread the meat very small and then the suet and the bacon and so mix them well together then season them with peper salt cloves and mace to your tast and soe mix it all together then break in as many eggs as will make them stick together and make them up in little bales and boyle them a litta while in the brothe and dish them in it

To dres a neck of mutton or a loyne of mutton

Cutte your meat in peeces and strow a little salt on it then fry it in some butter till it be half fryed one both sides then take out your meat and put it in a steu pan and according to the quantity of meat take some ale if ther be a good deale of mett a pint of ale if ther be lesse half a pint and put it to your meat and a good quantity of time summer savory shred these very small and put it to your meat with 2 or 3 blades of mace and soe let it stue till the meat be enough then dysolve one or two anchours in a little white wine and poure of the wine clear from the bones of the anchours then beat 2 or 3 yolks of eggs with the wine and grate in half a nutmeg and put in a peece of butter soe thicken up the liquor the meat was shued in and stur it all together and lett it stand a litle while one the fier to thicken and then dish it with your meat but if you think there be to much liquor left in the serving of the meat then pover some away before you put in the eggs and other things

How to make a Calves Chaldron pyc
the Chaldron must be boyled very tender then cut it in peaces and take out the kernels then shred it small and sason it with a good deale of time and savory being scyned from the stalks and shred very small and then put in some cloves and mace and sinamon beaten very well and some sugar and corianders according to the quantity of meat and a glasse of white wine soe mingle all these together very well and put it in your pyc and bake it you may make the pyc with 5 cornars

To make a perfume

Take 2 ounces of beniamin and lay it all night in rose water then take it out and beat it very small then take 2 ounces of damask rose leaves and beat them very well then mingle them with 2 grans of musk and 2 of stivell and a quarter of an ounce of hard sugar put them all together and with them in to small cakes to the breadth of a peny and put them in a box and dry them in the sun

To make almond puding

Take a pound of almonds half a pound of sugar and 2 pound of bife suet beat your almonds exceeding small putting some water in the beating then put in your sugar and half a peny loaf grated 8 yolk and 4 white of eggs a porringer full of thick cregme and season it with nutmeg and a litle ginger then shred 12 dates and a good many raisins of the sun broked and shred a litle hamon suet in and put to your sugar a spoonfull of each and soe fill your puding

To make fowes of chise curds

Take a porringer full of curds and 4 eggs and as much flower as will make it a litle stiff then put a litle ginger nutmeg and a litle salt drop them upon a paper and set them in an oven that hath a quick heat when they begin to change colour then take them out and put melted butter in the dish with a good deale of sugar

To make coke belly

Take a red coke and fle it cut it in peases and bruse the bones lett it boyle in faire water scumming it very cleane lett it boyle till it be jelly then strayne it and put to it half a pint of white wine a stick of sinamon and a blade of mace and as much sugar as will sweeten it to your liking 1 grane or 2 of ambergrease sett it one the fier and lett it boyle up then lett it stand one a softly fier putting to it the whites of 3 eggs very well beaten keeping it at least one houer continually stirring then lett it run through a belly bage and put it up for your use you may put to it a calves foot if you please else it requires the more boylng

To make a perfume to burn in a chamber

Take one ounce of beniamin take it a night in rose water then beat it small in a mortar to 10 or 12 ounces of damask rose bide the white being cut out beat them small by themselves then pound them all together with a peece of hard sugar as big as a nutmeg and 4 granes of musk when they are well beaten take some of the past & put it betwext rose leaves cut them round and sett them to dry when they be dry box them up

To make a quaking pooding

Take a quart of thick creame boyle it with mace and nutmeg till tastes well of the spice then take it off from the fire and beat 12 eggs put away half the whites and mingle them with the creame then put in half a pound of almond past and straine it through a sieve sweeten it with fine sugar and put in a spoonfull or 2 of sack and a little salt 3 spoonfulls of fine flower then wet a thick cloth in flower it well and put in the stuff tie it very fast but leave a little room for the swelling and put it in to the pot when it boyles a pace when you serve it you may stick it with blanchéd almonds sliced and melt some butter and sack and sugar for the sauce

To make spinage puddings

Take a 2 penny white loaf and cut of all the crust then cut the crum in thin slices then take as much boyling hot milk as will wet it and put to the bread and half a pound of fresh butter and liver it up till the butter be melted then put to it six eggs and beat on and some sinamon and sweeten it to your tastes then take as much young scalped spinage as you think will make it greene cutting the spinage with a knife before you put it in then put in a pound of corants being washed and dried then put some past you into the dish you bake it in and put in the stuff and done a clove in some past cut with the jaginoron and make it in squares one the top and soe bake it you must put in a little ginger and a little rose breaster

To make a custard posset

Take 12 eggs beat them very well and straine them then put to them a pint of sack and half a pound of sugar stir it well together then take 3 pints of thick creame lett it boyle with spice till it tastes thereof then take out the spice and stir it till it be coole then put it to the sack and eggs and set it on a kettle of boyling water till it be as thick as a custard keeping the water still boyling and full the ~~posset~~ ^{posset} must boyle in the same bason you intend to serve it in and it ~~must~~ ^{must} not be sturid

To make duché wafers

Take 30 eggs beat them in a grate biskin & beat them very well with a ladel then weigh 30 much fine flower as will make a pound and a half with a 2 penny manchet of the lightest bread you can get when the crust is pared of round soake the bread in warm milk and when it is very soft break it with the eggs then wip in the flower by little and little still beating it that the batter may be smoothe then take 3 quarts of milk made like warm and then the batter with it putting it in by degrees to hinder it from cluderin then put to it 4 spoonfulls of ale yeast which you may break with some of your milk and then put in a pound and a half of melted butter which has bin melted in a softly fire stir it well together and set the pott in the chimney corner covered with a dish and a cloth over it then when they be risen you may bake them you must put in some salt in the beaten of the eggs the milk you break your bread with must be off the 3 quarts you must grate y^e bread and seare it through a Cullender

To make saugis

Take a good quantity of bread well chopt and the fat of bacon shred and season it with pepper and salt and rosemary and sage shred and a little cloves and mace beaten mix it all well together and then role them in the shape of a link and fry them before you fry them put in 3 or 4 yolks of eggs beaten to make them stick together they will keep 2 or 3 dayes with out eggs if you when you have occasion

To make a pye of little pudings

Take a few of the best herbs some shred dates and reasons a little of the thickest cream some marrow and nutmeg a little ginger and what other spice you please as much grated bread as will make it reasonably thick with 9 yolks of eggs beat all this together then take the scale of a boyst of beale then role the puding stuffe in it and make them in little pudings and lay them in the bottom of the py then put dates and marrow and a little rargis or white wine and sugar and yolks of hard eggs and reason it with a little paper and salt

To make an aprel tansie

Take 12 eggs leave out half the whites beat them very well then put in 4 or 5 spoonfulls of sack and a nutmeg and half a pint of cream then take as many apples being first pared and shred as will thicken it thus it must be fried in sweet butter but as you would fry another tansie you must fry some apples in round slices first in butter and set them by untill you have turned it once then you must lay these peaces upone that side and the side you fry last must be the uper most you must shred a lemon and put it into the tansie with the shred apples

To make short past for pastie

Take a peck of fine flower 4 pound of butter break the butter very small in the flower then break in 8 eggs yolks and whites and make up the past with warm water in the winter but cold in the summer kneading it very little

To make rufe past

Take a quart of flower a pound of butter and one egg break the egg in the flower and make up the past with stiffe with water then role it out and spread the butter upone the past doubling it up and beat it with the rolling pin then spread more butter upone it doubling it up till you have used all the butter

To make chese curd

Take a quart of cream and 12 eggs with one white sweeten it your cream with sugar then put your cream and eggs into a skillet together and let them boyle at least an hower then take it up and let it stand in a chese dish half an hower then ~~the~~ the may may run from it then put it in a dish with some cream and sugar

To make Bologne savilges

Take 8 pound of hogs flesh and 2 pound of bullock beefe chop them together very fine put to it a glasse of red wine stirring it well with the meat that it may be well mixed then so every 8 pound of meat take an ounce of pepper beaten a quarter of an ounce of mace 7 ounces of salt dried and powdered a few fennel seeds mixe all this very well together then take the fat of the leafe of pork and cut it in small square peeces like dice put your meat in one gutt and as you fill them put in some peeces of the fat squeeze in the meat as hard as you can prick them where you see any wind to lett it out ty them up a bout a quarter of a yard in length or some thing more then hang them prickt by in a chimney and smoke them a fortnight with some sawdust then take them down and keep them in a dry place

To make a baked bred puding

Take a penny white loaf cut of the crust and then cut it in three sheres then take nere a quart of milk and set it on the fire to boyle then pover it over the bread boyling hot then cut in half a pound of butter and so cover it till the bred be soled and then break it with a spoure then take half a pound of almond past and break it with 6 or 7 eggs and a spoonfull or 2 of rose water then stir the past and bread all together and put in as much sugar as will sweeten it and stir it all well together and butter a pewter dish well and powre it in and bake it

How To order a runnet bag to make cheese
Take the bag of a cowe calf and turn out the curde and lay it
in water and pick out all the hayges and dust out of it but
break the curd as little as you can change the water and when it
is cleane put it a dayning and take the bag and scoure it
cleane with salt from all the slime and when the curd is well
drained salt it very well and put it a gaine into the bag and
put a good handfull of salt in to the bag with the curd when
it is soe done put the bag into your runnet pot and boyle
some water and salt very well together and scum it very cleane
and when the brine is cold put it into the pott with the bag
you may put a little mace and a few cloves into the bag
with the curd if you will and for your store bages only salt
the curd well when it is cleane and doe as before onely turne
brine to them and soe keep them in a pot by themselves

To ~~make~~ ^{make} stowe capres in the bld.
Take your capres & scale them then put them into the
pan where you intend to stue them and cut them open and
take out the guts but leave the liver and the rove and half an
hoyer before you set one to stue spruce them with a little
vinegar and sprinkle them with salt then when you sote
them one the fier cover them with claret wine & put a good
bunch of sweet yeards and some horserdise and a whole onion
onion and some large mace and whole peper and some beaten
cloves and mace and so set them on a softly fier to stue
and cover them close when you think one syde is enough turn
the other down ward and when the capres are enough put
them into a dish with a little licker and set them on a
chafin dish then melt into your licker they were stued in 2
or 3 anchovis and then take out the yeards put in a whole
pound of good butter and then beat the yolks of 3 or 4 eggs
and soe stir it in with your sase till it thickens and then
put it over your fishe

How To make a boyled bread puding this I have written
Take a penny white loaf and pare of the crust then cut it in
thine slices then take a pint and a half of milk and set
it on the fier till it boyles and soe pover it boyling hot
over the bread and soe cover it it till the bread be soft then
break it with a spoune and put in 6 or 7 eggs being well beaten
and grate in some nutmeg and sweeten it to your tastes and
soe stir it altogether if you boyle it in a bole you must
butter the bole very well and the lid must be buttered and soe
put it in and ty the bole over with packthread it will be 2
hoyers a boyling then turn it into a dish when it is boyled
and pover some melted butter being melted with 3 or 4
spounfulls of sack and some sugar soe pover it into the
dish for sase if you boyle it in a cloth you must dip the
cloth in boyling water and flower it well and then a little
more then an hoyer will boyle it the pot must boyle before
you put in either of them

How to make a strayed tansye
Take a pint of cream or milk and as much of the Juice
of spinadge with 2 or 3 spounfulls of the Juice of tansye then
take 24 eggs and beat them very well that you may take up
a spounfull then strayne your eggs and put in your milk
and Juice of yeards and a quarter of a pint of sack & a spounfull
or 2 of rose water and a whole nutmeg grated and half a
pound of white sugar and the biggest half of a penny loaf
grated and pased through a cullender then mix all this well
together & soe fry it over a leasly fier in fresh butter

How to make a Collier of life

Take a peece of the thin end of the flank of life of a bout 12 or 14 pound then take out the little long bones and gristles and cut over the skin with your knife then take some rump meat and with a pint of salt yppore salt and white salt make your water as salt as brine then put in your life and let it lie by 2 dayes and ten night covered all over in this brine then take it out and make a hole at one of the corners and put in a pack thread and ~~hang~~ hang it up some where that it may not hang against any thing but where the wind may come to dry and dryne for a day and a night then take it and cut it quite a crose to make it thinner that the seasoning may goe in every where then take 2 nutmegs being beaten half an ounce of cloves and mace together a quarter of an ounce of pepper a pretty deale of salt then take some savory thyme and sweet marjoram and strip it from the stalks and shred it very small the quantity of a norwinger full when they are shred then mingle the ylarbs soft and spice being beaten all together and rub the season the meat very well every where with them then roll it up and ty it very hard backe it in a oven with bread when you put it into the pot you bake it in you must powder in a quart of claret if you think there be not spice enough you may ad a little more cloves and mace and when it is baked take it out of the lichen and put it in a dish and when it is cold take of the caper yachthred it is tyed with all and lay it dry for your use the pot you bake it in must be bigger then the Collier

How to make minced pyes of tongues

boyle your tongues so much as they may peake and when they are cold cut them in peaces leaving the roots and all the skins then take the best of them and weigh it and to 2 pound and a half of the tongues take 5 pound of beefe sweet first shred the tongues by themselves and then the meat by it self and then mix it all together then take 4 pound of cofants and wash them and dry them in a cloth and mix them with your meat and a quarter of a pound of dates being cut in three slices then take an ounce of beaten cinnamon half an ounce of cloves and mace and 2 nutmegs beaten then take half the rind of a lemon being cut as small as it can be cut and a lemon being pared and cut very small and 2 pipins being pared and cut in very small and a little salt and 2 or 3 spoonfulls of rose water & a little more then a quarter of a pint of white wine and 3 quarters of a pound of sugar mix it all well together with your hands and make a trait of it and if it want more corants or spice or sugar ad more according to your tast and your own judgement

to stow a fillit of vealle with balle

Take your fillit and boyle ~~it~~ enough then cut offe as much as you think fit for your balle and shred it very well with some beefe sweet and put in some pepper & salt and some beaten cloves and mace and nutmeg and 2 or 3 eggs according to y quantity of your meate then make them in as big as a penne ball then boyle them in a net and then fry them then put them in a stew when y fillit is almost enough you must take a norwinger full of y broth and beate in 3 quarters of a pound of fresh butter and when y butter is very thick put y fillit a stewing with y butter and some hole mace cloves pepper and squeeze in a hole lemon and a peece of y rind when it is enough but some speet in y rind for some is to table

How to make black hoges pudins

Take half a peck of great otmeal pick out all the black seeds then
 put it into a large stone pannen then take 2 quarts of milk and
 let it boyle and soe pouer it ^{boylung} hot lower you otmeal
 and let it stand til next day then put in as much hoges blood
 as will make it of a good color then take six pound of the
 hoges scam or lard all the skins being taken out and cut
 it with a knife in square peaces some bigger and some
 lesser then take six egges and beat them very well and mix
 in and a good handfull of salt and ^{quarters} 30 ounce of cloves and
 made beaton ~~nutmegs~~ and 2 nutmegs beaton and half a ounce
 of fenill seeds a spoonfull of pepper then take some saffron and
 and time and blades of leades but twice as much penny
 royall as of all these and shred them verry small then take the
 quantity of a notingerfull of these yeards when they be shred
 and mixe the spice and yeards to your otmeal and blood all
 very well together then grate a peny loaf and pas it through
 a cullinder and put in for the other things then put
 in 2 parts of your fat and soe mix all well together and fill
 your pudins soe you must put in the rest of the fat as you fill
 them you may make a taste before you fill all and if there wants
 any more salt or any thing els you may put it in

to make
 Clony
 2 ounce
 Maize
 4 pint
 mess
 1 ounce
 all spice
 or panner
 pepper
 salt
 black
 pepper
 but have
 fenill
 seeds

How to make cheese strong or mild
 when your chees is come and well whayed if you will
 have it strong put the whay on the fire and when it
 boyles when you have broken your curd pour the
 boylung whay over it 4 or 5 times still breaking it then
 make it up in a chees cloth as hard as you can and
 put it into the pres if you would have it mild doe
 it in stead of boylung whay with boylung water

To Make Creame cheeses of my Lady Ingram

Take six quarts of new milke & 2 quarts of cream warm
 the milke and creamers sett it but a little warmer then from
 the coze with as little runnet as will turn it when it is come
 take it up as whole as you can put as much in the straws
 as will make it of an Inch and a half thick and double
 up the straws, when you have put all up in the straws
 then open the first and shape them up in the shape of a
 brick then let them ly while noone then open them shape
 them up a gaine and at night turn them in fresh straws
 and then salt them on one side & the next morning turn
 them in fresh straws salt the other syde and soe turn
 them twice in fresh straws and wpe them this
 quantity will make six cheeses it will be eight dayes
 before they be fit to cate
 The straws must be layde crosse a wooden dish or
 strainer strayer that the whay may run from them
 and the curd must be layde in the midst of the mat
 that it may turn over one both sydes when you turn
 them lay a nother mat and turn the chees over
 without touching it with the hand

How to make a silly Sub

Take a quart of cream and put it in a pint of a
 white wine and some sugar and some peaces of
 nutmeg and a bit of lemon peell and a sprig of
 rose mary and whisk it well with a whisk or
 chocolat mill and then take out the nutmeg & lemon
 peell and rose mary power it into your gullebub
 glasses and let it stand an hour before
 you eat them you may let the cream warm over
 first with the nutmeg before you put in the other
 things

how to keep pork all y^e yeare

The hog must be pritty fat that you kill for green pork whell you But up your hog cut of ye ~~gammes~~ hinc legs and split y^e sides a cross y^e bones from one end to ye other soe cut them in square peeces as big as you would have them then according to y^e quantity of meate you must have salt if you think 13 pecks enough take one peck bay salt & 2 pecks white salt beate your bay salt very small & mix it with y^e white salt then lay as much pork as wil lye even in y^e powdering tub and kine it all over with y^e salt and pres it down with your hands lett noe meate be seen for salt and soe fill up your tub covering every lay of meat with salt this pork will keep all y^e yeare when you would eate any of this pork you must take one of the peeces of y^e upermost layer if you remove y^e peeces under it wil rust you must lay it over night in water you must first lay salt all over the bottom of y^e powdering tub then meate and salt between

to pot vension first bone your vension then shred some bite suet and beate it with a rolling pin and some water then season y^e vension with peper and salt and put it into a pot with the suet and some butter then bake it when it is baked pour ofe all the fat and gravy from the meate and put the vension into a ~~big~~ pot and put a bord that is just fit for the pot over it and put a 15 pound wate upone it to pres it soe lett it stand till it is cold then take of the bord and take the fat of that that was poured of from it and melt it with butter and fill up the pot and keep it for y^e use

to make sauce for fish

Take some ^{white wine} and half a spounfull of catchup and put it into a bason with a blade of mace and some whole peper and a anchovis take out the bone of the anchove and lett the wine boyle till the anchove be all dissolved then take out the mace and peper and put in butter according to the quantity of the fish and ~~stir~~ stir it till it is thick then beate the youlke of one or 2 eggs and stir it with together one way and sett it over the fire just so warm so put it over your fish the butter must be fresh butter you may put in a litle salt to relish your fish and

Stirre in a litle Rye
bread into the sauce w^{ch} is
made of venison

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To dry Tongues

Take one peck of salt better to one dosen of the best netter tongues make a brine of some of your salt and let the tongues ly in it 2 or 3 dayes the brine must be made with pump water then take them out of the brine and salt ^{very} well with the rest of the salt and lett ^{em} ly a fortnight turning them twice a day then hang them by the fier but not to neare and boyle them in pump water ^{very} H.C.

To make a frigesca of Chickens

Take 4 Chickens & fild them and cut ^{em} in quarters and breake the bones & boyle ^{em} with wine & water & a bunch of sweet herbs & an onion when they are boyled fry them in butter against they are fryed have ready too every chicken 3 yealks of Eggs with Juice of lemon and white wine & nutmeg & some of y^e broth of y^e boyling of y^e chicken then powder the butter they were fryed in and put a fresh pease into the pan to them and y^e beaton Eggs and stur them on y^e fier till the sack be shick ^{very} H.C.

White wine vinegar

Take a earthen steane with a tap hole in it to Every gallon of water put in three pound of malaga Rasens stone and stalks first wash them soe fill the pot full then tye a doble cloth over it and sett it in y^e sun it must not be shadd but stand in y^e sun from may till michaelmas then sett it in a garret and draw it off as you want it the older it is the better Corin Cooke and lett it stand to settle in y^e bottles before you use it & it will be very cleare

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To stou Oysters Mrs H.C.

Take your oysters out of the licour and wash them in white wine then strayne y^e oyster licour and take as much wine as licour & put it into a Brode pipkin with a bunch of sweet Earbs and a hole onion some large mace & hole peper and a piece of butter lett all these stou with the oysters a good while but they must not boyle when they are enough take some of the licour and melt some butter with it sturing it one way till it is thick then lay some sippets in the dish and put in y^e oysters and powder y^e butter over them

To pickle Oysters Mrs H.C.

Take oysters and put them in a pipkin then powder over them half a pint of vinegar & half a pint of shere owne licour some hole peper mace & cloves some beaton peper some bay leaves set then on a little fier not to boyle when they are thorow hot take them off the fier lett ^{em} ly in y^e licour 3 or 4 dayes however be fore you use them if they be to keep lett them ly in pickle till you need ^{em}

To make pig brawn

Take a greate sucking pig bone it then cut it ouer ~~the~~wart in 3 peeces and lett it lie in cold water 3 howers then take it out & dry it very well & season it with peper salt cloves and nutmegs some sage & sweet marjoram dred and powdered then roll them up with beggers tape & sew them up in clothes and boyle them in as much white wine as will cover it when it is boyled enough take it out of y^e liour hot & when it is cold keep it in white wine & white wine vinegar ye head must be seasoned like y^e rest and boyled in a cloth when you dish it serve ye head with it HC

To make a Glaw Pie Ant harrisons

Take a peny loaf & a halfe grate it & pass it through a fullender then take Glaw & cut out y^e stalkes & shred it & take as much of it as there is of Grated Bread, then take a pound of Beef Suet & shred it & put too it, & a pound of currans being first washed & Rubbed in a cloth, then take a pound of prunes & cut out y^e Stones, & take 12 Egges & beat them very well with a little salt & streine them through a seive & so stirre it all together, you must put in Sugar to your liking, Then make some very short paste & lay overs y^e Edge or Brime of y^e dish & about an inch deep in y^e dish, Rub y^e dish very well & put it in, & lay some butter upon it & roule out some paste & cover it & cut y^e Egges as you doe a florindine & when it is baked put in some white wine & melted butter, & a little Sugar about a porring full being made hott, this will make a great dish, it will be ah howers and a halfe a Baking.

The best way to pickle oysters of M^{rs} H Chamberlan

Take 4 hundred of oysters when they are opened wash them in their own liour then strayne y^e liquor and put it with ye oysters in a broad Copper pann & put to them one ounce of whole black peper a quarter of an ounce of cloves and mace most mace a bunch of sweet hearts & onions pilled & cut in halfe a little salt then sett them on y^e fier & lett them boyle a little stir them with a flatt peice of wood then take them off from y^e fier and take them out of the liour one by one as fast as you can & lay them on a cloth and cover them with the other part of y^e liour cloth and lett them lie soe till they are cold then sett y^e liour on y^e fier againe and putt to it a small handfull of salt and lett it boyle a little while then take out the yeards & onyon and lett y^e liquor stand till its quite cold when y^e oysters are cold putt them into your potts then poure in y^e liour but it must be very cold before you put it to your oysters then stop up your potts with cork and tie them up for your use they will keep 3 weekes or a month if you keep them longer you must boyle y^e liour of againe

How to make plumbporridge ^{ms} M^g
 put a sticking pease of beife in your pott and
 when the pott boyles take out some of the
 licour into a pann then cut of the crust of
 a six penny white loafe and slice into the
 pann when the breade is soaked put it into
 your pott then lett it boyle 3 howers till it
 thickens if your pott be very large put in 3
 pound of raisons in the skin then lett it boyle
 one hower then put in 3 pound of Corrant if
 lett it boyle half an hower then put in 3 pound
 of prunes when the fife it boyled very tender
 take out of y^e porridge that it may not boyle
 to Rags in the breath when the porridge is
 boyled enough take the pott from y^e fier and
 put in 2 quarts of Clarred wine if it be peaces
 of boales or the wine be not ^{good} put in 4 quarts
 then put in 4 pound of browne shugar a little
 salt one ounce of beaton tinamon half a ounce
 of cloves and mace 2 nutmegs beaton you must
 put in of Every ^{thing} according to y^e bigness of your
 pott if the bread be little and you make this
 quantity put in a six penny and 2 penny loafe
 if pott for this quantity holds 10 or a leaden gallons

How to make the mellancolly water
 Take of stock gilliflowers damask rose leaves marygold
 flowers pinkes cowslips clove gilly flowers of each 4 hand
 fulls of burrage and buglos dard babin leaves of each 2
 handfulls rosemary flowers 3 handfulls sinamon grossly
 beaton half an ounce 2 nutmegs aniseeds brused one ounce
 2 penny worth of saffron infuse all this in a pottell of sack
 lett it stand in a close vessel one day stirring it often the
 next day still it in a cold still closing your still with paste
 in the nose of the still put a grate of musk and another
 of ambergrees that the water may distill through still with
 a hot fier and after put to it 6 ounces of white sugar candy
 finely beaton putting your glase of water with the sugar
 candy in it one hower in hot water that the sugar
 candy may dissolve in it take of this 3 times a week 2
 spoonfulls at a time and it will cheate the quarrits and
 lighten the heart & cureth all fumes of mellancolly

To make walnuts water

Take a peck of walnuts and a pottle pottell of clove gilly
 flowers a pottell of poppy leaves beat your walnuts
 and with them put 2 ounces of mace 2 ounces of
 sinamon one ounce of nutmegs beat them and put
 put a gallon of brandy and 2 gallons of sack or
 white wine and lett them steep half in one thing and
 half in a nother pott or for 48 howers and then
 still it off at twice in an allimbeck and you will
 have 7 quarts or more of good water sweeten it
 with good sugar to your tast
 tis an excellent water for the griper or a surfit or to help
 digestion

Pinture of carawayes

Take a quart of brandy put it in a wide mouthed glasse and put to it halfe pound of caraway seeds and halfe a pound of sugar let it steep 10 or 12 dayes and then bruse some cutche-neall and put in as much as you think will colour it let it ly 3 or 4 dayes in it and then straine it through a jelly bag and keep it for your use you must take as much cutche-neall as will ly ypon a six pence ^{drum} times, you must spit it 2 or 3 times aday ^{and strain it through a jelly bag}

A Phlegm Water prescribed by doct^r Willis to sweeten the blood and to be a constant drink eather at meals or between for a considerable time together to be taken itt stayeth sharpe vomittings and strengtheneth the stomack

To every quart bottle of faire water put in 2 ounces of chalk finely scraped three figgs slit in peices & adram of dried Lycotish ~~seeds~~ glie and then lett your bottle being well stoped be kept in a cellar in 24 hours you may drink it in cold weather it will keepe a week in summer mak to have it not a bove 3 or 4 dayes old at most be sure cooke the bottles very well this hath been approved with good success if you should find it binding put in half an ounce less of chalk but it will hardly be soe except aday or 2 at the first taking for it is opening

To make angelico water

Take 2 quarts of sack and one quart of brandy and as much angelico as the wine and brandy will cover one ounce of carander seeds brused and lett it steep one night and strit it of in analimbeck and it will make 2 quarts of water and then mix it together and sweeten

To Make treacall water

Take of the Juice of walnutes one pinte Juice of rue 3 quarters of a pint Juice of cardus half a pint Juice of mary golds tops and leaves half a pint Juice of balme half a pint roots of butterbus six ounces roots of burdock 4 ounces roots of ~~angelico~~ angelico 2 ounces roots of mauer worth 2 ounces of scordim one handfull of treckell and materadaite of each 2 ounces of canary wine spirits of vinagar one pint Juice of Leamons half a pint lett the roots be scraped clean and brused

The bitter drink

Take of the topps of the smaler Centory and camomille flowers of each a pugill Gentian rootte half a scruple of senna adram of capus seeds adram boyle these in half a pint of water till it is half consumed if it be for an ague take it every well day and make it without the senna to drink one the fitt day fasting allwayes 2 hours after it if it doe not purge with the senna double the quantity of senna soe take it a month if you please A pugill is as much as can be taken be tween a thumb and 2 fingers half a scruple is ten grains

black choris brandy

Don
Take 4 quarts of brandy and put it in a glasse or stone pott and put in to it 5 pounds of choris the best black choris you can geet and lett it stand 14 dayes and then straigne it through a wollen bag and sweeten it and bottle it up for your use some will bruse the choris before they put then in

62 *Snail water* How to make A water good for a feetive leggs
And a consumptive cough

Take a quart of mayles in the shelles them that hang on
Tee if you can then bruse them in a stone mortar and put
them into a gallon of milk warm from the ewe the
evening before you still it and put in to it a handfull of read
sage a handfull of Jerusalem sage a handfull of sparmint and a
handfull of green tamaris still this of the next day and lett it be
sweetened with white sugar candy or fyne lofe sugar and lett them
drink it morning and evening 4 or 5 spoonfulls 3 is enough for
a child

To make a surfett water

Take worm wood and spare mint of each half a pound
and a pound of cardus lay them in steep all night in new
milk from the cow lett there be as much milk as y^{ou} think
your still will hold and to cover the hearts in the morning put
the earbs and milk into the still and heat the still as fast as
you can it will be 2 dayes a stillin unless you tend the still in
the night wick is needless

To make aqua mirabilis
Take cucubis, Calingah, mililot flowers, cardamoms mace
cloves ginger nutmegs of each of these 2 drams beat all
these to fine powder then put to them 2 quarts of white wine
one quart of sack one quart of brandy one pint of Juce of talm
one pint of Juce of sellindine lett them steep together for 3 or
4 dayes then still it in a glas still, this quantity will yeald
3 quarts of water to which you must putt 3 quarters of a pound
of white sugar candy being first beaten and searced then mix
all your water together to make it of an equal strenght
It will bee six or seven dayes a stillin

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The Wound drink

In aprill gather these buds when they newly peep out
oake buds, bramble buds, hay ~~thorn~~ thorn buds then gather
the other yearbs in there seasons.

Southorne wood	Egremony
Golden rod	Mints
Aluens	Kindfoill
Ribwort	hummechill
Comfrey	suff heale
Strawbere Leaves	Cros wort
Daise Rote	Comford lancile singfile
gnatling Campin	Dent de lion
gnatling pony	Wile angelico
Wood druffe	Scabius
Betony	Violet leaves and roots
sarrasines	sweet mulden
Plantine	

Dry all these severaly in a shady roome free from dust turn
them every day till they be dry then take an equal
proportion of each earb 6 handfulls in all being mingled
together souke them anight in a pottell of white wine
and a gallon of spring water next day boyll it till 3 quarts
remain then strayn the liquor from the herbs then put
to your lictour a quart of honny boyll it al again and
seum it clean soe being clow stoped in glasse or stone bottells
when it is cold set it in a cold sellor for your use give
the party 3 spoonfulls fasting & lett them fast & have it after it
as give as much when they go to bed

The Vertues of the wound drink

This breaketh impostumes stancheth the bleeding of broken
vanes cureth cancers in the brest and fistulas scabish bones you
must never tent any wounds only apply any cleasin searchet
to the wound for wiping it daily also take heed of given it
to women with child for it playeth the midwife it self
after the herbs are dried hang them up in a room
where a fire is continually kept, this drink hath caused bullies
to fall out of the flesh and cureth quarten aques it is a
slow but a shure worker give it time it never fails to cure
with gods blessing where it is continually taken you must
not leave taken it after the cure is done for one month

An exelent water for the colic

Take 2 quarts of white wine 2 handfulls of Rosemary flowers
two handfulls of cow slips one handfull of balm one handfull of
spare mint 2 ounces of metridate soe let it steep altogether
one night and the next day still it

*To make orange water which is good for
the wind*

Take 2 dosen of the best swell oranges you can get pare
the out ward rind very thine then pare them again as
long as you see any oily substance steep these in 2 quarts of the
best sack 3 or 4 dayes in the glas still you still it in a stopper very
close and before you begin to still it put to it one quart more
sack then let it still upon white sugar candy with a grane
or 2 of amber grees tied up in a riffany in the bottle at first
there will be here a pint of very strong water the second
runing half a pint the 3 must drop till it begins to be
sour put the sugar candy in every parcel to your
tast if the oranges be small ade 6 more

Epidemick or to make plague water

Take rue, wormwood, mugworth, balm, sage, egnimony
sallendine, angelica, torill, feather fern, dragons, cardus,
pimpernel, bitony, marygold flowers, scorpanis, turmentill
rosemary, spakemint, burage, rosasolus, burnitt
scabious, sentory, scordium, saxaffer, Elicompany routs
2 edoary routs, pick your yearbs and take half a pound of
each of them and of the rosemary a pound and of each of
the routs 2 ounces you must shreed the yearbs pretty
small and steep them in a earthen steen 8 dayes and nights
with 4 gallons of wine 2 gallons of white wine six
quarts of sack 2 quarts of brandy when these things have
steeped there time you may still them in an alimbeck but
not so hote

Mrs Linseys Cordiall for a woman in Labour

Take one ounce of treacle water one ounce of small
sinamont water one ounce of spare mint water one
ounce of sirup of belliflowers and half a dram of spirit
spirit of castor mix all in a viol together

Surfeit ~~How to make people rid of~~
Take 2 quarts of brandy ~~and put to them half a pound~~
~~of white sugar candy finely beaten~~ ~~and put to it half~~
~~a pound of raisins of the sun stoned~~ ~~a quatter of a~~
~~pound of dates sliced~~ ~~half an ounce of cinnamon~~
~~broken into small pees~~ ~~half an ounce of cloves~~
~~half an ounce of anniseeds~~ ~~half an ounce of~~
~~nutmegs~~ ~~half an ounce of licorish~~ ~~brewe all~~

To make poppie water
 These and put them in to steep and 3 granes
 of amber grees one grane of musk ~~Brus~~
 let all these steep together 4 dayes stirring it twice
 a day then ad to it ~~the leaves of~~ the leaves of
 poppies being first dryed upon a table one sprig
 of angelica and a nother of balm & soe let it
 stand 3 dayes longer stirring every day then
 lett it run through an hipocris bag and bott
 it up for your use the poppies must be wayed
 before they be dry

A receipt for the green sickness
 or consumption

Take of the roots of the best china an ounce thin
 sliced and of sabsaperille one ounce and a half
 of figs thin slysed 4 ounces of currants 5 ounces
 and of the outward rine of fennell and parsley
 rootes of each 5 or 6 ounces sucorie root slysed 6 or
 6 ounces take running water 3 quarts in w^{ch} lett the
 china & sabsaperille steep 12 howers then put in there
 all the other things and cover them close and sett them
 upon softly embers and soe let it boyle very
 softly the space of 2 howers then putt in of liver
 wort 3 good handfulls & lett it be covered again and
 boyle a nother hower with a hotter fier & take it
 ofe again & lett it stand till it be cold and then
 uncover it and strain it very hard and lett her
 drink of this bloo worne about a quarter of

A pint in the morning in bed and fast 2 howers
 and then rise & lett her take as much there of at 9
 of the clock and fast 2 howers after and soe last
 till bed word untill it be all spent & there make it
 once again

when you put your liverwort if you did put
 in a great handfull of sage and a nother of borage
 rootes it wold be better if you cannot get the
 liverwort take as much maiden haire in steed
 A Receipt for the rickets

Take bark of capers 2 ounces bark of tameris 2
 ounces china rootes half an ounce harts tongue
 liverwort the inward bark of elder and of ashe of
 every one of these an handfull caraway seeds half
 an ounce Callamus oramaticus a quarter of an
 ounce boyle these things in 3 gallons of the best
 wort for the space of an hower when it is almost
 cold put in soe much yeast as will make it work
 & after it hath stood in a vessell stopp'd up very close
 for the space of 3 or 4 dayes then you may drink
 it this was found to be very a greable to my
 father

Lemon water

Take 3 quarts of brandy 12 lemons payre them
 very thin and put 3 payrings into y^e brandy then
 squeeze in y^e juce cover it up and lett it stand ten dayes
 then take 2 quarts of spring water boyle it halfe an hower
 then put in a pound and halfe of boke thugar & lett it
 boyle halfe an hower more & steam it cleane all y^e while strayne
 it through a jelly bag & lett it stand till it be cold then strayne
 y^e brandy into it & lett it well together & bottle it up for your use it will
 keep a yeare or two in coolnes

Lime water

Take A pound & a half of unslacked lyme lett it stand 8 howers in a gallon of spring water & scum it gently with a thine flensing dish and then put to it english licorish aniseed & saffron sliced & brused of each a quarter of a pound of blu corraints one pound mace a quarter of an ounce lett these be infused in the water together the space of one night then poure out the licour from the ingredients & keep it for your use drink of it 3 time a day half a pint at a time with a spounfull or 2 of sirup of violets only for the cold weather lett it bee a little warmed, drink one hower before dinner and supper and the first in the morning after taken it walk a little gently

the vertues

its good a gainst all kinds of ulcers Inward or out ward its good to wash ulcers its good against the stone in the bladder and kidnes it stancheth bleeding it increaseth good blood it dryeth up superfluous humors but not the blood it strengtheneth nature it purgeth by urine it helpeth shortness of breth it preserveth the spirits it killeth wormes its good against consum^{ons} and dropnes its good against the cold palsie it sometimes causeth bleeding but feare it not for better cometh in some

Dockter Danill Coxes Drink for the gravel & stone

Take 3 ounces of marsh mallow roots, an ounce of licorish, half an ounce of wild carrots seeds half a spounfull of Juniper berries 3 nutmegs sliced 2 spounfulls of pearl barley boyle these an hower in 3 quarts of water in a earthen pipkin close covered then strayne it and lett it settle an hower or 2 then poure off the clear & take about half a pint at least in the morning fasting till nune and as much going to bed sweetning each draught with a spounfull of sirup of marsh mallows and if conveniently permit take it about 4 or 5 a clock in the after noon

this to be repeated once or twice every week till midsummer as alsoe a fortnight after any tite of the stone or gravel

Wound drink Erba de boyxears which growes on a mountaine in geneva to make the drink divide one ounce in 3 parts and boyle one part in a new glasit earthen pipkin with a quart of good white wine hives up the pipkin very close from the ayre and lett it boyle ne longer then an egg when it is boyled take it from y^e fire and never in cover it till it is cold then strayne it and bottle it up for your use drinke a wine glasse of it morning and after noon if it be for a child put half water and half wine when you boyle this is good for aney moyst humours or good for to wash a sore

A receipt for a consumption

Take on handfull of liverwort stamp it and straine it and take as much milk as therein is Juice make a past of it with fine flower & a little sugar make of the said past 12 cakes & bake them before the fire upon a tile take one of these cakes every morning and 2 howers after a draught of muskadin continu this till they be out

how to make the drink take as many of the youngest read netels as will make a quart of Juice then boyle this Juice in a new pipkin & take of the skum very cleane and boyle it till it looks like muskiden then strain it and when it is pritty coule stir in the yolks of six eggs new laid being very well beaten then mingle a quart of muskadin and a quarter of a pound of hard sugar stir it very well till it be quite cold then bottle it up and take a draught every morning fasting and at night when you go to bed and make it luke warm if you find any benefit by them take them over a gain

to make Conserve of Cowslips
pick your Cowslips and take your flowers and way them and to a pound of flowers 2 pound of singler refined sugar first beate your flowers very small in a stone mortar then put in your sugar by degrees till it is all mixt well together and so keep it for your use madam park

My young which I take that Mr Smith the surgeon ordered me Eliz Godfrey

one ounce of swrope of buck horne half an ounce of swrope of roses one ounce of black chory water one ounce of fumetory water 1686
four drops of oyle of aniseeds the 14 of June
to make conserve of red roses

Take your rose buds and cut the white off from them and boyle them in water till they be tender then take double the waite in sugar and set it over the fire with your leaves and let it just boyle up and put it into a pot for your use

to stow muskerons
first wash them then scale them and put in into a dish with salt and pepper and whole mace and sweet herbs and liver them over till they be tender then stir in a pease of butter and squeeze in a lemon and put in some scalded grapes if there be none a little vinegar
the vomit which I take
six dragms of wine infusion
one ounce of squills one ounce of compound walnut water

If flower must be purged of only just enough for a first time
if there put in of muskadin & the 14th stir a little a day and then them
the water for 12 hours after the first day put some more in and then pour away
the water and put some muskadin in the 14th stir a little a day and then them

Doct^r Brownes steale drink

Take two ounces of the filings of steale
two dragms of cinamon two dragms of
cloves one pint of Canary one pint of white
wine mixe these things in a bottle with y^e
wine and shake them together often in a
day for 3 weakes then it will be fit to take
2 spoonfulls morning & evening for 3 weake
or a mounth together

when you begin to take it power it halfe
out into a bottle and fill this up againe
with half a pint of Canary and half a pint
of white wine & continue to shake it often
Every day H C it must be strayned through a ^{linen} cloth
To make Colubum Beare Elder

Take the head of twelve bushells of malt and a few hops soe
many as you put into ale to keep all the yeare one bushell of
Elder berries full ripe and thikt from the stalks put them with y^e
hops into the worke ~~made of~~ is a muslin bag with ~~thrust~~
cloves one ounce of mace one ounce of nutmegs sliced lett
all these boyle in y^e worke two howers then draw the worke from
the hops and other ingredients and when its coole enough worke
it as you doe ale hanging the bag with the spice in the bung
hole of the hogthead when it has bin working stop it up very
close and when it has bin stoped two monthes draw it off
bottle it up for your use
lett the bottles be well stoped and drawned and the works
boyled in smale beare

phisick ale

Take a handfull of sage a handfull of alle hough
a handfull of tameris handfull of Egermony
a handfull of burege handfull of suckery and
boile these in 5 gallons of good strong wort and
when it is worked and bonned up put into the
tubbe a handfull of yallowdock Roots sliced
and scurvi gras if you think fit you must
put in a few hops or els a little wormwood
for it will not keep with out

An Electuary for the liver

Take sucory roots washe them very well & dry
them in a clothe then scrape them cleane and
slit them and take out the pithe then waigh
half a pound of them and shred them small
upone a trencher then beat them together in a
stone mortar very small take 2 ounces of corans
cleane washed beat them by them selves and
mingle them in the mortar with the roots put
to them half a pound of sugar beaten fine then
take an ounce of the best rubarb grated upone
a spice grater then beat it all together very well
soe put it up for your use you must take as
much as a walnut morning and evening after
noon if it purges a bone 3 times a day take it
but once

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A water for the eyes

Take sellindin water fennell water rose water
of each an ounce prepared tutty 20 granes
safran 3 granes camphire 2 graines mingle
these together and use it warm

To Cure the griping

Take a handfull of sweet marjorome, a handfull
of spere mint & one handfull of wormwood one
nutmeg as much mace as much sinamon as much
cloves as much of each of these as contains to a
nutmeg bruse the spices together to a powder and
shred the hearbes, make them hote with a small
quantity of claret wyne and then put those spices
into it & put it into a linnen bagge if it be for a
vomitting lay it to the hole of the stomacke if
for a loosness to the navill & when it is cold you may
heat it again with a little more claret wine

An approved medicine for the cough ^{of the} lungs

Take a pint of coltsfoot water & a pint of hisope
water and boyle 2 peny worth of maiden hare in faire
water then take a pint of that water & in the 3
pints of water you must boyle 6 sticks of english
lickorish being scraped and a spounfull of aniseeds
being rubbed & brused and 60 reasons of the sun stone
and 6 blu figs cut in slices you must let all these

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boyle till they come to one pint & put in 6 ounces
of brown sugar candie and 3 spounfulls of sirope
of the opening roots & as much sirope of buridge
then let them boyle till it be a sirope and with a
lickorish stick scraped and brused at the end take when
the cough comes

For a Consumption

Take a cocke with black legs and red feathers
a runner from the barn dore pull it a linc bre it
cleane with a cloath, when you have taken away
the garbidge cut it in small peeces & take one
handfull of rime one of rosemary 2 of jimpennell
you must not wash them but pick and wipe them
with a cleane cloth then put them into an ordinarie
still such as they sell rose water in then put your
cock upon the hearth & a pound of corraints finely
washt and pickt half a pound of raisons of the sun
stoned one handfull of buridge flowers a quart of the
best maligo you can get then put one your head
of the still and past it up close the glaces that
you receive your water in put in a good quantity of
weight sugar candie and one drame of amber grees
and 2 leaves of lefe gold finely shred soe keep it
for your use let the patient drink 2 spounfulls
a fore diner 2 a fore supper

Doctors godards alle for ^{the stomach & the liver} ~~my father the survey~~
 Take elder flowers 6 handfulls Centry tops 4 handfulls
 wormwood 3 handfulls 2 lemon peels 1 ounce of nutmegs
 one pound of garden scurgrass put these into
 6 gallons of small ale in a bag and stand 4 days close
 stoped before it be drawn off

To Cure the gripes when there is a
 looseness with them

Take a quart of brandy and put into it 2
 ounces of rubarb being grated and soe lett it stand
 2 dayes & nights before you use it and then give to
 a man or a strong woman 2 spoonfulls in the
 morning and 2 at night shaking it altogether
 and one small spoonfull to a child

A Receipt for a looseness

Take 2 spoonfulls of rise a stick of cinnamon
 a handfull of rose leaues then boyle these things
 in 3 pint of water untill it is half boyled
 away then stir in conserve of read rose as
 big as a walnut and a little pease of lofe
 sugar and lett it boyle a little longer then
 straine it throughd sine and lett the party
 drink some of it warm once in 2 hours

How to make hirapiera Infused

To a quart of brandy put in an ounce of hira
 pike and shake it very well together and lett
 it stand 3 or 4 dayes before you use it you may
 give 3 or 4 spoonfulls at the night and 2 or 3
 in the morning to a man or woman to a child
 give less

A remedy to cure the itche
 half an ounce of flower of brimstone deuinded
 into 3 parts and given three mornings following
 in 3 or 4 spoonfulls of new milk this is to drive
 it out

then purge the child with manna and syrope
 of roses with a garicke and syrope of suory
 with rubarb

then take liquid amber and balm of de proue
 mixt together & a point the child between the
 fingers upone the rists and upone the bowing of
 the arms and under the armpits and the hams
 these things have been known to cure them
 that haue had this distemper 7 years together
 Boyle some white ^{2 poltis for a time} oyle and milk very well together till it
 is thick like a poltis then shred in some bag wedde
 and lett it boyle a little longer then when it is
 almost cold use it

my fathers Surge

Take almost half a pint of buridge or else siroy water and 2 drams of seyne and one drame of outbarb and half an ounce of mana and a few coriander seeds a little bruised and put these things in a silver tanchard with the water and lett them infuse all night upon the imbers the tanchard being kept close shut in the morning strain it out and warm it luke warm and pils to it 4 spoonfulls of syrope of peach blossomes and soe let him drink it

for a cough

Take one ounce of syrope of violets one ounce of foxes ~~lunques~~ ^{lungs} 2 ounces of conserve of read roses mix it all together and take as much as the bigness of a nutmeg at any time when the cough comes

for a griping looseness

Take one ounce of conserve of roses one dragme of dioscordium one dragme of confection of ~~di~~ ^{di} ~~lains~~ ^{lains} mix it all together and take this at 4 times at night when you goe to bed 4 times nights following if need bee

for a bruised eye

Take the white of a new layed egg & beate it to froth then weat a little flax in the froth and spred upon the flax conserve of red roses and lay it upon the eye this is an approved receipt

To make licorish Juice

Take a pound of english licorish clean scrapt and cut into short peeces then beate it some what small in a stone mortar and put it in a deep gally pot then put to it colts foot water hisope water hore hound water scabious flower water of each a pint then sett the pott in a skillett of water covering it very close and lett it boyle 4 howers then take your licorish out of it & beat it very small put it into the pott againe to the same liour and lett it boyle 4 howers more in the skillet of water keeping a skillet of boyling water full then straine it out thro a siluer Bason and sett your bason over a skillet of boyling water that the thinness may evaporate then ade to it a pound of white sugar canday finely beaton and tersed and put your all into several China dishes and sett it in the sun 3 or 4 times in a day beate it with a wooden knife and soe keep it in the sun every day beating it till you find it stiff enough to make it into cakes you may ade to it 2 or 3 granes of amberpres or mist which you like best when you make them up use a little powder of licorish and white starch beaton and searred to keep it from wicking to your fingers soe dry them in the sun or by the fire and keep them neare the fire or els they will grow soft

for y scurvey in y gums

Take a pound & a halfe of y best honey halfe a pint of white wine vinegar & rosemary tops halfe a handfull of red Brier leaues 20 cullembine leaues and many red sage leaues and 20 woodbine leaues a small skounfull of whole pepper one ounce of lapis prunedo a pease of English allome as big as a walnut Cutt y hearbes a little and lett y things simmer together over a gentle fier till ies like a sirope then strayne it through a thine cloth and when its cold bottle it up and use it

how to make sirope of pursly

first still some burdig water and then stamp your pursly and put it in to your burdig water and lett it boyle and as it sinks put in more pursly till it is very strong and when it is strong enough straine it and to againt of this liour a pound of single refined sugar and lett the sugar boyle a little while and scum it and when it is cold bottle it up for your use

How to make sirope of alle hony

Take your alle hony and pick the leaues from the stalks and stamp it a stone mortar and put it in to some water and lett it boyle till it is very strong then strayne it and lett it coole a litle then beate the white of an egg to froath and put in to it and lett it boyle and scum it beape and to a pint of it take a pound of sugar and lett it boyle bust up with the sugar and when it is cold bottle it up for your use this is very good for a cold and consume sign if you think there is too much sugar you may put in less as you like it

Roses damask

hatta neck how to make sirope of

Take your ~~Roses~~ ^{hatta neck} ~~and cut the whise out~~ ^{and cut the whise out} of them then beate them in a stone mortar pretty small and put them in a skillett with a pint of faire water and put over them a cloth and lett it stand till the next day then strayne it out very hard and put the liour into the tankard again and put to it as many roses as before and lett it infuse in a skillett of hot water then strayne it out and put to it a pound & a half of double refined sugar and lett it infuse in the water till it is thick enough

A sirope for y^e wormes

Take scabious wormwood egremony bitony hore
hound ~~Century~~ Centry melilot Scuruegras
Cichory leaves or roots of each a handfull boyle
them alltogether in 3 pottles of running water
till y^e third part be consumed strayne it & lett it
stand till it be cold then poure y^e cleare out
to every quart of y^e decoction put a pint of
hony & a pound of sugar & sett it on y^e fier
then take y^e whites of 8 eggs being well beaten &
put it into a skillett to your sirope & when it
boyles up take it from y^e fier and strayne it
through a cotten strainer then set it on y^e fier
again and boyle it up to a sirope it must
be given at y^e full of y^e moon 3 dayes together
2 shounfulls in y^e morning & not cate in 2
or 3 howers after

Sirope of Lemons

first paire y^e lemons then squeeze out y^e
juice & to a pint juce a pound & a half of
doblerefinet sugar stir it together till y^e
sugar be dissolved put it up in a pot and
stir once a weeke and it will keep as
well as if it were boyled and last more
presents

Surope of saffron M^r harbins

Take a pint of strong angelico watter &
a pint of strong aniseeds water & one ounce
of saffron, which must steep in these
watters in a glasse or earthen pott close
stoped 2 monthes and then strayne it out
and put to it a pint of small angelico water
and to each pint of this water put a pound
of doblerefinet sugar or el^e white sugar Candy
and lett it stand on y^e fier till y^e sugar be
melted it will be boyled in a quarter of an
hower if it stands to long y^e sugar will candi

Surope of poppies

Take a quart of spring watter make it
boiling hot then take corn poppies cut of
the blackes and put in as many as ye
watter will hold keep it scalding hot till
your poppies look white then strayne them
out and put more in and doe soe till you
se it of a good couller then strayne it out
and put to every pint a pound of sugar
then boyle it & sum it very well and
keep it for your use

for a cough

Take one ounce of ~~sirupe~~ of violets ~~one~~
 2 ounces of conserve ^{red} of roses one dragm
 of dioscordium one ounce of foxes lungs
 mixe it all together & take as much as y^e
 bigness of a nutmeg at any time when
 y^e cough comes

Conserue of hips

Take your hips cut of y^e black heads and
 Cut them in halues and pick out all y^e stones
 then wex them and beate them in a stone
 mortar very small and passe them through
 a fine cork sieve then to a pound of hips
 sugar beate the sugar and mingle it together
 and sett it ouer the fier till y^e sugar is melted
 and put it in a pot for use

Sirupe of Peach blossomes is
 made the same way as sirupe of violets
 only you may use single refined sugar.

Sirupe of Anijellyco
 fill the biggest stalkes of anijellyco with sugar
 and lett it stand till it be like a sirup then
 boyle it up for your use it is good for y^e first
 of the mother Mrs H C

To make sirupe of violets

Take half a pound of violets when they are picked
 bruse them a little in a stone mortar then take a
 pint of water being boyled ~~hot~~ and put to y^e
 violets in a silver tankard and sett the tankard in
 a kettell of water to infuse you must not lett the
 water boyle only stand where it may be hot
 for five or six houers then strayne it and put ~~into~~
 the liour that you strayne a quarter of a pound
 more of violets & soe lett it stand and infuse as
 before then strayne it ~~as before~~ againe and put
 to this liour 2 pound of double refined sugar
 and soe sett it in a skillet of boyling water till
 the sugar bee melted and it be thick enough

To make sirupe of Damask roses

Take half a peck of damask rose buds cut of the whise
 then beate them in a stone mortar pritty small and put
 them in a deep galley pot then put to them a pint of
 faire water boyling hott couer the pot close and sett
 it in a skillet of water and keep it hot till thens
 day then strayne it out very hard and put the
 liour into the pot againe put into it as many
 roses more and lett it infuse as before keeping it
 hott as ~~before~~ all the while then strayne it out and
 put to a pint of liour a pound and a half of
 loaf sugar and sett in a silver bason ouer a
 skillet of boyling water soe lett it stand till it
 be thick enough and put it up for y^e use

46

87

88
89 The Leaden Plaster my Granmother S^r Graye
with soap

Take a pound of oyle olive half a pound of red lead & a quarter of a pound of white lead beaten to fine powder, five ounces of castle sope lett them be well incorporated together in earthen pot well glazed before you sett them to boyle, then sett it one a soft fier stirring it for an hower & a half with a stick continually, then make y^e fier little bigger untill y^e red coler be turned to green & neuer leave stirring untill it come to y^e collet of y^e oyle or more darke then drop a little upon a table and when it is cold if it will come off without sticking itt's well boyled then put in half an ounce of swines fatt & a little oyle of bay then make the plaster by dipping in a clout into y^e pot & hold it in your hands and if it be without sticking or breaking itt's well but if not put in a little ^{mung} hoggs fatt

soe apply it to the place greued & every morning take it off and wipe it, it draws out thorns in flesh & breakes & heales all fellons & killeth wormes easeth all aches in y^e body desoluth all swelings in y^e breast & cured a lady of a cancer in her breast when given over by all it cost her 100 pound to procure the receipt, y^e laste sope must be used this when itt's put into y^e oyle, you may make this solve my toles upon a table of wood with oyle
it may not stick

to make pomatum

Take the fat of the kidney of a boyne or weale of a cow calf and when you have pickt the skins cleen from it lay it in running water 7 or 8 ~~houres~~ dages shifting the water every day twice then dry it well on a closh and beate it very well with a rolling pin then put it in a silver or earthen pott and set it over boyling water and as it disolues put into it some marsh mallowes and white lily roots scraping first the marsh mallowes into water ~~and when~~ the black is scrapt of bruise the lillie roots a little with a pestle when they are cleane pared and washed let it stand with the roots in it half an hower and keep the water boyling ~~for~~ then lett it run through a ^{fine} cloth without squeezing then beate it with a wooden spater in a silver or earthen bason for 3 houers together with out letting it stand still adde to this 3 graines of mgister of pearl prepared of the whirest that can be got and if you please you may put in some orange flower water or rose water in the beathing

An oymntment for any straine or bruse paine or ach whatsoeuer cosin duke

Take half a pound of run or hearb grace and as much red sage and 3 quarters of a pound of mutton suet hot out of the sheeps belly pound all these very well together till they be all as one then put in a pint of sallet oyle and mixe them all together in an earthen pott and bind it up very fast with a leather to keepe out the ayre and set it in a seller 9 dages then boyle it very gentle one hower then put into it one ounce of oyle of spike then boyle it half an hower more very gently then strayne it out and when it is cold ty it up close with a leather. It must be made in y^e mude of may it will keep good 7 years or more but keep itt in a coole place

Aders speer oymntment

Take may butter fresh out of the Churn then beate of aders speer fresh gathered as much as the butter will receibe boyle it and strayne it out for your use if you put in a handfull of green mellelot with the aders speer it is the better this is good to a nougt comes iders if swollen or stung or any ordinar swelling in man or beast

A Receipt for one if cannot make water

Take 20 dead bees powdered in white wine for a man for a woman take twelue and for a child less you must powder the bees as you use them and keep them drye

Take a pound of rosin with as much ^{pine} rosin and take to it ^{two} wax frankincense and harts talloer of each a quarter of a pound with an ounce of mastick and 2 drames of camphire and melt that which is to be melted and make powder of what is to be powdered and boyle well together on the fire and strayne it through a cleane cloth unto a pot of white wine and all the other stuff together then lett it coole a little and put there to a quarter of a pound of turpentine and stire all these together till it be ~~coole~~ almost cold and role it up in roles for your use you must oyle your hands and and the boord you role it upone or els it will stick and keep it in oyled papers if there comes any white wine out of it keep it in a bottle it is good to wash any sore with

An oyntment for an aque swelling or any other ache that cometh with cold called needbakens oyntment it is good for chilblanes or hibes to keep them from breakeing

Take half a pound of balme half a pound of wormwood half a pound of heard grace half a pound of sheeps suet 3 quarts of sallet oyle 9 ounce of oyle of spike welch all these hearts a sundel and take but just waite then chop them altogether very fine shred the suet very fine by it self then put the hearts and suet into a mortar and bease them till they become a salve

then put them in a greete galley pott with the oyle and knir them altogether with your hand then lett it stand nine dayes close covered and every day stir it once a bout with a stick then the tenth day boyle it in a brase pan a bout 5 howers on a soft fier untill the hearts bee very dry then put a little of it into a cloth and strayne it into a galley pott and put in the oyle of spike and stir it all together when it is cold bind it over with leather this oyntment must be maide at the later end of may and be sure to gather if hearts in a dry day and doe not wash them this oyntment is good for a defness that cometh with cold being dropt into the eares warm and stoped with black wool this is alsoe good for a sprain

An oyle for bruises aches and sinews that are shrunk it ease the paine of the gout or cramp

Take a quart of oyle olive of lavender Rose wormwood read sage southern wood adders spear young bay leaves Camemille of each of these a good handfull of the flowers of camemille of the flowers of speck elder of each of them a good handfull shred them all very small and put them in your oyle and infuse them together stirring it once every day begin with the hearts in may and infuse them till you have all and then lett it stand close stoped a week then boyle it over a softly fier six howers stirring it some times then strayne out and keep it for your use the aders tongue is never to be had but in may Mrs harbins

To make Cipers powder of mount pellicier

Take of the mosse of trees that on the oke is best and especially that which is brode and flat cleane it well from all manner of dirt then wash it in 9 or 10 waters dry it very well then powder and seive it through a lorie or tifiony sine then take Benjamin storax and mirke of equall quantity of each beate them to a grosse powder and make asmoake of them perfume the fine powder with it holding it over the fire in a sieve that is covered then take a dragme of siwet a scruple of orientall muske and as much amber grees beate them into fine powder and mingle it with 2 pound of the ~~above~~ forecained powder you may wash the muske in 3 or 4 rose waters and dry it in the shade before you give it this is the right way of making the sweet powder of mount pellicier

Sirope of saffron of Mrs Harbin

Take a pint of strong angelico water and a pint of strong aniseeds water and one ounce of saffron which must steep in these waters in a glasse or Earthen pottle close stoped for 2 months and then strayne it and put to it a pint of small angelico water and to each pint of this water take a pound of double refined sugar or els white sugar candy and lett it stand one the fire till the sugar be melted. it will be boyled in a quarter of an hower for if it stands so long one the fire it will candy

To make an Excellent ointment
Take ~~two~~ pound of may butter without salt or washing it 2 handfulls of rosemary 2 handfulls of onsett hisop one of cammille one of Plantaine one handfull of Egremony and one of aders speer or tongue shred all these herbes together very small melt the butter in a shillet and put the herbes to it and lett them boyle together very softly 2 or 3 howers at the least then put in as much rosin as the bigness of a walnut and strayne it through a cloth for your use into a galley pott

An further ornament

To make a salve

Take a pound and a quarter of mutton suet and try it and strayne it then sett it on the fire and when it boylet put in half a pound of rosin beate small and lett it simmer till it be melted then put in half a pound of beeswax boyle it till it be melted then put in ^{one ounce} of turpentine then ~~put it in~~ ^{put it in} ~~in a stone pot~~ ^{in a stone pot} for your use this salve

Boyle

a pottis

Take a handfull of mallows boyle them very tender and squeeze out the water between 2 woode trenchers then shred them and take as much hoggs lard as will make it in manner of a pottis and spread it on a cloth it is good for any inflamati of the body or for any soreness after lying in

to make the green salve

Take a quarter of a pound of young basil as much of the youngest ren that you can get and of sage and wormwood and Camemel the like quantity your sage must be green and with this take a pound of fresh mutton suet shread all these together very small and put them into a wooden bole and beate them till they come to a salve then put in a pint of good sallit oyle beate it all well together again untill the oyle be well mixed then put it into pots and put it under growen ten or twelve dayes then take it up againe and boyle 5 or 6 houers then take up a little and lett it stand till it be cold if it begins to bee hard and to boyle black put it up this salve is good to take away any swelling or to heale any sore if the sore will breake it will breake it if not it will not breake it but heale it

to make a poltis for a swelling

Take a handfull of brook lyme a handfull of scellendine a handfull of alexandor or as much of groundell boyle all these together in faire water till it be very soft then thicken it with wheaten flower when it is thick enough for a poltis straine it through a course cloth then wash the greite or swelling with the licour of it when you have done then take it and spread it upon a cloth and soe aply it to the swelling

to Cure the biting of a Mad dog

Take walnut kernels and of onions soft and hony these are good against the bitings of a mad dog if they be layd to the wound

to make a poltis to take down any swelling in man or beast

Take a pint of milk and boyle it with otemeale and take a small handfull of ren and as much Camemel and a handfull of wormwood and shreed them and boyle them with the otemeale and milk till it is very thick then stir in a good pease of deare suet if you have it or els a pece of hoges lard or els a little of the kidney of mutton suet ether of them must be tryed

for to Cure a fellon ~~chrys~~ Bouchers Receipt

Take 2 house mayles and a slice of rusty fat bacon or a good handfull of smalledg stamp these well together and apply it shiftly it twice a day this is to be used at first but it draws to much then take hoges lard the bigness of a walnut a egg or a good handfull of Colbmary pick of the walke beate these well together then take as much sope as a walnut and a good mounfull of yeast mix all these well together then take a little mounfull of wood root of the finest of it and mix with the other things and dress it twice a day this will dry and ripen it and bring out the core you may after the core is out put in a rent of healing salve to dress it if you cannot get eors mary then take hisore in weed of it

A Receipt for the Jaundes dochter parr
Take the shells of eight new layd eggs &
pille of the skines in the insides then dry
the shells and beate them to powder and take
sixe peny worth of saffron and dry it and
powder it and 2 ounces of white sugar
Candy powder all these very fine and seve
them through a tiffney sine and then beate
them over a gain and take of these things being
all miset well together as much as will ly upon
a shilling in a glase of white wine mixe the
powder in a sproune with a little wine and soe
Drink the wine after it in 4 morning fasting

It wash to take away the
redness of the face after the small pox
Take a quarter of a pound of bitter almonds
blanch them and beate them when they are
almost beaten Take a pint of white wine
and beate part of the wine with the almonds
then strayne it out and beate the almonds with
the other part of the white wine and strayne
it doe soe till all the goodness is out of the
almonds and all the wine is in in the last
beating squeeze in the juce of a large lemon
or 2 little ones and strayne it and put it
into a bottle and put into it 2 peny worth
of Camphire shake the bottle when you
use it you must not wash with it till you be purged

99
A receipt to Cure an ague
Take 20 graines of salt of worm wood and
mixe it with a little ~~plague~~ plague water
and shake in the bottle till it be consumed
give it the patient 2 howers before the fit
if it does not cure in the first taking
give it the second fit

To Cure a hows of the shins
make first a strong bryne with bay salt soe
that it will beare an egg to a pottle of this
brine boyle in it for a quarter of a hower
flewort: wormwood: reu: fetterfew: of each
one handfull 3 colloquintida apells the gall of
an ox 4 ounces of assafatida when it is coole
ty a spounge to the end of a stick and wash
the infected place mixing first some sallet
oyle amongst it
to Cure a sore throught if come
with a rume

Take a ~~spoon~~ spoonfull of the shavings
of lignumvita wood boyle them
in half a pint of spring water till half
of it be consumed and when it is cold
gargle your throat open with it my covins
courtroyn receipt

A receipt for Chilblanes

Take of wormwood sage bryer tops
strawberry leaves Hyssope Laurell
leaves of each a handfull Cammoill flowers
st Johns flowers of each half a hand
full common salt 3 spounfulls wood
ashes 6 spounfulls boyle y^m in 6
quarts of spring water till it comes
to a gallon when you strayne it oke
you may add to it a pint of Claret or
brandy you must keete it as hot as
you can endure your feet in it before
you use it Mrs Bradford

For y^e Jandes when they are very bad
Take a quarter of a pounfull of honny heate it
over ye fier and scum it then take it from y^e
fier and put in it a peny worth of saffron
powdered and as much fine flower as will make
it as thick as a oymment then for 4 or 5 morning
a noynt y^e navile and rub it in then doe soe
again and rub it in very well till its dry then
lay a cloth upon it and by a hower in bed
after it and fast 2 howers after it Exercising
your self when you rise madam harrison

Gasking powder

101

Take y^e Eyes of Crabs one ounce the blackes of y^e
clawes of Crabs 5 ounces corral white amber
pearle of each an ounce lett all these be finely beaten
and seried severally then mingle them together
and serie them againe then make a jelly of harts
horne which you must collout with saffron to y^e
Colour of a deep quill oringe and with this
jelly make a thick Past of your powder then
make it into round balls M^{rs} H C

ye vertues

Its good to Expell poyson from y^e heart or y^e
plague or y^e small pox y^e meales or y^e burning
fevor for y^e last 3 it hath often bin approued
had Effect nothing In feavour to bezor gives
graynes to a child to an old baddy 15 16 or 17 grains
take it in beare or posseth drink or with water
fast 2 or 3 howers after it

for the pils

Take fresh hogs lard and melt it a clean
scowrd ladle or brase shillet and lett it stand
till its as green as grate and then anoynt y^e
place H C

for one burnt to ye bone

Take harts tongue and ~~scum~~ ^{scum} it well with sheeps
dung and fryt in a pan with sheeps suet then
strayne it & anoynt ye sore by gods help it will doe
it good H C

To make a white ointment to skin
sore nipples or chapt lips feelings in young children
or any hott swelling Mrs Kester Chamberlain

Take of barrow hogs grease a quarter of a pound
beate it well in faire water and afterwards in
rose or plantain water then pour of ye water and
mix with it one ounce and quarter of ~~peru bark~~
as much white leade both being finely ~~beat~~
~~powdered and mixed~~ pendrew through a sifting tin soe
keep it for your use in a very close place

To make a black salve good for any wound or new
swellings burnes or scaldings or spraynes

Take half a pint of sullet oyle slice in one ounce of yellow bees wax a quarter of a pound of red Leade beaten and finely powdered when the wax is melted in the oyle put as much saffron dried and finely powdered as a hassell nut soe make it up agling your hands into Roles when you use this for wounds or bruises or tentes melt some and mingle some oyle of roses with it to make it gentle and soft when you give a plaster for an ache lett the party weane it till it falls offe

^{yellow.}
w Linné rosin it will make a good
sear cloth

To make Lukeatellars balsome H L

Take a quarter of a pound of yellow bees wax slice
it small into a earthen pipking put to it a pint
of sack melt it one the fier then put to it a
pint & halfe of sallet oyle and halfe a pound
of the best venice turpentine being first
washed well in rose water mix these things
well to gether and then boyle them gently till they
are well mixt take it from ye fier and put into
it one ounce of the best red saunders keep it
stirring continually till it be cold, then put it
up in gally pots powere of ye liour you may
keep it to wash wounds with

The vertues are this by them it has tryed it
for a new or old wound apply it warme toge
some with linc it well helpe without any other
salve both to draw out all corruption and after
heale for a sore breast it is good for hardness
in the breast after a blow being often anoynted
there with / anoynt the wound about it
hinder inflammation and payne draweth forth
any festered bones its good for a scald or burn for
ye head ache anointing ye temples good against
gryson or surfit taking one ounce in warme
sack good for ye bite of any beest good against
ye plague to anoynt your nostrills before you
goe out and take it inwardly for it a quarter of a
ounce it is good to bring out small pox a recei
as big as a hazell nut good for a bruise inward
or outward a small peece going to bed it stays
of bliding of any greiv wound

Trilos Unguentum # 3

Take rosen & burqund pitch of Each half a pound, virgins wax, solitanum of Each a quarter of a pound mastick one ounce hartt tallow a quarter of a pound, Camfaire 2 Drams a quarter of a pound of ~~venice~~ turpentine 3 quarts of white wine when you have these ingredients make it as followeth beat if rosin very small the olbanum and mastick alike & put into it y^e burqund pitch the hartt tallow and virgins wax then put to these things a pint & halfe of white wine soe melt them altogether upone a charcole fier till it boyles & is melted then take it from y^e fier and strayne it hot through a canvas or coarse towell into a cleane brasse skillett that holdes 3 or 4 gallons and put in all the rest of y^e white wine into it & y^e other things and lett it boyle gently till halfe be consumed then take 3 or 4 bitter almonds and beat them in a stone mortar and take them cleane out & put y^e camphire in but keep it as neare as you can in one place in the mortar the almonds is only to keep the camphire from sticking then put the turpentine in a porring^r & put to it 2 or 3 spounfulls of white wine beat y^e turpentine & wine together with a knife till it looks white when you take it from y^e

fier put in y^e camphire & keep it continually stirring till it be noe more then blod warme then put in the turpentine soe work it very well together then oyle your hands and oyle a penter dish all over soe make your salve into roles work the wine well out as you make them into roles lay them in y^e dish done with oyle if the stuff be more then blod warme when you put in your turpentine it will spoyle all you must stir it often in the boyling and in the melting

The vertues of this salve

It is good for all wounds to heale them it suffer noe Evell flesh or corruption in a wound it heales very fast when it hath don drawing tis good for wounds in y^e head or any part of the body good for sinues shrunke or spranes it drawes out any thorn or broken bone its good for y^e biting of a mad dog or any venemous beast for all botches for a noleme tangery for fistulous it draweth all ghes from y^e liver & spleen & raynes for the Emrods and for y^e cold gout made in a seve cloth it will draw and heale a plague sore layde to the nable staves y^e redy layde behind the Eares Caseth the toothack and to y^e temples itt stayeth y^e rume of y^e eyes the wine that is left is good to wash wounds or sores

Dochter Clarkes receipt for a Canor in ye
breast which is ye best was ever found out
~~could~~ could mrs finches maide

Take sothernwood, sinkfoyle, linewort
speedwell, wormwood, Ribwort, mugwort
Daisie roots and leaves, wild Angelico, ~~negundo~~
sallendine, bugle, white bottles, strawberry
leaves, wood betony, hony suckles red &
white wood bine, scabious, ctueons,
violet, sanicle, plantaine, cumfrey wild
Charvill, Dandelion, Egremony, Clounes all
heale, spavemint, self heale, golden rod,
water bittony, hysop, oake buds, haythorne
buds, red bramble buds, St John wort, wood
bine flower, pimpernell, wood sarrell, mouse
Eares, garding clivers of Each a good handfull
wash all these very cleane & lett them stand for
3 howers to drayne then shred them & put
them into a brax pot with a gallon of water
spring water lett ye pot lid be pasted down
with vye paist very close then lett it on a
gentle fier and boyle it leasurely ye space of
fine or six howers till you think the halfe is
consumed then strayne it hard from ye hearbs
and put to this licour a quart of good

white wine & lett this boyle gently for an hower
or longer it being well covered then take it offe
the fier and lett it stand all night close covered
in ye morning put to ye licour a pint of life
honny sett it on ye fier againe & when its ready
to boyle the scum will arise thick take it offe
cleane and giue it half a dosen walnes then
take it offe from the fier put it into a cleane
lett it stand till its cold afterwards Bottle it
up stop the bottles close and keep it for your use

The party is to drink each morning a quarter of a
pint taking ye cold offe and faste hower after
it and drink as much and 4 a clock in the after noon
and ye same quantity going to bed if occasion doe
this for 21 dayes keeping good diet all ye time
the party may goe out taking ordinary Exercise
if any sore wash ye place with ye licour morning
and night warme probatum Est

For sore Eyes

Take three parts of ye powder of Eye bright
& one part mace mixe theire with it taketh
all hurts from ye Eyes comforteth the memory
& cleareth the sight half a spoonfull taking
Every morning in a cup of white wine

To make Daffes never fayling Cordell

Take two ounces of allecompan roots slice
them two ounces of licourish scrapt two
ounces of aniseeds two of corriander two
of fenil seeds bruse all the seeds two ounces
of lignumvire one pound of reasons of y
sun stoned half a pound of blu figs sliced
half an ounce of rubrub sliced two ounces
of conne two penny worth of saffron a little
turmerick put all these things into a jar
or deep glass with 2 quarts of aquavise &
stop it close and shake it twice or thrice a
day it must steep 8 dayes then strayne
it out and bottle it up for your use
stop y^e bottle very close HC

The party that takes this should take
3 spoonfulls at night goeing to bed & as
much ~~next~~ ⁱⁿ morning if itt a weake
person 2 at each time will serve and
one for a child —

M^{rs} Jgans Lozenges HC

Take of likerish 9 ounces scrape it cleane and slice
it thin put it into halfe a pint of hysope water
and halfe a pint of coltsfoot water mixt together
lett it stand infusing twelve houers upon the
Charcole or Embers then strayne out y^e likerish
& put to y^e water 6 ounces of brown shugar Candy
2 ounces of doblerefined shugar sett it on y^e
fier & lett it boyle till it comes to thick strophe
then beate it with a spoune till it comes to a
thick treacle then take it offe of y^e fier & keep
it beating till it comes to a thick past serce
some fyne shugar pretty thick on a py plate
then lay y^e past on y^e plate and role it out
with a rolling pinne & cut it into Lozenges

For y^e Jandes my Lady thoroughgoods

Take half a pint of ayle put too it 2 spoonfulls
of treacle as much saffron as will ly on a great
& as much turmerick and a little of y^e bark
of barberis tree lett this boyle then lett it
staynd till next morning then heate it &
squeeze steale in it 3 times any peece of
steale will doe then drink it offe and walk
a bout after it in 9 times taking it will
cure you you must purge twice in y^e
taking it with greated rubrub 15 or 20
graines roled in some conserve of roses
over night drinking this y^e next morning

How to make oyle of Charity

Take Wormwood, Sage, Rosemary, Camomile, Lavender; with 3 broad leaves of each alike, Chop them very small, & infuse them in Oyle Olive one moneth & stir them once in two dayes, then boyle them & streine them at 3 moneths end, and put new hearbs to it with 3 herb Charity or Valerian; and boyle them with a soft fire soe y^t they may but wamble, then streine it againe & lett it stand 2. or 3 dayes then boyle it y^t third time & that will take the cloother out of y^e herbes, then it will be very cleane & of a perfect green colour, the best time to gather the herbes is about y^e middle of May.

To make y^e Wound water. good for fistula's or any Sore.

Take Solarminack four ounces, Camphire one ounce, white Copperas four ounces, boile y^e Copperas and y^e Camphire together in a little earthen black Potte untill they become thim stirring them together till they become hard againe in boyling, then beat them in a Morter very fine, & beat the Solarminack to powder by it self & mingle it altogether, & keep the powder in a bladder very close stopp'd, when you would use it, take a pottle of Running water & set it over y^e fire till it begin to boyle, then take it off from y^e fire & put in three good spoonfulls of y^e powder stirring it together a quarter of an hower, then put it up in glass Bottles & when it is very clear in y^e upper part take off y^e clear water & warme it & wash y^e Sore with it, & if it be deep enject it & lay a linnen cloth & double wet in the same water, laying it on as hott as can be suffered; this doe twice a day morning & evening.

This is able to cure the fistula or any other old wound or sore.

Doctor Piodati's purging Ale

Take garden Scurvigrass & Sea Scurvigrass one peck together, Brooke Lyme, water creeks, Sage wormwood, spearmint, fennel, Rosemary tops of each of these three handfulls, fennel six handfulls, Nettle tops & Hop tops of each four handfulls, succory roots, parsley roots, Wild dock roots, monk's Rhubarb of each two ounces, horse Radish roots scraped about a porringer full when it is scraped, Peach blossoms about a quarter of a pound, Rhubarb sliced an ounce, Coriander seeds, fennel seeds of each an ounce two dozen of cloves.
power the Ale scalding hott; these things are for four Gallons of Ale; when it has stood 4 or 5 dayes you may drink it, and when the Rundlett is Empty fill it againe with Ale as before & it be as good the second tyme as y. first.

Doctor Fox's Receipt for y^e Scurvy

The Juices of Sea & Garden Scurvy-grass, water Creeses, & Brooke Lyme of each halfe a pint 5 or 6 spoons full of y^e Juice of Sivill Oranges mix these well together in a wyde mouth Glasse and soe let them stand a day & a Night in a coole place, pour off y^e cleare from y^e dreggs add to every pint halfe a pint of compound Reddish water & two ounces of y^e Syrrup of y^e five opening Roots.

Take every morning for a fortnight together eight or Tenn spoonfulls, fasting an houre after it.

A Receipt for y^e Dropsy

Take a Gallon of spring water two handfulls of Brooke Lyme two handfulls of water Creeses nine cloves of Garlick Boyle these together till it comes to two quarters that halfe be. Boyled away, Drink halfe a pint Every morning and after noone; and you must observe to purge every 3 or 4 dayes with Syrrup of Buck thorne according to the strength of y^e party.

For the Stone

Take one handfull of Pellitory of y^e Wall, one handfull of Parsely-breakstone, one handfull of ordinary Parsely, one handfull of wilde Tyme, one handfull of Saxefrage, one handfull of Water freeses, horse Reddish Rootes, other Raddishes, of Parsely Rootes, of Browne fennell of each of these halfe a handfull, Parsley seeds, fennell seeds, Gruncill seeds, of each of these a spoonfull, bruiſe these seeds in a Morter and slice y^e Rootes, and put all these things in a Still with a Gallon of Red fowls milk, and still it with a soft fire & soe keep it for your use.

Take of this water six spoons full at the full of y^e Moone with six spoonsfull of white wine & y^e Juice of two Lemons Morning & Evening.

For the Collick

Take mustard seed and beate it very fine and seare it then take as much as will ly upon a shilling in a glasse of sack it gives present ease.

The viterell water

Take a pease of viterell & put it into halfe a pint of water and stir it with a knife and when the knife begins to rust ye water of a just fitness then straine it through a rag & put it into a boote when you use it dip a cloth in it & will dry up any old sore of humour or the swelling of the drops in the legs it marts a little when layed to a sore

For y^e Scurvy Flegme or Collic in y^e Stomack or Head

Take Pilula de Succino & Pilula Stomatica Gummes of each a Scruple, three graynes of Tartor Vitriolates, make this up into five Pills take three at Night going to Bed & two in the Morning without any Obseruation. looke not for above three or foure Stoolles. And when you will but to keep Chamber Take a dragme of Pulvis Sanctus in a draught of white Poplett drink with two ounces of Sirrup of violett, and this is to be taken as often as you finde occasion.

Tartor Emeticum a gray Powder It costs 3^d a dragme, it is a timecall thing and walke a good vomitt. it is to be bought at y^e stillin Give 3 grames to a weake body, 4 grames to a stronger body and 5 or 6 is the greatest quantity is ever given to the strongest. When you give it mix it in a spoone with a little poplett drink and drink 2: or 3 spoonsfull of poplett after it to wash it downe.

Accept to cure a burn of m^rs masters

Take a pound of may butter out of the Churn before its washed and put it into a skillett and sett it on the fire till it be melted then put in a good handfull of asle house shred and as much Elder lett it boyle a little and then straine it out and keepe it for your use and a noynt the place greivd with it.

A Drink for the same distemper
to take spring is salt or offnet

Take Ellacompany roots: horse redish roots of each a
ounce cut them in thin slices licorish sweet fennel seeds of
each half a ounce boyle them in a gallon of spring water
gently halfe an hower then take 2 large handfulls of
scutiverry grass leaves and put them into a pitcher and strayne
this liquor while it is hot power it over the leaves and
stoppe the pitcher close and when it is cold strayne it out
and put into it two ounces of sirope of violets and
one ounce of sirope of vinegar drink a gill of this
twice a day as long as you find occasion

M^r Linseys poltis good for any hard swelling in
the breast or any other place

Take some ayle grounds and thicken it very thick with
wheate bran and lett it boyle till the bran be soft if
stur in a good pease of hogs lard and spread it upon
a cloth if it be to breake a swelling spread some hony
upon it when its upon the cloath if you would not
have it breake stur in some oyle of white lilies with
the hogs lard the nature of this poltis is such as
if a swelling be never soe hard it will dissolve it
and if it will breake it will breake the hony being a
greate drawer you may first see if the sore will breake
with out and when it begin to breake then use it
if it be for a sore breast that comes for want of drawing
it use this Poltis and dres it twice a day with it and when
it breake tent the holes and lay the greene plaster upon them
and the poltis over it

M^r Heaths mead good for a consumption

Take 5 gallons of water 4 pints of hony one pound of stoned
raysons halfe a pound of Currants well washed & picked three
ounces of ringeroot not candied one ounce of Licorish and one
ounce of China 2 sprigs of rosemary a quarter of an ounce
of Oreander seeds boyle all these together in water till
it comes to 4 ~~gallons~~ gallons then strayne it and when its
cold work it with yeast like ale is worked at 7 dayes old
draw it into bottles and when its ripe drink of it when
you please

M^r Barnetts receipt for a heartnes given me by M^r Linsey
Take of the powder of haly 2 dragms: Gum Benjamin roots
of Chicampare of each 1 scruple: oyle of sweet almonds
Lohoch sanum and the Lohoch of Fox lungs of each one
ounce: Lucatellus balsome two drams: balsome naturall
of peru halfe a scruple: sirope of hyssope and hore-
hound as much as may suffice to make it a Linctus:
take halfe a pounfull often and swallow it gently
for a stone M^r Coolges

Take 1 rove of a reed herring and dry it & powder
it take as much as will ly on a six pence in a glasse
of white wine or you may take it in any broth
this is good to dissolve the stone and bring a way
gravel the row must be seried

A medecin for to Cure y rickets

Take fox gloves flowers & leaves and boyle them in water and bathe y child in it and then rope it in flannel and lay it in a breathing sweat doe soe for three dayes then take one handfull of y tops of lavender one handfull of fox gloves and two handfulls of liverwort and shred them and boyle them in sallet oyle and strayne it ofe and keep in in a pott for your use, and a noynt y joints of y child is all ~~at~~ about y hants this has bin an approved medeine by m^{rs} packenham & has had good suckes

Dr mourtons Drink for y survey

Take of noynted dock roots & maile pigmy roots of Each 2 ounces sea & garding survey grass of Each 2 handfulls fennel tops water Creases brocklime rosemary flowers lavender & Bittoney of each one handfull aniseeds halfe an ounce bruis y heartsease seeds and slice y roots put all these into a canvas bag hanging it in 3 gallons of small ayle let it be your constant drink Corin Dukes

A Receipt for a Dyabetis

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Take powder of Burset harts herbe one ounce Roots of great Comfrey & of water lillies dyed & sliced of each an ounce and a half, boyle them with a crust of bread in 4 quarts of water untill you have consumed one quart then strayne it of the adde 6 ounces of pearled sugar and bottle it and only tye a leather over the bottle, and drinke Every a quarter of a pint fasting 2 howen after it, and Every night ~~after~~ 2 howen after supper a quarter of a pint and if you a thirst an howen of 2 after dinner you may drinke a quarter of a pint

let your break fast and supper be milk or milk pueradge and refrayn malt drinke and drinke Clarret and water or milk and water

How to give y^e Jesuets powder
Take halfe an ounce of bark beate it & serce it
Through a lawne sieve then take as much
Diascordiam as a hazelle nut & as much
Sirop of gillyflowers as will make y^e powder
Into a bolus which must be devided into
Foure parts y^e first to be taken y^e first
Night after y^e fitt y^e second y^e next morning
y^e 3d att noon y^e forth att night and Take
A glasse of sack after each bolus y^e patient
must Eate nothing too hovers before nor
in too hovers after y^e takeing it in a
fornight after you must repeate y^e same
again.

Barley water for y^e face

Take halfe a pound of french barley boyle it
in fayre water 3 times shifting it keep y^e third
blanch halfe a pound of bitter almonds beate
them Extraordinary fine then beat 4 graines of
camphaire with them and when its cold put
y^e almonds into it & a quart of ^{white} wine and
15 gaines of cream of tartar put all these in a
wide mouthed glasse bottle shaking it well
when you use it Com Duke

121. ^{vs pimpler}
A Pomatum for to keep y^e face from rusnes
Take halfe a pint of y^e whitest oyle of troters put it
into a long gally pot sett it over y^e fier in scillet
of boyling water till it be hott then strayne it into
an Earthen bason and cleane y^e gally pot & put it
in a gaine & one ounce of Virgins wax halfe an
ounce of oyle of ben: one ounce of oyle of bitter
almonds with a quarter of an ounce of cream
of tartar finely beaten one ounce of spermacity
ty it down close with a leather and sett y^e pot in a
gaine over a gentle fier lay a stone upon it to
keep it steady lett it stand till you think it well
dissolved then strayne it through a fine thin cloth
into an Earthen bason keep beating it with a
silver spoon put in halfe a pint of damask rose
water & halfe a quarter of a pint of snayle
water you must beat it till y^e water be well
mixed and your pomatum be as white as
snow keep it in a pot in a coole place

Mrs Broughton

To make y^e teeth white

Take powder of burnt hartshorne powder of
burnt crust dragons blud and hony of roses
weet these with white wine and to a little
gally pot full put in two drops of oyle of vitrell
and with your finger rub your teeth you may
put in mitt and bole armerick like wise

Ordinary pomatum Ant. harrisons
 Take y^e flead of a hogg lay it in water one
 weake shifting it Every day y^e take a quart
 of water a pint of milk boyle y^e together &
 strayne y^e lett it be cold and y^e putt y^e fat into
 it lett it ly in it one night then take it out
 and wash it with rose water lett it ly in y^e
 rose water till next day then take some white
 lily roots ^{in marsh mallow roots} slice them thin and dry them in a cloth
 first taking out y^e peath and washing y^e well
 then take y^e fat & put some of it in an earthen
 pott and strew some of y^e roots upon it lett there
 be a layer of suet and a layer of roots till its
 all in y^e put in some rose water and ty y^e pott
 up close and put it in a kettel of water & let
 it boyle & hower then strayne it out & lett
 it stand till next day then melt it againe in
 y^e pott then put it in a baston and beate it
 till its like yest for thines and drop it with
 a spoune into cakes

How to Make biscuits to Eat with the Sea or Chocolate 123 5

Take 2 pound & a half of flower half a pound of butter
 half a pound of sugar & eggs leave out half the whytes
 3 spoonfulls of good ale yest half an ounce of faraway
 seeds

How to Make a dinck against obstructions and jaundice
 in the stomack from M^r S^r J^r
 Censory Cadis and Wormwood of each a like quantity
 one small handful of these three yests together
 on nutmeag being grated as much sention as will lye
 upon a crown piece being first sliced, then steep all
 these things in three pint of whyte wyne and let the
 party drinke twice a day fower spoonfulls in the
 morning fasting and fower spoonfulls about fower
 in the after noone

How to make almond quidins in hoges guts M^r S^r J^r
 Take a pound of almonds blanch them and beat
 them very smal and in beating them put in some rose
 water to keep them from drying and when they are
 beat smal mixe in the mortar with them half a
 pound of fyne whyte sugar, then take a pound
 of napels biscuits and grate them and take two
 pound of bife suet finely shred about a pint of
 cream 3 or 4 manibones 6 eggs being very well
 beaten more sugar to your liking a little mace
 being beaten and a very little salt mingle these
 things altogether and fill your quidins with
 half full and ty them at both the ends and when
 the matter boyles put them in and boyle them a
 little but not to fast

M^r Francis Smith way to Cure Hums.
 for 2 hums salt peter 3 ounces by salt ^{one} ~~half~~
~~x~~ ^{halfe} ~~common~~ Common salt one pound brown
 paper one pound stake strong bear ^{one} square
 boyle all together when the is stand till it
 is cold and rub the hums all over with it
 once aday for 14 dayes before the fyre
 then hang your hums ^{any} ~~in~~ chimney (over)
 14 dayes to drye

A good Cyndiment for a burne,
 1 part Lires that is white Lead, 1 part
 Turpentine 2 parts hoggs Lard

My Lady Thoroughgood's Receipt for the Sandries 125
 Take half a pint of ale one spoonfull of Treacle
 as much Saffron dried and made very fyne as with the
 upon a grate the same quantity of Turmericke three
 these all together in a silver pottle and a little barke
 of barberry then let them steek on hewen then take a
 gadd of steel and heat it red hot and put it in three
 times and drinck it for nine mornings purging
 between whyles with rubarb

How to Make an Electuary good for the obstructions
 of the Stomack
 Take 4 ounces of Treacle or melases foure ounces of
 hony half a pint of amised water one ounce of
 prepared steel one ounce of flower of brimstone one
 ounce of powder of hony she one ounce of powder of
 Eleumpane
 mix the powders well together and all the liqued
 things and put in the powders by degrees till they
 they are all very well incorporated together, then
 put it in a galy & tye it over with a paper and
 keep it for your use

the party must take a good spoonfull Every
 morning fasting and at night going to bed
 till it be all taken
 observing to stir it very well Every time they or
 you take it

How to Mixe powder to Cause to sweet
gum in any distemper to make 4 doses
to take one every sixe houres
one dragme of powder of pearle prepared
half a dragme of Coral one scruple of
Sal prunell

A Water for Sore eyes of M^r Hethcock

Take half a pint of spring Water and the bignes
of a smal hazel nutt of whyte Cyprien's and as
much powder of Tuth prepared as will lye upon
a three pence and as double refined sugar as whyte
Cyprien's boyle all these together in a Silver tank
and a quarter of an hower let it stand till it be
cold and then put it into a glasse bottle
and when it is settled Clear your eyes washe
your eyes and let a drop or two goe into your
eyes

It is best for those sore eyes which are very
red but it Clear the sight of any sore eyes

How To Thicke Melons

127
Take smal melons and slit them through the middle on
one side to take out the meat then make a strong brine of
salt and water and puer boyling hote oier them
and let them stand or lye in it three days then take
them out and drye them in a cloth then take mustard
or rather beaten mustard seed and garlick pestered and
shred ginger and fill the inside of the Melons with it
then place them close in a tub or earthen pott and
take as much vinegar as will cover them and puer it
boyling hote upon them and stop it close down and seale
the pottle as often as it begins to mowe

they will be fite to eat in a monthes time

How to Make Rastef

Take pscare apricocke stongethake them and put
the kernels into a nyce mouthed glasse bottle and
put to them a quart of the best brandy and let
them steep in it 6 days shaking it twice a day
then take sixe nyce apricockes and cut them
in quarters and let it stand 6 days longer
shakin it as befor then let it run through
an hipocras luge and put to it half a pint
a pint of orange flower water and sweeten
it to your liking with double refined sugar
and soe take it use for your use

An approved medecine for making a stody matter
Take a quarter of a pound

How to Make riges of Mrs Brachod

129

Take a large Gallon of flower and put in half a pound
of sugar one ounce of faraway seeds and a nyne pint
of good ale yest mingle these well together, then melt
a pound and a half of butter in a nyne pint of milke
and when it is near cold put it to the flower and when
it is well mingled and kneaded pull it in little peeces
and knead it again doe soe 2 or 3 times and then cover
it with a warme cloth and let it stand to ryse one hower
then mold each vryge very well before it be rolled out and
when it is rolled serice them jointly thick and send
them into the oven

How to Make a Medecine for the Pandies
Mrs Botins for Castreyn whithys

Take two quartes of the best white wyne one handfull
of the inward bark of elmes one handfull of earth worms
pick them with a knitting needle and washe them very cleane
then boyle these things in the wyne untill almost
half be consumed then straine it and sweeten it
with 3 ounces of the finest white Sugar of the finest opening
roots and let party drinke a nyne glasse of it every
morning fasting and at haw a full in the after reune

A Receipt to Cure the Dropsy

How to Make the purge
Take flower de luse Routs ^{them} clean well then bruse them
and straine the Juice then take of the Juice ten
spoonfulls and as much of the best white wine
one drachme of sinamon and as much white sugar
as will Sweeten it then shake it all together in a
glasse and take one half of in the morning about
sixe a clock and fast 3 howers after it, then drinke
some thine broth made of a chicken or veal whyle
it workes when it has done working eat your
dinner of a boyled chicken or a peece of boyled veal
then at night when you goe to bed take sixe spoonfulls
of the following surse and as much more when you
wake in the morning then lay your self to sleep
if you can Sweet then continue in it three or four
howers thus done Intermit 2 days and the third
day take the other part of the surse in such
order be the same directions as before continue the
surse for a week after you have taken both surges
if the first surge does not work you may add three
or four spoonfulls of the Juice of the flower de luse roots
to the second

How to Make the Surse

Take 2 quarts of ale and skum it til it boyles then
put in a good handfull of Elecompany roots pared &
sliced one ounce of Licorise half a pound of hyssop water
boyle it til it be half wasted then put in half an ounce
of Venice treacle one pound of hony one ounce of Limon trea-
cle & one drachme of saffron

How to Make sage Syne

Take five gallons of water Boyled thurty run
of Alligant or mallego Raysons and a Bushel
of Sage pick the stalkes from the raysons and shred
them and also pick the sage and waske it and
shred it then stir the raysons and sage well toge-
ther and pour the water to them boild warme stir
them twice a day for sixe days then presse out the
liquor & turn it use for two months and then if be-
Clear bottle of

John A. Hall, Esq.

Dear Sir,
I have the honor to acknowledge the receipt of your letter of the 10th inst. in relation to the matter of the estate of the late John A. Hall, Esq. and in reply to inform you that the same has been forwarded to the proper authorities for their consideration.

I am, Sir, very respectfully,
Your obedient servant,
J. A. Hall, Esq.

Wm. A. Hall, Esq.
New York

Pages 132 to 151 are blank

How to make almond puddings

Take a pound of almonds blanch them and beat them very small in the beating them put in some rose water to keep them from cyling then take a two penny white lofe and grate it then boyle a little three or four cream and juice of it hote upon the bread but not more then with just wet it and then cover it close and when it is cold mixe that and your almonds well together then take sixe eggs and beat them and two pound of life suet finely shreed and the marrow of foure bones then put in a little more being beaten and a little salt and rose water and sugar to your taste then mixe all well together and fill your guts but not a busse half full and tye them at both ends and when the water boyles put them in and boyle them a little but not to fast

instead of white bread you may take a pound of naples biscuits which is better and about a pound of cream you must pick out the marrow and not mixe it with the other things but put it in as you fill your puddings

how to make ordinary white puddings ^{Robinson}
Grate a penny loafe and a halfe and rub it through a cylinder and put it into a pint of cream then put in some tinamons cloves and mace beaten & 2 or 3 spoonfulls of rose water & yealke of 4 Eggs some shreed life suet & sweeten it to your tast then put in a pound of plump currant and fill y^e small guts of a hog with this

to pickle brume buds Lady Digot

Take your Brume buds and put them into a bagge and lay them in salt and water 2 or 3 dayes then put as much salt into vinegar as will make y^e vinegar baire an egg and boyle it take your bagge out of y^e water and lett it dreane then power y^e pickle boyling hot over them lay a stone upon y^e bag to keep it down and lett it stand one week then boyle y^e pickle again and power over them doe doe for 3 or 4 times & they will be very greane and keeps a greate while

Pages 154 to 157 are blank

Current wine M^r H C
Take to every quart of picked currans a quart of
water sett them on ye fier together and lett y^e
boyle fill the currans grownd pale then take y^e
offe and strayne them through a hayre strainer
and sweeten it to your liking and lett it
stand till it is cold then boyle it up putting a
lump of shugar in the bottles setting it in ye
seller it will be ready to drink in 14 dayes

To make a past of quinces red
Peare them & cut them in peaces from ye core
then put them in a earthen pot with as much
water as will weete them put to it a quarter
of there waite of loafe shugar beaten
stop the pot with past and sett it into an
oven with pyes when it is soft beate it in
a mortar with 3 quarters of there waite
of shugar beaten to powder beate all these
together till it is smooth then put it in pans
and dry it in y^e stove M^r H C

To make resbery marmelade H C
Take a pound of resberis and breake with a
spoun then put in half a pint of juce of
resberis and a pound and half of single refined
shugar beaten mix all this together and sett
it on ye fier lett it boyle till it is enough

Rasbery wine
Take y^e rasberies and breake them and strayne
them into a pint of juce a pound of shugar
lett it boyle up and scum it and lett it stand in
a pan till it is cold then boyle it up with this
sirope you may make resbery wine in y^e winter put into
white wine and it will be fit to drink

To preserve whole quinces white 159
Take y^e largest quinces core y^e and coddle them
then steyre them and too Every pound of quinces
a pound and half of double refined shugar and
half a pint of juce of quinces and as much fair
water make a sirope with this licour and ye
shugar and scum it then put in ye quinces
and boyle it very fast till it is enough H C

To preserve mase plumes
Take to Every pound of plums a pound of shugar
wett the shugar with 3 or 4 shounfulls of water
to sett it on ye fier till it is almost melted then
put in ye plumes and lett them boyle softly
they will be a greete while adoking when they
are enough ye sirope will jelly M^r H C

To make methuglen
Take 7 Gallons of water sett it on a wood fier when
its warm put in 14 pound of honny stir it together
as it boyle scum it clean y^e put in 3 nutmegs brused
lett it boyle on hour when it hath don take it
from ye fier and put in as much malt flower as
you can take in both hands at twice put it in a
tup and whip it with a wan till it is cold then
strayne it through a sine into a tup and put to it
a pint of ayle west and lett it stand all night
when it has don working stop it and lett it stand
4 dayes then bottle it and keep it 3 weekes before
you drink it M^r H C

To make cleare Cakes of any fruite
 The fruite must be put in a Earthen pithcher
 and sett in water that boyles if it be for white
 ye pithcher must not be covered as soon as you
 see any licour in ye pithcher power it off
 when the fruite is soft put it into a strayner
 & lett it run as long as it will run cleare then
 sett ye licour on a quick fire lett it boyle fast
 and scum it and put to it ye full weight of
 double refined shugar lett it stand on a soft
 fire till ye shugar be desolved then power it
 into glaces and sett it into the stove to dry
 when it is candied on one syde turn it on the
 plates to ye other syde the shugar must be
 boyled to shugar & gaine for cleare cakes
 Mr H C if you make cakes of gooseberges it must be
 part of quinces white
 Scald ye quinces very soft then paire them scrape
 all ye pulpe from the core and rub it through
 a Rayne sieve then lett it stand a good while over
 ye fire in a silver bason to dry you must keep
 it stirring all the while to Every pound of this
 take a pound of double refined shugar boyle your
 shugar to shugar againe then stir it in ye
 quinces and lett it stand on ye fire till ye
 shugar is melted but it must not boyle
 then make it into what fashion you please
 and put them into your stove to dry Mr H C

To preserve grapes in cluster Leaving one leaf
 one them as you gather them 161

Take ye greene large gascoigne grapes when they
 be greene before they grow too ripe sprich every one of
 them then to every pound of them a pound & quarter
 of shugar make it into a sirope with the juice
 of other grapes when the sirope is cleare & thick
 put in your grapes and put them into a deep
 bason cover them very close and sett them upon
 a pot of seething water as you would boyle
 a Custurd when ye grapes be tender take them
 out and boyle ye sirope something more
 between hot and cold you may put them in gally
 potts not to deep soe that you may lay one
 cluster by another soe lay paper one them
 when they are cold and cover them up they
 will keep all ye yeare Mr H C

To preserve cherries whole
 Take ye largest apricocks paire them and take out ye
 stones then take theyre weight in double refined
 shugar strow your shugar over them as they ly in
 a silver bason and lett them stand till its melted
 then scald them & lett them stand till next day then
 boyle them very gentle till they be Enough
 you must keep some of your shugar to put in
 as they boyle Mr H C Chamberlain tis better to
 boyle them up as soon as ye shouger is melted if
 they staynd till next day they will spot and
 not look well just boyle them up & lett them
 stand till they be cold then boyle them very
 quick till they be Enough & they will not brake

Apprecols Green

Take grean apprecols before ye stone is grown a pin with run through them then take milke warm watter put your apprecols in cover them close and lett them stand for half an houer then have ready another skillet of warme watter and put them in doe soe 3 or 4 times then codle them in faire watter then take them out and make a sirope of ordinary shugar and lett them boyle a walme or two in it then sett them by till ye next day then heate them againe doe soe 3 or 4 times then take them out and make a nother sirope of doblerefined shugar and boyle them a little in it then sett it by and boyle them up next day if they be too dry you must not boyle them soe much then lay upone glasse to dry a night before you sett them in ye stove that ye sirope may run from them if it be sun shyney weather the sun will dry them ^{with} H

Sirope of mulberis

Take y^e mulberis when they be full ripe bruse them & strayne them and to Every pint of juce a pound of shugar boyle it up till it is of a good thickness sirope of Elderberis is made the same way only it must be clarified one ye fier before ye shugar is Put in

To dry plumes M^{rs} H C

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Take a pound of plumes and 3 quarters of a pound shugar then take as much watter as will wet the shugar boyle it to a thicke sirope almost to Candy heith stone ye plumes and take ye sirope ofe from ye fier put in ye plumes with ye cut syde down wards lett them stand a while and then sett them on a softly fier till ye sirope be thin againe then boyle them a little faster if they be black plumes if they be white you may boyle them faster then ye others but black or white you must take them frome ye fier 2 or 3 times in ye boyling for feare of breking them when you thinke them half boyled sett them by till next day then boyle them enough and put them out in a silver bason and lay them in ye sirope 2 or 3 dayes then take them out and lay them upone fives ye cut syde upwards when they are dried from ye sirope sett them in a oven ye oven must be noe hotter then you may lay your hand on ye bowem when they are half dried lay them on dry siues one ye other syde and fill ye hole whare ye stone came out with ye broken plumes and put ye skins close over them then sett them in ye oven againe rather Cooler then it was before when they are dry enough wash ofe ye clammy with a cloth and hot watter then sett them in ye oven againe to take ofe ye dampne keep them close in a glasse in a warme place you may ripe your plumes into boyling watter when they are dry one after ye other and sett y^m in a warme stove or it will make them look blue as they grow

Apricots biscuits

Take your apricokes and waive them, cutt
them in thies and put them in a gally pott
stone it close and set it in a skillett of watter
till they be tender then strayne them through
a riffinie ^{or hane} and take a ^{weight} ^{of a pound} of
pulp and ^{scalded} ^{not} of shugar double refined
make the pulp ^{be} ^{warmed} and the shugar
severally then beate ^{them all} together one hower
then take the white of a new layde Egg beate it
to froth and ^{put in some of it} into your shugar
and pulpe by degrees and beate it till your
pulpe and shugar ^{be white and glossy} ^{drop them}
then drop ^{into paper} ^{and} set them into a stone to
dry this way you may make biscuits of any
fruite Mr. H Cyen may dry them in y^e sun
you must not put in to much of y^e egg

Pringe wine

Take six gallons of spring watter twelve pound
of y^e best powder shugar y^e whites of 4 Eggs well
beaten put y^e Eggs into y^e watter & shugar & lett all
boyle together three quarters of an hower scum
it at it rises then lett it coole in a tub then put in
six mounfulls of yest six ounces of tirop of
sitron beate well together y^e put y^e juce & y^e yellow
outward rine of fivety oringes lett all this work
2 dayes & 2 night y^e put in 2 quarts of renish
wine into it & tun it up in a barril & stop it
very close lett it stand 10 or 12 dayes then bottle it
off and lett it stand 3 mounths before you drink
it it will keep a yeare Mr. Broughton

To preserve Dutch Gooseberyes

Take dutch goosberyes stamp them and strayne
them & lett them stand to settle then take
gooseberyes when they are at full bigyness be
fore they be ripe cutt offe their heads & slit them
on the side to take out the stones then to a pound
of goosberyes a pint of your juce & 2 pound
of double refined shugar then put all thes together
into a skillett and boyle them up as fast as you
can and scum them cleane and glase them
boyle but halfe a pound at a time & they will keep
collour best Mr. H C

Lemon Cakes

Take a porringer full of double refined shugar
beaten finely grate the outward rind of 8 lemons
and put too it and soe much juce of Lemons
as will wet the shugar mixe it well with the
back of a spoune then take a silver spoune full
and hold it over a charcole fier till it bubbles in
the spoune then drop it into cakes doe soe till
all be done then turne them with the pint of
a knife and keep them for your use

To Preserve oranges whole HC

Take your Oringes & pare them then as
not to take a way ye colour then rub
them with salt and let them ly 3 or 4 dayes in
water changing ye water Every day then take
them out of ye water and make a little hole
where ye stalk came off and pick out the
pinnells but leave the meate in then boyle them
till they are tender shifting the water 3 or 4
times in boyleing then take them out and
lay them upon a cleane cloth to dreane ye
water out of them and too Every pound of
oringes take a pound of shugar & a pint of
water make a sirupe with the water and shugar
and let it boyle and scum it then put in
your oringes and let them boyle half an
houer then set them by and for 3 or 4 dayes
heate them throughly in ye sirupe till you
think them preserved then let them dreane
cleave from this sirupe then to Every pound
of oringes a pint of John apple water & a pound
halfe of double refined shugar make your
sirupe and scum it then put in your oringes
and let them boyle as fast as you can when
they are almost enough you must put in
a quarter of a pint of oringes and Lemons
to each pint of John apple water if you please
you may take some renish wine HC

John apple water is only John apples boyled tender
in water & ye cleave of that taken

when you put your oringes into ye sirupe it
must stand till it is almost cold before you put in your oringes then set
it on ye fire till it is enough if it be hot ye oringes will lose their colour

To preserve muske plumes

Take y^e plumes and wipe them & slit them
in the vrese then take to Every pound of
plumes a pound of shugar & 3 or 4 pound full
of water sett y^e shugar and water one y^e fier
till it is almost melted then put in ye plumes
let them boyle softly they will be a greate
while adoring when they are Enough the
licour will jellie Mrs HC

To preserve hors plumes

Take your plumes when they are ripe & pare
them & take out their stone then take their
waite in double refined shugar put it to the plums
& let them staine till it is melted then boyle them
up very fast & they will be soon boyled Enough
the licour will jellie and they will look white
you may put a pound full of 2 of water to
the shugar HC

To make apple chips

Pare y^e apples and cut them in thin round slices and strow a little
double refined shugar upon them & let them ly in a net or glass two or three
dayes then take them from y^e sirupe and lay them in rows upon
a py plaite with a little fine shugar strowed on them so sett
them on a chafin dish with a little charcole fier in it &
strow some more shugar on them turn them and shugar
them till they be dryed Enough they will keep all y^e yeare

Goosberis Greane

Take milk warme water put in your goosberis
Cover them keep them warm half an hower
then take a nother skillett of warm water & put
them into it wdle them in warm water 3
times to make them look greane then dreane
away y^e water through a sine then put as
much ~~sugar~~ ^{sugar} as will cover them and lett them
simmer in sirope half an hower then sett
them by till next day then warm them againe
once or twice then take them up and boyle y^e
sirope stiff they will keep all the yeare H C

To Candy all kind of flowers as naturall as
they grow H C

Take a little rose water & put it in a bason with
the white of a egg and stir it with a burchin rod
till it looks white and thick then lett it stand one
hower then take y^e froth of it and put some gum
araback to it & when its melted and dissolved cleane
in the water dip in your flowers in the water
then take doble refined shugar seried upon them
in a platter then sett them in y^e sun turning
then now and then

To Dry Figgs

Take a pound of loose shugar & putt it into a skillett &
put to it a pint of water sett it on the fier and boyle it
& scum it cleane then power your sirope into a bason
& sett it on a few coles to keep it warme till the figs are
ready to put into it 1 take figs indifferently ripe and
pudre them then to a pound of figgs a pound of shugar
while you are pauring the figgs sett on a skillett of faire
water to boyle them in when the water boyles then weigh
them and slit them on the top that the licour may enter in
them boyle them a pretty pace and keep them always
turning ~~when~~ they are tender take them out and dreane
them from the water & putt ym into the sirope and
when they are all in your sirope lett them stand how
upone the Coals 3 or 4 howers keeping turning them
some times att night sett them into the stone the next
morning heate them againe and turne them and doe
soe Evening and morning till you see them all landied
one the top then lay them upone glasse plates & sett
them into y^e stone att the first laying out you must
often shift them upone cleane plates if you like
musk or ambergrees put it in a tiffney bag in
your sirope to heate with them my Lady Ingrams

To Dry figgs a nother way.

paire them very thin and slit them on the top when ripe then boyle them tender then drayne y on a dry cloth and boyle theire weight of single refined shugar to a Candy height and lay them in a bason one by one and pover your Candy shugar over them and soe heate them twice a day till all your sirope be drank up then lay them in the stone upone glasse plates and turn them twice a day till they are dry

To make shugar loafe (creame

Take a quarter of a pound of harts horne & 2 ounces of Isingglace well washed in Rose water & warmed in it, then put y Isingglace and harts horn into a pottle of faire water and set it on y fier and lett it consume to a pint then strayne it and take a quart of creame and boyle it with 2 cloves & a blade of mace then strayne it to it a quarter of a pound of Jordaine almonds blancht and beaten & sweaten it and put in a grayne of amber greece then mixe y Jelly and Creame together ouer y fier and when its melted put it onto wine glaces with narrow bottoms when you turne them out put y glaces in warme water and it will come out whole Cosin M Cook

To make prunellors of appecoles L Ingrams

Take soe many quarters of a pound of shugar as you intend to doe pounds of appecoles put y shugar into a skillett and put a litle more faire water then will just weete it then sett y shugar upone the fier when it boyles scum it very cleane and pover it into a silver basons sett it upone a few coales then take appecoles full ripe and cutt them in halves and payre them very thin put them into faire water as you payre them and when you have payred as many as you intend to doe put them into a skillett & put to them just soe much water as will cover them then sett them upone a very quick fier and when they are ready to boyle take y ofe and cover them very close with a plate lett them stand above a quarter of an hower then sett them on againe soe ofe and on till they be Eceeding tender then with a spoune with holes dreane them very cleane from the water put them into your sirope and after they are all in lett them stand at least an hower upone coales but not boyle and often turne those y are uper most soe heate them morning and Evening till they have almost drank up all the sirope then lay them out upone glasse plates in your stove or in the sun they must be turned at least 3 times a day when they are pritty dry put them close into glases or gally pots and they will Candy theire if they be sett in a dry place

to make Gooseberry Currant or Kesberry wine
my lady Birch is way M Cook
weigh you fruit & stampe them very well
put to Every 3 pound of fruit a pound of shugar
then boyle for Every pound of shugar one quart of
water put it boyleing hot over y^e fruit and shug
let it stand close stoped 24 ~~h~~ hower y^e strayne
out and put it into your vessel stop it slitley for
3 or 4 dayes then stop it very close let it stand
weakes then draw it into another vessel and let it
stand close stoped 6 weakes longer then bottle it
put in some lumps of shugar into y^e bottles
your currants must be full ripe and y^e gooseberry
as they are turning yellow this way you may
make gooseberry rasberry or any other fruit it
will be fit to drink in 2 monthes after its bottled

Quince wine

Take ripe quinces cut out all y^e spots and wipe
them cleane & grate them clarifie it on y^e fier to
Every gallon of licour put a pound and a quarter
of white shugar stir it till its well melted let
it stand close stoped for ~~fore~~ and twenty hower
it must be cold before you stop it if there be a
scum upon it take it off and then bottle it but
put not y^e corkes to close for 3 or 4 dayes then
cork it close you may drink it when it has
bin bottled a month Robin Margrate Cooke

To make almond Jumbale. Robin Cook

Take halfe a pound of almonds and blanch them in cold water beat
them very well with 2 poundfulls of orange flower water and as
you beate y^e almonds put y^e white of an Egg well beaten put
it in by a little at a time then mix it up with double refined
shugar till its a stiff past then squirt it upon papers &
make it into round rings or as you fancy let them stand till
y^e next day before you bake them then remove them of y^e
papers and lay them on double papers dusting y^e papers
with shugar & soe bake them the squirt must be maid
with an Elder stick and you must cut stripes in y^e
in side at on end to make them look rufe or else have
a litle pease of wood full of holes at y^e end

To make an orange puding M Cook

Take a large preserved orange or 2 litle ones take it out of
sirope & beate it till it comes to a past then put halfe a
pound of white shugar and beate with it then put in
halfe a pound of fresh butter and beate them together ~~half~~
a quarter an hower then beate Eighteen Eggs leave out y^e whites beate
all these well together then put paste past round your dish
Butting y^e bottom and put in your puding and let it stand
halfe an hower in y^e oven till its colored and rises —

To make Creame of any fruite

Take some whites of Eggs and beate them to froth then put in y^e pulp of any fruite and with a whisk froth it very well and put sugar to y^e tast when its well froth lay it with a y^elone light in your glasses it will keep a weeke you may droop it upone papers and bake it its a very witty sort of Cake Mrs Hillendua

To preserve Goosberges

Take Dutch goosberges when they are at full bignes slit y^e on y^e sides & pick out y^e seeds with a needle & as you doe them put them into cold water then take them out and put them into a nother water sett them on y^e fier scald y^e gently y^e longer you are a scalding y^e y^e greener they will look bett^r stand in y^e water till they are almost cold then peele off y^e skins lay y^e as you peale y^e into doberefined shugar a quarter of a pound is enough y^e take y^e weight of y^e in doberefined shugar wet with y^e water y^e goosberges waire scalded in when your shugar is melted put them in and boyle y^e quick when they are cleare put them in your glasses streen y^e gelly and put to y^e you must make more gelly to cover them after this manner seed your goosberges & boyle y^e in spring water till they be stiffe boyle it fast y^e you looe not y^e colour according to y^e quantity of y^e fruite take of this & make y^e gelly of it with y^e weight of shugar Mrs Droughton

for past for a venison pasty

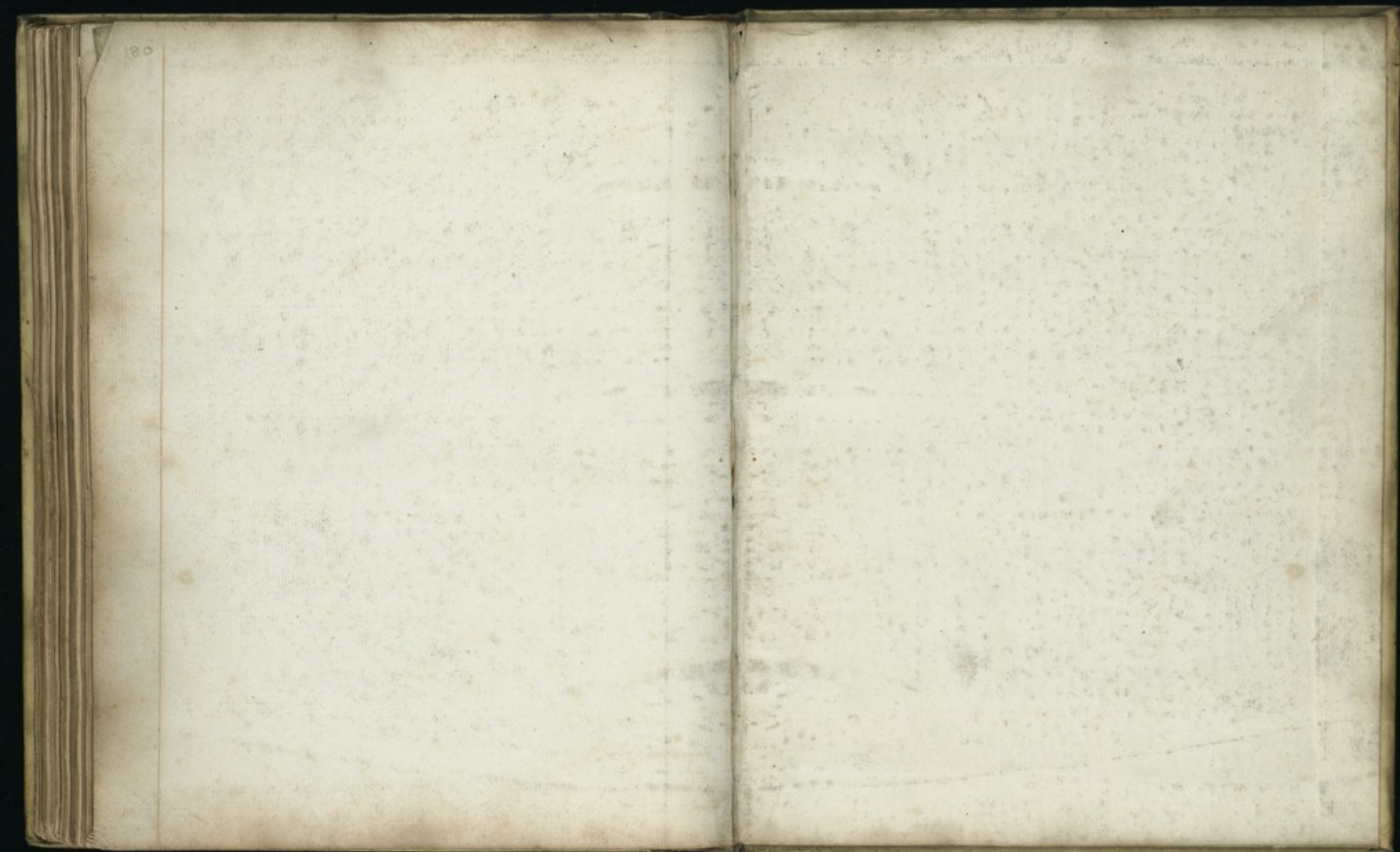
Take a peck and halfe a quarter of flower 7 pound of butter first mingle your butter in your flower very well then put heate y^e water and work it very well for y^e seasoning of a syde a quarter of a pound of beton pepper some salt to your discretion 4 pound of beise suet shreed and beate with a rolling and water very well it may stand in y^e oven & howers you must put in an ounce of whole peper on the top of your pastye a syde will make 2 pastyes the bones must be baked with some Clarrit wine & some peper & salt when y^e pasty comes out of y^e oven put in some of this gravey if you cate it cold put a pound of melted butter & noe gravey

To make a Pickle for braune

Take some of y^e wort that runs last through y^e graynes and boyle it with a handfull of salt & as much brann when it has boyled some time take it from y^e fier & put it in a tub to coole when its cold power y^e cleare over y^e brann y^e pickle must cover your braun in a fortnight or 3 weekes it must be boyled again with some more salt & brann when its cold y^e cleare powered over it again if you boyle it 2 or 3 times betwext a fortnight & 3 weekes it will keep it all y^e winter

How To hark a Calves head
first boyle it almost Enough then cut y^e one
halfe into little slyces & peale y^e tongue and cut
it in slyces then boyle some white wine with a
Anchore and a little salt then strayne it & put
to it some mace & whole peper and gagey and
some oyster liour lett y^e meate stoe in it till
its almost Enough then put in some mushromes
and oxe pallets first boyled Enough and lett all
these stoe a little longer, while your meate is
a stouing broyle y^e other halfe of y^e head & fry some
slyces of balon and some sasages & sweet bread &
cut y^e braynes and fry them they must not be
boyled at all and some lamb stons, you must
have some little balls such as you put in pease
pottage which you may stoe in y^e liour y^e oyster
wayre dun in when your head is stoued Enough
but in y^e oysters and balls and when they ar hot
through dish it lay y^e broyled part in first y^e
lay y^e stoued meate of each syde of it and atop
that it may lye high and lay y^e fryed meate
about it then thicken y^e saze with yelkes of
eggs and powder over it and send it to table
y^e gravy must be maide with a pease of bife
boyled to peaces and a clove and a little mace soe
strayned it will be a strong Jelly

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