

White, William (& others)

Contributors

White, William.

Publication/Creation

Early 18th century

Persistent URL

<https://wellcomecollection.org/works/nt7m2phx>

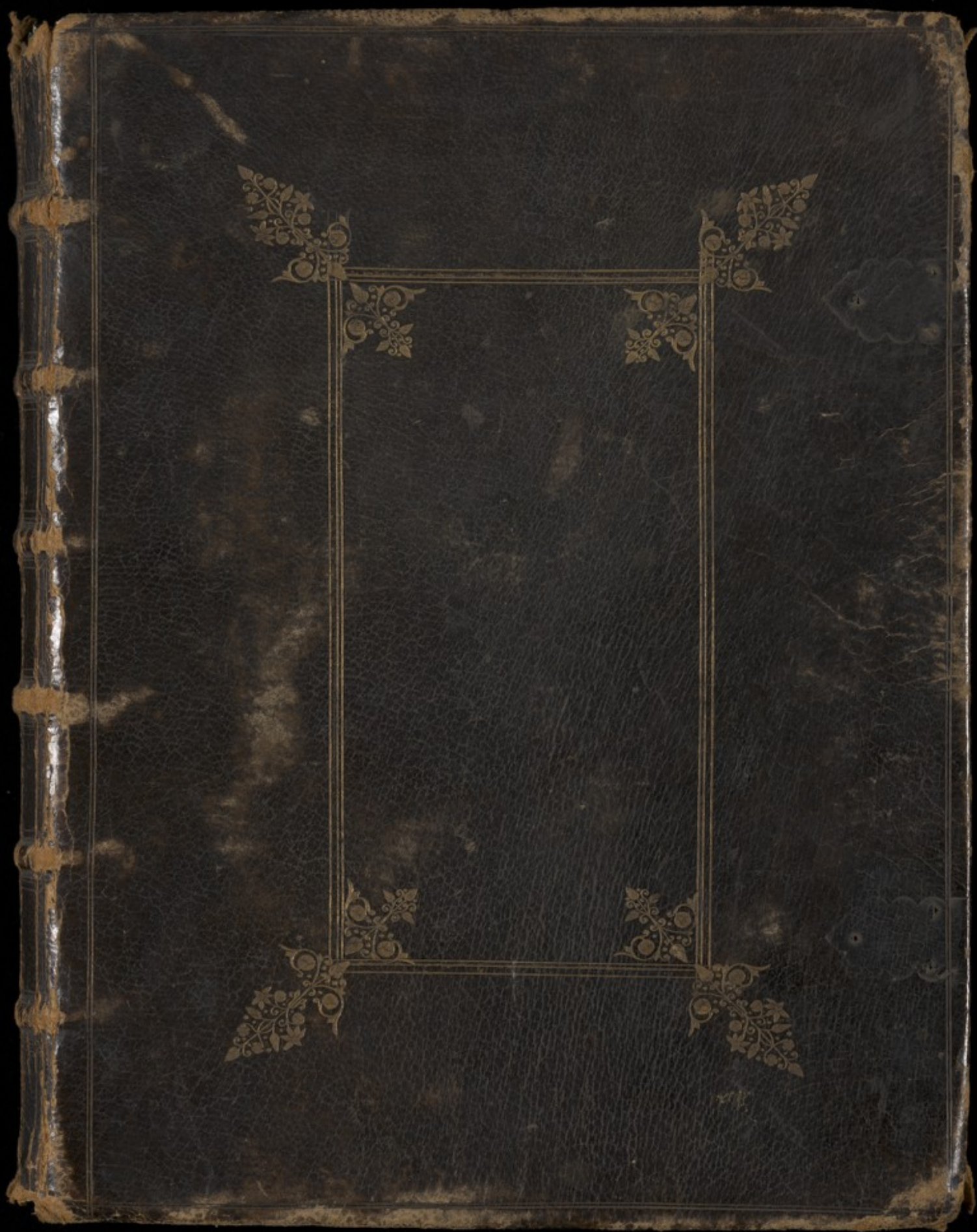
License and attribution

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



BRYNDERWEN.
USE.

Put two roots of the Common
Mallow (*Malva Sylvestris*) into
Small pieces, stew them well
with one penny worth of Luteal
Sweden with Honey. Drink
as much as you can.

From Mrs. Logan Church
April 12th 1872.

For as much as the King & Council provided to have

~~scribbled out text~~

~~scribbled out text~~

~~scribbled out text~~

~~scribbled out text~~

into many indifferent here
ble, and dry as the
rann
sweeten

sake, will i

le of it in in an
en dyer water water
cloth
e tell



Forasmuch as the King & Council have granted to the

[Scribbled out text]

[Scribbled out text]

[Scribbled out text]

[Scribbled out text]

into
many
indifferent
here
ble, and
dry as
the
run
water

sake,
will

ile of
it in
in an
en. eyes
water
water
cloath
re tell

4996

770
2020

WHITE (William)

Collection of medical and cooking
receipts by various hands.

[Early 18th cent.]

The Library of the
Wellcome Institute for
the History of Medicine

MS 4996

Accession Number

62181

Press Mark

for Coae Giliflower Sake

621821

putt such a quantity of Sacke as you please into an Earthen, vessell well glaised, then putt as many Cloves clipped from the whites as will make it indifferent thick, and Cover it Close, it may stand any where but in the Sunn, Stirr it sometymes with a Ladle, and when the leaves looke blew, take them out as dry as you can, and putt in fresh, soe doe till you see the Sacke turned of a good redd Coloure, then lett it run through a hayre sieve into another pott, and sweeten it to y^e tast, and soe bottle it upp.

you may put the flowers you take out of the sake, with a fewe fresh, into whit wine, and it will make very pretty drink

Receipt to Make Lipsalve

take a pound of the fat of a lynn of ucale of a cow calfe: pick of all the skin and cut it in thin slices, put it into clear spring water in an Earthen pot well leaded, and let it stand seven dayes in a coole seller, but besure you change the water every day; but let it be all waies spring water then take it out and dry it with a clean cloth then beat it in a marble Mortar eury fine till

it be as soft as May Butter, till you be sure
 all the knots are beaten out. Then take it out,
 & break it into very small bits; & lay it three
 days in a pint of very good Damask Rose water:
 & every day work it over with your hands. Then
 crush it all out, & put it in a clean gallipot with
 half a pint of fresh Rose water, & set in a skillet
 of boyling water on the fire. When it is all melted
 & just ready to boyle, take it off, & strain it into
 a gallipot through an indifferent thick cloth. Then
 set it on again; & to it add three Ingredients.
 Half an ounce of very fine virgins Wax.
 Half an ounce of Sperma. Ceti.
 Half an ounce of the best Camatum.
 Melt all these together. Then put it into the
 Liqueur as it boyles, with two Drams of white
 Lilly roots. Let it boyle but a very little while;
 stirring it 2 or 3 times about with a silver spoon.
 Then take it off, & strain it through a fine
 Tiffany into very small Gallipots. If you would
 have any of it red, put in some Cochineil, and
 colour it to what height you please. If you would
 have it perfum'd, put in 2 or 3 grains of Musk

into the bottom of the box you design to keep it
in. You must put clean paper round the box
before you put it in. Keep it in a Room where
there is no fire. And be sure not to cover it too
close.

To Make Hartshorn Jelly

Take to a quart of water: 3: ounces of harts-
horn & put it into a Silver Tankard or Earthen
Jugg and tye it close down & set it in a skillet
of water for: 4: hours then strain it out and
let it stand till the next day & then take it out
of what it is in, into a skillet clear from ye
bottom because there will be some settlement
and put: 6: Spoonfulls of sack or Rhenish
wine to it and a little sprig of Rosemary
and a bit of lemon pill & a little Cinamon
and: 2: Spoonfulls of Sugar & give it a
little boyll more and then beat ye whites of
3: eggs to a froth & ^{put} it in as soon as the Juice
is in & give it one boyll; and so take ye
whites of and Run it through a Jelly bagg
into glasses

Doct: Lowers Receipt for a
Loosness

Take two quarts of water. put into it half an ounce Scutellaria half an ounce of burnt Hartshorn and a good piece of loaf sugar boyle it till it comes to 3: pints strain it and lett it Coll then Drink it when you please.

Do: Kill worms

Take two handfulls of Grets & bruise them well then steep them 24: hours in good Spring water Stir them well together and so use them to y^e part affected.

To make Strawberry Wine

Put to six quarts of water twenty pound of Strawberryes bruise y^e Strawberryes in y^e water & let them stand in an Earthen pot close covered for 3: days then strain them adding to every quart of y^e water when it is strained one ^{pound} of powder sugar y^e put it into a stand or Earthen vessel close stopp'd or covered & let it stand a fortnight or more y^t is untill it be very clear & y^e put into every bottle a lump of loaf sugar

5

Langton
Coystererman
Johannis Coyster
Miller

To make Chocolate Cakes

Take a pound of Almonds Blanch ym & beat them with a Spoonfull of Rose water & 2 Spoonfull of ye Juice of lemon & ye white of one egg beat together put this in by little & little while you are beating beat ym very small & if you find they doe not tast enough of ye Juice of lemon put in more & put in 1 Spoonfull of Chocolate beaten & Serued & then take y^e full weight of Double refined Sugar & beat into y^e Almonds onely leave some out to make them up wth their is no difference between y^e white & brown but onely to put in a little more Chocolate when you have taken up ye white and also a little Siamont for ye white. For using take ye whites of 2 eggs a Spoonfull of Rose water & beat them up wth Sugar till it be thick and white & for y^e brown if same onely put in Chocolate to make y^e Isin brown Bake them in y^e baking pann wth a Temperate fire & when they are cold ye them & put Sweetmeats on ym cut like Dice & then set them in y^e pan to harden y^e Ise and take a feather & take some of y^e Iseing & drop ym between y^e Sweetmeats wth little Drops like pin heads & so box them — — —

To dry Cherries

Take ye largest Cherries you can gett & Stone ym and take near half y^e weight in Sugar and put to your Cherries & so set ym one a Clear fire and let them boyll a very little & Scum them so let them stand .2: or .3: days and ym just boyl them up; and take ym of and let them stand till y^e next day and then lay them one a sieve till y^e Syope be Drained out of them then put ym in a sieve & if you have Leads Dry them in y^e Sun Remouing them from place to place if not dry ym in a warm oven but be sure it be not so hott as to burn ym or chang y^e Couler when they are dry boxe them up

For an Ache pain in y^e Back or Bones

Take as much Stone pittch as a walnut .2: pennyworth of perue oyle boyl them together in an Earthen pot a pritty while Scum it Clean ym Strain it into a pot & put in .2: ounces of Sweet butter a Spoonfull of Roney & let all these have a warm or two on y^e fire then rub the griued wth this a gainst y^e fire & lay a soft Cloth on it for a fortnight but in .3: times you will find ease - this has cured one y^t was lame & went on Crutches .3: years

an approved medicine for a woman in Gravell

Take the distilled water of Lavender .2: or .3: Spoonfulls give it y^e party to drink or of y^e powder as much as will lye on a Shilling in wth wine you please

To Take down A Swelling

Take mouse Ears and Stamp them then take of Juice
& boyll it wth may butter keep this to strownt any swelling
what so ever

To ye Jandis

Take ye Juice of ye yongest Broom strain it into
whitt wine, or what liquor you like best take 3: or
4: Spoonfulls at a time taking 3: times a day or more
as need Requires

To make ^{Musk} Sunfitts

Take fine Scorsed Sugar & put amongest it a little quan-
-ity of musk yn work it up to past wth Guardragon
steep^t in orangeflower water then Roke them as thin as
paper and Cutt them in square pices like lozenges and
they will dry as they lye

To make Cream wth any kind of fruit

Take your fruit and pulpe it & to a pound of pulpe take a
pound of Sugar, let yo^r pulp be scalding hott & so your Sugar
and when they are both hot mix them together well yn take
3: or 4: spoonfulls of ye whitts of Eggs beaten to a froth &
mix wth your pulpe, so beat it very well & serve it up -
this will also ~~be~~ this will also make muskrons wth but: 2:
Spoonfulls of whitts: but more beaten & drop^t on papers
Ruled wth sugar & set in a Cool ~~oven~~ oven for twenty four
hours

To preserve Black Plums Muscels Plums
or Damsons

Take a pound of Sugar and a little more: to a pound
of plums wet with your Sugar wth a wine pint of water &
set it on y^e fire let it boyl once up & so scum it
yn put in your plums let ym boyl very softly for
a pretty while yn take them off the fire & let ym
stand till y^e next day in any thing but Brass or
Iron & boyl them up y^e next day leisurely when
y^e Syrope is thick they are enough Then put
ym up in glases

To prevent y^e Scurvy & Dropsy

Take: 4. Gallons of Sweetwort not too strong: 3:
Large handfulls of Broom: 2. ounces Liquorish
Aniseeds & Senoe Seeds of each: 2. ounces Agrimony
2. handfulls Lignum vitæ: 4. ounces; lie y^e Li-
quorish bruse your Seeds & boyl all these togeth^r
in y^e wort till a gallon be wasted yn
Strain it & after work it like other drink put
it in a vessel & stop it up Close & after 3. days drin-
k a pint in a morning fasting & at 4. a Clock in y^e Afternoon

To Make the Ring of Princes Balsom

Take one pound of Bay leaves one pound of
 Rue half a pound of Red Sage half a pound of
 wormwood you have ready: 4. pound of Sheeps Suet
 Rott from out of y^e Sheeps belly mingled & shread
 wth your herbs whilst y^e Suet is Rott it must
 be shred very small then take: 2. quarts of y^e
 best Sallet Oyl put it to y^e Suet & herbs then let
 it be sett in y^e earth: 8. or 9. days you take it
 out but be sure it be very close stopp in an earth-
 =en pott & when you have taken it out boyle it
 you must have: 4. ounces of Oyl of Spike to put
 into it when it begins to boyle you must boyle
 it till it looks very green & then with a
 Strainer ring out all y^e herbs & so keep it till
 =e stopp= it will keep a great many years
 you may take of y^e inwardly for any
 bruises

To make Goswyn powder

Take white Amber red Coral pearl hartshorn Crabs
 eyes of each one ounce of east India Beeswax one dram
 of Claws of Crabs so much as is black & as much in
 weight of all y^e rest beat you severly into powder & sears
 them through a fine sieve you wth belly of Hartshorn &
 Spirit of sack & a little saffron make it into little round balls
 dry them wth a moderate heat

The Electuary for a paine at
The Stomach

Take a Quarter of a pound of C three pinnivork
of Birt. Rubearb finely powdered, three halfpences
in prepared powder of Steele, one halfpenny in
twomarak finely Powderd, Twentie drops of
Spirit of Saferne, Ten drops of oyle of annaseeds
half a Quart of an ounce of Carduus seeds finely
powderd, Beat all these very well together with
the C till they be smooth Electuary & take
of it every morning for 3 weeks if bigness of
a wallnut is drinking after it about half an
hower, a good Draught of whitewine Posset drink.

X For an Ague

Take of Chickweed groundsell & worm-
wood each a handfull but most of
wormwood shred them very small & put
ym in a linnen bag an hour before you
Expect ye fitt to come air it by y^e fire
& hang it at y^e hole of y^e Stomack &
if yt do not doe at ye second fitt hang
on a nother

11

Phisecale Receipts for all Diseases

M^{rs} Abbyes Drinke for the Colicks

Take Coltsfoot; Cowslippes of Jerusalem, rauory; speedwell;
tamariske; hyssop; pennyroyall; and maidenhaire that the
apothecaries sell; of each halfe a handfull; of anniseeds a
spoonfull and halfe brused; figgs sliced a dosen, raisins
stoned fore ounces; boyle all these in three quarts of faire
water in a pipkin ten houres; then put in of leuicwort; and
heartstongue of each a littel handfull; cleane washed and sliced
of liquorish scraped and brused a ounce and halfe; boyle
these with the other halfe a houer; straine it and sweeten it if it
need; of this drinke giue the child every day; in the after-
noone a bout fore of the cloke a draught warme; and so last at
night; but none in the night afterwards.

you must anoynt 7

you must anoynt the child on the breast up to the throat,
and Downe to the side of the stomacke; and the ribs; but that
with a very slight hand so which share must bee had great
Care; for the first weeke anoynte it only at night; after=
wards mornings and nights; then put on a double cloth cut
like across cloath; which is not to be changed a booke once in
a fortnight;

a day or two before the child is anoynted; and as soon as you
leave of anoynting it; it should take some little purge; cho
a pious most of syrrop of succory with rhubarb;

when the children are very bad in the rickets anoynt
them with the Juice of house snails; joints breasts; and
sydes; they must bee broken and tyed up in a wollen cloath
and squeezed a little so there will bee a kind of oyle which
will come through; a print may bee made at a time

A Briefe Drinke for the
Rickets of m^{rs} Hobbys

take tamarisk the inner barke of a younge ash; not twenty
years old egrimony, saincle; speedwell, succory, coltsfoot, diuers,
cowslipps of Jerusalem; maidenhaire; comfrey, Cetrach; betony; of
each tow handfulls; boyle these in three gallons of middle alewort
a houer and a halfe; and bruise the ash barke; and boyle it an
houer before the other bee put in; that so it may haue an
houers more boylinge then the herbs; then straine it, and make
it vj gallons at least; and worke it as other drinke; and sunne it
as soone as it is turned put into it the Juice of fore handfulls
of scurigrase and tow handfulls of watercresses; then take a handfull and
a halfe of liuervort; as much heartstongue; beergevery cleane picked; and
bruised and put it into a bolter bagge; and a stone to make it sinke, and
hange it in the drinke; at five days old let the child drinke of it, at all times
if you can you must put into it tow handfulls of osmond royall root or osmond
ferre roote; or fox ferre roote; and tow handfulls of succory roots;
The roots must bee boyled with the barke, this you may giue for a constant drinke

To Make Snale Water from Mrs Hobby the Breake

Take a quart of snails, such as has houses on their backs, let there be a quart when the houses are broken off, then wash them twice in beere; and once in skime milke; then Dreine them, drie in a Cullender; put them into a gallond of red Cowes milke, and boyle them a scale, or two, to take off the rannes; then gether a good handfull of spearmints, Cowslipes of Jerusalem, maderhure, hart's tange, Coltsfoot, wipe them cleane, choppe them, put them them into the stile with the milke and snales, let there be a pretty swicke fier; pretty often stured becase it is apte to grow thicke in the stille
 when children are very bade in the rickets; anoynt them with the use of house snales; Joynts breasts, and ridges, they must be broken and tyed up in a wollen cloth; and squaced a little so there will be a kinde of oyle which will come through a printe may be made at a time

Receipt for Consumption Rickets; and Jaundies of
M^{rs} Hobys for old or younge

Take a pecke of garden snails; or out of the fields so they be
not wet; wash them twice or thrise in beere; then let them draine
in a sieve; make a good fire of charcole; take a some driphinge
pan; and pover in the snails; when it is set upon the fire; then
keepe them sturging with a sticke tel they are dryed with the
fire; which will be in halfe a hower or thereabouts; set the pane
shelving that the liquor may be thorne away; pover them out
into a sieve till they be colde; then take two quarts of earthwormes
washed in beere twice or thrise; and beate them with the snails in
a stone mortar; take two handfulls of Angellrice; layeinge it at the
botome of the limbeck two handfulls of relapine upon that; a quart
of rosemary flowers upon that; two handfulls of bettony and
egrimony upon that; a handfull of docke rootes cleane scraped; and
sliced from the pith; and as much barberry vine scrapeinge a way the
browne outside; a handfull and halfe of baves foot upon that; two handfull
of wood sorrell upon that; halfe a handfull of rue upon that; and one
ounce of fenigricke; one ounce of turmericke; beate it and pover it upon
the hearbes then pover in the snails and wormes on the tope; then put in
three gallons of the strongest ale you care git; and let it stand twel
howers close in the still; in the morninge make a fire under it; bruse three ounces
of cloves; six ounces of hartshorne shained into the limbeck; then past it y^e can
the limbecke close and set it a rooken

three spoonfulls to a man or woman in a morning with the same quantity of beare

one spoonfull to a child in one spoonfull of beare

Let your ale the water is made of be the strongest that can be brewed

this is exceeding good to cause an appetite

A Receipt for the scury; and shortnes of breath
and obstructions; my brother willoughbys

Take china roots thinly sliced; and beaten to a grosse powder; shaccings of Juory; and hartshorne; of each tow ounces; steepe them all night in five pintes or a pottle of water; then boyle them to the consumption of a third parte when it is halfe boyled; adde egrimony brookelyne; harts tongue; watercresses; ground fyre; and lungwort; of each a large handfull; of sage halfe a handfull; raisins of the sone stoned tow ounces; toward the end; add halfe a ounce of liquorish; and tow drames of coriander seeds; straine it; and if ned requier sweeten it with a little white Lofe suger; this may be taken from a quarter to a pint; once, twice, or thrise a day at Distances from meals for the

use of a fortnight or more. 3 cordiall pills to be taken twice a weeke; and the ovinge of kinge some
as the broath; the pills may be had at Mr. Richardsons in warwick lane

A Recipe for the Wind Colick

Take of cumin seeds one ounce; boyled in a quart of sake; with six pebbles of Orrises
the powder of cutwell roots; two Drachmes; untill one quarter of a pint be Consumed
and drinke of it being strained; morning first; and evening last;

To make Mr^s Shumonds hot mint water

Take two three pound of mint, a pound of balne; and let it lie all night in two
quarts of sake; next morning put it in your still; and fast it up close; and so still it
with a gentell fire; and to this quantity of herbs you may make as much as you please

To make Sr Syoney Holmeys Surfet water

Take fore handfulls of Cardus; two handfulls of spermarie; two handfulls
of wormod; put all these into a still; put as much new milke from the
Cowe as will cover them; let it lye all night a steepage in the still;
next morning still it with a gentell fier; so keepe it in glasses to
drinke when you please; and have occasion with a little suger; the
quantity of halfe a pint or what you please

My Lady Henry's Cordill Water

Red sages; Tamarisk; Mother of time
 Betaney; Coltsfoot; felle Dases with the flowers; leues
 meett Iosep; Auens; and roots alltogether
 setwell; velleren; of each of these yarbs take a handfull when
 Time; Saxafreg; they are cleane from thear stakes;
 Ballme; Pimpernell; of Rue
 Peneoyall; Veruen; Maden hane
 Saravell; Parsley; yarrow
 Sallandine; Rosemare; Comfrie
 Water Cresses; Sueruey grase; Sweet Margrom
 harts heare; Scabeys; Camomille
 Lauender; Pelleterey of the will; Plantine
 Angellegoe; Brilld margrom; of each of these yarbs take a
 garmander; Roman Wormoud; hand full before they are picked
 Callanines; Cardis Benedictus; of egrenony; and Corolife halfe a pecke of each

of rosmary flowers half the quantity;

of aniseeds

fenell seeds

farsley seeds

Cavenay seeds

of each of these take two Drachms

of nutmegs

ginger

Sinemount

Peper

Cloues

mace

of each of these two Drams

Spikenard; and allecompane roots Dried

melilot flowers

Callamus aromaticae

Carda romana

Lignum aloes

Rubarb sliced thine

gallergall

beroneca

quibwibs

granes

of each of these two Drames

ginger berries one Drame

Stomasium rosarum shred thine

Chirea roots a ounce

Sasafreys sliced halfe a ounce

karts home two ounces

Wash all the yeavbs; and "

Wash all the yeards; and wring them in a cloth; till the water
 bee well drained from them; then laye them thine upon a tabell to
 drie better; after shred them small; and put them into a earthen
 pott; and put there to; so much of the best sherry sake, as will cover
 the yeards; and so let them stepe 24 houers; but put your spices
 seedes; and Druges beinge brused into the midst of your yeards before
 your steepings; then put it into a limbak; and from this quantity of in-
 grediants Draw three pints of water; which beinge mixed will bee strong
 orange; but if you desier to haue it smaller; you may haue a pinte more
 from the same stillinge; then into each quart glass of water put the quantity
 of Cordells heare expressed

of Besar — 15	} granes	flowere of Correll one Drane
Musk — 12		flower of peavle one Drane
Ambergrese — 10		flower of amber one Drane

white sugar candey beatone halfe a pound

of Lease gould, 4 leaues

a small bage of saffron

shake these well together; for the space of 14 Days, together; and the longer
 you keepe it the better to use; in may is the best time to make this water in;
 the glasses you put this water in; must bee double glasses; to hold about a quart
 that shall any bee voyne to shake it when the Cordell are in; and you must bee
 chuev to stop it close

The Palsy Water

Take of Lavender flowers; stripe it from the stalkes; fill a large gallon glass; and pour on them a very good spirit of wine or aquavitie distilled from all flame; then circulate them six weekes very closed stoped; and clad with a bladder; and see that nothing breath out; let them stand in a very warme place; and then destille them in a Limbecke still with his cooler; then put in the same water; of sage flowers; rosemary; bittoney flowers of each one halfe a handfull; burrage; buglase; Lylly of the valley; Cowslipes flowers of each handfull; stepe these flowers in malmesey; or good aquavitie; steepe every flower, and herbe in its season in good spirit of wine, till all bee had; then put them all together; put also to them; balme motherwort speake flowers; bay leaues; the leaues of orange tree if thay may bee had; and flowers, of each an ounce; cutt all small; put them to the afore said destiled wine and malmesey; and destille them as before; steeped the space of six weekes; then put in this destilled water; yealtow pill of citron dried: or else of Lemon pills; and syony seedes hulled; of each six Drames Cynamon halfe an ounce; nutmeges; masee; Cordemors; subibs yellow saanders; of each halfe an ounce Lignid aloes; a Drachme make all these into powder; and

22
and put them in the afore water; and put to incub new and good
halfe a pounce take out the stone before hande, Cutt them small;
Close your veselle well with a buble bladder; Let them Digest six weekes;
then Distraine this hard well with a presse; and filterate the liquer; and put
in this liquer; prepared perle tow drames prepared smaragdes a scruple;
amber greene; muske; saffron; of each a scruple; red roses; Dried well; and
sweet smelligred sanders; and yallow of each an ounce hange these in
versenet bage: well closed; that nothinge breath

The vertue; of the palsey water

this water is of exceedinge vertue in all soundinges weaknesses; of the hart; and decayenge
of the speretes; and is of greate vertue in all apoplexies palseyes; epilepsis; also in all
paine in the Joyntes cominge of Colde; in all bruises outwardly bathed; and a cloth
diped in and layed on its vertue is more then man can Conceive; it strenthneth
and Comfort all in mall vitall; and naturall spirits; and cleareth the ex:ternall
senses; it strenthneth the memory; restoveth lost appetity also weaknesses of the
stomack; both takeinge inwardly; and bathed outwardly; take of it a quarter of a
spoonfull; and fast after it; it taketh a way giddinesse of the heade; helpeth lost
heareing; a pleasinge breath; there can be noe better remedy for

for jaalseyes, and ophlexis; both to helpe in the fitt, and to
preuente; if you take morning and evening a quarter of a spoonefull
with Crumes of breade and sugar; it helpeth the lost speech and
helpeth all Cold Dispositon of the Liuer; and a beginiinge
Dropsey and all Diseases of the mother

To ^{make} my Lady Westmorlands Plague Water

Take of sage, salerdine, rosenary, rue wormwood, rosarolis, mugwort;
himfemill, dragons, agrimony, balme, scordium, Cardus benedictus,
betony floures; and leaues Centery floures, and topes of marigoule floures
and leaues of st Johns wart flowers and topes of each a good handfull, then
take the roots of pectasits or butter burre; the roots of turmantile; angelica,
gentiam; elcompane; piony; sedeary, and squirrite scraped cleane, and
sliced thin; take of them three quarters of an ounce; wash the herbs; then
shake them in a cloth till they bee dry; then shred the herbs, and mixt them
with the roots putting them all together in a gallon and half of whit wine
steeping all together in an earthen pott well leaded; and so let them remaine
close Covered ten days and ten nights; stirring the herbs roots and wine
together once in each day; then distill all together in an ordinary 13

ordinary still; and not in a limbeck; with a soft fire; Cooling the
 Cover open with wet clothes wrung out of cold water reserve
 about three pints of the first runinge by it selfe, and as much of the
 second runinge a part aboute a quart of the 3 and last runinge in
 severall glasses; cleane washed well dryed and afterwards; close stoped
 you may close the still round aboute in the Joynts with past made
 of rye meale wine vineger; and whites of eggs; and a little powder of
 boole armeniacke; Least the vertue breath forth in the Destillinge and
 remember that the fier goe not out untill it bee destiled; which will
 bee a boure tow Days and a night

To make the Plauge Water I allways make; which is good
 against the plauge; the smale pox the messells sarfett; or to remove any
 infectious thinge ore payre from the hearte; and is of soveraigne vertue to be
 given in any sickness

Take rue, egrinony, wormewood, sallendyne, sage, balme, rosemary, maywort,
 tominth, draggons, primperiell; fetherfew; burnett, sorrell; marygold flowers
 Cowslipes; and panssey flowers Cardus benedictus; angellica; speimint
 a litle of the rootes of chicompaine, serapt; scordium halfe a pound

a pound; of gentian rotes; of all these take halfe pounds a peice
 only of rosmary a pound; of ellecompane roots scraped some what lesse
 then the rest; shred all these very small and soake them in a pottle
 and halfe a pinte of white wine; and in as much sacke, let them
 stand five dayes; and nightes; every day stirringe them; when first
 you lay them to soake, put in an ounce of Collyander seeds; and
 an ounce of anniseeds, and an ounce of Cordium seeds; then put
 the wine and herbes into an ordinarie rose still well stoped;
 keepe the first runinge by it selfe untill you finde it rune
 smaller; in some extremity of the small pox; or measles; you may
 give it with a litle treakel; or mithridate; give it warme, and at
 other times with a litle sugar only; ten ounces of veins treakel
 put into the hearts before they are ebiled

The Countiers of Angleses Surfett Water beage very good upon
 any Pestemper

Take sage; Cellendiac; reu; rosmary; wormwood, the hearbe rosasolis; mugwort
 himbarnell, Dragonnes; scabious; egrenony, balme; bittony flowers and leaves, many
 flowers; and leaves; Cardus benedictus of each of these a handfull; rasto

roots of turmentell, angelica, chionharne, male prony, sedarey,
 liquerass; all cleve Craped; and sliced; of each halfe an ounce, shred
 all the herbes together; and mix them with the sliced roots, and put
 them all into a gallone of the best, and strongest white wine, or white
 wine and sack is very good; halfe of the one and halfe of the other; let
 there bee iust so much wine as will Cover these things; if a gallone will
 not doe it take more; Lett it steep in an earthen pott, beinge very Close
 stoppt ten Days and ten nights, settinge it in a Cold place, then Destill
 it in an ordinary still, not in a limbeck, with a soft fier, reserving the
 first runnige a pint by it selfe which is the strongest; and also a quart
 of the second runnige by it selfe, and at the latter end a pinte of
 the weakest by it selfe; each quantitis in severall glassis; so stop them
 up Close, and keepe it for your use; fast up your still very Close;

of the first sorte of water you may give ten spoonefulls at a time, of the
 second fore spoonefulls; of the weakest, which is fittest for children, you may
 give ten spoonefulls to a new borne child

to Comfort the stomake give it blood warme with a little suguor; and in any
 you may mix it with any wylfe, or Cordiall or, or

surroffs; you may take of this at any time; but best at your goeing to bed
 or fastinge

24

it is a most excellent water for any Deetemples, what so ever, the latter
end of June is the best time to make this water; you may dry hearts
in the summer, and make it a gaine in the winter, if you fress and it will be
very good

if you put in fove ounces of hartshorne; and ten ounces of clove
gilliflowers, the water will be the better; to weigh your hearts is the
exactist way; so you will be shuer to have like quantity

To make the Aqua Mirabilis I make

Take Cloves, nutmeggs, ginger, and mace, of each ten Drames; Cardian
seeds, malleot flowers; gallingall; quibneos of each ten Drames; one
quart of the Juice of salliden; a pint of the Juice of ballme; as much
of spearmintes; ten pound of suger; let all these stepe one night together in
three quarts of raake; and in the morning still it in a cold still; with a very
soft charcole fier; you shall have three quarts of very good water; you must stepe
your things in a glase or gally hot; or earthen fast stoped up with leather; and
paper; and you must fast your still fast before you make your fier; and put
not in your suger before it be stilled; then you must season it all together
and put a little saffron in and so put it up in glasses; and hange a little
ambergreese; or muske in a bage and so put in to the glase; this water remains

To make a nother Aqua Mirabilis

Take Cloues; nutmeggs; and mace; of each tow Drames; Candeman
 ocedes; malleot flowers; gallingall of each tow Drames; beate all these
 together in a mortar; and put them into three quarts of white wine
 and one quart of aquavisoc; then take a quart of the Juice of sabbidine;
 a pint of the Juice of spearmints; and as much of ballone; then put all
 these together; and steepe them for one night in a hot close stoped; then in
 the morning Destill it in a Cold still; and so receive your water; and when
 it is stilled sweeten it with Duple refine suger to your tast, and Cutler
 it with a little saffome if you will; and if you please charge a bage of
 ambergreese or muske in every glase, and stoppe your glasses close and
 keepe it you must still it with a very soft fire; for it will bee
 apte to burne tow; if you please to use sake in steade of aquavitie
 the water will bee the milder; but angellica water you by at the
 apoticaryes if you put a quart of the angellica water in; insted of
 the aquavitie; and Leave out the aquavitie it will bee better and
 more pleasant water, and my Lady westmorland make all have
 aqua mirabilis so; and like it best; but all waters you still use with
 close to constantly a slide of the head of the still; if more the water
 and the water will be much the better.

To make the Aqua. Mirabilis, I always use my selfe and give
my childrene, and which I thinke the best and holsonest

Take quibnes; gallingall; Cardemon seedes; mallut flowers of each tow Drames
of nutmeges, Cloves, ginger, and cincomont, of each tow Drames; a quart of the
plaine stilled water of salliden; a pint of the plaine stilled water of ballone
a pint of the plaine stilled water of spearmints, and three quarts of sacke;
bruse the spices; and other things; and all together with the waters and sacke
into a glasse or close pote; to steepe one night close stoped that nothinge
of the stevnte may breath out; the next morninge destill it in a cold still; with
a very softe charecole fire; but before you kindele the fire under it put
it up close, and when the fire is kindled; wet linen close in a palle of cold
water; and wringe them out hard a gane; and so sape all the head of the still
over; and as they be gine to drie wet others and put on the still; and so doe
tell all your water bee stiled out; and when it is stild sweetenige it with
Dubler refined suger to your tast; of this proportion; you will have a
boute three quarts of good water; if you would have it stronger you may
put a quart of stronge angellica water to all these ingredans; which you
may have at an apotecaves; but for children this weake is best; thus
you may make this water all the yeare; if you keepe salliden; and ballone
and minte water stiled in the time of the yeare; and waters; are better then

To Make the Triacle Water

Take an ounce of hartshorne, havinge boyled it in three pintes of springe water untill it come to a quart; then take rootes of gentian eyphrese, tormentill, blessed chastell, angellica of each an ounce, borage, buglase; and marygolde flowers of each ten ounces; of sittarne vines one ounce; the take a pounde of the best ould venice triacle; and Dessoulfe it in six pintes of white wine; and three pintes of red rose water then infuse all these together one night; and in the morninge destille it in a Could stillle; fasted well up; and keepe with wette close, as the flage water is

To Make Oringe Water

Take a gallon of sacke; and the paverige of forty oringes; and let them be pared so thine as not the best of white apers upon the pille; and as you have them put the paverige of the fortye oringes into the gallon of sacke; and stepe them in the sacke three days, and three nights; and if you would have it stronge still it in a Limbecke; but I still it in a ordnery still most Comonly my selfe; and ade a greater quantity of oringe pelle to it; and fast of the still fast that nothings can breath out; and keepe it with wette close as is sett downe for flage water; this water is the same with the pillles of Lemons or Citrones; and you may put some white suger Candy into the bottles; and let it drop upon it, what you thinke with sweeten it; or els sweeten it to your tast with ^{suble refined suger} and mixe it all together.

To Make Rasbery Water

Take six quarts of rich sacke, take ten or twelke quarts of rasberrys; cleane picked, put them into a greate earthen pott; beinge close stoped; in a Coule seller; for ten Dayes together; then mash them together; and still them in a glasse still; the first three quarts that Comes is the best; to every glasse of a quart put halfe a pounde of Duple refined suger; and Lett the water Drose upon it; but for sweeterage it you may doe as you like best; ether more suger or Lesse, to your own tast; then take some of the sacke that has bine Leafe; and fill it as full of rasberyes as you can, to make it very stronge; and Lett it stande all night; then ringe them out; and make it a sweete ascurrufe; and Lett it scalde and bee redy to boyle; and scume it as long as any scume will rise; then with it make your water as hige Culreade as you please; and stoppe it and keepe it for your use

To Make a Exlante stomake Water of my Lady Lindseys

Take a pinte of wormoode water; and a pinte of minde water; and a pinte of angellica water; and a pinte of Cardus water; all which has bine stilled severally in a ordnery rose water still; and mingle these fore waters together; and sweetning them with white suger Candie; and so keepe it for your use

32 The Lady Aallens Water stiled in a rose water still
Take of sage, sallendine; rose mery, ren, wormwood, rosasolis;
rugwort, hampennell; Draggones, scabious; egnony; balme; scardiume
Cardus benedictus, bettonie; Centaury; marygold flowers, and leaves,
of each of these a good handfull; then take the roots of tormentall; angelica
aliofaine; seduavy; Licices; gentian; all cleve scrapt; eche of those
halfe a pounde; Let all of these heards be rased; and shaken in a lincinge
cloth; till they be well dried; then shreds all together; the roots slice
then mixe them with the heards; then put them all into a gallon of white
wine; and let them stepe together in an earthen pott, that is well
leaded; and so lett them remaine close stoped; two dayes; and two nightes
sturinge them once a daye; Distille them all together in a ordnerge still
not in a Lembecke; with a softe fier; receive aboute a pinte of the first runninge
by it selfe for the strongest; an ordnerge alle quarte of the next runninge
by it selfe; and lastly a boute a pinte of the laste and weakest; set it by
it selfe; it is good to Dye the still rounde a boute in the Joyntes; with a paste
made with vie melle; wine vinger; whites of eyes, bou le armonie; while
you Drawe offe the strongest; then after ^{wards} you ned not paste your still any
more; the water is good against any infectious Disease; as the Plauge; pox;
meselles; or pestilence burminge feavor; or to remove any ofensive

offence, or venous matter from the harte, or stumoke; and good against
 a surfet, or passions of the mother; it is generally good to strengthen
 natur; and for children in fits of Convulsions, and in Colde Causes
 what so ever; of the strongest ten spoonefulls; and of the weakest
 fove spoonefulls; you must take it a little warme; with some eger in it,
 and it may bee very freely mixed with any Julope; when there is any
 infection

To make the Small Water fallways give
 in feare of a Consumption or Jaundies

Take a pecke of smalls in the shells; wash them in a greate boule of beare; then
 make cleane your Chimly, and kindle halfe-a bussell of Charcole; and when they
 be well kindled make a greate hole in the midst of them; put in your smalls
 and scatter some of your Colles amongst them; when they have done making a
 noyse; take them out; and with a knife and a Corse Cloth; picke and wipe them
 them cleane; then in a mortar beate them; then take one quart of earth
 runnes; sise them; and wash them in watter fove or five times; then beate
 them likewise; then have your limbecke pott ready then laye ten handfulls
 of angellicoe in the bottom; ten handfulls of salvine on the top; ten quartes
 of rosemary flowers; or slices of rosemary, bared foote and egremorie

egremorie, the rede Doke roots, and the barke of barbery trees, sorrell
 beethenie of each tow handfulls of all these; halffe a handfull of herbe
 of graue; fenegreake; tomorith of each one ounce, three gallants of
 alle, pouer your alle upon the tope of them; and lett them stande
 twenty foue houers; then put in three ounces of Cloues beaten; three
 ounces of hartshorne shaued; safforne the waite of 8^d then sett on your
 limbeck; then draw it out by printes; the first is the best; you may
 draw out of this eight printes; the next is weaker and fitter for children
 take three spoonefulls of this watter, with six spoonefulls of beare or
 alle in the mornenge fastinge, and at foue of the Cloke in the after noone

To Make Swallows watter good aganest

Conuulsions fittes M^{rs} Harves way

Take forty or fifty younge swallows, when they are redy to flie out of
 theare nest; bruse them and beate them in a mortar feathers and all; then
 putt to them tow ounces of Casttorum in powder; and so putt them into a stillle
 with three pintes of white wine vnneger; and so destille it as you doe other
 watters; and you may give heare of tow or three spoonfulls at a time; sweeteing it with
 suger; this watter is very good for the pacione of the harte; the pacione of the mother the fallinge
 sicknesse; for swooundinge fittes; for the ded fallacy; for an apoplexy; or any other
 Desere in the heade; for it very much Comforts the brane

An Excellent Water for a Proseey

Take six pound of blacke Cherryes, one handfull of prunella Leaves; one handfull of woodbine Leaves; a handfull of briar Leaves, one handfull of strawberries Leaves, beate all these in a mortar, well together; then take two quarts of new milke; and putt to it, and so destille it, and let the partye drinke halfe a pinte in a morning; and halfe a pinte at night; and refraine all other drinke; while hee useth this, which may bee a Cordially as hee meands;

take more of the prunella; and briar Leaves, then of the other, if you cannot come by blacke Cherryes; take of blacke Cherrye water, as much as you may conceave the Cherryes would make; this receipt wrought the greates Cure of the gentewoman at westminster which all Doctors gave over

S^r Adrian Gilberts Cordall Water

Take of raine water three pintes of angellyce; Draggon; Cardus and rose water; of each one pinte; put into these six ounces of Cinemonte; liqueras one ounce; aniseed; fenell seedes, gallinull of each halfe an ounce; boyle all these in a close Decolton; and presse it very harde; then putt to that best Liqueur, of Cordalls; gillyflowers scabiose; bonewort; Parslene, sollemons selle;

sollemon's selle; and tormintell roots, of each halfe an ounce; boyle
 all these in a close decoctione a gane; and presse it hard a gane
 then put to that prest Liguore; of cinemonte more one ounce; three
 nutmeges, ten cloves; mace one Drame, Coralle ether white or
 red, one ounce, raresteriam of perle halfe a ounce, lignum allord
 three Drames, methredate one ounce, bezie halfe a Drame; white
 amber three Drames; all that is to be beate, to be done very small
 of altathes horne; harts horne; and elephants tooth of each
 three Drames; beernge rasped very fine; and of vnicornes horne
 halfe a Drame; boyle all these in a close decoctione; and then
 destill it in the strongest balmo; and Lett it droppe upon white
 suger Candy; then take of siuctt, muske, and ambergree; of
 each one Crupell and halfe; soe them in Linien and hange it
 in the glasse of watter; in a nother Copie of this recepte I
 have founde aded unto the first watters ingrediances one pinc
 of the sperette of saike three times recified

this recepte I had out of my Lady Lindseys booke; which my
 Lady unones gave her; whose was sister to sr adrian gillberts;
 and which was counted a very hige cordall; and rare recepte; but
 the names of many thinges was speld so wrong as you will find as well
 I did not know what they were; and so never ventred to make it;

A Cock watter good for a Consumtion, or weakenes in the stomacke
 Take an old red cocke from the same Dove pluck of his feathers alive,
 then kill and quarter him; and breake the bones; then wipe away all the
 blode from the flesh, then take one handfull of time organ, and rosema-
 ry; ten handfulls of pimpervnell; ten Dats, a pounde of Corvents; a
 quarter of a pound of vesones of the cone stoned; put them all into a
 rose watter still over night, and laye the Cocke betweene the yeards;
 and putt thare so a pottle of the best sacke; then stoppe the still close
 with good past Corce, made as you use to make to due stills with, and the
 next morninge destill the same with a sockeinge fier; and receive the watter
 in three severall finte glasses; thus you may make it stronger or weaker as
 you please; then sweeten it to your tast as you please with white
 suger Candy finely beatore; take of this fove or five spoonfulls
 at a time, a hower before dinner, and a hower before supper
 all your yearbes must bee gethread at mide Day, and nothing
 must bee wete that you put in

To Make Caraway Watter

Take rosemary flowers; ten handfulls, of Calmixts ten handfulls; granes of parad, and
 Caraway seedes of each one ounce; of angellica seedes halfe an ounce; fove nutmeges
 beure all these into grosse powders; and put them into six pintes of sacke
 and still it in a cold still; and when it is stilled; sweeten it watter as you like

38 To Make Cherrye Water

Take fore pound of stoned cherryes; and five pints of Claret wine
a handfull of rosmary; two handfulls of ballme; two ounces of Cymon
bruised; two nutmegges sliced; in fuse all together in a glase or
earthen pott all night Close Covered; next day still them in an
ordnevry still, with a softe fier, sett it in the cone ten Dayes or more;
sweeten it with Duple refined suger as you like; and if you please
you may hange in a litle Larve in the glasses a litle muske or
ambergreece as you like; and if you will you may let the sweetinge a
lone tell you drinke it; the first quarte that dropes will bee as stronge
as ordnevry Cymon water; if you please to keepe it by it selfe;

A Water much approved on for a Consumption by my Lady Paghame

Take a pottle of the strokinges of red Cowes; a quart of muskiden, a pounde of
recons of the same picked and stoned, a pounde of the best blew Corvance, well picked
and rubed, but not washed; halfe a pound of engles liquovish; a quarter of a pound
of Dates elised; one ounce of cinimon; brokeinge in small peeces; but not beaten; two
nutmeges sliced; all these steep together twelve houers at least, before they bee
put into a still; then make your still very close with past; and so lett them be distilled
to gether, lett the party drinke of this morning and evening six spoonfulls; for six weekes to
gether, or two monthes, and sweetinge it with white suger Candy beaten to powder

M^{rs} Herberts Cordeall Water

Take a pottell of resberyes; and a pottell of straberyes; and put them into a pottell of sacke, and put to them a handfull of balme; Clouegilliflowers; rosmary flowers; marigolde flowers; and pinches, buerge flowers; buglase flowers; of each of all these tow handfull a pese; and a quart of Damarke rose water; Let these stepe a night and a day all together, then put them into a colde still; and you may Draue a pottelle of the best water; the rest that will come will be small; which is best to keepe by it selfe to mingle in Cordalles; as beser or the like; when it is all Draune you must put as much whit suger Candy as will make it plesante, and some maysterume of pearle; so much as will lie on a pese into the beste; and to give it some strength put in some sperette of wine into it when you put in your suger Candy lesse then halfe a pint will be a nofe to put to it all; that you must Due a Corden to your tast; or let it a lone which you will; but my Cosen harbord puts it in; this water is very good for soundings; or tremblings of the harte or any fumes from the spleene To Make a Water aganet Mallicoley

Take of rosmary flowers fore handfulls; Coweclifes flowers fove handfull; Damarke rose leaues three handfulls; walle flowers three handfull; pinches three handfull or better; balme bone leaues fore handfulls; put these herbes into a cleane earthen pottle and ade to them a pottell of good sacke; one ounce of Cinerent. 21

one ounce of cinement; brused, two nutmegs sliced, two pennyworth of saffron, Lett it stand two days stoped close sturging it some times, then Distille it with a slow fire. Close fastinge the Limbecke; you must tie in the nose of your still two graines of muske; as much ambergrise in a peece of fine lincine; and into the bottell wheare the water dropeth you must put in a quarter of a pound of white sugar Candy finely beatore

To Make water of wallnuts Called the water of life

Take wallnuts in the begininge of June; then beate them in a mortar and still them in a ordinary still; and kepe that water by it selfe; then take other wallnuts, and geather them aboute midsummer; and use them as the first; then take wallnuts the third time and geather them aboute a fortnight after midsomer, and doe so to them Likewise, kepeinge the water by it selfe; then take a quart of each putinge them together etill them in a Limbecke; and keepe it close stoped for your use; the vertues beare of; it will heale all maner of Tropeeyes, and fallers beinge drunke with white wine fastinge; secondly it is good for the eyes if you put one drop into them; thirdly it is good for a consumption beinge drunke moderaty fourthly it will make the face faire beinge washed with it; fifthly it is good for all maner of infermetys of the body and drieth out all Corruptions; and sixthly it will kill wormes in the body

body either drunke with wine, or by it selfe; whoe ever vs use to drinke
much of this watter, shall live as longe as possible nature can continue
severly if you have any wine that is changed, put a little of this into
it and stoppe the vessell close, and in fove Days it will revive it a
=game rightly it is good aganest a stinkeinge breath.

To Make M^{rs} Jephones Cordiall Watter

Take a pound of fine Loafe suger, finely beaten, put to it a quart
of ruinge watter; sture it well together, and straine it throught a Cotinge
bage three or fove times; then put to it a pinte of Damaske rose watter, a pinte
of the best Cinnamon watter; and a quarter of a pinte of angellia watter, and
as much of rosasolus watter; and as much of Clove watter; three pintes of
ordinary aquarth; a quarter of a pinte of annycedde watter; mingle all
these together; and poure it throught a Cotten bage fove times; then
take halfe an ounce of muske Comfits, bruse them and put them into
your glasses; you intend to put watter in, and shake its together
and set it up;

A Exlant Watter for the Splene

Take ashen Leys; when they bee ripe; and still them in a Cold still; then take your still
and fill it up a game with more Leys; sodae thrise; and it is sufficient; you may drinke
six or ten spoonfulls at a time; when you goe to slepe; or at any other time; when you
are troubled with the spleane

To Make a Cordiall water

Take halfe a gallon of the strongest aquavivte; one pound of reens of the cone, the stones beinge takeinge out; of them, halfe a pound of dates sliced; and a quarter of a pound of white suger Candye; which must bee dislourd in halfe a pinte of Damask rose water; a quarter of a pinte of poppie water; and six leaves of large mace; and ten nutmeges sliced; a dosen of Cloues; and one stick of sirement; some what longer then your finger, broken into smalle peices; then lett all these things bee steeped together, in a earthen pikein six dayes Close Covered stirring it once a day; then put into it one handfull of red poppies the blades Cutt offe, the which must remaine in it three days longer; then ruine it throught a hipochriste bagge; then put into your glasse wheare in you intende to have your water twelve penny worth of ambergreese; and six penny worth of muske; beinge both made into a smalle powder; then put your water to it, and keepe it for your use

To Make Surfet Water

Take fore gallons of ale brewed so stronge, that it will flame beinge poured upon the fire; and put there onto halfe a pecke; of red weed I meane red poppies; that growes a murest Come in the fields, and Cutt the blades from them bee fore you put them to your ale; then take one

43

one pound of liquorish cleane scraped; and three quarters of a pound of
anney seedes; and one pound of vesons of the sone, the stones taken out;
one ounce of Colliander; and one ounce of Carriages seedes; your liquorish
and your seedes must all be grossely beatene; or brused; and all these simples
must be steeped twelfe houers in ale; and then they must be distilled in a
limbeck untill the water runne white, then mingle your water all together
and put to every pinte one ounce of suger; and you may give it to any
one that is sicke of a cough six spoonfulls of the water in a morninge
fastinge; and for children the water which runns white mingled with
suger will be stronge enough

An approved medicine for γ dropsie & feary

Take a handfull of watercresses a handfull of pennyroyall foure
spoonfulls of horse radish sliced and cut very small some refore of the
sonne a peice of a necke of mutton boyle all these well in faire water
& use to take a pottinger of this broth before dinner & supper &
put in it a good store of bread & every morning take foure spoon-
fulls of pennyroyall water & this will helpe this infirmitie.

To make meate pease porrige

Take the broth of a Leg of mutton is boyled in, and put in
a peck of sholl'd pease & a neck of mutton (If you like
th a bit of bacon, & boyle them together, stamp som of
the sholl'd & straine them; and put the Juice into them as they
are boyling, & pott herbs Chopt small, & good store of
marggot flowers.

To make pease porrige without meal.

Take 5 quarts of watter & 4 quarts of shelled pease, the
Crumb of a white loafe soaked in watter & broke very small
of parsley, mint & Marigold flowers of each half a
handfull, as much pepper as will lie on a 3rd; Beate some
of the shells, & straine out the Juice mix it with the
bread, when the pease are boyled very soft thicken it
with the bread and let them have a good boyle & then
take them off. Let your herbes be shred very small
and boyle your butter & herbes together & put it into
the porrige & stirr them well together, but not let
them boyle after the butter is in, so season them with
Salt to your tast.

To dress Scotch Collops. ⁱⁿ ^{the} ^{Becons}
way

Take a Log of mutton cut it into thin pieces as you can
and then take the Quantity of a pony loafe cut it
~~into~~ small and then fry it with fresh butter, then take
a little margerum, a little time a little Saborry and an
Onion and mince them small together then take a
little gravy (or a little clarett) then take all the meat &
put it into the pann with 3 qts. of a pound of butter
Then take a Clove of garlick & rubb the dish with
ye bread ye use must be brown bread that it may
eat ye better ye mutton ye use must be as lean as ye
can

To Make Mether

Take ten gallons of water and boyle it half an hour & when
 and when it is cold put in 7 quarts of honey, and brake
 it in the water, with such a thing as you beat bisket wth
 all this must be as bigg, and have a long handoll that
 so it may always touch the bottom, for the honey will
 lie there till it be melted & so long it must be con-
 -tinually beaten, this portion of honey will make it boare
 an Egg, so as onely the Crown is Leane; (if it be good)
 (if not) you must put in so much as will do so then put
 in half a handfull of Rosemary one ounce of Ginger sliced
 and scraped, one ounce of mace one ounce of Nutmeggs a
 little Sweet briar a little Sweet marjoram, then let it
 boyle half an hour, taking of the Scum as it riseth
 but as little of the Rosemary & Ginger & other Spices &
 herbes as you can so let it stand till the next morning
 then take the whites of Eight Eggs shells & all, and beat
 them with a little water & put them into the drink;
 when it is cold, & let it on the fire, and let it boyle as long
 as any Scum will rise, & scime it all the while very close.
 Then straine it into pans to stand to, Coole, the next
 morning take the clearest of it, and turn it into a barrell
 with a pinte of yeast beaten with the whites of an Egg
 and a little flower & mingle your yeast with your mether
 and when it hath done working stop it up close, and
 let it stand a month in a Coole Cellar, then draw it into
 bottles and let it stand a month in sand, (or in the Cellar
 before you drink it.)

For the Dropisie

Take Juniper and cutt of the Barke then cutt the Juniper into chips in Tenn or twelfe gallons of water, untill the water be a q^{rt} Consumed, then put the Juniper & liquor into a Bath tubb, then let the partie go into the tubb being naked but not touch the water and the partie to sit in the bathe untill they feel themselves begin to faint, and then go to bed and take great heed of taking cold & then sweate as long as they cann, and Drink as little as they cann, they partie to purge the day before.

An Excellent receipt for the paulsie
Dropisie Gout or any E^{d} aches.

Take Hermodactills one ounce, Diagrodium one ounce & a half, Castus Cominized ginger and clouts ij drams Jett annized and Liquorish ij drams, make them all to fine powder according to art, and with a sufficient quant^y of English honey and white wine, make a Turrup of Reasonable thicknes boyled and so incorporate the powder with the Turrup being almost cold in the forme of an Electuary this purgation must be used 3 days in a week, till you finde som ease, then once or twice a week as occasion serveth you must the weight of 18 or 20 grains a time.

A Singular bath for the dropisie

Take a pottle of Strong Beer or Chamberly 3 handfull of red dock leaves and mallows & boyle them together, till they be tender then bath your leggs Evening & morning as hot as you can by a hott fire then go to bed, and sleep if you can, you must drink no new drink take Luxanum imp^{er} mingled wth the grated Nuttmogg when you go to bed to the bigness of a wallnut.

This is the receipt of the good old man, that did help Sr
Henry Besboock.

A receipt how to make French Bread

Take 2 quarts of new milk scald it, then take it of & let it stand untill it bee Luke warme Afterwards putt in a full pint of the best ale Daste, & a spoonefull of Salt mix them Allogother, and Straine them through a cloth, into half a peck of Flour, having your dishes prepared: make it up quickly before ~~it~~ it be cold; warme a close cloth and lay it over the dishes untill it rise to the full height set it then in the Oven, and close it up. so let it stand for 3 qrs of an hour. then take it out and chipp it & put it in againe for a Quarter of an hour more: then take it out & raspe it.

The Breads must be taken out of the dishes when they are put into the Oven, and set that they touch not one another.

For a Fistelov

Take a good handfull of raggweed & bruse it in a dish then take 4 or 5 snails, and prick them with a pinn and let the guse of them run into the raggweed, then brake of the shells of they snails and put they snails in also, then bruse them with the raggweed, then wash y^e wound with stale which done put the raggweed with the snails into the wound thrusting it alwaies onto the botom of the wound, once in 24 hours it will work it self out which then must be supplide with fresh raggweed & snails.

Take 3 or 4 handfulls of yarrow put ito a Jug that will hold about 2 quarts put y^e water boyling hott upon it & let it refuse & so drink nothing els

To make Jelly of Quinces

Boyl your quinces as you doe for Clear Cakes
 Strain it take a pound of Sugar to a pound
 of Quinces then boyl it together till it is
 enough & when it is all most cold put it up
 into Glases

To Make Cakes of y^e part of Quince

Take your Quinces & scald them & yn dry
 them in a dish till it is pritty stiff
 yn take to a pound of Quince half a
 pound of fine sugar & let it boyll together
 till it comes to a perfect past let it stand
 till it is cold yn take y^e other half pound
 of Sugar beat it & searve it through a
 lawn then take it & Rok it very thin &
 make it up wth that Sugar = print it
 upon wooden prints into what form you
 please —

To Candie Chip^s of oranges
& Lemons

Take your oranges & Lemons chip them very thin put yn
 in a thin Candie and so dry them —

A Receipt for Flooding

Take two ounces of conserve of Red Roses: $\frac{1}{4}$ of
 an ounce of powder of red Coral, as much powder of
 Bold Armorick as will work to ^{make} it an Electuary take
 of it $\frac{1}{2}$ quantity of a Nutmeg in y^e Morning fasting
 & at 4^o of y^e Clock in y^e Afternoon; - - -

and at Night going to bed take the quantity of a
 Small Nutmeg of Diascordium and Drink 4 Spoonfulls
 of Poppy water after it. *Or* - - -

M^{rs} Grafe Receipt

To Candie Quinces in Quarters
 white - - -

Pair of fairest Quinces thin weigh ym and boyle
 them as fast as you can in fair water uncovered till
 they are tender. then take them out and drain
 ym very well & put them into a thinn Candie
 of an Equall quantity or weight in Sugar let ym
 laye in that 3: or 4: days warming them with-
 out letting them boyle at all: once a day then
 take them out & Stove them - - -

The Plaster in May

Take polipone leaves & y^e leaves of Eleracampara
& dasey leaves & beat ym small & temper ym
with oyll of bayes as you see best to make a plaster
& lay it there to y^e sore evend ^{no} more, & he shall
by y^e grace of god be whole

To brak wind in y^e belly

Take Commin seeds & fenell seeds & anniseeds
beaton in powder y^e seeth it in wine & drink it
first & last

By y^e same To Make Sugar of Roses

Take of red roses leaves dryed :2: ounces of dulce
refined sugar :8: ounces of gum Tragacanth of
gum Araback of each a dram & a half and let it
be kept in y^e quantity of a spoonfull of red rose
water till they be thoroughly dissolved then mix them
all together & mak ym into a mass & cut ym out in
long or square: or in fashion you please

A Salve for any sort of sore if it is not deep
Take one ounce of y^e best venis Turpentine one ounce of y^e
oyll of Roses :i: handfull of Rosmary flowers a quartorn of
a pound of y^e best virginis waxe boyll all these together
upon a soft fire y^e being done mak it into Royle wolle &
keeps it for your use when you use it spread it upon a cloth.

For a man woman or Child that is broke in y^e belly
 Take in may y^e Tender Croppes of herb osmond & drye
 them with y^e wind & not in y^e sunn & make powder thereof
 & seere it & keep it dry in a bladder & let y^e patient drink
 of y^e powder wth whit wine Evening & morning wth water &
 Summ^r save^d in may you may drink of y^e Tendering of y^e
 said osmond for this drink will make y^e broken belly green
 as it were new broken & y^e patient must be well casely Prust
 wth her or she may go wth it all day & lye wth it all night
 till he be whole & that will be within fourteen days if he
 rowled for he must lye upright as much as he can both
 day & night & not strain his belly but as little as possible
 he must keep him laxative as long as he is sick & lye in
 his bed 20 hours in y^e Morning after he hath drunk y^e med
 icion & must eat no whit meat till he be hole nor walk
 but casely for straining
 y^e Plaster to kuyt him

Take poly pody y^e growth on an oak y^e roots of Elena
 Cambrana & pare ym clean & then beat ym in a morter
 small as you can & temper it wth oyl of bayes & make
 it a plaster thick and lay it on a thick cloth a good square
 & lay it there & place is grived wth y^e Doves some seven
 till y^e Morning & on y^e Morning Chafing it again y^e
 must be for all y^e year save in May y^e leaves will be
 better y^e Roots

For a Glistre

Take mallows tops & roots violet leaves &
 Strawberry leaves pectory of y^e wall each each
 of these a handfull :2: Spoonfulls of Aniseeds
 boyll ym in a Quart of positt drink to a pmit
 Strain it & put these to six Spoonfulls of
 Syrope of violets & :2: Spoonfulls of Sugar
 to be used warm

To Make Walnut Water

Take Green Walnuts in y^e beginning of June
 beat ym in a mortar & distill ym in an ord-
 anery still keep y^e water by it self then about
 midsummer gather some more and distill ym as y^e
 did before keep ys Also by it self then take a
 quart of each and mix them together and distill
 them in a glass still & keep them for your use
 y^e virtues are as followeth — it will help all
 Maner of Dropseys & palsies brand nth whitome
 fasting it is good for y^e eyes if you put one
 drop therein it helpeth Conception in women to
 drink thereof one spoonfull at a time in a glass
 of whitome once aday it will make y^e skin fair &
 wash therein it is good for Infirmitys of y^e body &
 driveth out all Corruption & Inward Crises be drank nth
 shall it killeth wormes in y^e body whosoever drinks of it
 shall live so long as nature continue in them —

53

M^{rs} Naylor's Leaden Plaster

Take a quart of oyll olive of y^e best A pound of
Red lead & as much of whit lead very well Calcined
into dust & 5 ounces of y^e best Calc. Lime mingle all
these well together in an Earthen pot well glazed & when
they are well incorporated together yt y^e Lime cometh y^eer
most set it on a small fire of Coals continuing your
fire an hour & half still stirring it wth y^e end of a fire
iron or some other Iron thing you make your fire some
what bigger till y^e Redness be turned into a grey colour but
you must not leave stirring till it be turned into y^e colour
of oyll somewhat dark you must take great care it do not
Run out into y^e fire yt w^{ch} you boyl in it it must not be
half full if it be fuller it will run over do what you
can you oyll a Drencher & drop of it on y^e Drencher & if
it cleave neither to your hand or y^e Drencher it is enough
you may dip linnen Cloths into it for Scar Cloths & when they
begin to be cold you you must smoth ym on a Table wth a
Slick Stone of best make up in Rolls oyll a board & pour it
out by some & some youll y^e hand & make it up in Rolls
& keep it for your use — — — y^e virtues of y^e plaster

Being laid to y^e Stomak it provoketh appetite and taketh
away y^e pain of y^e Stomak being laid to y^e belly it is a Remedy
for y^e Colick laid to y^e back it is good to Remove any pain of y^e
back it is also good for y^e curing of y^e Reids & for weakness of y^e
back it healeth swellings bruises all manner of aches it breaketh
felons boyles & y^e Impostumes & healeth them if dryeth any run
ning sore it healeth any Ulmer it watereth being laid to
foundement it healeth all Deces there & laid to y^e Temples it

is good for y^e pain of y^e Head or y^e toothade it
 is allso good for y^e Eyes or gout or for any swelling or
 sore old or new it is good to be laid to y^e side for y^e
 Splene or pain in y^e side — — — — —

To make a Dyet Drink

Take of Sena Clean and bruised: 4: ounces
 Rubbard sliced: Anniseeds Caraway Seeds
 Sweet fennell seeds of each bruised
 one ounce liverwort Rartshorn Agrimony
 of each: 2: or: 3: handfulls Shred horse
 redish roots: 3: ounces: 3: or: 4: Oranges
 Sliced one pound of reason Stoned let
 y^e herbs and roots be well mixt & dryd
 with one peck of Scurfy grass & Sage
 4: handfulls 3: or 4: handfulls of liver-
 wort also having thus done put them
 in a Canvas bag & having: 4: gallons
 of Ale new wrought put in y^e bag & put in
 one more yest when y^e bag is in being
 stopt up: 4: days drink of it fasting —

A Receipt for potted Venison

Let yr venison be quite cold then take to a pound
of venison one ounce of Cloves and mace & as much
pepper & salt as you think well Season it very high
then take yr finest sort of salt peeter: 4 ounces
scrape it over all yr venison more especially upon
a part of it & let it lye 2: days & 2: nights at
it in seasoning turning it every day & every night
in a braise when you bake it up in butter sufficient to
cover it you bake it very tender & when you take it
out of yr oven pour all yr liquor from it when yr
liquor is cold you take yr fat of yr lard & grease
render up yr fat & putt yr fat upon yr venison
again with as much butter as will fill up yr pott

M^{rs} Raylors = Approved

is good for y^e pain of y^e Head or y^e toothade it
 is all to good for y^e eyes or gout or for any swelling or
 sore old or new it is good to be laid to y^e side for y^e
 Splene or pain in y^e side — — — —

To make a Dyet Drink

Take of Sena Clean and bruised: 4: ounces ^{for}
 Rubbard sliced: Anniseeds Caraway Seed ^{r &}
 Sifted fennell seeds of each Bruised ^{ma =}
 one ounce liverwort hartshorn & grimo ⁱⁿ
 of each: 2: or 3: handfulls Shred horse ⁱⁿ
 redish roots: 3: ounces: 3: or 4: oranges ⁱⁿ
 Sliced one pound of reason stoned let ⁱⁿ
 y^e herbs and roots be well mixt & dryd
 with one peck of scurfy grass & Sage
 4: handfulls 3: or 4: handfulls of liver-
 wort also having thus done put them
 in a Canvas bag & having: 4: gallons
 of Ale new bought put in y^e bag & put in
 one more yet when y^e bag is in being
 stopt up: 4: days drink of it fasting —

A Receipt for potted Venison

Let yr venison be quite cold then take to a pound
of venison one ounce of Cloves and mace & as much
pepper & salt as you think well Season it very high
then take ye finest sort of salt peeter 4 ounces
scrape it over all ye venison more especially upon y^e
lean part of it & let it lye 2 days & 2 nights at y^e
least in seasoning turning it every day & every night
in y^e brine when you bake it up in butter sufficient to
bake it you bake it very tender w^{ch} you take it
out of y^e oven pour all y^e liquor from it when y^e
liquor is cold you take y^e fat of y^e lard & y^e grease
render up y^e fat & putt y^e fat upon y^e venison
again with as much butter as will fill up y^e pott

M^{rs} Noylors = Approved

To Make Cinamon Water

First take Cinamon 2 pound of Sweet Marjoram
 3 handfulls of Angillica a handfull Rosemary leaves
 one handfull damask rose leaves 2 handfulls Ballm
 2 handfulls put all these together into 2 gallons
 of Sack & distill it in a Limbeck yn put into it
 a quartor of a pound of Sugar & 2 grams of
 Musk yn let it stand in y^e Sun one week
 so strain it & keep it close stopt

To Make Doct: Stuttons Water

Take a gallon of good gascoyn wine yn take
 ginger Cinamon Nutmegs grams Aniseds of
 each a dram Sage mint Treofes paltory Rosemary
 Lavender of each a handfull beat these spices
 small & stamp y^e herbs & yn put them all into
 y^e wine & let it stand 12 hours stirring it
 often yn distill it in limbeck & keep y^e first
 pint by it self it is y^e best keep also y^e second
 it is good but not so good as y^e first you may
 double this Quantity as often as you please
 for y^e more is done together y^e less wast their
 will be

For y^e overflowing of the
in Child bed

Take one handfull of Shepards pouch one
handfull of knotted grass one handfull of
Cumfery Roots. Boill all these in 2 quartes
of small Ale. untill half be consumed then
take 6. new layed eggs yolks & whites beat ym
well together take half a pint of sack & so
with y^e Eggs make it into a custard & let y^e party
drink 2. or 3. times a day or oftener if there
be occasion

To make Cherry water

Take 2. quartes of Claritt wine & put into it a pound
of Cherrys Stoned one handfull of Rosemary one
handfull of Balme 2. ounces of Cinamon & half an
ounce of nutmegs quarter. Steep all these together
in an Earthen pott all night & y^e next day put ym
into your Still & keep a pritty quick fire under it
put to every quart of matter distill 4. ounces of
whitt Sugar Candie & tye a little musk at y^e mouth of
y^e glass & use it as you doe other waters

To make Goosbery wine

Boyll your water very well wth a pound of
Sugar & let it stand till it be cold to every
quart of water take 3. pound of Goosberys
bruisse them very well & put ym to yo^r wate:
let ym stand all night & then ~~all~~ strainem
through a flannell strainer to every gallon
of liquor put 3. pound of Sugar let it stand
all night and there will be a great scum
on it take it off & ym strain it again ^{into a}
vessell & let it stand one month ym draw
off all ye clear & rince y^r vessell & put
it in a gam ym let it stand 3. months
or as long as you please. & bottle it
for your use — Birch Wine

To every gallon of Birch water put two
pounds of powder Sugar let your water boyll half
an hour before you put in yo^r Sugar for it
must boyll no longer after yo^r Sugar ym while its
scum then strain it into yo^r Coolers when cold pour it
from ye grounds put to it some barme let it work 2 day
& 2. nights so turn it into yo^r vessell w^{ch} must be well smoked
with brimstone when its done venting fill up yo^r vessell as
full as it will hold stop it up close let it stand 3. quarters of a
year — you may make it wth loaf Sugar

The Earle of Norwic his Balsom

Take six pound of may butter, mixt with one quart
of Sallet oyl, foure pound of Bores grease, one pound
of Rozin, of the best so these, take of those
herbs following of each one handfull, Souldidg drie
balme, Lovage, red Sage, Lavindor, Labindor Cotton
horbe of grace, parsley, Cumfory Cullod bonnissett,
Sorrrel, Lawrell leaues, birch leaues, long wort, margerom
rosemary, mallows, Camamile, St Johns wort, plantaine
allhoale, Chickweed, English tobacco, herbaine, groundsoal,
wound wort, Egremonie bittonie, Cardus wild, a white
brioune, or white vine, adorstoung, pick those herbs cleane
(the must be gather'd in the heat of the day) chop them
and beat them as small as you can, and melt y^e Butter
with the bores grease, and half a pound of francosone,
putt in your oyl, and your herbs, beat y^e Rozin very
small, and put them into the former things, and let
them all boyle half a quarter of an hower, after it is offe
put it into an Earthen ~~pan~~ pott. Cover it close with lather
or parchment, and then lay a board upon it, then set it
into hors dung, one and twentie daies, then take it up and
put it into a kittle and let it boyl a litle, when it is rody
to take offe, put in your Turpetine and 2 ounces of yerdigrose
very finely beaten, and take heed it goes not over for it
may doe them much hurt that are about it, it will fly so
then straine all thorough a Coars cloth into som Earthen pott
and put in half a pounke of oyl of spike and stir them well
together, keepe your potts close covered, and when you have
cause to use it winter warm it, but in Summer Coole, dip your
finger in it and let the partie be chafed an hower together
with it.

This oymment is good for all achings or Swollings or any Straine in
a hors, most Especially for the dead palsee

A Receipt for Bacon

Put your Bacon in fitches take to every fitch of ba-
-con a quartor of a pound & a half of Salt p^{er}ter and
rub it very well all over y^e fitch one both sides
then Salt it well as you doe all Bacon when it is
been salted. 3. weeks hang it up in a Chimney a
week y^e take it & hang it in a dry place till
you use it — if you boyl a Ham take a
little Sout of y^e Chimney & after it has bin
Boyl'd half an Hour rub y^e rind all over to
Make it black & boyl it again till it be tender

For A Dropsey

Take a good quantity of Turneps ~~the~~
slice y^m thin & put a handfull of horse redish
Scraps thin in Rose water Still & distill it off
& drink half a pint of y^e water 9. or 10. times
evening; you may put Sugar if you please

For y^e Scurfey & Swellings
in y^e Legs

Take Egrimony Scabions ground pine. Sage
fermitory Roman wormwood of each 4 good hand-
fulls Roots of English Rueburb Horse radish &
flower deuce. Seeds Mustard seeds of each 2 ounces
of y^e best Sena 5 ounces garden Scurfy grass half
a peck Bruise these seeds & slic y^e roots and brake
y^e Rebs wth y^e hands and putt y^e bag in 6 gallons of
Middle Ale drink a pint of y^e fast nig & as much
as you please at 4 a Clock in y^e Afternoon

La^{te} Roopes Receipt to make
Spanish Patt or Cream

Take 3 quarts of new milk set it over y^e fire & put a
blade or two of mace in it & when it boyls up put into it
a pint of good Cream so let it boyl up twice till you
have put in 3 pints of Cream three severly times
but be sure y^e milk boyl up to y^e top when y^e cream
is poured in when you have done pour it out into an Earthen
pantion & be sure to stir it till it be cold y^e thinner
you set it it y^e more Cream will rise so let it stand all day
& all night y^e next morning take of y^e Cream thick & put
it into a pantion & beat it well wth a rod till it be so th^{ick}
-ick as it will fly but not so much for fear it be butter
y^e may put sugar to it if you please as you beat it
if you couler it you must doe it wth Culerd Sugar

for anything els - will not let it be thick - To
Cooler your Sugar you may take any pill you
please & melt it & so boylt it to a Sugar again
& so keep it -

A plain Cake

Take: 3: pound of flower one pound of butter
Rubbed well into ye flower a pint of Barm of
yolks of: 14: eggs a pint of Cream beat ym toge-
ther & make your dough yu let it be ^{of} ^{of} ^{of} till
ye oven be ready yu take a pound of white sugar
2: ounces of Caraway seeds & work it well in yo cake
Just before you put it in the oven -

To make Biskets

Take: 5: eggs & ye yolks of 5 more & beat ym
well together yu strain ym to a pint of sifted
Sugar & 3: Spoonfulls of Rose water & beat it
together for: 3: of an hour yu put in a pou-
of dry flower ⁴ so stir them well together with
some Caraway seeds & Coriander seeds butter yu
moulds & soe put them in ye oven -

The Earle of Pembrookes Admirable Balsom

Take one pound of Venice Turpentine; wash it with $\frac{1}{2}$ a pinte of springe water, ~~the~~ pints of sallett Oyle; wash allsoe; in in three pints of water; Liquid Venice storax. $\frac{1}{2}$ lb wash allsoe; in $\frac{1}{2}$ a pinte of red Rosewater and plantayne water; after they are washed mingle them together; beatinge them very well a good space; that beinge done put them upon a Charcole fire with in a Bason with $\frac{1}{2}$ lb of new wax cutt in small peeces; lett them boyle a little together; after add to it a gripe of these five hearts; as much of the one as of the other (viz:) Bay leaves; Balme, Thyme; Rosemary; and St Johns wort; Cutt these hearts very small; and put them into the bason with the above named things; then make them boyle together a little stirring it still with a wooden spatle; then take it off the fire; and lett it coole it beinge cold cast of the water; which is good for any Soch, or Scabb; afterwards put it on the fire, and lett it boyle a little then strain it through a good stronge cloth that you may squeeze it hard; cast it way the hearts, and put liquor on the fire againe and to it these 3 powders (viz:) Mumia 4 ounces Red Sanders, and Dragons blood of each ten ounces; Let them bee powdered and finely seaded and put them in by little and little stirring it still with a wooden spatle on the fire Let it boyle till it rise, then take a cleane linen cloth and straine it twice to take away the powders the better, that beinge done put it a

that beeing done, put it a gaine on the fire; addrage to it halfe a pound of the best S^t Johns wort; oyle; and last of all; two ounces of the best and thickest Indian Balsam; stirr a little on the fire, and put it into a gally potte;

The vertues

Primum

it healeth any wound Inward or outwarde, beeing squirted ^{warne} in to it; if the wound bee Inward; if outward apply it with fine linte, or linen; Also anointing the parte there aboute it takes away the paine, and hindreth Inflammation. also it draweth forth any Broken bone, or any such thinge as might fester: so that the Inwards as well the heart; liver; and; bee not touched; it will heale it in thrice Dresseinge; so that noe other thinge bee applied thare to;

Secondly

It healeth any scaldinge, or burneing by fire; water or any such thinge; it also healeth any bruise, or Cutt beeing first anoynted with the said oyle; and a peice of Linen Cloath or linte dipped in the said Oyle warne, and applied to the part

Thirdly

It taketh away all paines arisinge from Cold moysters, as Catarrhs, aches, & it being anoynted warne; and a warne cloth laid to it

63
Fourthly

it cureth the headach, anoynteinge the forehead, temples, and
nostrills there with;

Fifthly

It helpeth the wind Collicke, or stitch in the side beinge
applide warme thare to;

Sixthly It is good against poysons and helpeth Surfeits taking
an ounce in warme Sack

Seuenthly

It helpeth any bitinge of Snakes, vipers, or Scorpions, and
it must bee drunke warme in milke

Eighthly

It healeth any fistula; or vlcer what so ever beinge applid
warme thare to;

Ninthly

It is souveraigne against the plague anoynteinge the
nostrills, and lipps before you goe forth; and that day you need
not feare by Gods pmission;

Tenthly

It is good against wormes; and Cankers being used as aforecainde
in the Cull.

Elevently

It is good for one infected with the Plague; or measles an ounce beinge taken in warme broth and swett upon it

Twelvetly

It helpeth Digestion annoyntinge the stomach and navell tharewith when the party goeth to bed.

Thirteenthly

It is also good for an Ague beinge taken warme in broth; for the gout the party must annoynt the place once in 24 hours usinge more or lesse of the Balsam accordinge to the broadnes of the place; if the place bee as broad as a halfe Crowne; use the bignesse of a large nutmegge once in 24 houers of the same Balsam Cold;

The Receipt of Luantellas his ballean

Take of veins turpentine one pounde; and wash it three severall times in Dammaske rose water; then take of yellow waxe halfe a pounde; and cut it very smale, and melt it very well on the fier; and when it is thoroughly melted put in your turpentine, and stire them together that they may be thoroughly mingled; then lett them remane a day or two in your fornace then cut them out in slices; and with your knife cut away your waste and Droze that sets in the botome; then lett your fornace bee made very cleane; and put them in a gane; and melte them on the fier then take

64

take three pintes of sweet oyle; and thave with mixe six little spoonfulls of
the best mallygoe sake; and when your wax and turpentine is well melted
put in your oyle leasurably stirring to gether; then take halfe an ounce
of naturall balsam; of *s^t Johns wort* one ounce; of red sanders one ounce
is finely powdered and searsed as possibly you can; and put them all toge-
ther into your pott with the rest with continuall stirring them; that
they may the better incorporate; then let them rest on the fier till you
perceave them beginne to boyle a little; then take them of and ~~let~~ then be stirred
for the space of ten houers at the least with out intermission; for the least
neglect will spoyle your balsome; then put it into a cleane gallye pott
and keepe them covered with a peece of cleane leather; and it will remaine
good for the space of thirty yeares;

beris turpentine one pound

Oyle olive three pints

Yellow wax halfe a pound

s^t Johns wort one ounce

Red Sanders searsed one ounce

six little spoonfulls of sake

halfe a ounce of naturall Balsam

The virtus of Lucantellas his Balsam

It is good to heale any inward wound by being squirted warme into it; also for an outward by being applyed with fine linge anoynting those parts that are a boubt it; it both takes away the paine, and keepeth it from inflammation; it draweth forth also all broken bones or any other thinge that else might puerifie or fester; so as the braine or inward parts or guts or Liver bee not touched it will heale by fore or five times Dressinge so that noe other thinge bee applyed thereto, also it healeth any burne or scald any bruse or cut being first anoynted with the same, and a peece of linte or linge dipped in the same being warmed and layed to the place, it will heale without any scarre remaininge; it taketh away any paine or greife that might growe by reason of any cold moysture as aches in the bones or sinewes, first anoynting the place so offended with the same, heated and warmed close lade upon it; it healeth the headache by anoynting the temples and noetrills therewith, it is good against the wide Collicke or stick in the side applyed thereto with hot cloese fore morninges together; and ever morninge to spende a quarter of an ounce; it is good against the poyson; and helpeth cleare the face; takeinge the quantity of an ounce warmed in a little eake; it helpeth the biteringe

biternge of a made Doge; or any other beast, it is good aganet the
 Plauge anoyntinge only the nostrilles and lipes thare with before
 the partye goeth a brode, it will funder more heale a fistula or bleer
 bee it neuer so deepe in any parte of the body; beinge aplied as before
 eade for a cutt; it is good aganet wormes, or cankers beinge used as to a
 cutt, but it will require longer time to healpe them; it is very good
 for one that is infected with the Plauge, measles, or the like, so as
 it bee presently taken in warme broth, the quantity of a quarter of an
 ounce, fore morninges together, and eat upon it; it also healpeth one from vom
 ine, and will healpe Concoction anoyntinge the naule or stumocke of the party
 when he goethe to bed; lastly it will extract any blood presently of a greene
 wound putinge the plaster of Linde over it

Probatum Eisd

The Urethone Salve

Take of beares and beares grease of fore ounces, boyle them first in red wine the
 space of halfe a hower, then caste the whole substance into cold water, when it is settled take
 of of that which swimeth, and sett it over a gently fire till it slitt washed drye it gently
 with out burning, then make up into powder of this powder

- | | |
|-----------------------------------|---|
| of musia | of red Sanders all beaten to powder |
| of kamathills | of each one ounce |
| of bores braines dried with care. | the most of eppil i Dramme |
| | all these mixed together heche for your use |

The Earle of Norwiche his Balsome

Take six pounde of ray butter; mixt with one quart of sallet oyle; fore pound
of bees grease; one pounde of rosin of the best to these rates; take these herbs
following: of each one handfull, emaligdie, balme, louage; red sage, Lauinder,
Lauinder Cotton; heart of grace, farsely, Camfery, Cullid boarsett; sorrell;
Laurell Leaves, Birch Leaves; Tonge wort, margerum; rosenarie; malloes;
Cummemile st. Johns wort, plantin, allheale, chickweed, english tobaccoe;
or herbane; groundsale; wound wort, egremorie, bittonie Catdus; wild,
a white brioine; or white wine; adderstongue; picke all these herbs cleane
they must be gathered in the heate of the day; chop them and beate them
as smalle as you can; and melt your butter with the bees grease; and
halfe a pound of franconeeu; put in your oyle; and your herbes;
beate your rosin very smalle, and put them into the former things
and Let them all boyle halfe a quarter of an hower; after it is ofe
put it into an earthen pott, Cover it close with leather, or parchments
and then laye a board vpon it, then sett it into horse dung one and twentie
days, then take it vp and put it into a kettle, and let it boyle a little; when
it is vedy to take ofe put in your turpentine; which must be a pounde;
and ten ounces of vardi greese very findly beaten; and your turpentine
must be washed three times in white wine before you put it in; and

and then take heed it goes not ouer; for it may doe much hurt. that
 are a bout it; it will flie so; then straine all throught a course cloth into
 some earthen pot, and put in halfe a pounce of oyle of spike and stir
 them well together; keepe your pottes close couered, and when you haue
 cause to vse it, in winter warme it, but in summer coole, dippe your finger
 in it, and let the partie bee chafed an hower together with it - - -
 this oyntment is good for all aches; swellings, and for any straine in a horse
 and most especially for the deade salerie; and that which I see much to
 giue a way; and vse for these greafeanes; colds swellings and aches

To Make the Salue, called flos inguuntorum; my La Puchances Way
 Take of rosen, and ferrosen, of each a pound; of virgins waxe olibanum; karts
 euit, and veers turpentine of each halfe a pound; of mastike a quarter of a
 pounce; of Camfir tow Drames, and of whit wine three pintes; pound that
 which will powder, slue that which will slue; put the rosen, ferrosen, waxe
 olibanum; and red deares euit together into a pan, and theare melt them
 and then put in your mastike; and then keepe them well with stirring, that
 they seeth not ouer; it is to be seeth upon a gentle fire; when they are all
 well incorporated, then straine them as hot as you can throught a strong
 canvas bagge, into a pan of a boue tow gallons, that hath in it the three pintes
 of whit wine heated; and then sete the white wine with the ingrediente

ingrediente in it againe upon the fire, and let it stave boyl; softly
you sturunge it a boue halfe a quarter of an hower; then take it from
the fier, and stire it till the stume bee of, then put in your two Drames
of Camfir, and stire it a fivetye while; reave halfe a quarter of an
hower; then put in the halfe pounde of veins turpentine, and
stire it till it will bee stired noe more, you are to have the helpe
of two men, the one to stire the ingredinte when they growe some-
thinge stife, and the other to hold the pan, and when one of them is
weary the other is to ease him; some straw is to bee sett under the pane,
whilst the men ar sturunge it, a chise is to bee provided of a boue
halfe a ell longe to sture with; and when it will bee stired noe more
then one or two, may theare handes beinge very cleane; take each of them
a peice of the stufe out of the pan; the quantitie of a turkeys egge; more
or lesse at pleasure, and worke it wringe and shalle it in peices to get out
the Liquor, and then role it up, and laye each role upon a fye plate
or the like that is anointed with a litle butter or callet oyle that the
ealue cleane not to it, when it begins to cleave to your handes as you
are workenge it, anoint them with a litle butter or callet oyle, let
your roles bee upon the plate that they touch not twelfe howers or
twentiefore howers, then role them up in severall papers for
your use

The vertues of this Salve flos unguentorum

It will Draw and heale new sores, it is good for aches, bruises, and streames, and hath often bene applied to the Kinges euill with good success beinge spread upon attorn leather, and shifted but once a weeke

Docters Lowles his Plaster

Take two pounde of oyle olive, one pounde of rede leade, one pounde of white leade finely sersede, take twelfe ounces of vernies sope, and incensur, take all these together, in an earthenen pan well glasede, before you put them to boyle, and when they bee well incorporated, that the sope doth come up, set it on a small fier, of Coles, continuinge the fier for an hower and halfe, chille it with a wooden disse, then make your fier somethinge bigger, till the rednes bee turned to a graye, Culler; but you must not leaue staringe it, till it bee turnede to the Culler of oyle, or some what darker, then droppe a droppe upon the table, and if it sticke not upon the table, nor on your finger, it is enough, then when it is cold enough make it into roles, and keepe it for your use, it will last many yeares, the older it is the better; this salve I constantly use and make of;

The verties of Docters Knowles Plaster

It is good for these greeses hollowinge w^{ch} beinge lade upon the stomake
it procureth the appetite, it taketh away the paine of the same, and beinge
lade upon the belley it is present remedy for the Collicke; and beinge
lade upon the raines it is good for the bloody flux, and the runninge of the rines
the heate of the kidreies, and weakenes of the bucke, it taketh away all
aches, and breaketh fellows, and fushes healinge them, it draweth out any
runninge youmore with out breakinge skine, and beinge lade to the heade;
it is good for the Lunacy, and helpeth the heade ake, and it is good for the
eyes beinge lade to the temples, it is good for the tooth ake beinge lade be
hinde the hollow of the eares, it skines and heales any place that is brused;
or the skine beaten of with any knoock, with out changinge the plaster, where
you would not have it to draw to much, as where any skine is brokene sprede it
upon linen,

The yellow Plaster for a Bruise or
straine or the goutte, my La: Caspden

Take fove ounces of white fish, one ounce of francosence, ten ounces of bees wax,
dissolve all these in a earthen pipken on a gentelle fier, when it is all dissolved
you must put it into a bassone of colde water; then you must oyle your hands
a little, and so make it up into roles; you must sprede it upon leather the
older it is the better; this salve I make much

Mr. Byrons Receipt to make oxford Johns scotch
Collops 68

Take a Leg of mutton Cut it into thinn' pices as y^e
can & then take the quantity of ^a penny loaf cut ~~it~~
small & fry it with ~~the quantity~~ fresh butter then
take a little marjoram a little time a little savory
& an onion & mince them small together then take
a little gravy or a little Claret wine then take ab^o
y^e meat & put it into a pan with 3 quarters of a
pound of sweet butter then take a Clove of
Garlick and sub y^e Dish with it y^e bread y^e makes
it eat beter must be brown bred & y^e mutton as
lean as you can

to make sauce for a hare
take a yolke of eggs boyled hard shred them
together with a little mint take a good handfull
of Currants with a good pice of butter work them
together like a ball & put it in a ^{small} bely of
the hare when y^e roast it

to make ginger bread in^s Manners way

to two pound of treacle half a pound of
butter melt it in the treacle but not
boile it & keep it stirring then mix it with
flower hott to a stife past then putt in as
much ginger as y^e think fitt

the Plister for y^e Hon^{ble} John Noel when
he had a flux

take Mallows violets Pellitory of y^e wall &
& betes each one handfull mercury one handfull
Eromyle flowers 2 Drigills: soft ferrell seeds
 $\frac{1}{2}$ ounce Lencées 2 Drames to be boyled in a
quart of Spring water till y^e pinte streyne
y^e Sygne & add to it Auncowms his Treacle &
Majorian each 6 Drames to be administered warm
for a Plister.

White Lady Bridget likes
To Make Almond Cakes my Lady Osbornes way 69

Take a pound of almonds & a pound of sugar the whites
of 4 eggs beat your almonds & dry them beat them
in a stone mortar beat them very small put rose water
in in the beating to keep them from drying then put
in your sugar being very finely beaten beat the whites
of the 4 eggs very well and as the froth rises put it
in beat these well together bake them on bottoms of
papers set them on cypaper or plats to keep the bottoms
from burning flower the papers or plats fast a little
suger on them before they go into the oven through
a little tiffney let it fast well of the rose water
bake them very pale

To Make Syrop of Clove gillflowers

In case you gillflowers in butyr water if you can have it
boyl them in it if you cannot get butyr water then take
fave spring water then let it stand one day straining it
out put in fresh flowers till it be very strong of the gill
flowers but let it not be longer infusing then one day and
a night or boyling then to one pint of this liquor put one
pound and a quarter of double refined sugar then boyl it in a
silver basin or set the silver basin into boyling water and
so boyl it and skime it very clean still as the skime rises
and when it is quite boyled to a syrop take handfull or 2
of fresh gillflowers & beat them and put them into it then
strain it through a dry strainer and let it stand till it be
cold then bottle it up be sure it never touches what is tired
or rusty either in the infusing or boyling but either
silver or earthen for the other will spoyle the culet

To Feed Horrell

You must give your Chickings past made of barly
meal and milk you must give your green Geese
mash made of malt and some times some past
to clear their Stomachs you must give your young
Ducks milk & meal and somtimes mash you must
give your turles past made of barly meal you must
give your Cappons past made of barly meal you must
must give your Pullits past made of barly meal &
milk or some tappings that falls from the hagghe:--

First boyl^d in salt and water and then boyl
the Vinegar and Spirit together then put in
the Sampshere:--

Pidgons--
Cut the Liber smal wth a Little bacon amongst
it Pepper & salt Sweet Basil Parsly and time
grated bread & 2 Yolk^s of Eggs these must be
put into y^e belly & then boyl y^e Pidgons till
they are almost enough when they are boyl^d
dry ym wth a Poth & after that brake y^e
Yolk^s of Eggs and all half y^e whites mix
grated bread wth ym then Roll y^e Pidgons
y^m in Lard & hot Dripping

Lady Norwyes Receipt for a cocot pudding

Take 2 Loaves of grated whit bread and as much
grated carrots one grated nutmeg a quart of Cream
5 yolks and 4 whites of eggs half a pound of
sugar and as much butter & a little salt mix all
well together & butter the Dish; it will require
2 Houers baking

To Make Blouted Cream

Take 2 gallons of new milk and boyl it very well in
a kettle with a little mace or nutmeg & then put it into
milk paps that are but skallow and set it as you do your
milk for cream & let it stand all night the next morn
ing take a skimmer and skime it of as you do cream
and put it in ye Dish you serve it up in and as you
put it into the Dish strow sugar on it betwixt every
lay and it will be in great cloutes

To make Biscake Cream

Take your biscuits and slice it very thin then
set on your cream & when it boyls put in as much
of ye biscuits as will make it pretty thick and boyl
it a little then take it of and put in as much sugar
as will sweeten it with a little Rosewater

To Salt Hung Beef -

To forty pounds of Beef take a quartar of ^{a pound} brown Sugar and a quartar of a pint of water mix y^m together and Rub it into y^e Beef very well Let it lye on untill y^e next day y^e take three quarters of a pound of Salt y^etter beaten very small strow it on and let it lye untill it is dissolved; Some ^{put on} Commissions Salt as much as ye think fitt let it lye in salt a fortnight ye hang it up to dry y^e Kitching is y^e best place to dry it in you must not place it too hot; and we find oxe Beef dos best

For an Ague

Tak sum planton shred it and double distil it take 6 or 8 spoonfuls of the water with as much borage water a little sugar & one nutmeg & drink it warm in ye cold fitt by gods help ye wil cure you: 11: 11:

To make Apricock Wine

Tak a pound and a half of loaf sugar & three pints of faire water put these together over the fire untill they boyl taking of the scum as it rises then take 3/4 of Apricocks pared & Stoned and put them into the liquor and let it continue boiling untill the Apricocks are tender then tak out the Apricocks and remove the liquor from the fire and let it stand untill it be cold ye bottle it if you please and put one sprig of floored flay in it and cause it to boyl once after ye have taken ye Apricocks out for it gives the liquor a good flavour the Apricocks may be preserved or dryed: 11: 11:

To Make Barley Cream - - - -

Take french barley and boyl it skifting the water
thrice & when it is softe then drain it frome ye
water then take cream putting in as much
barley as to make it pretty thick when boyl them
together a pretty while & then take it of and
sweetning it with sugar & a little roevales

To Clean
a Hogshid of stie

Take one pennyworth of bay salt and 6 eggs & shells
with the yolks out mix the eggs and shells with wheat
flower very stiff like past and put it into the Hogshid

For alle falling in ye fat

Take one handfull of stinging nettles the bigness of
a broome and tie something to it to make it sink
and put into the fat

For a pain in ye stompack & wind

Take shall a spoonfull of Burdock seeds grind it to
powder put it in ale or wine and drick it in a
morning fasting and last at night

To Make Syrope of Turnips

first take your turnips in a pot with household bread then
press out the liquor between two trenchers put a pint of y^e
liquor to half a pint of lysope water & as much brown
sugarcandie as wil sweeten it and boyl it to y^e Consistance
of syrope it is very good for cold or a Consumption ::::

To Stew & Glaze.

After y^e Glaze is cut into pieces put it into water y^t the blood may soke out Shift it three or four times then put it into a Stewing pan with no more liquor yⁿ will Cover it putting thereto some sweet herbs a little Shallot Sam whole peper & a little beaten peper & salt with a few Cloves and so let it Stew untill it be very tender yⁿ take three $\frac{1}{2}$ of a pound of butter & put therein & toss it about untill y^e butter is melted yⁿ serve it up. 11: 11:

To pot Hearn

Take the Hearn and bone them & put them into an earthen pot and season them with peper salt and a little water according to the quantity of the Hearn you must add so much good butter as when the butter come to be melted it must Cover the Hearn and being put into the oven the pot must be covered with brown past very close it must stand three hours & then bring it out let the Hearn drain from the butter & liquor part y^t being done put it when it is cold into another Earthen pot close covered with good Butter. 11: 11:

To Preserve Goosberys M^o W^o way green

Take the Ruffest skind Goosberys when they be green cut of the heads of y^m & put them into water and scald them over a soft fire Covering them close & so let them stand till they be ready to pill when you have so done take y^m of y^e fire & pill of all the skins of them & when you have done so let them on a soft fire again and put the same water that you had to them cover them close & let them stand till they be as green as grass then take the weight of fine Sugar that you have goosberys and put your Sugar into the pan with a little of y^e water y^t you have before boyled your goosberys in & let y^e Sugar melt and then put y^r goosberys into the Syrope being well drain'd from the water so let them boyl as fast as you can taking of the skum as it riseth & when you think y^e Syrope be thick enough to jelly take y^m of y^e fire and so put them into your glasses; you may this way Preserve green Coolings: 11: 11:

Mrs Crows Receipt to make little Cakes

72

Take half a peck of fine flower a quart of new milk
a pint of Ale-barm half a pound of the Course Caraway
Comfiets or the plain Caraway seeds with as much Ginger as
makes up like Caraway seeds let ym be bak'd & pick'd

To Mellinad Eills.

Clean your Eills very well with salt keeping y^e skins & yⁿ cut
them in pieces as you pleas Fry them very well in a clean cloth
& flower them well have ready apar of beef or mutton suet boyling
hot so fry them very crisp and brown yⁿ set ym to drain til y^e air
Cool ym then for y^e pickle take water salt & Vinegar sweet herbs
oriyon and a little garlick whole peper a little mace & cloves boyl all
together & when it is cold put in y^r Eills it must be pretty share
of y^e vinegar yⁿ 2: Days it wil be fit for your use & wil keepe a
considerable time

To Make a Marrow Whitpot

Take a butter Dish & lay it all over y^e bottom with white bread pieces cut round
if manchett lay marrow all over y^e bread y^e reasons of y^e sur over y^e
Marrow yⁿ lay over y^e reasons bread so do till you have filled y^e Dish so
full yt it wil but hold y^e after whiten then take a quart of cream
& 6: eggs one whit beat y^e eggs very well yⁿ mix y^e cream & eggs
together sweeten it with sugar and put to it what spices you pleas yⁿ
should wet y^e bread with a little milk & rosewater pour all this into
a buttered Dish & so bak it a you would do a Custard & serve it
in hot

To Preserve Raspes La: ff: B: way

Take to a pound of the fairest raspes full ripe a pound & a quart of
double refined Sugar lay in y^e posnet you boyl them in a course another
of Raspes so til you have done all make ym boyl very fast till y^e
Raspes is very tender then tak ym up and lay them into your glases
let the syrope boyl til it wil jelly & let it cool when it is near cold
pour it on y^r raspes & so keep ym for your use: 11:
you may know by dropping a drop on a plate when it wil jelly

43

For a Cold

Take .2. penny worth of Egrimony boyl
it in a quart of spring water till it comes
to a gaint, boyl y^t pint to a Syroppe with a
pound of .6. or .8. penny sugar & so take .3.
or .4. spoonfulls in a morning & at a night
it has Cure severall — — —

For A Glistre

Take mallowes Poppes & Roots violet leaves & Strawberry
pellitory of ye wall each a handfull .2. Spoonfulls
of Anjseeds boyl these in a quart of peisidrink to
a pint strain it & put these to six spoonfulls syre
of violetts & .2. spoonfulls of Sugar: to be taken
warm — — —

For ye over flowing of the
in Child bed

Take one handfull of shepards pouch one handfull of
knotted grass one handfull of Celery roots boyl all these
in two quarts of small ale untill half be consumed then
take .6. new layed eggs yolks & whites beat them well
together & half w^t of sack & so w^t y^e eggs make it
into a caulle & let y^e party drink .2. or .3. times a day
or stener if their be occasion — — —

in ye Dairy

73

A Ches press, fourteen parsons, seven yalow platers,
A table & two Chairs, one blew & white filebub pott and
two brow potts one of them broken front, two pipes
one tubb, two pails, two knifs, one woodn dyk, milk briggs,
two Chests & one Ches board one filing Dyk, a strainer
one blew and white sugg, a tin saws pan, ~~two~~ three baldrons,
a Churn, a little mugg, a Drinking glass, two Ches racks,

For ye Pills:

Take y^e Roots of ~~Pilewort~~ ^{Malva} dry it pound it & sift it
make it into a fine powder take a little of that powder
fasting in y^e morning in anything & as much at night
if need require take y^e leaves of y^e pillwort & boyl in Cream
& as it boyls skum the top of as it rises: put it in a Chan
thing & keep it anoint y^e grived place if outwardly wth
y^e ointment

For y^e Greensickness a good one

2. ounces of prepared Stell : 2. ounces of winter
bark : 2. ounces of Dubble refined Sugar powdered
a handfull of Rue Stamp & mix these alltogether
take a litt^e y^e bigness of Nutmeg in y^e Morning in
y^e evening & last at night fast an hour after it

A Receipt for a Cold

Take half a pound of Reasons of y^e Sun
Stone there a quarter of a pound of brown
Sugar Candie 1:2: ounces of y^e Conserve of Red
Roses three score drops of y^e Spirit of Sulfer
after having stored y^r Reasons beat y^e Candie
very fine in a Stone Morter = y^r pound your
Reasons & Candie & y^e Conserve of Roses together
mix y^m very well in y^e pounding n^ot having
done put in y^r Sulfer not being mixed put
it in a pot for y^e Use & Take 2 or 3: bits
at anight & in a morning: fasting — —

Casants must be ^{putt} in a Jug, & sett in water to boile
till soft, then y^e cleas run off, y^e must rub y^e pulp
throu a fine, & heat it a good while over y^e
fire, & then done at y^e good bett; quince must be
be Coddled soft, & rubd throu a fine and
some gally of pippens putt to it, for white; and
for red, gally of Barbony, all done y^e same
way; all sort of past must ^{putt} have the
full wright of sugar

To make flumary

74

putt a good pint of grett beat very small, into
two or three quartes of Cold Water, lett it lye
three dayes in steep shifting it every day into
fresh Water, when y^e shift it, poure y^e Water
off gently, but none ~~that~~ of y^e white; when y^e
it, poure it off gently, till it begins to run
white, then take a pint measure & poure the
thin that is white into it, & make that up three
pintes of Water, & putt it into y^e grett, stir it
well together, & strain it throu a Strainer,
& squeeze all y^e white out, but not to let the
Cousse come out, then boile it till it will
Jelly & looke ^{clear}, then put in glasse or plates

To make fruite Waters
Scald y^e gooseberys in Water, strain out y^e Water, &
rub y^e pulp throu a sieve, to have a pound of pulp
take a quarter of a pd of ~~pulp~~ sugar, or a very little
more, heat y^e pulp over a fire, the same time
y^e sugar is boiling, which must be so sugar a
gaine, then putt them both together, & stir well
to mix it, lett it over y^e fire two or 3 times to
scald but be sure it doe not boile, then drop on
thromeders & stone them till, they are dry & row
to take off then bend them on papers & dry them

C. Gath's Receipt for y^e gout in y^e Stomack

Take 4 ounces of y^e Infusion of *Aster picra*
every 3^d Day till y^e pain in y^e bowels be gone
& 2 or 3 times a day when faint a glass of y^e
bitter wine made wth an ounce of Virginia
Snake weed and a Drachm of Venice Treacle
infused in a quart of strong wine — — —

M^{rs} Leas Receipt

Take 2 ounces of Preserve of red Roses
4 of an ounce of powder of Red Coral as
much powder of Bold Armerick as will
well work to make it an Electuary take of
it y^e quantity of a Nutmeg in y^e morning
fasting & at 4 of y^e Clock in y^e afternoon
And at Night going to bed take the quantity
of a small Nutmeg of *Sciscordium* and
drink 4 spoonfuls of Poppy water after it

~ ~ ~

To make bended Bisket Mrs Maners way 75

Take a pound of sifted sugar well dryed, and 3 quarters of
a pound of flower dryed, take 12. Eggs, putt away
half y^e whites, beat y^e Eggs well, then putt in y^e sugar
and beat it together a whole houre, then putt in
y^e flower but beat it not after y^e flower is in,
putt in a little rose water to y^e taste, butter your
papers, spread them on thin, and dust over a
little Search sugar, to fry them, if y^e please
you may mix a little flower in y^e sugar to
fry them with, sett ^{you} in y^e oven till they begin
to rise, ~~then~~ and then take them quick off with
a knife and hang them on y^e blocks, flower
y^e blocks, to keep them from sticking, when
y^e oven is soe cool not to color them, sett
them in to stiffen, but not too long

A fraisey for a pig

Take 2 pigs a bout 8 or 12 or 14 Days old so they be
small & fat stick them so yt they may bleed very well y^e
take out the guts y^e strip of the skin to y^e head w^{ch}
must be just to y^e scull yt you may have all the neck but it w^{ll}
be good wth y^e skin on the langes & y^e heart it is good to y^e purpose
wash the pig very well from the blood cut y^m into joints & livers
put y^m into a stewing pan wth: 4 Large Onions a bunch of tyme
Sweetmarjoram & salt Cover them with water about a finger
deep and gently boyl y^m till they be tender not too longe
till they come from the bones then take them from the
water and put it in a large frying pan but not the onions
a pound of butter that when melted fry all gently together
half a quartor of an hour then put in the broth wth
these ingredience with sum oysters sum shred small
6 anchovices 2 spoonfulls of Cappers a good handfull of
parsley and half a puttineg shred fine a quick fire let it
boyl in these mixtures soften during half an hour put
in the yolks of 18 eggs well beaten & Juice of lemon
whitewine vinegar & verges of each a quartor of a pint after
this is poured over lured & mixed very well that it be thick
serve it in a warme dish take care that you must put
all the pulpe of onion with the broth and oysters not liver
and livers must be part of the fraisey if you have no oysters
gravy of mutton if you strip of the skin of Ransately y^e
may stuff it with a pudding roast it; it will be like a whole
pig you may add to your fraisey some thin slices of
Bacon: 11: 11: 11: 11:

To Make Damasci wine

Take a peck of ripe Damasci pound them altogether to a pulp
 then set :10: quarts of spring water on the fire to boyl when
 it boyls turn it boyling hot to your Damascis stir them cover you
 close for :48: hours then strain them through a sieve & to them
 put :8: pound of good sugar stir it well ye put into it a quart
 of Brandy some barm set it to work as you do beer let it work
 2: days close covered then tak of the barm turne out the ~~clear~~
 keep back the bottom and keep it close in a vessel for :14: days
 then bottle it the longer you keep it the better it will be fill not
 y^e bottles to full for feare of breaking : 11 : 11 :

you must tak your Currants att the full Ripe & to every :3: pound
 of fruit one pound of loaf sugar & a quart of water bruis
 the fruit but not brak the seeds then pour the water boyling hot stir
 them wel together cover itt close for :24: hours then let the clear
 sugar Run of through a hair sieve to nich add the sugar put it in
 a vessel :3: weeks then draw it of into bottles & cork them well
 at :3: months it will be ready to drink during the :24: hours it
 stands ye must stir it several times : 11 : 11 : 11 : 11 : 11 : 11 : 11 :

For a Rume in y^e Eyes

Take 4: ounces of whit rose water & :2: drams of tuttia in
 powder shak them well together in a glass vial & drop of it a
 little into the eyes evening & morning it is very good for any
 hot rume: for a fether tak water of red tare & wash it
 therewith it is an approved remedy : 11 : 11 :

A Receipt to Make Wafers : 11 :

Take = 24 ounces of fine flower & yolks of 4 eggs & weight of 4 farthings or more of Cloves - 16 ounces of fine Sugar mix it up with a pint & half of milk & water of equal quantity and beat it up altogether yt not any robs appears in it and if it be too thick ye must put more milk & water to it; it must be so thin as to go through a linnen cloth one spoonfull make a wafer and to make ye wafers come well from the iron you must put a piece of bees wax in a piece of cloth & rub the iron with it ye must have in Readyness a basket stand by the fire to put them in that the warmth of the fire may come to ye till you set them up clip ye round ye edges with a pair of sizers : 11 : 11 :

Proz da Ague

Take of chickweed groundell & wormwood shred them very small and put ye into a linnen bag an hour before the fit comes air it by the fire and hang it at the hole of ye stomach & if yt do not do long on a rather : 11 : 11 : 11 :

M^{rs} Sherwoods Receipt:

Take Crown sope and Chalk equal quantity spread it on leather a bout the breadth of half a Crown & 2 Rows before the fit comes lay it to ye wrists of yr hands as near the thumb veins as ye can and never change it : 11 : 11 :

Receipt to Make Cracknails: 11

77

Take half a pound of flour & half a pound of sugar & rub into y^e a little butter y^e bigness of a small nut and Coriary seeds as many as you think fit to have y^e taste more or less y^e take y^e yolks of 6 eggs and beat them well in Rosewater as y^e think fit & if you find that be to stiff put in a little clear water then mix altogether but take care y^e make it not too stiff for that will never do well as you will find by the working of it in your hand how it will be y^e take your plats & do them over wth y^e same yolks of eggs as they wear mixt wth and before you take y^e out of y^e oven for els they will stick to y^e plats & add to y^e quantity you make all things equal as you can: 11: 11: 11:

(5) To Dry All Sorts of Plums White or Black

You must take to every pound of black plums half a pound of sugar & to every pound of white plums 3 quarters of a pound of sugar boyl y^e sugar so long till it will draw like a hair then cutt your plums in y^e side & fling them into y^e sugar & let y^e lie in to steame a little then after a while set it on y^e fire at white then let them stand till y^e next day and so for 3 days y^e set y^e on y^e fire sometimes shaking them but have a great care of cracking them then lay y^e on sieves & dry them in y^e stove keeping ~~at~~ moderate heat ————— M^r Narbury:

To Bake Pidgeons (real or wild) Duck: 11 — 151 —

Season y^e with pepper & salt & lay them in a pot put stove of butter and Clarifid wth to them cover and bake them as you do the mutton but less while according to the tenderness of y^e meat then take y^e birds out of y^e pot wth y^e propp not but only wipe y^e & pour all the liquor out of y^e pot & put in the birds againe clearfye your butter & pour over them let them stand till they are cold & pour as much Clarifid butter over them as is required to cover y^e you may put afers bay leavs upon any of these baked meats between y^e meat and the butter. —

M^r Narbury

Savory

To Make Collops of Veal: : : : (7)

Cut y^e leg of veal into thin collops & beat them well with y^e back of a knife then lay them in soak a good half hour in y^e yolks of 4: eggs & y^e whites of 2: very well beaten and a little small shreded tyme mix'd with it y^e lay them in y^e frying pan where in is frying butter & pour upon y^e rest of y^e eggs that y^e collops have not imbibed & carried with y^e fry them very well turning in due time y^e pour away y^e butter & make y^e a sauce of gravy season'd with salt & y^e juce of orange at last squeeze upon them you may make Savory balls

M^r Marbury

To Make A fricasy of veal: : :

Cut y^e veal of or a leg into thine slices & beat them wth y^e lik. with Chicking rich must be feed wth their skina put about half a pint of water, or fresh broth to y^e in a frying pan & some tyme & sweet Marjoram & an onion or two quartered and lay them till they be tender & 4: or 5: Cloves wth they are enough take half a pint of white wine & 4: yolks of eggs & a quarter of a pound of butter or more a good Spoonfull of tyme Sweet Marjoram & parsley more - more parsley y^e rest of all mix'd small together a porridge full of gravy when these are well beaten up pour it into y^e pan to y^e rest & turn it continually up & down over y^e fire till all be well incorporated then through away y^e onion & first sprigs of herbs squeeze orange to it & serve it up hot

M^r Marbury

To Make A white pot

Toke 3: quartes of Cream & put into it y^e Yolks of 12: eggs & y^e whites of 4: being first well beaten between three quarters of a pound of sugar 2: Nutmegs grated a little salt half a pound of reasons first plumped these being mixed together cut some thine slices of a stale Manchet dry y^e in driff against y^e fire & lay y^e on y^e top of y^e Cream & some narrow thers upon y^e bread & so bake it

M^r Marbury

Take 3: pints of Cream: 14: new layd eggs: 7: whites put away one pint
of Juice of Spinage: 2: or 3: Spoonfuls of Juice of tansy another
2: sliced small half a pound of Sugar and a little Salt beat all
these ^{well} together & lay it in a pan wth no more butter & is
necessary when it is enough serve it up with Juice of oranges or Juice
of lemon upon it: - - - - - M^r Marbury

66:7) How to boyle Rice.

The manner of boiling rice to eat wth butter is y^s in a pipkin pour
upon it as much water as will swim a good good fingers breadth over
it boyl it gently till it be tender & all the water cleave into y^e rice
which may bee in a quartour of an hour or less stirring it often with a
Spoon w^{ch} it burn not to y^e bottom but break it not when it is enough
pour it into a dish & strew it with sun butter & season it with Sugar
& Sinnamon y^s rice is to appear dry excepting for y^e butter w^{ch} is melted
in it - - - - - M^r Marbury

Scotch Collops - - - - - 48:

Take a leg of Mutton cut it into thine slices w^{ch} beat very
well putt them to fry over a very quick fire in a pan first g^lasid
over with no more butter yⁿ just to betwixt y^e bottom of y^e pan
there must never be but one row in the pan not one slice lying upon
another when they are fryd enough lay them in a hot dish covered over a
Chafing dish of Coals & pour in upon them y^e gravy that runs out of
in y^e pan then lay another row of slices in the pan as before and w^{ch}
they are enough put y^m into y^e dish to y^e other when you have enough
by such repetitions or by doing it tow or three times all at a time take
a poringerfull of gravy of Mutton & put into it a piece of butter as
much as a Walnut & a quartered onion if you kill or rub the dish after
wards with garlicke yⁿ pepper & salt & let this boyl to be very hot then throw
away the onion & pour this into the dish upon y^e slices of mutton & let
these stew a little together yⁿ squeeze an orange upon it and serve
it up - - - - - M^r Marbury

To Make the Whetstone: - 11: 105 - -

Boyle three pints of Sweet Cream with a very little salt & some sliced
 nutmeg as soon as it begins to boyl take it from the fire in the mean
 time beat the yolks of twelve eggs or fifteen beat them very well with
 some rose or orange flower water & sweeten the Cream to your taste
 with sugar you beat 3 or 4 Spoonfulls of Cream with ym & quickly
 as many more so proceeding till you have incorporated all the Cream
 & all the eggs - you pour the eggs & Cream into a deep dish layd over
 with lippets of fine light bread which will rise up to the top for the
 most part when it is cold & thickned enough. to have the reasons
 of the Sun strow it all over the top with ym well washid then press
 a little way into it with lumps of raw Marrow four hours will suffice
 cover the dish with another & set it upon the great pot of boyling
 water with a good space between the water & the dish if there may
 be some for the hot steam to rise & strike up to the dish keep
 a good fire always under the pot you perceive if the marrow looks
 brown & be enough bakid if it should continue longer one or two heat
 it would melt you may bak it in an oven if you will but it is
 hard to regulate it so it it be not too much or too little where
 as the boyling water you may strow of amberd sugar upon it
 either before you set it to bak or after it is done

M^r Marbury

Excellent way to Cream Chicks - 11: 102: (3)

Take a pound of Reasons of the Sun & beat them in a mortar to
 pulp pour a quart of milk upon ym & let them soak so all night
 of next morning stir ym well together and put to them as much
 Crums of grested white bread as will bring it to a soft past work all
 well together the bread must be stale y^e lay it in a trough before the
 Chicks which must not be above six in a pen & keep it very clean
 & let a candle be set by them all night if delight of the meat will
 make ym eat continually & they will be so fat that they will not be able
 to stand when they are bit at the bigness of a black bird but lye down
 upon their bellies to eat

M^r Marbury

C29

To Dry Cherrys:

Take twenty pounds of Cherrys not over ripe. Stone them & save the liquor yt come from them & put it in yr preserving pan upon yr Cherrys, wch they are in to yr proportion of Cherrys tak: 4: pounds of lump Sugar beaten fine strew some sugar at yr botom of yr pan & yr your Cherrys so continue til they are all in then set your pan over the fire yt is quick yr fire must be of Charcoal & mak it boyl then take it of & shake it & set it on again so do three or four times & yr put in the liquor & Cherrys into an earthen pan & set yr in the liquor: 3: or 4: Days then drain your Cherrys out of the liquor & lay them earthen in earthen dishes one by one yr hole of yr Chery on yr side or on sides then put yr Cherrys into an oven after bread both been drawn out wch oven is cold take them forth & turn them into fresh earthen dishes or sides & set yr in as before after yr bread hath come out & turn yr into other dishes & yr in again as before twice or thrice setting it will be enough yr put them into a box being first cold as close as you can lay them & so yr may keep them

To Butter Eggs with Cream: - - 52:

Take to a dozen of eggs a pint of Cream beat them well together & put: 3: quarters of a pound of butter to yr & so set them on yr fire to harden & stir yr till they are as hard as you desire to make yr - - M^{rs} Marbury

C4
To
pt
in

To
beef
pate
a g
catt
or: 3:
Jelly

To
Gene
all
red
yon
before
So as
an o
brot
port
bake
all

(4)

To Make A Goose pyc: 11: 11: 15: 5: & Lard. 80

For thick crust you must at least put ten pound of butter to half a peck of flower. put no more salt to yr tast then wt is in the butter wch must be the very best butter yt is sold in the market: 11: 11: —: 11: —: 11: ^{rs} M. Marbury: 11: 11:

To make an Stotch pot: 11

Take a pot of two gallons or more & take a Brisket ras'd of beef any piece of mutton & a piece of veal put this - wth sufficient water into y^e pot and after it hath boyl'd & been skimm'd put in a great Cukindr of ordamary pot herbs a piece of Cabbage all salt cut a good quantity of onions whole six carrots cut & sliced & ten or 12: pipins quarter'd let these boyl: 3: hours until it be almost a Jelly & stir it often least it burn: 11: 11: 11: ^{rs} M. Marbury

Mutton bak'd like venison: — — 15: 1 — —
~~boiling~~ either in their blood — — 15: 1 — —

Take a large fatt leg of mutton or two pound after y^e manner of venison season it well to y^e tast wth pepper & salt y^e lay it to steep all night in enough of y^e sheeps blood to cover it over & soad wth salt into it y^e lay it into patty wth all y^e thick blood under it & upon it & hanging about it y^e may season y^e blood with pepper & salt before you lay y^e meat in it but tho y^e do not it: it will not be amiss so as the meat be seasoned high enough y^e bak it as you doe an ordamary patty & y^e may put gravy of mutton or strong broth into it y^e may do it in a dish wth patty as my Lady's how port doth her venison y^e way of keeping it in blood before y^e bake it is very good also for venison y^e may beat it well one all sides wth a rolling pin upon a table - : 11: ^{rs} M. Marbury

To Make A Quaking Puding: 148.

Set a quart of good Morning Milk upon ye fire
 having season'd it with salt & sliced or Grated
 Nutmeg when it begins to boyle take it from ye fire
 & put into it: 4: penny Marchets of light bread it
 must be french bread sliced very thin if it were
 flintstone bread wick is firmer it must be grated &
 a Lump of Sweet buter as big as a walnut & enough sugar
 to season it cover y^e thing it is in with a plate to to keep
 ye heat in & y^e bread may soak perfectly whilst it standeth
 thus: take ten yolke of new layed eggs with one whit and
 beat ym very well with a spoonfull or two of milk when
 ye milk is cold enough pour it into ye bason where y^e beaten
 eggs are wick likewise should first be sweetned with sugar
 and about: 3: spoonfulls of fine flower into y^e composition
 and kneed y^e well together you may put in a spoonfull of
 sack or muscadine and Amber sugar working ad well toya
 ther as also some lumps of marrow or suite shred very small
 but it will do very well without either of these y^e put y^e mixt
 ture into a deep wooden dish like a great butter box wick mins
 be on y^e side a little rubed with buttr & a little flour sprinkled
 there on to save the puding from sticking to y^e sides of y^e dish
 ye put a linnen cloth over y^e mouth of y^e dish & revel y^e mouth
 down wards so yt you may tie y^e Napkin cloth with two knots by y^e corner
 cross or with a strong thread upon y^e bottom of y^e dish y^e turned up
 wards all wick is yt ye buttr may not get out & yt y^e boyling water get the
 ough y^e lining upon it on one side to bak y^e puding sufficiently put y^e plate
 kile of boyling water y^e faster it boyle y^e buter one hour boyling is suffice
 ye untie your lining & turn it down wards into y^e dish y^e serve it
 on with melted buter sweeten'd to your tast -- n^o Masbury

Of Cod's Head How to boyl it

When you have cut yo^r Cod's head wash it & salt it an hour
 y^e boyl it in water & some Ginger y^e for your sause tak a
 pound of Butter half a pint of deep claret : 4: spoonfuls of
 Ginger or rather y^e Juice of a Lemon : 4: Anchovise a few
 Cappers Spinage & parslly minch; & small & the Cod's liver & breches
 cut smal oysters one pound good store of Cockles put all these
 into y^e pan over y^e fire wth some gravy & shake them well
 & put in : 3: yolks of eggs raw & the pit of a Lemon minch; &
 smal lay yo: cods head upon sippets & pour on this sauce --

M^r Marbury

(10) How to Carpe

Take your carp & blood it in y^e throat into a pan then draw
 y^e blood into y^e blood & cover them with deep claret & put
 thereto som Ginger & two blades of mace and a bundle of sweet herbs
 let them stew very slowly about half an hour with : 2: or : 3: bits
 of ginger y^e have ready y^e yolks of : 4: eggs & a pie of sweet
 butter y^e tak up some of y^e liquor fo Carpe stews in & beat up
 y^e eggs with it and some salt & : 2: Anchovise bruised & a few
 mushrooms cut smal lay your carp upon sippitts in your
 Dish & put these things to y^e Broth wth y^e Carpe's stews
 shake it well over the fire till it be thick; & y^e pour it hot
 over your Carpe & serve y^e up : 11: 11: 11:

M^r Harrison

Lady Mary Brabsons Receipt
for y^e Colic

Bay leaves dry'd to Powder take as much of it as will lye
upon a half crown put it into a glass of R^h wine &
drink it the last thing y^e doe & y^e fast in a morning
it has done great cures for y^e Colic & is a good remedy
for an Ague if taken just before y^e febr comes

To fasten teeth

Take burnt Allum finely powdered Dragons
blood Scrapt fine & Boile Armonick of each
a like quantity & mix it up with good honey
and rubb your teeth wth every night

To take down a white swelling

Take Camomile fresh out of y^e garding & fry it wth
with as much fresh butter as will just fry is moist ye
Lay it thick & very hot upon a Cloth & fix it Close to
ye part do this every Night tak it of in ye morning &
keep from cold it will disperse it; after loose a little cloth

82
How to make a barley Pudding: pag: 167 - (55)

Take two ounces of Barley pick, & washed boyl it in milk till it is tender then let your milk run from it & take half a pint of cream & six spoonfulls of y^e boyled barley eight spoonfulls of y^e grated bread 4: eggs: 2: whites taken a way. Spice as you please Sugar & Salt to y^e tast one Mason bone put in lumps as whole as you can & take puff past & roll it thin & lay it in your Dish lay some Citron sliced thin all over it then take your pudding stuff beat it well together for a quarter of an hour & pour it into your Dish over y^e Citron & cover it over wth a thin past: 3: quarters of an hour bake it

M. Marbury

How to Make a Baked oatmeal pudding

Take middling oatmeal pick it very clean keep it all night in Cream half a pint of oatmeal to a quart of cream mak y^e Cream scalding hot before you put it to y^e oatmeal so cover it close then take a good handfull of pennyroyal shred it very small wth a pound of beef suet so put it to y^e Cream with half a pound of reasons of y^e sun stored Sugar & Spice to y^e tast add: 4: or 5: eggs: 2: whites put away: 3: quarters of an hour will bake it

M. Marbury

To Make Black puddings: pag: 167.

Take a quart of Sheeps blood & a quart of Cream ten eggs
ye yolks & whites well beaten together Stir all this liquor
very well then thicken it with grated bread & oatmeal
finely beaten of each alike quantity some beef suet
finely shred & marrow in little lumps season it with
nutmeg & Cloves & mace a little salt Sweet Marjoram
time & penny royal shred well together & mix wth the
other things you may put in a few Cowards if you like
ye in Cleasid guts & boyl them Carefully

To Make Birch Urine M^r Marbury

Take a cory galon of Birch water put ten pounds of
powder Sugar let your water boyl half an hour before
you put in your Sugar for it must boyl no longer after
ye Sugar ye when tis scoured then Strain it into your
Cullers when Cold pour it from y^e grounds: put to it sun
baron let it work: 2: days & 2: nights ye turn it into
your vessell w^{ch} must be well smokt wth brimstone
when it has done venting fill up y^e vessell as full as
it will hold stop it up Close let it stand: 3 quarters
of a year before ye Bottle it: 11: 11: 11: —: —: 11:

It is sometimes made with
Least Sugar —

To keep fruit all the year.

Take as much fruit as you please either
 quinces or any sort of plumbs and put them
 into boyling water and so codell them till
 they be soft and let them stand till they be
 milke warm then put in pure Dryed suet of
 beefe and mutton of the same warmth the
 water is on as much suit as will make as
 thick cover as a fingers breadth lett the pots
 be well leaded ells the Liquor will run out
 when they are milke warm put in the plumbs
 into the pot and so put in the Liquor to them
 and the suit milke warm so ty it up close and
 and keep it as long as you will but when you
 brake open a pot to use it you must use it all
 out for when it is once open it will not keep.

M^{rs} Nailers way

To make Elder Berry wine Lady
Gowens way.

Take: 20: pound of Raisons of y^e same rub
em very clean & shred em small then pour
uppon em five gallons of Boyling water.
It having first boyled one hour let em steep
ten days stirring them once every day afterwards
pass y^e liquor through a hair sieve have in
readiness six pints of Elder berry juice drawn
in Barbary put it into y^e liquor then stir it
well together afterwards turn it into a vessel & let
stand in a warm place two months or ten weeks so
bottle it off

For a Bruise on the Breast

Take a Cabbage leaf & put it into an Earthen Dish or
plate Cover it Close & set it on some Clear Coals & so smother
it: aoint the Breast wth oyle of Roses & when hot as you
can bear it & so shift this 2 or 3 times a day wth a fresh
leaf

To Make Lemon Cream.

Take 4 Lemons Chipe them very thin shreed
 the chips very small and ^{put} them into a poringer
 and squeeze the Juice of the Lemons to them and
 let it steepe 2 or 3 hours then take 6 or 7 whites
 of eggs the yolkes of but 3 beat them well toge-
 ther and put to them 3 quarters of a pint or a
 pint of Damask rose water stir them all together
 and straine it all and season it well a good deal
 of Cofe sugar and a little musk or amber. Grece.
 set it on a Chafin dish of Coales stirring it contin-
 ualy till it scalding hot it must not boyle keep
 it till it be as thick as cream so serve it in Coulo.
 Mrs Nailers way

A water to keep away a feavour in the small pox

Take 6 pennyworth of Saffron & 5 or 6 pints of new
 milk Still them & give the party 2 or 3 times aday
 or afterer 3 spoonfulls at a time: this undoubtedly will
 keep the Smallpox out of throat & eyes

A Receipt how to make White Elder Wine

Take 6: Gallons of River water well boiled & scummed let it stand till it is blood warme then have ready 20: pounds of Malliagoe Reasens Chopt small put in to the water with 6: pills & Juice of 6: large Lemons also 4: ounces of Elder flowers let it stand a fortnight in a Tubb then stir it every day & strain it through a haire sieve in to a vessel then put to it 5: pounds of single loaf Sugar stirring it very well to make it worke & not stop it for 2: 3: days then stop it very close for 5: or 6: weeks if it is fine bottle it off if not take a quart of the wine & put to it 2: ounces of yeering glass let it stand to dissolve 2: or 3: days & put it to the wine & stir it well or whisk it up then let it stand a fortnight & it will be fitt for bottling then keep it as long as you please

For ye Pills

Take Mullet leaves boyl a good handfull in a quart of new milk & drink of it morning fasting: or rather eat it it will be like thickend milk it is not the tast so you may eat it as a breakfast

A Boiled Turkey in Rogers way

Stuff first y^e Turkey wth large oysters then take
 a leg of veal cutt into olives & season it according
 to your tast wth salt pepper anchours & make
 y^e a bone mention'd seasoning into balls and put
 some of ym into y^e Turkey, fill y^e Turkey in a
 cloth & rost y^r olives yⁿ take some anchours
 pepper whitwine & tyme & nutmeg & gravey boild
 yⁿ together then melt yⁿ up wth butter some
 large fryed oysters & some sliced som. balls & some
 Mushrooms & rashers of bacon put y^e balls & y^e head
 oysters into y^e sauce & pour it upon y^e Turkey
 when dish'd

To Make Dutch Beef

Take y^e buttock & salt it wth a handfull of Common salt
 2 handfulls of Bay salt & some salt pater lay it in about
 & strow a deal of other salt upon it: let it lie by three weeks
 & then dry it a Chimney

To black y^e Iron backs of
y^e Chimneys

Mix powder of black lead with whites
of Eggs well beaten & when y^e Irons are
wiped & dryed well doe them all over
with it with a brush & when its quite dry
rub it with a dry brush to make it shine

To make such water M^r Mills
way

A Gallon of Canary a pound of Venice
Treaile half a ~~quarter~~ quarter of an ounce
of Saffron one penny worth of ginger as much
Stone Lorge Tung new made as will make it as thick
as a lastey pudding still it in a cold still put a little bit
of double refined sugar into y^e bottle sweeten it to y^r
taste & take about half a pint warm at a time

To make Dog Biscuits M^{rs} Marcos way

Take two pound of fine flower Dried
& two pound & a quarter of good Suger searid
weigh two pound of Eggs in y^e shells & beat
whites & yolkes together with a whisk to a
froth & as it rises mix it with y^e flower
& suger & mix it altogether beat it not
only mix it, but in y^e plates or pans & put what
seeds y^e like in y^e botoms of y^e plates then
bake them in an oven not too hot

To make Mead

To a gallon of water boyld & cold again putt
a pound of honey then set it on y^e fire & boyle
it half an houre at least & scum it season it with
ginger Rosemary & sweet Margorene Just before
y^e take it of chear it with whites of Eggs beat to a
footh run it throu a seive & work it as y^e doe ale
at a fortnights End bottle it

To Make Almond Cakes w^{ch}
La: Brit^h Likes

Take a pound of Almonds & a pound of
Sugar & whitts of 4: eggs blanch your Al-
monds dry you beat them in a Stone Mor-
ter very small pour rose water in y^e beating
to keep them from oyling the put in your
Sugar being very finely beaten you beat y^e
whitte of 4: eggs very well: & as y^e froth rises:
put it in beat these very well together and
bake on the bottoms of wafers set them on
Case paper or plates to keep y^e bottoms from
being burnt from y^e papers or plates dust
a little sugar on you before they go into y^e oven
through a tiffery: let them fast well of y^e Rose-
water & bake them pail - - - - -

To make Ginger bread -

Take 3: pound of flower and 3: pound of Treacle &
an Ounce of Ginger some mace & Cloves a very little
will serve save a little of y^e flower out of the
Quantity to make them up you may put w^t quantity
of orange or lemon peel you think fitt into it & bake
them upon tinn sheets - - - - -

A Rec^{pt} for a Distracted Body
This with y^e Blessing of God is a very soon Cure

Take a quart of whit wine a quartorn of sweet oyll
:2: handfulls of Turhouse boill it together untill it comes
to a pint a pint of lead for: 20: days let it be every other
Day — — — A Drink to be taken for forty days to
gather make whit wine poset drink. Take y^e Juice of Turhouse
3: Spoonfulls of y^e whit wine poset drink: 6: Spoonfulls mix
y^m together & so let y^e party drink it & fast: 2: hours after
it — — — A Plaster for y^e Head

Take Turhouse & Stamp it a bout a good handfull
and when it is well stamp^t lay it upon y^e Crown of y^e Head
where it was a pointed & let y^e hair be shaved of y^e
Crown of y^e Head y^e plaster must be layed on but every
other day

M^r Naylor's

for y^e Piles
Take y^e Pile wort flowers or wich is called by some
Crowspikles at y^e Spring of the year you may have
them to a Quart of these flowers take the full weight
in fine sugar pound them well in a marble mortar & strow
ing in the sugar by times having it finely powdered & sifted
make it into a Conserve take y^e quantity of a walnut right
& morning

To bottle Gooseberys to use in Larts.

Let your gooseberys be a bout as big as a large pears
let them be gathered very dry: pick ym very Clean then
fill your bottles that holds about three pints Cork ym
very well wth sound Corks then let them in a large
flew pan of water over a stove. let them be put in
Gold & boyl about three quarters of an hour over
a gentle fire till they are all turn'd whit but not
to Crack or burst - set them by till cold drive y^e
Corks close down & set them in a dry seller till
wanted - - - - -

For y^e Collick:

Take smooth holly Berries Slippes & Staws of each
a like quantity dry them in an oven after a batch
of Household bread each sort by them selves beat
ym to powder then take as much of y^e powder as
will lye on a shilling it must be drank in whit wine
ther^e must be taken an equal quantity of each sort
& no more y^e is above mention'd - - - - -

For the Stone

Take half an ounce of Balsom of Cappiva half a drame
of Turper oyle . 2 ounces & half of Syrope of marshmalons
Compound in whit wine & must water : 10: ounces take 2
Spoonfulls at a time : 2: or 3: times in a day - - - - -

For Flooding.

a pint of claret or a pint of plantin
water boyled till it comes to a pint, powder of
cresset drink it coole

For Broth

A Muckle of veal a cock, pringo Root,
a little Hawkshorn a blade of mace & a little
Barley

For the Gardiee a very good one

Take the weight of sixpence of Saffron and one
scruple of the white of ridgecap dye and put
them into a pint of white wine and infuse them
right upon a slow fire (but to boyle) till one
quarter be wasted then drinck every morning
A wine glasse of it and at four in the afternoon
fasting 2 hours after it

For Hauch bleeding
Let them that are troubled with bleeding take A glass
of sack & bleed: 2: or: 3: drops into it & drink it this
seldom fails: — — — — —

For — Bleeding: Doct: Denhams

Take a pint of plantain water boyl it to half a
pint with half an ounce of Cloves bruised & then
Strain it & sweeten it wth Syrope of merrle take
2: or: 3: spoonfulls at a time twice or thrice a day
till it abates Syrope of Dry Roses will sweeten it if
you have not ye other — — — — —

For Recover the hearing
Take a little Rue rubb it in your fingers in long
Rolls dip it in Sallet oyl & put it into your ear
every ten hours — — — — —

For y^e head ach
Take peper & Cumming seeds of each a penny worth
pound y^e small then take y^e yolk of an egge and a
little wheat flower & so make it into a plaster and
lay it to your temples: when it is dry renew it: your
plaster must be Round pices of velvet laid to each temp^r.

Take an ounce of The Same Venus Turpentine wash it in
3: or 4 waters then put to it 3 quarters of an ounce
of powder of crabs Eyes this take .y: nights at
equall quantity going to bed & boyl fennel Sage hyson Balm
in good small beer & drink nothing els that week — — — — —

~~Recipe for the cure of the Scurvy~~

For a Quise or Soar throat -

Take a small handfull of pidgons Dung & boyllit in a little sack then pour it on a pice of laun: then slice a nutmeg one it & lay another pice of laun on ye top of it: then lay y^e Nutmeg side as hot as ye can endure to the top of y^e head as near to y^e skin as you can: then lay a hot Cloth on y^e top of it: and let it lye 4 hours then take it of & keep your head very warm after it — this is approved —

To Make Spirit of Elder

Take a good quantity of Elder Berryes when they are ripe Stamp them & put them in a Sweet Barrell so let them stand a month & then draw it out and distill it in a limbeck; out of 2: gallons a half draw three pints keeping it severally in their bottles

Receipt for y^e Whites

Take an Egg & brake it into faire water let it stand all night & it will be as it was poched take it out beat it up wth some ale a sliced Nutmeg & put in as much Saunders as will lye upon a half Crown so take for nine mornings together

for a Cough for y^e Lungs

Take q^{tr} of pd of figgs a^{ptr} of a pd of reasons: 2
ounces of sliced Liquorish: slice your figgs Stone your
Reasons yⁿ put these into a qt. or better of Spring water
let it boyll gently over a Moderate fire till almost
half be Consumed yⁿ take it of: let it stand till Cold
& yⁿ ~~straine~~ it of & put to it; half apt of double distilled
Annyseed water bottle it up drink a Cup of y^e morning
and evening going to bed = Strains it ~~off~~ while it is hot
you may put to this 2 larg spoonfulls of Balsom tallone Syrope

For a Child that is burst

Take y^e Cloves of Rosaman Root Scrap it
while it is whittle then take it and dry it in
an oven. & after it is dry enough beat it to
pouder & let y^e Child take as much as will
upon a sixpence in anything - - -

for y^e Piles

Take Pike wort leaves in y^e Spring of the year & distill
them in a Cold still & you may keep this water & drink
a qt. of of a pint night & morning or a little of it
any time of the day

M^r Oneyes Manner of ordering Brann

Let y^e Brann be very well blooded that is got as
clear from its blood as possible & y^e letting him run after
he is stuck till he dyes contributes to this. Then being cut into
colours he must be laid in water: 3 days as usual that is change
-ing y^e water twice a day & scraping y^m well each time
then take him out & let him lye 2 or 3 hours a drying & then
dry him well with cloaths then salt him well & rub y^e colours
together; Beginning with y^e belly & then girt y^m with a belt
then sew y^m up in cloaths with a pack needle & pack thread & y^e
y^e ends with strong Taper y^m heat a Coper of water & some milk
in it till it boyles & put a sieve or some like thing y^e bottom
upward & a weight to sink it laid to prevent burning it
to y^e bottom. Let an hour before it boyles put in half a
peck of salt & y^e water scamed before & after it & then y^e
Brann put in & boyled as usual till by y^e tryal of wheat straw
its found enough - ~~nothing~~ ^{nothing} that y^e Coper must be well scamed
all y^e while y^e Brann is a boyling; after its well boyled begin
with y^e least colour & ~~by a straw~~ ^{by a straw} untye one end whereby it may
be tryed by a straw but y^e bag look stouter & then let it be
run sood pretty straight again so as to put y^e colours into shape
and it by ^{run} lying each end & working all verry hight after do en it
must be laid in an open vessel with water & some milk

To cook & must be turned to prevent flatting it must be
24 hours at least & then you must take it out & try it with
with cloaths & wrap it in lay paper & straw & get it near
you please or put it into pickle.

To preserve cherries
The Quant: of Rut: may be added

Take the fairest cherries fresh gathered pull
out y^e stalks and stones weigh them and take
the weight in double refined sugar well beaten
then strow a little in y^e bottom of y^e pan or dish
as you lay y^m in and strow sugar between them
till they are all in then take 6 spoonfull of
currant juice to a pound of sugar then set y^r pan
on the fire and shake it often while the sugar
be all melted then make them boyle so fast y^t
you cannot see a cherrie scum then very clean
and get them off of the fire till next day when
you preserve the Syrup boyle it some what thicke
then take it off of the fire and get some of the
Syrup a cooling and if that be thicke they are
enough and when they are cold put them up
in glasses if it best not to do above 100 pound and
take if you do in a week or time they will turn purple

To preserve Apricocks & peaches in
Brandy. —————

When your Apricocks & peaches are almost
ripe skald ym till they are tender but take
Care you do not brake ym then drain ym very
well & put ym into large glases & pour as much
brandy over them as will cover ym & as much
fine powder sugar as will make it a syrope yu
tye ym close wth no Air gets in = & to preserve
Morrells em when ripe & put ym into brandy
without sugar & tye them close least any Air
gets in —————

To make shuff

Take of the leaves of Bittony sweet marjorum of each: 3. drams
white sugar Candie & lilly of the valley flowers of each: 2. drams
Nuttmeag powdered & ye outward kind of Lemon pille of each: 1. dram
powder them all very fine and mix them well together —————

To Make Sausages a good one

Take a Loyn of pork Cut of all y^e meat
of y^e bones & Chope it small as possible. in a
Morter turn it & Chop it mighty well every where
when y^e think it is small enough for your
Sausages Season it with Sage Thread very fine
according to your tast & y^e take pepper & salt
very well mixt y^t it may tast all over alike
so take Cloves & mace beaten very well & mix
it amongst y^e rest of y^e seasoning y^s is all
y^e must put in: take a bitt of y^e sausage
meat & heat it in a sauser so tast it if
you think it not seasoned enough put more as
y^e shall like it y^s makes very good saus-
ages

Leach to make

Season

Five ounces of Isinglass take half a pint of water Cut
it into small pieces & let it boyl till it be as thick
as starch then strain it: take a pint of Cream
or thick milk boyl it whilst it jellys in a spoon
then sweeten it to your pallet with Rose water or
loafe sugar

Season

Judy Danshaws Palsey water

Take a glass that holds a Gallon put in it 3 Quarts of good
 Spirits of wine take Cowslips Rosemary Sage Citron Buglases
 Curige lillies of the valley of y^e flowers of each of these one
 handfull Steep each flowers in its Season put in it Barne
 Motherwort spike flowers bay leaves; leaves & flowers of Orange
 trees of each of these an ounce Cutt ym small & put them into
 y^e Infusion stop the glass very Close and tye a pice of Blather
 on the top; set the glass in a warm place; take an other y^t
 will hold a gallon strip y^e flowers of lavender put in as many
 as the pot will receive without pressure put to them three
 Quarts of spirits of wine stop them Close as the other set it
 in a warm yplace for six weeks then distill y^e Infusions Sever
 =aly; if y^e things have drunk up the liquor you may put
 in a pint more to each glass; draw it of in a glass still: you
 may draw near three yints of good water from each glass
 mixe both sorts of water together - & Infuse it in y^e Ingredients
 following — Citron pills Piony seeds husked of each
 six drams Sinnamon half an ounce Nutmegs mace Curd mums
 Cubabes yellow Sanders of each half an ounce Lignum Aloes one
 dram make all these in grose powder put in it of Jubabes
 good & new half a pound Stone ym and Cutt them very sma-
 stop y^e glass very Close and let it stand six weeks more
 Shaking it once a day: then strain it out wth a press or strong
 Strainer: put the water in a glass & hang in it these flowing
 ingredients - in a Sarsnit bagg well Sowed; prepared pearl Smo-
 =gdeas Saffron of each half a Scruple; of Amber greace a
 scruple of Red Rose buds dryed & smeling Sweet one ounce
 led

— Red & yellow Sanders of each an ounce make it in
Grose powder put it in the bagg & hang it in ye
glass till all the virtu: out then bottle it for use:
use ————— 3.

For An Ague — —
Take an anchovie & garlick & a small
quantity of saffron make ys up into a
kind of a poultis put it upon a linnen
Cloth lay it upon both yerists shift ys
evey other day with fresh till y^e ague is gone
—————

A pearl in ye eye
Take a new laid egge hard rosted: yolk taken out
as much burnt Alum. as will lye on a great: twice as
much un burnt: put this into y^e eye as hot as y^e
patient can bear with a little English honey then
Strain it out hot } This medicine takes of a
pearl if it have been on half a year — —

To make ^{whit} Hogs puddings a good one

To such a quantity as you Intend to make
 proportionable take a pint of Cream boyl
 it in such a quantity of grated bread as will
 make it as thick as a hasty pudding but dont
 put in your bread till your Cream is boylt
 & yn set it on ye fire so stir it & let it boyl
 when you have so done take it of let it stand
 & cool till it be quit cold before you mix it
 yn take a p^t of rice boyl it in a quart of
 new milk when yt is done let it stand & colle
 before ye do anything to it but ya must boyl
 a blade or tow of mace in your Rice & take
 it out when it is cold mix y^e Cream & bread
 & rice & milk altogether & yn put in yo^r
 plums & one Spoonfull of Rose water & 2
 of sack so stir yn well together

To Make Eggs Allaswifs

Take 6 or 9 eggs & boyl them hard Cutt y^e yolks
about y^e bigness of small nuts & slice the white in
thin slices take one Anchovise a bitt of onion
& a few sweet herbs w^{ch} must be a little tyme &
sweet Majorum & Savory Chopt very small mix these
together thicken it up with a little butter & serve
it up with Sippets when you serve it up y^e may
put a little butter in it it is a very good dish -

La Brids Receipt

Take a pint of Claritt & a pint of platain water
boyl this to one pint a little powder of Curall &
drink it Cull -

For a Broth La Brids

Take a Nuckle of veal a Cock a Ringo root
a little Rants horn a blade mace a little Barly
& so mak y^e Broth - - -

Of Preserve Barberys La: B: way - like

Take the fairest Barberys Ripe that you can get stone
 ym lay y^e bunches one by one in a glass cover them over
 with double Refined Sugar finely powdered do so till you
 have filled your glasses a lare of Barberys another of
 Sugar to a pound of Barberys take a pound of Sugar y^e
 take some ripe barberys pick ym Clean & put them in sea-
 =lding water let them lye till they are plump & ready to
 break y^e pour the water from them & put ym in a cloth
 or Strainer so shake y^e water well from them bruise ym
 wth a spoon & strain them whill they are hott to half a
 pint of y^e Juice take a pound of double refined Sugar
 boyll it to a Candie right: then put in your Juice let
 it stand on y^e fire about half an hour to keep warm but
 not to boyll. keep it stirring y^e take it of y^e fire & pour
 it on your Barberys when it is cold not sitting them
 at all. so keep ym for your use = thus you may do
 grapes: but in y^e straining them & in y^e Syrope you must
 put but a pound of Sugar to a pound of grapes in all

A Beale Ragoe

Take a breast veall half roast it & stew it in strong
gravy about an hour: 2 Anchovise a bunch of
Sweet herbs an Onion & a gill of Red wine put
ys into yr Stewpan wth some spice & 4 or 5 Spoon
fulls of burnt butter & Juice of one Lemon toff
this altogether = Just before ye serve it take
out ye large bones: garnish ye Dish wth Lemon
barberys or beet you may put in more les if y^e please

Brown Soup

Take 2 or 3 pound of beef & cutt it in pieces fry it
in good butter wth rashers of bacon fry it very
brown on both sides put it to yn & take 3
qts of strong broth boyling hot pour ys to yr gravy
& take a bunch of Sallery boyl it in water & after
put it in yr soup: let it be boyled tender in y^e
water = yn put in some Marney Jelly or some
Raspings of bread take a handfull of Spinage &
put it in

97

A pectorall Decoction for y^e Lungs -

Take of Raisons of the Sun Stoned an ounce
Sebestins, Jujubus of each fifteen Dates six
figgs flower French barley an ounce liquorish
half an ounce maiden hair ~~Hypoc~~ Scabious
Coltsfoot of each one handfull boyl them
in three pints of water till their remain but
two — — it causeth a clear voice along with
resisteth Cough hoarsness Asthema & you
may take a quartor of a pint every morning
without keeping to any certain Diet for it
purgeth not — to sweeten it Syrope of Maiden
hair - Coltsfoot, Redgmustard liquorish lemon Citron or
violets — — — — —

In case of a feavour or disorder in y^e Head

Take a live pidgon pull of y^e feathers of y^e fundament of
y^e pidgon put to y^e same part ^{of party} as far as you can hold y^e pidgon
gently: keeping that part up: you will find y^e pidgon struggle
hard while it is drawing: when you perceive y^e same to
be dead take it away & lay a warm cloth to the part
y^s have been - Fryed with Susces

For The Strangury

Take yor french barley make barley water but
dont shift yor barley as on other occasions beat &
blaned yor allmonds very fine put y: barley water
to it stir it very well together & put into it when it
is warm a piece of the best gum you can get let it
dissolve strain ys of and keep it to drink when you
please

A Dyett Drink

Take sharp pointed Dock Root — 4 ounces
Madder Root — — — — — 2: ounces
Cauderlyon Root — — — — — 2: ounces
Agrimony Scabious and Furmitory each
a handfull — — — — — wash & scrape y roots
Slice the herbs a little a little & boyl one
half of each of them in two quarts of
water till it come to a quart Strain & being
settled Clear put an ounce of Syrope of
ye Juice of Orange into each quart
Drink 3: good Draughts: each somewhat
more yn a quart or of a pint 3: times a
day morning & 4: in ye evening & at Night

To make y^e best poppy water⁹⁸
in y^e world

Take 4 Gallons of small wine drawn into
spirit the best Aniseed water 100 Gallons plain
red poppy water Double skiled 100 quart
Take stone & sliced 4 pound raisins of y^e sun
stoned 4 pound Licorish sliced & striped 100
ounces Mace Nutmeg & cinamon of each an ounce
Cloves a quarter of an ounce then let all
stand infusing in an Earthen pot (Cover coverd
24 days stirring it twice a day when that time
is ended put into it poppy beds just peeping
out one peck without y^e black let it stand
twelve hours & if y^e colour doth not please
you add more poppy: & when you like y^e colour draw
it of into bottles & when it hath stood bottled
one week pour it of into fresh bottles to clear
it & let y^e stopples be all y^e best bees wax then
take y^e gregs & put to it sack or high country
wine 6 quarts & Trax it of in a rose still it makes
a very pretty cordial water good & pleasant for y^e
stomach

clove gillflowers 1/2 lb
collet of y^e same 1/2 lb

For a Cold

Take a p^d blen Currants & one pennyworth hignonish
sliced put this into a new pipking wth 2 qts
of Spring water let this Infuse & boyl gently over
the fire till it is like a Conserve & then bruiske a qtr
of a pd of brow Sugar Candie & put in when it
is of y^e fire mix it well to gather & keep it so
take a spoonfull or too at a night & in y^e Morn:

Another for y^e Same

Take 2 penny worth of luitticus ballsom
1 pennyworth of liquorish powder 2 penny
worth of Conserve of Red Roses & 50 drops of
y^e sp^t of Sulpher mix all these together &
take y^e quantity of a large Nutmeg Night & Morn
& any time of y^e day

A Receipt to Dress a hare

Take y^e hare & flea it twice then take y^e liver & hash it with sweet herbs & work it up with sweet butter & bread Crum. putting it into y^e belly with a pie of bacon y^e last it with Cream or butter till it is green roasted then take it and pull it into pieces & then taking what is in y^e belly put to it half a pint of Clarife with one other voice & let it stue a little to take of y^e Rarref of y^e wine

A Slipcoat Cheese

take 3 quart of new milk one quart of Cream make it prity warm & put in one Spoonfull of Rurret when it is Comed put it into a Straw fatt without breaking y^e Curd you must lay no weight on it let it lay a day in y^e Straw fatt turning it often then lap it in a Strainer with Nettles changing it twice a day in nine days time it will be fitt to eat

This Receipt I had of Mrs Hunt

Take oyle of Almond's
Balsamick Syrope
Syrope of Diaecordium each an ounce
Syrope Saffron
Barly Cinnamon water each half an ounce
Mist together, so take a Spoonfull when
your Cough is troublesome
Approved

For one troubled with a Loosness
in the Lying In Do: Turner
Take about a gill of Sack & yolk of an egge
beat y^e egge very well & mix them together
put to this a small quantity Diacordium mix
this well together for a glisten & give it of patient
Approved

For y^e Piles

Take y^e powder of Earth worms mix it in
a little white wine in a Spoon take this fasting
for severall mornings together it is an extraordinary
thing & has cured severall

100

A Receipt I had of Mrs Hunt to make
a good Seed Cake

Take a pound of good butter beat it an hour
with your hand till it is like a thick Cream yn
take a pound of flower well dryed strow y^e flower in
the butter by degrees a pound of loaf sugar powdered
very fine ten yolks & six whites of eggs strain
your eggs before you mix in your cake to this you
may put half an ounce or an ounce of Carraway
Seeds

For a Cough & shortness of Breath

To one ounce of Luatilus Balsom take one ounce of Conserve
of Red Roses one ounce of Syrop of diascordium Mix yn
all well together & take a knif pointfull morning & evening

A Cowslip Pudding

Take 2 quarts of Cowslips clean pickt 3 q^{ts} of a
pint of Cream 4 eggs & 2 Naples Biskets grated
in & so make it into a pudding

Seaton

69

To Dress mackrell

When you have Cleaned & washed your fish very well in salt & water let them drain a little have your water ready for ye boiling & putt into it a little salt & vinegar a good handfull of fennell & a little sprige of mint when this boyles put in your fish dont let them boyl too fast nor too long a quarter of an houer will do or theirabouts then take them out and device them parting the fish in half take out ye large bone take out ye fennell Chop it small put it into good butter have gooseberys ready scalded with you must ~~take~~ about ye sauce when your fish is ready.

To Dress yong Ducks

When they are fitt for ye Spitt take a piece of butter a little piece of onion a little salt so put this into ye bellys then roast them & have ready a piece of meat for gravey put it in a little water with a pibitt of lemon peel let ys boyl after you think your gravey is boyled enough take it of & put into it a little bitt of anchovise give it a boyl or too more yn take it of & strain it & put in a little Clarit a little piece of onion let your sauce stand till your ducks be ready if it is not strong enough put in a little more gravee take out ye onion thicken it up with a little butter & flower put in a little Juice of lemon if not a little vineger ys will do for fish sauce. ~~only~~ horradish sliced in it

Mrs Scators Receipts to make French bread

To a quarton of a peck of flower take half a pint of yeast
a pint & half of milk; in cold weather y^e milk must be made
hotter then from y^e Cow, but in summer no warmer. it must
Rise half an houre before it be put into y^e Dishes; & half an
houre after; it makes a dozen of loaves y^e oven must be as hot as
for small pyes -

A Sage Drink good in a feavour by
Doct^r Mead

Take a handfull of Red Sage Dried & a whole lemon sliced
peell and all, & pour on them one quart of boyling Spring
water & let it stand for some time & then add to it half
a pint of whittwine & double refined sugar to make it
palatable -

Seaton

Kataphia

Take 2 quarts of Brandy, & two hundred of Apricock
Stones & kernels bruised half a dozen of Apricocks very ripe
sliced half a quarton of an ounce of Cinamon, half a pound
of white Sugar Candy, put them all into a glass bottle well
stoped then let it stand in y^e Sun six weeks & yn Strain it
of Clear -

Seaton

a Sage Drink in feavour prescribed
Doct^r Mead

Take a handfull of Red Sage dried & a whole lemon
sliced peell & pour on them one quart of boyling Spring
water & let it stand for some time then add to it half a
pint of whittwine & double refine sugar to make it
palatable -

Seaton 70.

The Collick water +

Take Chicampare roots sliced thin, Aniseeds,
Coriander seeds, y^e best Scana, Guaiacum, Lubebas of
each 2: ounces: If reasons of the Sun stoned: 1: pound;
put all these into a Stone or glass Bottle; or Jugg
Adding to y^e forementioned ingredients: 3: quarts &
a pint of y^e smallest Aquavita. Stop up your
bottle Close & let it stand in y^e Seller: 4: days stir
it once or twice aday after which it is fitt for use
add to y^e former ingredients: 2: ounces of Rurbar

Scaton

You may take three or four Spoonfulls immediatly
before you go to sleep as you may y^e next Morning after
3. or 4. Hours it purgeth very gently & perfectly Cureth
all torment in y^e bowells proceeding from wind or any cold
whatsoever altho y^e bloody fluxe & gravell in y^e Kidneys -

To Mad. Stoughtons Elixer +

To a pint of Brandy put y^e yellow Rinds of two
Sevil oranges, pared very thin & put into y^e bottle as
pared - then put in half an ounce of gentian root sliced
very thin - a quarter of an ounce of dryd Camomile
flowers, & a dram of Cocinell in powder shake y^e
bottle once aday for a week - & y^e dose to be
taken a Large Tea Spoonfull in a glass of white wine

Scaton

+

Consense of Stippes

Take your Stippes Slitt & seed you then beat them in
 Marble mortar very well then pulp it through a hair
 Seive to every pound of y^e pulp put half a pound of fine
 Leaved Loaf Sugar beat y^e pulp & Sugar very well together
 Beaton

+

Puffs Elixer of Original Receipt

Take 5 ounces of anniseeds 3: of fennell seeds 4: of
 parsley seeds 6: of Spanish liquorish 5: of Licor 4:
 of Rubarb 3: of alicompane 4: of Gallup 6: of marm
 a quarter of an ounce of Cochineall 21: Drams of
 Saffron 2: pound of reasons 2: gallons of Brandy
 Slice y^e liquorish Stones y^e Reasons & bruise y^e Gallup
 then put them together & keep them close covered for
 15: Days & at y^e end strain ~~the~~ of y^e liquor
 Beaton

For a Consumptive Cough

the $\frac{1}{2}$ pint of sack $\frac{1}{2}$ a pint of penny Royall
 water 1: ounce of Balsam Tolu boyl it together wth
 as much Loaf Sugar as will sweeten it to a Syrope
 take 2: Spoonfulls every morning & Night

To Cement Cherea

Seaton

Take y^e white of an egg beat it to a froth as much as you can let it stand some hours then there will be a kind of fine oyle settle to y^e bottom take y^t & mix with it a little powder of lime mix it ~~with~~ unselect lime together so you have Cherea — this is not really clear of y^e egg

The figg drink a good thing in y^e smallpox
Especially when in y^e throat or to keep you out
Seaton

Take a pint of French barley wash it very clean in two or 3 waters after which put to it .2. quarts of Spring water with half a pound of reason of y^e sun stoned & pickt half a pound figgs y^e best & slit them & y^e same quantity of stick liquorish scrapt & slit put these all in together set them over a gentle fire let them boyl .2. hours in which time you will find y^e virtue gone out of y^e ingredients. you strain it, of & now & then give y^e patient a little of it at a time as you see occasion

If the smallpox are much in the throat get some fresh sheeps dung just made & lay it as a plaster very thick & close it to the throat when it begins to dry put on fresh

To make a good pudding

Seaton

A pint of milk Six Eggs four Spoonfulls of flower beat y^e eggs very well first then put y^e milk to them then beat it again & put in ~~the~~ four Spoonfulls of flower in y^e beating butter your bag well one hour boyls it grate in a little Nutmeg

Seaton

veal Collops

Take a leg veal Cutt ye Collops thin & hack em well fry them in butter - For ye sauce take a piece of beef a little Anchovic a bit of onion a little time a bit of lemon peel put into it a peice of butter shake in a little flower pour it upon ye Collops in ye pan & toss it up wth a piece of butter & seruit up

To Make Gascoignes powder

Take powder of pearl - Crabs Eyes - Red Coral - white Amber - Hartshorn of each half an ounce - oriental Beasoar ye same quantity - Three ounces of Crabs Claws all fine powdered mix ym make a little Hartshorn Jelly boyle in it a vipers skin - Grind all y^e powders very fine on a Stone y^e Beasoar first in; wet ym wth y^e Jelly stiff enough to Role into Balls lay them out to dry - Seaton

For a Thorn struck in y^e Joynt Supposed to tuck ye bone

Take the gaul of a barrow pig spread on leather on ye right side as you^{MAK}e a plaster & lay it to ye place grived let it lye on: 2: or 3: days & then lay a fresh on y^e will heal ye part

To Make Kitchup to put into sauce
for fish

Take mushrooms y^e buttons if you can have them fill them
but not wash ym. then brake them into pices put them into
an earthen pot sprinkles a little salt amongst them to draw
out the liquor: let them lye thus a day or two or three will
not hurt. Stir them once a day then drain them through
a cloth as much as will run out without squersing: for
the botom will be thicker: put this into an earthen pot
Set it in a Kettle of water let y^e water boyl: & as y^e scum
rises take it Clean so long as you can perceive any scum
when no more scum rises it is enough: to a quart of this
Liquor take a whole sliced ^{nutmeg} a Basin of ginger shreed a
pennyworth of mace half y^e quantity of Cloves y^e
same quantity of Jamaica peper & half y^e quantity of
black peper these put in whole: 2: Anchovise a gill of either
red or white wine when these are all in: let it boyl ten
minutes & pour it of let it stand till Cold: & botle it in
a Clean dry bottle: Cork it & keep it for your use if it
shoud be apt to moulder boyl it up putting in spice or
wine as you shall see occasion keep it in a dry place

A Poultis for: Tumour but not to draw: but to disperse

Take Spring water; Cheeckweed & violet leaves an equal quantity
shreed them fine & take white bread as much as will make a poultis
thick: let it boyl stirring it well & put into it a pice of fresh hoggs
Lard after that boyl it ^{once} & lay it to the grievd place as hot as
you can bear it; shifting it every night & twice a day

For a Cancer Breast

Take: 20: grains of the powder of horse-corns the horse-corns must be taken off stone horses washed clean in water then sliced & dried powdered & sifted: you must take it first in the morning and last at night take it in anything you like fast an hour after it take a gentle purge once in three weeks & let blood once in six weeks about six ounces — — — — —

In a Quinsey bleed with a lancett & leeches, Cys & Scalfye Glister & Blister use warm Gargles & Plasters from the hears almost to the winepipe. — Seaton

King Williams Breakfast Cake

Take: 12: Eggs & beat them well together: & put to them a pound of Sugar beat them a quarter of an hour then put in a pound of flower & when you have beaten it an hour together put in an ounce of Caraway Seeds & put it into a pan that is well buttered: Set it in an oven: an hour will bake it Seaton

Ginger bread

Take: 3: po & $\frac{1}{2}$ of flower: 2: ounces of ginger one ounce of Caraway seeds & one ounce of Oriander seeds all finely beaten & seared mix em with yor flower then take 2: po : & a half of Breake to a pt of yeast a quarter of a pt of Best Brandy make it into a soft past mould ym in little cakes & bake ym on fine pans or paper well buttered bake ym in a Temperate oven: wh they come out have some boylng water or Sweet wort boylng hot dip ym & take ym out quick — — — — —

Plumb Cakes

Take one pound of flower set it in y oven after the bread is baked to be dry & sift take half a pd Sugar finely dry & beaten half a pd of butter wash'd in Rosewater a pd & half of Currans well dryed wash't pickit Clean y yolks of 4 eggs & ye whitts of 2: eggs well beaten wth ten Spoonfulls of Cream: Rub y butter well in the flower then put in the sugar and Currans wth a blad of mace pound'd fine work ym up wth y eggs & Cream make a dozen little Cakes Bake the m in an oven almost as hot as for Manchetts

Collard Beef

Seaton

Take y thin Bisket: bone it & lay it in Pickle Make y pickle thus: take 8 quarts of Springwater one quart of Bay salt. 2: a pd of Salt peeter put y Salt & Salt peeter into y water let it boyl half an hour when it is nigh boyling scum it well: wa y pickle is cold put it to the beef: it must be 8: days in y Summer & ten in winter. turn it ever day in y pickle: if y pickle is bloody ye must boyl it over again y take out your beef & dry it well wth a Cloth then take 1/2 an ounce of Jamaica pepper one quart of an ounce of mace a quart of an ounce of Cloves beat ym well & rub it very well in y middle of y beef ym Roll it up hard in Course tape then bake it wth a quart of Clarit & 2: quarts of water a little Salt it must be baked wth bread: 5: houers

Some

To wash Brass ^{or Copper} over wth Silver

Take two penny worth of Aqua Fortis, & when you have taken a Peice of Silver about y^e quantity of a Silver two pence, & beat it very thin & clipt into small peices, put into a small earthen mug, then put y^e aqua fortis to it, if you would have it dissolve soon, take up some Coals in a fire shovel & heat y^e aqua fortis when y^e Silver is in it, & it will y^e sooner dissolve y^e Silver - but stand not too near Steam - when y^e Silver is dissolved add to it as much haron Tartar reduced to a Powder, or Cream of Tartar as y^e liquid Aqua Fortis wth y^e Silver in it, will drink up -

Some of this you may lay upon any Peice of Brass, ^{or Copper} when first rubd very bright, & by whetting it upon it, y^e Brass or Copper will receive a Tinge w^{ch} will be complatly Silver - y^e oftener it is rubd y^e Deeper will y^e Silver ordinarily take - Seaton

Another but not so good a one -

Take a small quantity of Quick silver, & scrape some ~~fine~~ Pewter upon it wth a Knife till you see y^e Quick silver is filled, w^{ch} it will soon be, if you incorporate it wth y^e Pewter Scrapings, then take a Tobacco Pipe, & pound it into Dust, mix some of this ^{with} Dust y^e Quick silver & Rubbing it on any Brass, it will give it a Silver Complexion - Seaton

Past for patty Panns 8

You may take a pound of flower work it up with $\frac{1}{2}$ a pound of Butter: 2 ounces finest Sugar: 4 eggs and a little Cold water

Apple Puffs 3

Take what quantity of Apples you please boyl ym in Sugar & water till they are brought to a Pulp then put ym into a little puff Past Roled thin: Seaton

a Poultice to disperse an Inflammation

Take White bread & milk well boyled that there be no lumps London Treacle about .2: knif Pointfulls, Mellelot. & Elder flowers of each a handfull put these in after y^e poultice is made & mix ym well together apply it as warm as y^e patient can bear it must be fresh every day

Puff past

Take a pound of flower brake into it .2: ounces of butter & 2 eggs make its past with Cold water you work y^e other part of y^e butter after you have roled y^e past Lay it on by bits & roul it out again till y^e butter is all in drudg a little flower over y^e butter when you role y^e past out

for a Red Swelling

Take a pint of milk put to it half y^e quantity in water take a few Elder leaves put it into it let it have one boyl over y^e fire: & as hot as can be let the patient see y^e boiled part as hot as they can bear it with y^e milk & lay leave upon it & shift it as you see ocation

an Excellent Medicine for y^e Asthrea

Take a quartor of a pint of small Cinnamon water one ounce of ~~or~~ camel of squills mix them well together & take a spoonfull at a time.

For one That Cannot hold their watter

Take the Ryle of a Staggs & dry it to powder & powder it very fine give as much of y^e powder as will upon a sixpence when the party goes to bed repeat it ^{till} y^e Cure is effected

To Dry the milk

Take bees wax & Beares suet and Honey of each an equall quantity a little Brand & a bitt of fresh butter melt them all together & dip in your piece of cloth y^e Intend for your plaster & so lay them to your Brest

To Cure y^e Red watter in Sheep

Take a quart of Tar & a quart of Aquarite & give each of them 2. spoonfulls before they be ill^d it seldom fails

To stop a Loosness

Take 2. quarts of faire water one ounce of Cinamont half an ounce of Nutmeg half an ounce of Cloves half an ounce of Mace half an ounce of Anniseeds & a slice of a Lemmon: 2. ounces of Sugar boyl these to gather till they be the Color of Ale & so take 3. or 4. spoonfulls at a time as often as you are thirsty drink nothing else till you find y^e self at your usual state which will be in a day or two

A Powder to Preserve the Teeth During Life

Take a Brown Toast in Charit one Night then bake it in a Shovell over the fire till it is black & dry enough to powder the beat it & Sears it very fine & to half an Ounce of this powder take a quarter of an Ounce of the powder of Dragons blood & as much powder of myrtle & as much Mastick as much roach allom all these as much as will lye on a shilling mixe these well together & put to them half an Ounce of Bolus monick. Keep it Close stopd in a Viol Glass & Clean your teeth with it as often as you please ————— Probatum Est

For the Jaunders

Take one large Nutmeg grated ye Shells of :2: new layd Eggs :5: pennyworth of Saffron :2: ounces of Double Refin'd Sugar beat these together into a powder dry them first well by the fire let ye patient take a large Spoonfulls every morning fasting :2: hours after it ye powder is to be took dry & drink a glass of Rhenish wine after it with a little Juice of Lemon squeezed in it & at :4: in ye after Noon till ye cure is effected Repeat it twice a day — — —

After this get a pint of Double Distild Anijsed water in fuse therein one Dram of French Ralabarb a Dram of Cinnamon let this stand a Night then take :3: Spoonfulls in a Morning fasting & at :4: in ye Afternoon

For the Stone & Gravel

Take Holly Berries dry'd & well powdered & drink in whit wine
in good or y^e Hard Row of a white pickled Herring powdered &
drank in whit wine have done wondrous Effects in the Stone
& gravell

For Expulition in Child birth in Extremity

Take Cumine Seeds from y^e Apothecary - Date Stones: white
Amber: greines, of each a like quantity - the Date Stones must
be beaten by themselves by reason of their hardness in a Marble.
Mortar beaten well to powder & finely Sifted in a lawn Sieve -
but of y^e Cumine Seeds twice as much as of any other - keep
the powder in a close tinn box to keep y^e sent in - & give as
much of the said powder, as will lye on a groat or a Sixpence
in warm Malmsy wine or Alebry this is a Jewel under
god never fails any

To keep the Body Open

Take half a pound of Prunes & put to em a pint
of Succory water or fair water & tye up in a Raggs
a quarter of an Ounce of Rukbarb & half an Ounce
Seana & let it stue: take 5 or 6 of the Prunes & a
little of y^e Syrop every morning fasting

An Ointment for a Pain in y^e Side

Take Ointment of marshmallows one Ounce
Powder of Cummin Seeds a Quarter of an Ounce
Powder of Fenugreek one Dram. Oyle of Brick
one Dram Oyle of Roses a Sufficient Quantity to
make it into a soft ointment & anoint y^e grived place
every night.

For a Bite of a Mad Dog

Take Aggrimony Roots Primrose Roots Dragon Roots Single
Piony Roots & y^e leaves of Rose of Each of these a handfull
and as much of Seaw of the Earth: y^e black Tips of Crabs
Claws powdered Venice Treacle of each one Ounce these
are to beaton together & boyled in Gallon of milk till y^e
half be boyled away & then put into bottles. but not strain
take of this about three or four Spoonfulls at a time three
mornings together before y^e new & full of y^e Moon y^e
person must be blooded before they take it
Some call y^e Seaw of y^e Earth Spanish Catchfly tis y^e
Chief Ingredients: if it is for men or women y^e same
Ingredients must be Infused warm in two quarts of Strong
Whitewine for 12 or 14 hours & then Strained you must
take about a quartor of a pint Morning & Evening three
days before y^e new & full of the moon: it must be
Sweetned: some of these herbs being hard to get in the
winter they may be given drye well powdered mixt wth
y^e Crabs Claws & Venice Treacle in Sollet Oyle

107
For a Cold

Take a Quarter of a pound of Raisins stoned 2 ounces
of Brown Sugar Candie one pennyworth of the Spirits of
Sulpher one ounce of the Syrope of Maiden Hair one ounce
of the Syrope of Ground Ivey mix these altogether Make
it into a Conserve take ye quantity of a large Nutmeg Night
& Morning & any time of the Day when your Cough is
troublesome

A Receipt For the Stone & Gravel

Take 16 Drops of Balsom of Capivia in a Spoonfull
of Syrope of Marsh-mallows & a glass of white wine
after it - to be Repeated every 3 houers till you find
ease if the pain is violent you may take more drops

For the Gallenders

Take black Snails put them into a bottle stop but not very
close let them lye for 3 or 4 days & Chafe the part
after being close stop'd and Scrap'd

Receipt for a Consumptive Cough

Take a Pint of good Brandy a quartorn & half of Treacle
Mise this well together then take a head of garlick pick ye
Cloves out & skin them put these Cloves into your Brandy.
& Treacle set this over a gentle fire & keep it all the time ⁱⁿ
Let it Boile for ye space of a hour & half or too Hours very
gently & then it will be like a Syrope tak a Spoonfull at
a time if last at Night & first in a morning if ye Cough be
very violent at any time take a little & swallow a Clove or two
of the garlick in a morning this has been tryd with success

For ye ^{ye} Sanders

Take your Dew worms web lye upon the Grasse in a
Morning Dry them in a Gentle oven & are Dryd Rubb them
very well to a fine powder take as much of ye powder as
will lye upon a Shilling in a little whittome & a little of ye
wine after it — — — — —

To Stop bleeding & Against a Consumption

Take Oake Lungs an Excrecence that grows about a
yard from the Ground boyl an ounce of them in a
Gallon of Spring water till 2 Shirts is Consumed then
drink of this in ye Morning fasting & in ye afternoon
it Looks & drinks like wine. — — — — —

X To Make 'The Broging Pills

Take one ounce of y^e flower of Brimstone one ounce of the Syrope of
 Rulbarb one ounce of the Syrope of Buckthorn: 2 ounces of Alloways
 beat very fine: one ounce of Cream of Tartar one Dram of Saffron.
 Rub'd to a fine Powder: put the two Syrops in an Earthen pipkin
 with Alloways: Set it over a gentle fire till the Alloways is dissolved
 then put in all the rest. stirring them well together: Just boyle them
 up a gain: then shake some flower of Brimstone in an Earthen plate
 & pour them upon it when Cold Role it & make it into pills keep
 them in y^e flower of Brimstone or you may pour it into Gallipots
 & Cover it Close & make ym into pills as you want them: this quantity
 will make about two Thousand pills: you may make half y^e
 quantity or less — this will keep many Years — This
 pill has not many Equals in y^e world it Cures the Swury & Clears
 the whole mass of blood: disperses Phlegm & Clears y^e pipes & lungs
 Cures a Cough or Cold: at three times taking: Creates a good appetite prives
 the Rising in the throat & give breath in great Extremities they
 destroy all sorts of worms wth their slime & give no offence to the Stomach
 & leave no binding behind them: a Child may from one to five y^e
 of age take one — from five to eight two from eight to twelve three
 & an up grown Person five there is no Confinement to the House or
 diet but from milk & Cheese in the time of working you may take
 them in what you please for three nights one after another they give
 comfortable Rest & make the Spirits Clearfull: & y^e heart light takes
 of melancholy vapours that Cloud the Braine Cures hot & Cold fits &
 Shaking of the bones without the Bark they are good after hard
 drinking & strengthen you every day you take them. to give them

Their due they are ye best Physick: it is a very small pill & will work by Urine or Stool as Nature is disposed & agrees wth all Constitutions: you may send them to any part of the world for they will keep many years

For a Consumption

Take: 4: sheeps feet & boyl them in a quart of new milk till half is consumed - then strain them & give it to ye party either with a little Sugar or Salt or without either let em eat nothing else but ye broth for supper & breakfast till they find a mendment — — —

To Cure a Consumption

Take: 4: Spoonfulls of whitwine & 4: Spoonfulls of Spring water to wick put a new layd egg yolk & white well beat to gather this Sweeten wth white Sugar Candie it is to be. Take fasting in a morning & at 4: or 5: in the afternoon: this taken constantly hath Recovered many of Consumptions — — —

For y^e Pyles

Take one handfull of yarrow one handfull of elder buds or leaves & one handfull of the tender vine of the elder put all these together into a quart of new milk & boyl it till Comes to a pint. so take a Spung & bath y^e part affected for half an hour let it be as warm as you can bare it keeping y^e warm Spung to it when you bath it

For ye Worms

Take wormwood, Mugwort, Horhound & Fansey of each
half a handfull boyl em in 3. quarts of Water: take
out ye herbs & put in a pound of Treacle let it boyl strain
& work it with yeast let it settle the bottle it & drink a
draught every night & first in a morning half ye
quantity does for a Child of ye herbs — — —

For A Consumptive Cough:

Take one Ounce of ye Syrope Ground Ivy,
one Ounce of Syrope Horhound
one Ounce of Syrope Diascordinum mix these
together & take a Spoonfull night & Morning & at
any time as you see Occasion — — —

For ye Same

One quarter of a pound of Reasens of ye Same Hornd
2 ounces brown Sugar Candie: 1 pennyworth Spirits
of Sulpher: 1 Ounce of Syrope of Maiden Hair
1 Ounce of Syrop Ground Ivy mix these together
as a Conserve — — —

Mr Noel took this when abroad occasioned by drinking

For the Flux

Take some of the Best Red Sealing wax pound it very fine to a powder take as much of the powder as will lye upon a sixpence in a little good Brandy - at any time of the day or night you may take it & in three times taking it will effect of Cure & will keep you from the bloody flux if you take it in time & will sometimes Cure in twice taking - & hardly ever fails a third time you may take it in white wine if you do not like & other

For the Chincough

Take Colts foot leaves a good hand full Cut them small & boyl them in a qt of Spring water till half a qt is boyled away then take it off the fire & when almost Cold Strain it through a Cloth squeezing it the best as dry as you can wch you may thro; away & dissolve in the liquor an ounce of Brown Sugar Candie finely powdered & give & give a Child it be a bout 3: or 4: years old & so in proportion one Spoonfull of it Cold or warm as the Season proves 3: or 4 times a day or oftner it fits of Coughing Comes frequently till well wch will be in 2: or 3: days time but will presently abate of fits of Coughing

Take China Broth Approved Remedy for a Consumption

Take of y^e best China half an ounce sliced thin
let it steep :12: houres in a Quart of Spring water then
boyl it over a gentle fire till half be Consumed
then take a large Chicken bruis & boyl it in a
bowl :2: Quarts of water after it has boyled a little
put to it the Decoltsion of y^e China Roots together
with a little Endive a Sprig of Rosmary a blade of
Mace & a piece of a Manchet. let em boyl till
their Remains be but a pint: it is to be take every
morning & at Five in y^e afternoon

Thor a Consumptive Cough or Cough only

Take one Ounce of Confectid Eriago Root one quart of
Barly water one Quart of new milk boyl these altogether
upon a slow fire till tis Consumed to one Quart ~~to one~~
~~of~~ of this Drink half a pint Just warm in the Morn
and at night going to bed & at any other time of y^e
day if you find the taking it so often agrees with you
when it is boyled enough strain it from y^e Eriago Roots

For the Pilles

Take Marsh Mallows a handfull

Common Mallows a handfull

Pelitory of the Wall a handfull

Elder flowers a handfull

Melilot flowers a handfull

Boyle these in 4 Quarts of water after they have been well boyled add 3 pints of milk sit over them a hott as you can bear it & go to bed just after or els keep very warm this I have tryed with success N.B

The Way the Dutcheffs of Boulton makes her Viper Broth

It is to bake two Vipers & Cut them small & put to them a pint of Spring water put them into a Colerd vessell & with a very gentle heat let them steu a little till it is reduced to half a pint wh will serve for two mornings

For y Pilles

Take : 2 spoonfulls of Cold Drawn linceed oyl
right & morning fast one Hour after it & if ye
party has them outwardly take a Spoonfull oyle &
Slice a Nutt gale into it: let it stand one Hour. a
a point of part severall times a day. but dont
let ye gall come to the part: for it vill occasion
pain

112

La: Grimston's Receipt to Make an
Orang Pudding

Take Eight Eggs & beat four of the Whites beat you
well together then put to them half a pound of
melted butter & mix them well then beat with
the Eggs & butter half a pound of fine powder sugar
then take a sheet of puff past put it in the bottom
of your Dish & slice half a Candide Orange thin
& lay it upon your past so pour in your Ingreddie
nts upon it half an hour will bake it

For a bad Cough

Take of Keasons of the Sun .2 ounces of Con.^{ve} of Roses: 2 ounce^s
Sugar Candie .2: ounces pound these all well together till it come
to an Electuary so drop thirty drops of y^e Spirits of Sulpher
upon a large bitt of it with you must take at night morning
if extremely bad once any other time of the day

To Pickle Pidgeons to Eat like Cyprous Birds

Bone your Pidgeons turn them inside out & season them wth pepper salt Cloves & mace some Charlot & Lemon peel cut some ~~of~~ Anchovise & sweet herbs they must be high season'd to eat like Cyprous Birds, with oyl & vinegar having thus season'd them turn the pidgeons in again Tye up the necks & put them in little baggs boyle ym in Spring water with a bunch of sweet herbs boyle y^e hour leasurly least they brake add to the liquor a very little Jamaica pepper two Onions cut in pieces a little salt when they are enough take them out & to the Pickle w^{ch} must be two Quarts when boiled. put a pint of white wine give it 2 or 3 boyls after & when it is quite cold put in your Pidgeons keep the pot from the air in a coole place, boile y^e pickle once a week y^e same pickle will keep good 3: weeks take care not to cut the skins in the Boning & stuff them prity full w^{ch} they are about half boiled take them out of the baggs & tye them up very tite for they are apt to sink in boyling to 2 quarts of liquor you cant have a bou ten large Pidgeons, keep them in a pott like unto a Jarr;

For y^e Janders

Approved

Take a good handfull of Tormentill roots & as much Barbery bark Infuse them over a gentle fire in a quart of good whitwine till it Consumes to a pint. Take Six Spoonfulls every mornin fasting & repeat the same in the Evening: Squeeze into ^{it} a little lemon Juice made of a deep dye with saffron: once in five days Add in the morning: 20 grains of Powder of Rhubarb This must be continued a Considerable time. at least a month or 6: weeks

or. The fine Paley water

Take flowers of Lavender .1: Gallon pour on them .3:
 Gallons of the spirit of wine Stop the vessel. Close let
 them Infuse in y^e Sun .6: days then distill them in a
 limbeck Then take flowers of Sage Rosemary Bittony each
 of these one hand full of Borrage Buglose lily of ye Valley
 & Cowslips of each of these .2: handfulls Infuse all these
 gathered in season & all dry in a Gallon of Spirit of wine
 & mix it with the Spirit of Lavender = adding the leaves
 of Balm feverfew orange flowers & bay Betries each
 of these one Ounce: after they have digested together .3: days
 distill them again then add of ~~the~~ Orange & Citron peels
 & the seeds of Peony of each of these .6: drams Cinnamon
 Nutmegs Mace Cardamoms: Cubbs & Yellow Sanders of
 each of these half an ounce of the root of Allsone
 dram let them steep .24: hours then strain them: & add
 of prepared pearl .2: drams Saffron .10: grains Red Rose
 leaves dried & Red Sanders of each half an ounce
 Yellow Sanders Bark of dried Citron each .2: drams
 hang these spices in a musling or finer ^{spinn} in y^e spirits
 a boue mentioned .2: days & then Bottle it of

Approved

For the Gravel: ————— Dutch Rutt!

Take a Dozen of mallow leaves half a handfull of
mallow roots wash them very Clean splitt the roots
& let them boyle about half a Quarter of an hour
in pint & a half of new milk then strain the milk &
turn it with as much white wine as is necessary to make
it Clear ————— be pleas'd to drink a draught of this
warm sweeten'd with a bout a spoonfull of y^e Syrope
of marshmallows: 2 or: 3 times a day

How to make Ointment of Tobacco ——— La: Irvis

Take of Green Tobacco leaves: 2: pound of fresh Hogs
Greace one pound bruse the Herbs & Infuse it a whole
night in Red wine & then let it boyl with the Hogs greace
over a gentle fire untill the wine be all consumed with
must be sufficient to Couer y^e Ingredients: then strain it
& add to the Ointment of y^e peece of Tobacco one pound
of good & Clear Rozen: 4: ounces then boyl it again
till the Juice be all Consum'd adding towards ye end
of Round Bittworth in powder 2 ounces new waxe
4 ounces or so much as is sufficient to make it into
an Ointment ————— This Ointment Cures all Fumery
wounds & ulcers Gunshot Bites Itches stings of Nettles
wasps Hornets or venomous Beasts wounds made with
poisoned Arrows all burning & scaldings tho it be wth oyl
lighting: & without a sear: it doth help all rotten
putrified ulcers all to they be in the legs where the
Humour do resort; also it will search without any
Instrument: and bring up the flesh from the bottom.

A. Consumption

Take a peck of Garden Shell Snails through you
 into a hott Oven as soon as they have done hissing
 take them out & whipe them Clean from y^e froth a
 bout them beat them in a mortar shells & all then take
 a Quart of Earth worms Slitt them & wash them in
 Salt & water & so take & beat them in a mortar then
 take Saladine & Bears foot & Egremony & Barbergy Bark
 red Dock Rootes of each of these two handfulls a Quart
 of Rosemary flowers of Rue spearmint & Balm & Sage
 of each of these one handfull half a pound of Harts
 =horn shavings one ounce of Furmerick one ounce of
 Fennerick :1: ounce Cloves ~~half~~ ounce of Saffron beat
 your Furmerick & Fennerick & Cloves severaly & then mix
 these all well together & put them into four gallons of Old strong
 beer let these steep 24 hours & then put these into a limbeck
 Distill them this Quanity will draw of six or eight Quarts
 after this get some earth worms Skifed & dyed as before
 finely sifted & powderd take as much as will lye upon a
 a shilling in a little of the snail water after this take a
 glass of y^e snail watter after it take this in a morning
 fasting & at 3: or 4: in y^e afternoon you may put a little
 dubble Refined sugar in y^e snail water you drink after
 the powder to make it more pallitable.

For a Pain in y^e Side

La Jovm

Take flower of Make a Cake when it is baked Slitt it
open & putt a a good Quainty of tare upon it as you
would a butter Cake when it is well dissolved lay it
as hot as the patient Can bear with y^e tare part to
the side

For an Ague

Approved

Take one whole Nutmeg gratted very fine & y^e
same Quainty of Ginger gratted & a much allum
Mise these together & divide it into three parts &
take one part of it before the fitt Comes it must be
two houers before you expect y^e fitt to Come take
it in a little warm alle & go to bed

For the Gravell

Take Oatmill let it Soak in water for one Night
& 2: days then take & strain it of & put to y^e Quainty
of a Quartor of a pint: 2: or 3: Spoonfulls of y^e Syrope
of Marshmallons & drink it up

Cancer Breast to Cure

Take of Juice Sallindine & Goose & beat it in a mortar & spread it in a plaster & lay it on the part grieved one fresh plaster after another every day for a month

For a Cold

Take: 12: drops of Balsom capive Night & Morn & More: 2: drams in powder & Mix in it 3: ounces of honey: Take at Tea Spoonfull 2: or 3: times in a day

Take half an ounce of Sagoe put to it five pints of water a small stick of Cinamon & a little salt & let it boyl till it comes to three pints: you must scum it well & Strie it between whites, you may boyl a little sugar in it when done put it into your bason with a little Nutmeg lemon & a little wine this makes it good to Eat it is good for a bad Stomach & is a pretty supper

If you cant have wine you may put ^{very} a little Brandy

To Salt Hams and Tongues

Take 3 or 4 gallons of water put to it: 2
ounces of prunello Salt 4: pd of white salt
4: pd of bay salt a pound of pester salt
a Quator of a pd of salt pester an ounce of
Alum a pou of brown Sugar let ys boyl a
quartor of an hour scum it well when tis
Cote pour it from y^e bottom ye keep
it in

Let Hames lye in this pickle 4 or 5 Weeks
a Cloe of dutch beef as long tongues a fort-
-night Colled Beef 8: or 10: days dry ym
in a Stove or wood Chimney

Orange Butter

Take y^e whites of 5 eggs boyl'd hard put to
it a pound of butter a little fine Sugar
with a Spoonfull of Orange flower water
work it through a Live Almond & pitchcock
butter is made y^e same way - but let ym be
pounded & blanck'd

To Dress Pidgeons . . .

Your pidgeons being trusted & seasoned with Savory
Spice put ym in a pot. Cover them with butter &
bake them then take ym out & drain them when
they are cold Cover them with Clarified butter &
ye same way you may pot fish onely bone ym
when they are baked

To Pickle Mushrooms . . . Good one

Take yor small hard buttons Cut y^e dirt from y^e
bottom of y^e stalks wash ym in salt & water & milk
& rub ym with flaniell y^e put ym into another
pan of salt water & milk as before & rub ym
till they are clean then boyl salt water & milk
when it boyls throw in your mushrooms & when they
are boyled quick & white strain ym through a cloth
cover them up with y^e rest of y^e cloth & let them
cool in it - let y^e pickle be half whit wine & half
vinegar wth sliced nutmeg ginger large mace whole
peper cloves when they are cold stop ym up in
glasses y^e same way may be done Cold Pickle

Oyster Loaves

Cut a round hole in y^e tops of french rolls
take out all y^e crumb & smear ym ouer; with
a tender forcemeat made of Sell oysters part of
an Eele pistachia Nutts Mushrooms herbs & a
- choice Marrow Spice y^e yolks of 2 hard eggs
beat these well together in a mortar with
raw eggs y^e fry them crisp in lard y^e fill
ym with a quart of oysters y^e rest of y^e eggs
cut like lard pices Mushrooms & anchovie tost
up in their own liquor half a pint of white
thicken it with eggs & a bitt of butter Rould
up in flower

A Prompitone

Take a fillet veall nice it small wth y^e same
quantity of beef sweet beat it wth Savory Spice
make it into y^e form of a thick round pye fill
it lay in thin slices of Bacon Squob pidgons
sliced Sweet breads topps of Sparagrass Mushrooms
yolks of hard eggs y^e tender blanchity sliced

ms Hartops Receipt for a Cancer 119

Take Lapis Calaminaris 4 ounces & burn it
in a crucible till it is red hott y^e quench it in
a pint of red wine nine times y^e lay y^e
ingredients by & let y^e wine stand near y^e fire
~~but~~ yet so as not to touch it y^e take an ounce
of ~~Costia~~ India or Tutty burn it in a crucible
after y^e same manner & quench it in a pint of
red rose water 3 times then take y^e ingredients
& break them into a fine powder then take y^e
wine & rose water & ingredients & put $\text{\textcircled{E}}$ into
a bottle & when y^e use it shake y^e bottle well
y^e must use this night & morning or as often as
need requires wetting a double linen cloth & laying
it cold to y^e breast never using y^e same cloth
twice before its washed & if y^e breast be fouled with
powder y^e must wash it a little warmed skin milk
washing this Application the Evny morning in
a like ~~warm~~ ^{warm} like as much powder of y^e corns of
stone horse legs as will lye upon a shilling as also
y^e milpeds 20 or 30: at a time

A Carrot pudding

Boyl: 2 Large Carrots now Cold pound ym in
a mortar strain them through a sieve mix ym
with 2 grated Biskets half a pound of butter
Sack & orange flower water Sugar and a little
Salt a pt of Cream mixed with 7 yolks of
eggs & 2 whites beat these together & put
it in a dish covered with puff past & Carnish
ye britn -----

An Orange pudding

Take ye peel of 2 Civel oranges boyled up
as for a florindine of oranges & Apples pound
them as ye as ye Carrots & Season it -----

To Boyl Pullets & Oysters

Boyl ym as usual in water & salt with a
good piece of bacon for sauce draw up a
pound of butter with a little white wine strong
broth a quart of oysters put your 3 pullets
in a dish cut yor bacon & lay a bout ym with a
pid & a half of fryed Savaiges Carnish ym
with sliced lemon -----

Porce meat Balls ^{Sweet} a good one

Take part of a Legg of Lamb or veall & mince it small
wth ye same quantity of Beef suett. put thereto a good
little lean bacon: Sweet herbs a Shallet & an Anchovia
beat it in a mortar till it is as smooth as wax season
it with Savory spice: make it into balls

A Ragout of Cucumbers

Take: 12: Cucumbers & slice them thin put ym into a
Course Cloth beat & squeeze them very dry & lower &
Dry ym brown yn: put to them Claret gravey Savory
Spice; a bit of butter Rowled up in flower toß ym up
thick they are sauce for mutton or Lamb & &
Sweet spice is Cloves, Mace Nutmeg: Cinamon Sugar
& Salt a Savory spice: is: pepper Salt Cloves Mace Nutmeg

Puff Past

Take a pound of flower breake into it: 2: ounces of
butter & 2: eggs then make it into past; with Cold
water yll work y other part of ye pound of butter to
ye stiffness of your past & Rowll it out into a square feet
yn stick it all over wth bits of butter, flower it & Rolle
it up like a Collet duble it up at botha ends if it meet
in the middle rowll it ^{again} up: as before till all ye butter is
in

A Custard

Boyl a qt. of Cream: or milk with a stick of Cinnamon
a quarterd Nutmeg a Large Mace $\text{nr. } \frac{1}{2}$. Cold mix it
wth 8. yolks of Eggs & 4. whits well beat Sugar sack:
& orange flower water Set it on y^e fire & stire it till
a white froth arises: scum it of yn fill y^r dry Cust-
tard in y^e oven

A Tansy a good one

Boyl a qt of Cream: or milk wth a stick of Cinnamon
a quarterd Nutmeg & Large Mace $\text{nr. } \frac{1}{2}$: Cold mix it wth
20. yolks of eggs & 10. whits: Strain it yn put to it: 4.
grated biscuits: $\frac{1}{2}$ a pd of butter a pt of Sprage Juice &
a little Tansy sack or orange flower water: Sugar & a
little salt: gather it to a body on y^e fire butter a dish
& pour it in: when it is baked turn it on a pye plate
squeeze on it an Orange greete on sugar garnish it
with sliced orange & a little tansy: made in a plate cut
as you please

To Make y^e Shrewsbury Cakes

To a pd of butter take a pd. of double refined
Sugar sifted fine put to it a little beaten Mace
& 4. eggs beat ym. altogether with y^r hands till
it is very light & looks swelling then put to ym
a pound & a half of flower so rould ym out into
little cakes

Past for A Pasty

Take a peck of flower. work it up wth 6 pound of butter: & 4 eggs make it into stiff past wth cold water

Past for a high pye

Take a peck of flower work it up wth 3 pound of butter, melted in a saucepan of boyling water: & make it into a stiff past

Past for Patty pans

You may take a pound of flower: work it up wth 2 a pound of butter: 2 ounces of fine sugar & 4 eggs

Past for a Custard

Take flower & make it into a stiff past wth boyling water sprinckle it wth cold water to keep it from crack-
ing

Mince Pyes a good one

Shread a p^d of reates tongues par-boyled wth 2 pound of Beef Suet: 5 pipins a green lemon peel Season it wth an ounce of Spice a little salt: one p^d of Sugar: 2 p^d of Curants: 2 a pt of sack a little orange flower water. y^e Juice of 3 or 4 lemons a qt^r of a p^d of Citron Lemon & orange peel: mix these together & fill y^e pyes

A Venison pye ^{good}
Rais a high round pye thread a pound of Beef:
Suet & put it into y^e bottom Cut y^e Venison in pices
& season it wth pepper & salt: Lay it on y^e Suet Lay on
butter & close y^e pye & bake it: 6. hours

Lamb Stone & sweet bread pye
Boyl Blanch & slice ym season ym wth Savory Seasoning
Lay ym in y^e pye wth sliced Artichoke bottoms: lay on
butter & close y^e pye — a Lar

A Turkey pye ^{good}
Boone y^e Turkey season it wth Savory Spice Lay it in y^e pye
wth: 2. Capons Cut into pices to fill up y^e corners a
goose pye is made y^e same way wth 2 Rabets & fill ym
up as before

A Eel pye
Cut wash & season ym wth Sweet Seasoning wth a full
of Currants: butter & close y^e pye

A Beef pasty
It must be Cut out & seasoned over night wth pepper
salt: a little Red wine & Sutcheniell ym made up as a
Beef pasty To make a Almond Custard

Blanch & beat ym in a mortar very fine in y^e beating
Add thereto a little milk: press it through a sieve & make
it as you would do a Custard

A Artichoake pye

Take y^e bottoms of 6: or 8: Artichoakes being boyl'd
& sliced Season ym wth Savory Spice: mix them wth y^e mar-
row of 3: boars: Citron: Lemon peebe Eringo roots -
Jamsons: Gooseberys & grapes: Lemon: butter: & Close y^e pye
Carrot or potato pye is made y^e same way

Mutton pye

Season your mutton staks fill y^e pye lay on butter &
Close it when tis bak't toss up a handfull of Chop'd Cap-
ers Cucumbers & oysters in gravey an Anchovis & drawn
butter

A Hare pye ^{good}

Cut y^e Hare in peices & break y^e bones Season & lay
ym in y^e pye lay on balls: sliced lemon butter & Close y^e
pye

Pidgeon pye ^{good}

Drubs & Season your pidgeons wth Savory Spice: lard ym wth
Bacon & stuff ym wth force meat: Lay on Lamb Stones
& Sweet breads butter: & Close y^e pye wth a leafe a
Chicke or Capon pye is made y^e same way

A Heats Tongue pye

Halfe boyl y^e tongues blanch ym & shie ym Season
ym wth Savory Seasoning wth shied lemon: balls Butter:
& Close y^e pye wth tis bak'd take gravey & all sweet
breads or pallets & Coles Combs toss'd up & pour into y^e pye

A Seed Cake ^{good one}

Take: 3: yd of Smooth Carroway Cumfitts: 5: $\frac{1}{2}$:
of flower: $\frac{1}{2}$: a pd of Sugar an ounce of Spice Rub-
bed in very fine nth: 2: yd of butter make a hole
in ye flower & put in: 3: pts of the yeast: $\frac{1}{2}$: a pt of
Sack a little Honey water & a pt of warm milk mixt
together y^e strow a little Rlovst thereon let it lye
to Rise: put it in a hoop strow on it Double refined
Sugar & Rough Carraway Cumfitts & bake it

Cheese Cakes ^{a good one}

Boyl a qt of Cream or milk nth: 5: eggs well beat.
Stur it till it is a curd y^e strain it & mixe it nth
ye curds of: 3: qts of milk: 3: qts of a pd of butter
2: grated Biskets: 2: ounces of y^e powder: & blanch^d Almonds
wth a little Sack & Angel water: $\frac{1}{2}$: a pd of Currants &
4: eggs spice & salt beat it up wth a little Cream till
it is very light: fill y^e Cheese Cakes wth y^e same
way you make Cheese cakes nth y^e curd of a gallon
of milk without y^e Egg curd

120

Ginger bread Cakes a good one

Take 3: pd of flower: 1: pd of sugar: 1: pd of butter
rubbed in very fine wth: 2: ounces of Ginger & grated
nutmeg: mix it wth a pd of Bread & a quarter of
a pt of Cream warmed together yn make up yor bread
stiff roll yn out & make yn in thinn cakes: bake yn in
a black oven

Harts horn Jelly

Put $\frac{1}{2}$ a pound of Harts horn into an Earthen pott wth 2 qts
of Spring water cover it close set it on y^e fire all night
yn strain it into a pipkin w^h is clean wth $\frac{1}{2}$ a pt of Rhenish
wine & $\frac{1}{2}$ a pd of sugar y^e Juice of 3 or 4 lemons wth y^e whites
of 4 or 5: eggs beat 3 or 4 blades of mace. let it simmer
ouer y^e fire & turn up y^e first timing till it be clear in y^e
mixing take care that it dont curle

Calves feet Jelly

Boyl a pr of Calves feet in water wth y^e meat: cut of
the bones season it as y^e Harts horn Jelly w^h: Cold take
y^e fatt from y^e top & y^e dross from y^e bottom: keep
it for y^e use

To Pickle Gherkins

Take y^e hard small^{est} rough smooth at one end
gherkins ripe ~~ym~~ clear & put ym in a brine
strong enough to bear an egg: 2: or 3: days yn take
ye same pickle as y^e millions & put some dill
seeds at y^e bottom of y^e pot pour ye pickle to ym
boyling hot stow ym down close 2 or 3 days green
ym in a bell mettle pot and cover them close as before

To Pickle French Beans

Put ym a month in brine strong enough
to bear an egge yn drain ym from ye brine &
having a pickle as y^e millions pour it to ym
boyling hot & green ym y^e same way & stop
it close

To Pickle Walnuts

scald ym till y^e outer skin will wipe off & put
ym into water & salt: 9: or 10: days yn wipe ym
from y^e brine & pour on ym ye same pickle as
your millions boyling hot w^h tis cold put Must-
ard over it

122

To Pickle Million: or Large Cucumbers

Take a sliver out of y^e side of each cucumber & take out y^e pulp clean & fill it wth scrap Horshredish sliced ginger Garlick Nutmeg whole peper Long mace put in y^e sliver again & tye ym with a thread ym take for y^e pickle y^e best whitwine vinegar a handfull of salt a quart Nutmeg whole peper Clove: mace .3 or .4: Races of ginger boyled togethr & Scum & pour it to y^e Cucumbers boyling hot & stow ym down Close .2: days wⁿ you intend to green ym set them over y^e fire in a bell mettle pot in there pickle till they are scalding hot & green & pour ym in Earthen potts stow ym down Close: wⁿ they are cold ~~Cover~~ cover ym down wth a nett bladder & leather — thus Cover all other pickls

Savory Balls

Take part of a leg of Lamb or veall & mize it well with y^e same quantity of beef Suit a little lean bacon Sweet Herbs a Shallot & an other spice beat it in a mortar till it is as small as wax Season it wth Savory spice make it into balls . . .

of West Syllabub

Put a pt of Cream into a boyling pan wth a little orange flower water .2. ounces of white Sugar or more y^e Juice of a Lemon y^e Whites of 3. eggs beat these together yn having in y^e glass Kenish wine & Sugar Lay on y^e froth wth a spoon heape up as high & light as you can —

Orange butter

Take y^e whites of 3. eggs boyled hard put to it .2. pd of butter a little fine Sugar wth a spoon full of Orange flower water work it through a sieve Almond & pistachoe butter is made y^e same way — but let ym be pounded & blank^t

Seeing for a Cake

Beat & Sift a pd of double refined Sugar & put to it y^e whites of 4. eggs put one at a time a Spoonfull of Honey water beat ym in a bason with a Silver Spoon — — — —
till it very light & white — — — —

125

To Pickle oysters

Take a qt of larg oysters in y^e full of y^e moon parr
boyll ym in y^r own liquor for y^r pickle take
= there liquor a pt of whit wine Mace peper & salt
boyle & scum it: when tis cold put y^r oysters & liquor
together & cover ym close wth a wet blather =

To Salt Hams & tongues

Take 3. or 4. gallons of water put to it 2. ounces of
prunells salt 4. pd of white salt 4. pd Bay salt a
pd of yester salt a qtr of a pd of salt & pester an
ounce of Allom a pd of brown sugar let it boyle
a qtr of an hour scum it well w^h it is cold sever
it from y^e bottom into y^e vessell y^e keep it in =

Let Hams lye in y^e pickle 4. or 5. weeks
a Clod of Dutch Beef as long tongues
a fortnight Colliard beef. 8. or 10. days
dry ym in a Stove or wood Chimney

Lemon Cream

Take ye peels of 7 lemons peel ym very thin put ym
into a pt of water: let ym lye in steep 4. hours ym strain
them of Clean from y peells & take 3. qts of ^{of} pd of double
refined Sugar squeeze y Juice of y lemons upon yr Sugar
mix it well to gather: then take yr liquor you strain'd
Set it over a clear & gentle fire: let it boyl till any Scum
rises: Scum it as you see occasion wⁿ it is done pour
it of: & have in ⁱⁿ Syces: 3. whites & 2. yolks of eggs very
well beat: when tis quit cold mix yr eggs wth it Set it
over y fire so keep it stirring till Just boyl; yn take
it of & pour it in glass

Wiggs

Take half a peck of flower a pounce of Sugar a
handfull of Caraway Seeds mixt together yn
put ~~it~~ into ye middell of y flower 2. pints of
thick ale yeast stirring it with your hands throw
flower let it lye ~~in~~ sponge a little while yn
make up your wiggs

125

To Wash Lace

Take a White Deal board yt will not stain & with-
= out knots made very smooth all over & of a size to lay
under water in a Kettle a thick glas will do so; sow it
up very tight in a White Canvas yn soap & Canvas very well
but very thin where ye lace is to goe so lay ye lace on
very even at ye full breath when tis once layd round ye
board soap again ever fold of lace skin as ye lay it
on one another & so on till the piece is one wick must
be sure to lye very even every turn & wind: but one pinen
must be layed in a place if ye have much tak a Rother
board or glass: & then make a Canvas bag exactly to fitt ye
board put ys on sow up ye end very tight quit round lay
it in Cold water twelve Houers to soake then take it out of
that water & put it into a Kettle of ~~Cold~~ water Set it
over ye fire with a Cover over it when it has boyled a
good while that some of soap is boyled out pow of ye
water & pour in fresh water boyl it after ye same maner
So do three times if it be very dirty & then take it out of
ye lather & beat it a little with you hands so set or hang it to
drain till ye think ye wet is pritty well run out then put
it into pump water for ye teneking where ye may let it lye
all night upon occasion: then beat it out of ye water & blow
it beating & rubbing ye blew water well in; in ye blend water
put in a little thin starch as can be let it drain well out of this set it
a distance of ye fire to half dry very gently when half dry take of ye

bagg & take y^e Lace if it be drawn narrower or
uncaven in any place pull it smooth fould it very
caven Lay it betwix white paper Lay something
very smooth at y^e top & bottom & set weights upon
if you can lett it lye so some houers when you take it
out if tis quit dry lay it twist thin paper & rub it wth
a flakstone. It will look very well

A Plaster for y^e Sciatica or any other
pain proceeding from cold -- Mrs Adams

Take a Quart of the Strongest whit wine put to it
half a pound of Rosin beaten & sear'd. & half a
pound frankincence beaten bet them boyl till
they are thoroughly melted. & then put to them
two ounces of Olibanum. two ounces of Mastick
beaten two ounces of Bees wax thin sliced two
ounces of Bees suett: two Drams of Camphire let
all these boyl till they are thoroughly melted then
put in two ounces of Venice turpentine let it
boyl one or twice more stirring it from y^e
shellit & let it stand till it be all most cold
then rub your hands wth sallet Oyle & make it
in to holes laying them in Oyle paper. when y^e
use it spread it on Lamb skin y^e smooth side
pricking full of holes wth a large pin or knife
so apply it to the place grived

A Receipt for a Syrup for a
Consumptive Cough Bath

Take 1: Quart of wort of Roach Rue Liverwort
Maiden Hair Colts foot leaves: Ground Ivy one
handfull of each of these of Balsom Faloue one half
ounce of flower of Brimstone one ounce boylall
these Herbs till it comes to a point then strain it
of & put in the Balsom Faloue & of Brimstone wth
half a ~~ounce~~ pound of White Sugar Candie then boyl it
till comes to Syrope let it stand till cold & pour it
into a bottle take a spoonfull at any time of the
day when yr Cough is troublesome

A Plaster for Consumption

Take three Ounces of Burgundy Pitch Venice Turpentine
2 ounces Beese wax: 2 Ounces white Rosen
~~the~~ Oyle of mace one ounce: Melt all these together
then pour it into water & when it is cold make it
up in Roles when you use it Spread it upon Sheeps
Leather & grate a little Nutmeg upon it y^e plaster
Must be pretty large Cut the Skap of a Heart
upon the Stomach & not taken of till it drops of
it self

Probatom est

A Wash for y^e face.

Take four ounces of pearl barley boyl it in two quart
of Spring water pour of y^e first water & likewise y^e
second if you find it very slippery; when y^e barley is
enough boyl in y^e last water: yn let it stand
till it is quit cold then add to it six ounces of bitter
almonds blanck & beat very fine put in y^e almonds
half an ounce of Camfire the juce of 3 lemons w^{ch}
all these ingredients are mixt together then
Strain it through a very Close Sieve — —

Sperma Cati

Take half an ounce of palmicity half an
ounce oyll of sweet Almonds with a little
virgins wax melt this alltogether & keep
it stirring till it is cold & it will come to
a fine pomatum — — —

Turners. Create or the Oiptment of the
Calamy-Stone. for a Burn it Cures
without any othey Plaster

For a Cough — —

Take Coltsfoot leaves a good handfull Cut them
small & boyle them in a pint of Spring water till
half is boyled away then take it off the fire & when
almost cold strain it through a cloth squeezing
the Herbs as dry as you can with you may through
away & dissolve in y^e liquor an ounce of Brown
Sugar Candie finely powdered & give y^e Child if it
be 3: or 4: years old & so in proportion one Spoonfull
of it Cold or warm as the season proves 3:
or 4: times in a day or oftner if fitts of coughing
Come frequently do this till well which will be in 3
or 4: days but will presently abate y^e fitts of Cough
=ing = This Herb Specifick for those sort of
Coughs & others in old or young — it has eased them
when Nothing else would do & helps Shortness of thBreat

a Cancer to Cure

Take y^e Juice of Sallindine & Goose Dung & beat
it in a Morter & spread in a plaster upon linnen
lay it on the part Grievd one fresh plaster every
day for a month — — —

For y^e outward piles

Take oyl of roses mixt wth a little new
Milk & dabb the part well wth it —
& take milk of Sulphur 30 grains every
morning for y^e same mixt wth a little new
Milk & drink milk after it just warm —

Another For y^e same

Take a Quart of Epsom waters & a qt
of new milk when y^e milk boyls put in
your water when it boyls up a gain take it
of & let it stand to whey strain it of
& drink a draught at a time as you now
do others waters —

A potter

Get pilewort root brise y^e roots put
them between something y^t is soft & easy &
near it in a girdle next y^e skin
another for the same

Take the stone of blew vitorell put it in a viall put
water to it when it has stood some time to couler y^e water
wth a Ragg & dab y^e part affected very often & take at y^e
same time oyle of Turpentine drop upon a sea spanfull or Coura
super make very well take this night & morning —

an Ach in back or bones - - - - 6
 An Ague a medicine for it - - - - 10
 Aqua mirabilis to make - - - - 27
 Another - - - - 28
 another - - - - 29
 y Allens water skill in y^{re} ^{skil}
 Almon Cakes - - - - 89 69
 Ague to Cure it - - - - 90 77 71
 Apricock Wine to make - - - - 71
 Ale to clear it - - - - 71
 for its falling in y^e Fat - - - - 71
 Apricocks to preserve in brandy - - 93
 Almond Custard - - - - 120
 Artichoke Pys - - - - 120
 Ashmea to cure - - - - 106

Balsam Francis to make y^e Ring - - - 9
 Broken Belly for a Man Woman or Child - 51
 Burn or Scald to take y^e fire out - 55
 Birch Wine - - - - 87 83 60
 Balsam - y^e of Norwich - - - - 60
 Bacon to order it - - - - 61
 Biskets to make - - - - 62
 Balsom y^e of Pembroke - - - - 62
 its Virtues - - - - 63
 Balsom Jucateillus - - - - 64
 Balsom y^e of Norwich another - - - 66
 Bisket Cream - - - - 70
 Barley Cream - - - - 71
 Bended Biskets - - - - 75
 Black Puddings - - - - 83
 Broth - - - - 96 90
 Bleeding to Staunch - - - - 91
 Bursten Child to Cure - - - - 92
 Brawn y^e way of ordering it - - - 92
 Barberys to preserve - - - - 96
 Breef Pasty - - - - 120
 Body to keep open - - - - 109

scri
 w
 A
 mis
 it
 of
 noni
 out
 &
 put
 water
 at y^e
 Coura

Chocolates Cakes - - - - - 5
 Cherrys to dry - - - - - 6
 Cumfith of Musk to make - - - - - 7
 Cream how to make it wth any kind of Fruit - - - - - 7
 Consumption, a Receipt for it - - - - - 15
 Colicke - of Wind - - - - - 90 81 17
 Cordial water - Lady Hewitts - - - - - 18
 Cordial water, 5th Adrian Gilbert - - - - - 35
 Cordial water, for Consumption & weak Stomack - - - - - 37
 Caraway water - - - - - 34
 Cherry water - - - - - 30
 Cordial water Mrs Herberts - - - - - 39
 Consumption water for it by J Pagnam - - - - - 38
 Cordial water by Mrs Lepstone - - - - - 41
 Cordial water - - - - - 42
 Cakes of y^e paste of Quince - - - - - 48
 Child to knit him - - - - - 51
 Cinnamon water to make - - - - - 58
 Cherry water - - - - - 59
 Cream or Nall Spanish - - - - - 61
 Cake a Plain one - - - - - 62
 Clove Gilly Flower & Syrop - - - - - 69
 Carrat Pudding - - - - - 118 70
 Clouted Cream - - - - - 70
 Cold to cure 92 93 92 83 74 73
 Cracknells to make - - - - - 77
 to Cream Chickens - - - - - 79
 Chickens to feed - - - - - 79
 Cherrys to dry }
 } to preserve } - - - - - 80
 } - - - - - 83
 Codds Head to boill - - - - - 81
 Carp to Stew - - - - - 81
 Cucumbers to pickle - - - - - 85
 Cowslip Wine - - - - - 86
 Colic Water - - - - - 102
 Consumption Cough - - - - - 102
 Cough or Shortness of breath - - - - - 100

Dropsey to prevent - - - - - 8
 Dropsey a water for it - - - - - 35
 Dropsey a medicine - - - - - 43
 Dropsey - - - - - 46
 Dyet Drink to make 98 54
 Dropsey - - - - - 61
 Damascene Wine - - - - - 76
 Dyet Biskets - - - - - 88
 Distracted Person a Cure for one - - - - - 89
 Ducks to dress - - - - - 101
 Daffys Elixir - - - - - 102

 1 Course } Upper
 } Lower Side Middle
 Dishes } at y
 } Bishes } End
 } Plates Side }
 2 Courses }

Red cake - - - - - 121
 Consumption - - - - - 111
 China Broth Consumpt: - - - - - 112
 China to cement - - - - - 103
 Cancer a Receipt for it - - - - - 117
 Custurd - - - - - 119
 Cheese Cakes - - - - - 121
 Calves feet Jelly - - - - - 121
 Coddings to Codles - - - - - 124
 Cucumbers a Ragatia - - - - - 118
 Cancer Breast - - - - - 104
 Coller Beef - - - - - 104
 Child lipth - - - - - 107
 Consumption Cough - - - - - 107

Eels to mellonade --- 72
 Eggs for a Rheum in sin --- 76
 Electuary of Elder --- 79
 Eggs to butter sin wth Cream --- 80
 Elder Wine --- 85
 & white sorts --- 86
 Elder Spirit of it --- 91
 Epphalala Swifs --- 96
 Fil Pye --- 120

French Bread --- 105 47
 Pistela --- 47
 Flooding a Rhesit for it 90 49
 Fruits to feed sin --- 70
 Flummary --- 74
 Fruit Wafen --- 74
 Fricay for a Pig --- 75
 Fruit to keep all y year --- 84
 Fig drink for Sin Pox to my Throat --- 103
 Force meat falls --- 118
 French Beans to pickle --- 122
 Feavour in y Head --- 97

8
 35
 3
 54
 6
 8
 9
 101
 102
 at y
 End

121
 171
 -111
 103
 117
 119
 121
 121
 24
 18
 04
 04
 07
 a=8

G

• fine Gilley flower Sack	— 1
Gascoign Powder to make	103 9
Gout	46
Glyster	52
Gooseberry Wine	60
Gingerbread	69
Glisten in a Flux	69
Gooseberries to preserve	72
Glisten	73
Greensickness	73
Gout in y ^e Stomach D ^r Garth	75
y ^e Jam by Mr ^s Yea	75
Goose Pye	80
Garlick to preserve	83
Gooseberries to bottle	90
Gingerbread cakes	120
Geckins to pickle	122
Gravy to make	124
Ginger bread	104
Gravel to cure	114
Gravel to cure	115

H

Hartshorn Jolly to make	— 125-3
Hare Sauce	— 68
Hung Beef to Salt	— 71
Hare to Steew it	— 87, 72, 73
Horns to pot	— 72
Hotch potch	— 80
Hearing to recover	— 91
Head Ach	— 91
Hogs puddings y ^e White sort	— 95
Hare to dress it	— 99
Hips y ^e Conserve	— 102
Hams to salt	— 123 116
Hare Pye	— 120
Hartshorn Jolly	— 121
y ^e Hands to pale & whiten	— 125

J

K

Jandice ^{a Cure} another ——— 90 7

Jelly of Quince ——— 48

Iron backs of Chimneys to black — 88

Jing for a Cake ——— 123

Janders to Cure ——— 106

Jandice ——— 112

Kitchup to make — 103

King Wms breakfast cake — 107

3
at
2
11
95
99
102
116
20
121
25

11
11
11
11
11

L

Lip salve to make 1
 A receipt a new for it by Dr Fowler 4
 Roman chips to Candie - 40
 Leadens Plaster - - - - 53
 Loosness to Vomiting to Cure - 55
 Quatellus Balsam - - - - 64
 Little Cakes by M^r Crow - 72
 Roman Cream - - - - 124 85
 Plunges a pectoral decoction - - - - 97
 Loosness in y^e lying in - - - - 100
 Lambstone Eye - - - - 120
 Lice to wash - - - - 125
 flux to Cure - - - - 110
 Leech to make - - - -

M

Mint water hot, M^r Sherards - 17
 Melancholy a water of it - 39
 Mead - - - - 88 45
 Marrow white pot - - - 72
 Mutton to bake it wth Venison - 80
 Mackerell to dress - - - 101
 Mushrooms to pickle - - - 116
 Minced Pyes - - - - 119
 Mutton Pye - - - - 120
 Mellons to pickle - - - 122
 milk to dry - - - - 106
 Loogues to stop - - - - 108
 Mad Dog when bit - - - 104
 Mallenders to Cure - - - 108

Neats tongue. ^{Pyz} --- 120

- Orange Water --- 30
- Orange Chips to Carie --- 40
- Oyl of Charity --- 56
- Over flowing in Child bed --- 59
- Ditto or for y^e same --- 73
- Oatmeal Pudding --- 82
- Orange Butter --- 116
- Oyster soaves --- 117
- Orange Pudding --- 118
- Orange butter --- 123
- Oysters to pickles --- 123
- Ointment for pain in y^e side --- 104
- Orange Pudding --- 112

Plums ^{black} (one to preserve muscled Domestic)	8	Quince Jolly	48
Palsy Water	21	Quince Cakes	48
Plague Water, for Westmorland	23	Quinces to candie em in quarters	49
Plague Water another of y ^e	24	Quaking Pudding	81
Pease Porridge, with meat	43	Quinsy or Sore Throat	91
without meat	44	Quinsey	109
y ^e Plaster in May	50		
Plaster by D ^r Knowles	67		
its Virtues	68		
Plaster y ^e Yellow one for a bruise or strain or Scont.	68		
Pidgeons to dress	70		
Piles	73		
Pig a Fricassee	75		
Plums White or black to dry	77		
Pidgeons to bake	77		
Plaster for y ^e Head	89	Purgning Pills	109
Peaches to preserve in Brandy	93	Pills to Cure	109
Pearl in y ^e Eye	95	Piles to Cure	112
Poppy Water to make	98	Plaster Sciatica	125
Pudding to make	103	The Pills	112
Pidgeons to pot	116	Palsy Water	113
a Pompetone	117	Pain in the Side	115
Puddets w th Oysters to boyl	118	Piles to Cure	89
Puff Past	118	for the Same	92
Paste for a Pasty	119		
Paste for an high Pye for Pasty pans for Custards	119		
Pidgeons Pye	120		
Paste for y ^e hands gaultis to make	125		
plum Cakes	104		
past pasty pans	105		

Rickets a drink for it. Mr Holly - 11
 another of Mr Holly for y same - 13
 another - 14
 another - 15
 Raspberry Water - 31
 Raspberry to preserve - 72
 a Rheum in y eye - 75
 Rice to boyl - 70
 Ragoe of Veal - 97
 Ratiptia - 101
 Ragatia of Cucumbers - 118
 Robor of Elder - 104
 Rumatizans to cure - 139
 Sweet Bread Pye - 120
 Savery Balls - 122
 Seagoe to boyl - 115

Strawberry Wine to make - 4
 Swolling to take one down - 7
 Scurvey to prevent - 8
 Stomach for a Pain in it an Electary - 10
 Snail Water Mr Holly - 17
 Scurvey, & Shortness of Breath - 16
 Surfeit Water. S^r Lionel Polmash - 17
 another by y Countess of Anglessea - 29
 Stomach Water y^s Windsey - 31
 Snail Water, to prevent Consumption & Jaundice - 33
 Swallow Water for Convulsions - 34
 Splene, w water for it - 41
 Surfeit Water - 42
 Scurvey a medicine - 43
 Scotch Collops - 78 44
 Sugar of Roses to make it - 50
 Scald to take y Fire out - 55
 S^r Stevens Water - 58
 Scurvy or Swollings in y Eye - 61
 Salve call'd Flor Unguentorū - 66
 Scotch Collops, call'd Oxford John - 68
 Sauce for a Stare - 68
 Syrop of Clove Gilly Flowers - 69
 Stitch Water - 88
 Sausages to make - 94
 Soop y^e Brown Colour - 97
 Strangury - 98
 Slip Coat Cheese - 99
 Seed Cake - 121 100
 Sage drink in a Feavour - 101
 Stoughtons Elixir - 102
 Strewsbury Lakes - 119
 Stone & Gravel - 107
 Stone or Gravel - 108
 100

1
7
09
09
12
25
12
13
15
9
2

T

U

Treadle Water	- - - -	30	Vomiting & phosness to cure	-	55
Teeth to fasten	- - - -	55	Venison Potted	-	57
Turnips w/ Syrop	- - - -	71	Veal Collops	- 103	78
Teal to bake	- - - -	77	Veal Fricary	-	48
Tansy	- - - - 119	78	Venison Pye	-	120
Turkey Gald	- - - -	87	Viper broth	-	112
Tongues to Salt	- - - - 123	116			
Turkey Pye	- - - -	120			
Thorn struck in y ^e Joynt	-	103			
Teeth to Preserve	- - - -	100			
Tobacco Ointment	Make	114			

X

55
7
8
9
20
12

Worms to kill	4
Women in travail, a Medicine for one	6
Walnut water call'd Water of life	40
Winds in y ^e belly to break	50
Walnut water to make	52
Wormwood water to make	56
weayon Salve	65
Wafers of fruit	74
wine Damascene	76
Wafers to make	77
wild ducks to take	77
Whitepot to make	79-78
Walnuts to pickle	122
Whip't Syllabub	123
Wiggs	124
Wash for y ^e Face	127
Water yt Cant be held	106
Water in Sheep	106
Wormsto Cure	100
Whittes to Cure	91
ye same	91

24
2
Low Janders to Cure - if they are upon y^e Turn to black

Take a good Handfull of Formentil Roots
& as much Barbery Bark Infuse them over a
gentle fire in a Quart of good whitwine till
it is Consumed to a pint take 6: Spoonfulls every
Morning fasting & walk 2: hours after, repeat
the same in the evening Squeeze into it a little
Lemon Juice made of deep Dye with Saffron once
in 5: days add in the morn: 20: grains of
powder of R^eubarb ——— this must
be Continued a Considerable time at the
least a month or six weeks

Approved

C

Consumption to Cure 108:

Consumption to Cure - 109

Consumption to Cure = 109

Consumptive Cough 100

Consumption - - 110

Cough to Cure - 127

Cancer to Cure - 127

Consumption to Cure - 114

Cure for an Ague - 119

Conslipe padding to make: 100

For the Rūmahzārre
M^r Scriveners Receipt

Take Virgin Snake-root Furmerick each one
Ounce Camomile flowers Centuary Roman
wormwood Buckbane of each of these 2 ounces
make an Infusion in boyling Spring water
boyl 3 pints to one Quart & so Cover them Close
down when Cold decant the Clear & add white wine
one Quart & Cover them Close down drink one
glass in the morning & at four a Clock in y^e
Afternoon

X
For Dime weak or sore Eyes

Take 3 penny worth of lapis Calaminaris in
the Stone and 3 penny worth of white wine burn
the Stone red hott seven times & every time slack
the Stone in the wine after with Strain it of
& put it into a bottle with a penny worth of Camphire
for to keep it when you use it with something soft
& fine & so wash your eye wety well it will strength
ten it much if dime drop two or three drops into
the Eye at any time but keep from y^e light
for some time after — approved —

Catchup made of Walnuts

Gather your walnuts just before they are hard slice
 & stamp them in a mortar; put them in an earthen
 vessel with a good deal of salt stir them well twice
 every day for about three weeks; then press and
 strain of the liquor — to every two Quarts thereof
 put cloves, mace; nutmegs; ginger, & of both sorts
 of pepper of each of these a quarter of an ounce
 half a handfull of shallots; boyl them a quarter of
 an hour then put them into a pannel & cover it let
 them stand for a week or ten days; then strain it
 of adding a pint of claret & Cimmering it a little
 over a gentle fire with done Bottle it up when
 Cold. — N^o B — A Bushel of walnuts will
 produce about: 3: Gallons of juice & to that: 7:
 pounds of salt is sufficient for that quantity
 of Walnuts

M^r Johnson

A Syllabus

Boyl a quart of Cream: let it stand till it is
Cold pare a lemon thin keep y^e pill in a pint
of whitwine for two hours: squeeze in y^e Juice
of a lemon: put in a good quantity of sugar.
put these into your Cream. & whisk it all one
way till it is pritty thick fill your glases wth it
eat it not till y^e next day: you may if you please
put in a grain of Ambergrease this will keep 3:
or four days

Seaton

Take Date Cakes the thick sort put them
into water when it ^{boils} as you would a dumpling only
put some salt in the water let them have some
enough to swell little less than a quart or of an
four boyles them then take them out split them
in half as you would a loaf & pour melted butter
over them so serve them up — they eat mighty
good & equal to a light pudding —

For a Cough

To a pint of Spring water take half a pound
of Honey of Alicampare root half a pound
let it be baked in y^e oven with bread after
you have sliced y^e root when done strain it &
take two spoon fulls at night going to rest and
two fasting in y^e morning —

* To Take anything out of the Eye
which may be used with safety —

Take the seed of *Oculus Christi*: which grows in
the field it is a very small black seed when it
is fitt to gather the stalk looks dry & full of lumps
contain y^e seed take one of these seeds & put it into
the eye if will come out much bigger will clear the eye
of what offends it: if one does not do you may put in
one more into y^e corner of the eye it bears a blue flower 104

To make Wiggs

Take 6 pound of flower put to it a pound of Sugar
an ounce Coriander seeds beaten half a pound of
Sugar

To make Wiggs

Take 6 pound of flower; put to it a pint of Ale yeast
a pound of butter; half a pound of Sugar an ounce of
Coriander seeds beaten & sifted & a quart of Milk then
make your wiggs; wash them over with milk & bake
them they will be done in a quarter of an hour

Seaton

Macaroons

Take half a pound of Almonds half a pound
of fine Sugar: one white of a Egg & a half

To make Scotch Scollops of Mutton or Veal

Cut your meat in thin slices, beat it with a rolling pin
back you on both sides with the back of a knife, fry them
with any meat gravy: then lay them in a Dish set
over a chafin dish of Coals; dissolve a couple of
anchovies in a little Clarck; put to it a bitt of butter
and the yolks of 2 or 3 eggs beaten well beat these
together pour it over your Collops: then lay in some
thin slices of bacon fry'd & yolks of Eggs boyl'd hard
afterwards fry'd some sausage meat fry'd: & serve them
up to the Table

To a Gallon of Spring ^{water} take one pound of 4 penny Sugar let it
Boyl gently till any scum arises & when you can skim it no more it
is enough pour it into pipping or Jug when it is no warmer then
new milk then put 2 Spoonfulls of Barm to set it in the Sun ty
it down with a thin Cloth lay a board over it let it stand in
the Sun 3 weeks or a Month it will be good Vinegar

Seaton

For the Palsey & Nerves

Take a quart of the best brandy put to it 2 drams
of Gentian Root thin sliced: half an ounce of Cardium
seeds bruised On Ounce of Livel Orange peel Schuchercil
one dram or Quarter of an Ounce of Saffron
Zedoary Root a quarter of an Ounce bruised and
2 drams of ~~Camomile~~ flowers dried: let this
stand twelve hours after which you may take a
Tea Spoonfull: 2 hours before dinner & 2 hours
after dinner in a Glass of wine

in Lacey
Prescription

For a Cancer mouth

Take some of y^e best Goose Grease & a point
the forehead with it two or three times in
the day & with often doing it will effect a Cure

A Very Good Receipt for the Jaundice
& Colick

Take Cardus & Cerithory & Cammamille flowers &
Egremony & Danelyon & Bourrage Sallandine Roots
Sorviel roots Fenel roots and parsley Roots of each
of these a small handfull & one ounce of Gentian
Root with two ounces of Turmeric root & half an
ounce of Anijseeds and half an dram of Saffron
and four ounces of the best Tamarinds cut the roots
& Roots and beat ~~the~~ other things - then boyl all these
in Six quarts of Spring water boyl it to the half
then str it & put to it two quarts of white wine
& boyl it up & it is done take it first in y^e Morning
and last at night & at 4: in the Afternoon a quartor
of a pint at a time - & fast 2: hours after it

But before you take this drink take half a dram
of y^e fine powder of the best Rulbarb in 2: or three
Spoonfulls of Sack in the morning - work it
with Greuel it will purge a little assist 2: or 3:
days then take such a nother dose - two days after
begin to take the drink as you are directed -

To make Shrub For Punch

Take: 2: quarts of y^e Juice of Lemons & 2: quarts of
the Juice of Civill Oranges seven pound of fine
Loaf Sugar & 12: quarts of Brandy put it into a
proper vessel & steep it Close & shake it every
day for ten days then let it stand about a fortnight
& if fine Bottle it of

To Make Shrub for Trams

Take one Galon of Brandy: & 6: Lemons & 12: Civill
Oranges pare them very thin & put the Brandy
to the pills & squeeze the Juice through a sieve to
the Brandy let it stand close stop'd: 3: days that no air
get in then strain it from the pills & put in a pint
of Milk wch will curdle it then take 2: good Quarts
of Mountain wine & dissolve it in two pounds & a half of
double Refin'd Sugar: then run you Brandy thro
a Jelly Bag to the wine & after run it again altogether
thro the Jelly Bag till you find no settling dont
squeeze the Bag & it will be very Clear = so bottle it
up for use

for a small quantity

Put to 2: quarts & a half pint of Brandy put
one pint of y^e Juice of Lemons & orange

For Wiggs

Take one pound of flower the sixth part of a pint of
Yeast 2:02 & rather of **Butter** good weight 2:02: or
rather of **Sugar** good weight 3:02 of Coriander seeds
Bealon & sifted: 1: Qu^{er}: of a Pint of Milk & a
half quarter To half a p^d of flower put a Qu^{er}: of
a p^d of Butter With y^e yolk of one egg & a little
nutmeg lay them on Trian plats & bake them in a Quick
oven

X An Experienced Receipt for y^e Jaundie

Take the partys water that is made in the Night
Set over the fire with one penny worth of Saffron
let boyl gently till it all is consumed after which
you will find a Congellid substance ~~the~~ the w^{ch}
must be clean scraped of before you put the
other in w^{ch} must be done every morning:
Successively for nine mornings together

Approved

Cumfery Roots dissolved in any thing very
good for weakness

Collic Balsom dropt into a green wound
will many times Cure without a Plaster
bound up in the blood

Take half an ounce of Rhubarb Shred half an
ounce of Cardamum seeds bruised: a quarter of an ounce
of Saffron a Quarter of an ounce of Diacordium:
put these Ingredients into a Large Bottle & pour upon
them a quart of the best mountain wine let it stand
& Infuse ten or twelve days then take a glass when you
apprehend the Gout coming upon you —

For a Cold in y^e Head pain in the Ear

Take a Onion roast ^{it} as you would an Apple after w^{ch}
slit it & put in a bitt of Venice Treacle & so lay it
together & ~~press~~ squeeze it through a Course Musling ~~to~~ hot
as you can drop: 2: or: 3: drops of this into the Ear
As hot as you can bear lye down to rest upon it
& in so doing: 2: or: 3: times you will find relief —

For a very bad Cough

Take: 3: spoonfulls of Spring water a pound of honey
Clarifie it well over a Chavendish of Coals with
2: or 3: sprigs of Rosemary: when done take: 2: pennyworth
of Allicompare Root powdered: 2: pennyworth of Angelico
Root powdered: 1: pennyworth of Licorish powdered & penny-
worth of anniseeds powdered: 1: pennyworth Nettle seeds
powdered the Lungs of a fowle dried & beaten to powder
sift them through a linn sieve & when your Honey is
boyling hott put in all thes powders Stir them well
together & let them boyl till mixt pot it up & take
ye quantity of a Nutmeg night & morning Approved 107

For a Consumption

To Two Gallons of milk take the lungs of
a Calf whilst warm cut it into pieces & pick of them
Snails wash well in water & beat^m in a mortar till
the shells are broke take twelve whites of Eggs four
Nutmegs quartered; onely distill these together in a
Cold Still — & drink plentifully of the water sweeten^d
to your palleate with white Sugar Candie

To make Orange Wine

To 6 Gallons of Spring water take 12 pounds of y^e best
pouder Sugar & y^e whites of 4 Eggs beaten very well then Mingle
it into the water & Sugar boyling it half an hour Scum it
very Clean then take 30 Oranges pare them very thin that
there be none of y^e white left: then take y^e water of & put the
Orange parings in: & squeeze y^e Juice of y^e Oranges in & let it
be Cold then put in 6 Ouz^s of y^e Syrope of Bittern: 6 spoon-
fulls of good Ale Barm & beat it well together then let it work
20 or 30 days & nights then put it into a Urnell & let it
Stand so Close stoppt twenty days & after bottle it

To make Bread

Take a little new milk Turn it with a little
Racet as you wou^d for Cheeke when it is Com^d
put to it y^e propotionable quantity of flower &
as must ~~get~~ as will make it into a loaf work
it as you wou^d Bread put in a little salt it will
be very fine Bread ————— Probatum Est

For y^e Rhumatism

Take the Root of Briary that grows in ditches
Rub where y^e pain is when it is Scrap^t fine or grated
then you are to use it & after y^e using you will
find it painfull but that will go of & give ease

To take Inwardly for y^e same

Take Roman wormwood & Bugben a good handfull
make Tea of it & drink of this in a morning
half a pint & at any time of the day —————

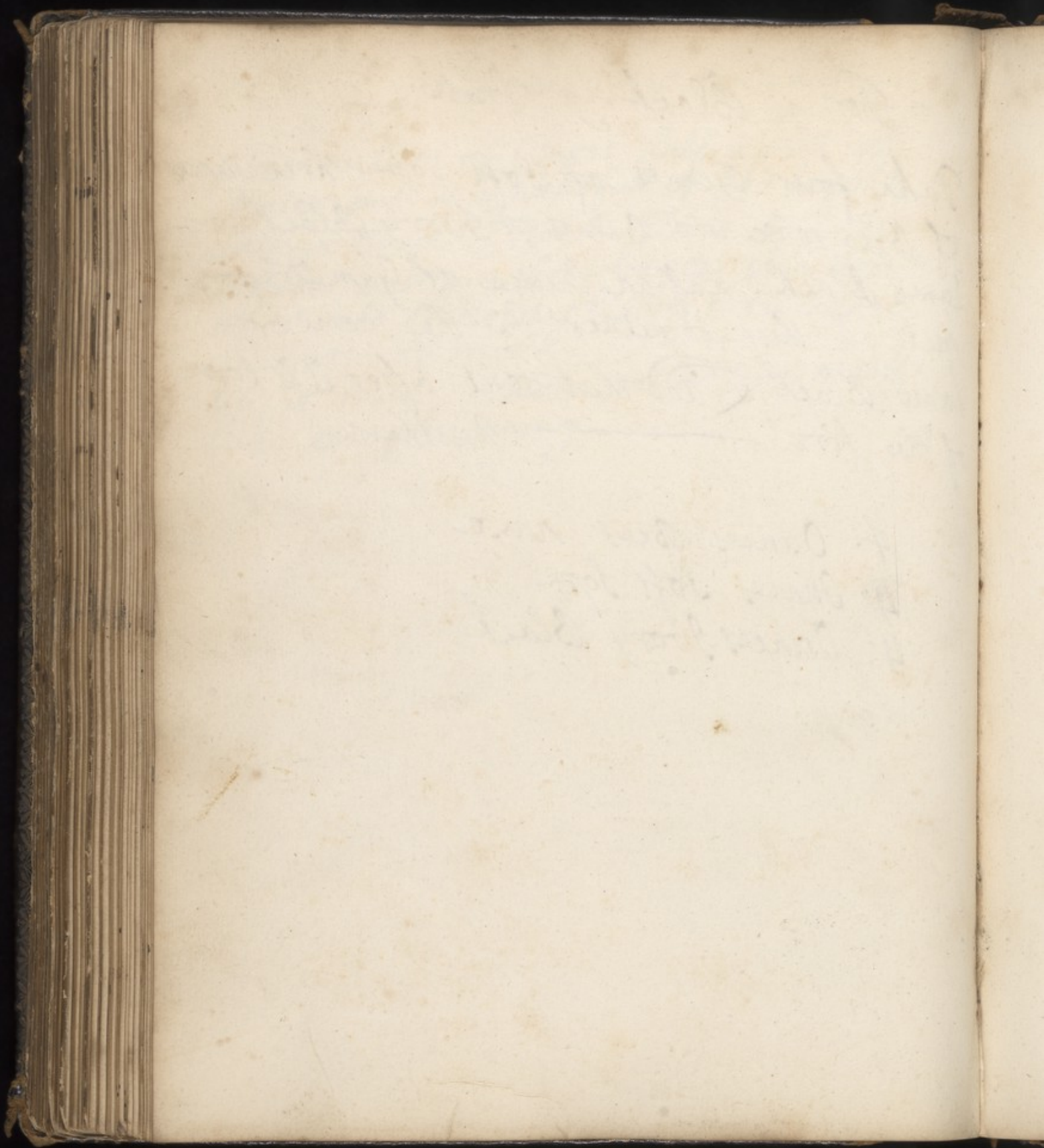
A Gargle for ye Teeth & Gums

Take a Pint of Claret half a pint of
Water put in a handfull of Red Sage &
half an ounce of Rock Allom: Boyl them
together & strain of the leaves: then add
two ounces of Honey of Roses & one ounce
Fineture of myrrh.
Use it milk warm two or three Mouth
fulls every morning

For a Blacking Ball

Take four Ounces of Soft Sops three Ounces
of Bees wax two Ounces of Ivory Black. or
Lamb Black: half an Ounce of Gum Dragon
melt all these together but the Ivory or
Lamb Black & add that to it after it is took
of the fire ————— Another

- 4: Ounces Bees wax
- 4: Ounces Soft Sops
- 4: Ounces Ivory Black



**A number of blank pages follow
and have not been photographed.**

For Wax-work flowers

Take Virgins wax & melt it over the fire till it
is almost wasted then put in some Venus Turpentine
& so dip them for yellow = take Turmeric & put in
till it is good yellow according to your Judgment = for
Red put in as much Vermillion. as will make it
of a good Colour = For Green Take Bees wax
heat it over the fire till it is almost melted then
put in some Turpentine & some Verdegreese Stilled
or unstilld.

[Decorative flourish]

For a green Couler

Take an ounce & half of Verdigreace and a pint
white wine vinegar put that in you new Couler and
let it lye untill you like ye Couler of it. but put
water in it first

For a blew or for Straw Coulers

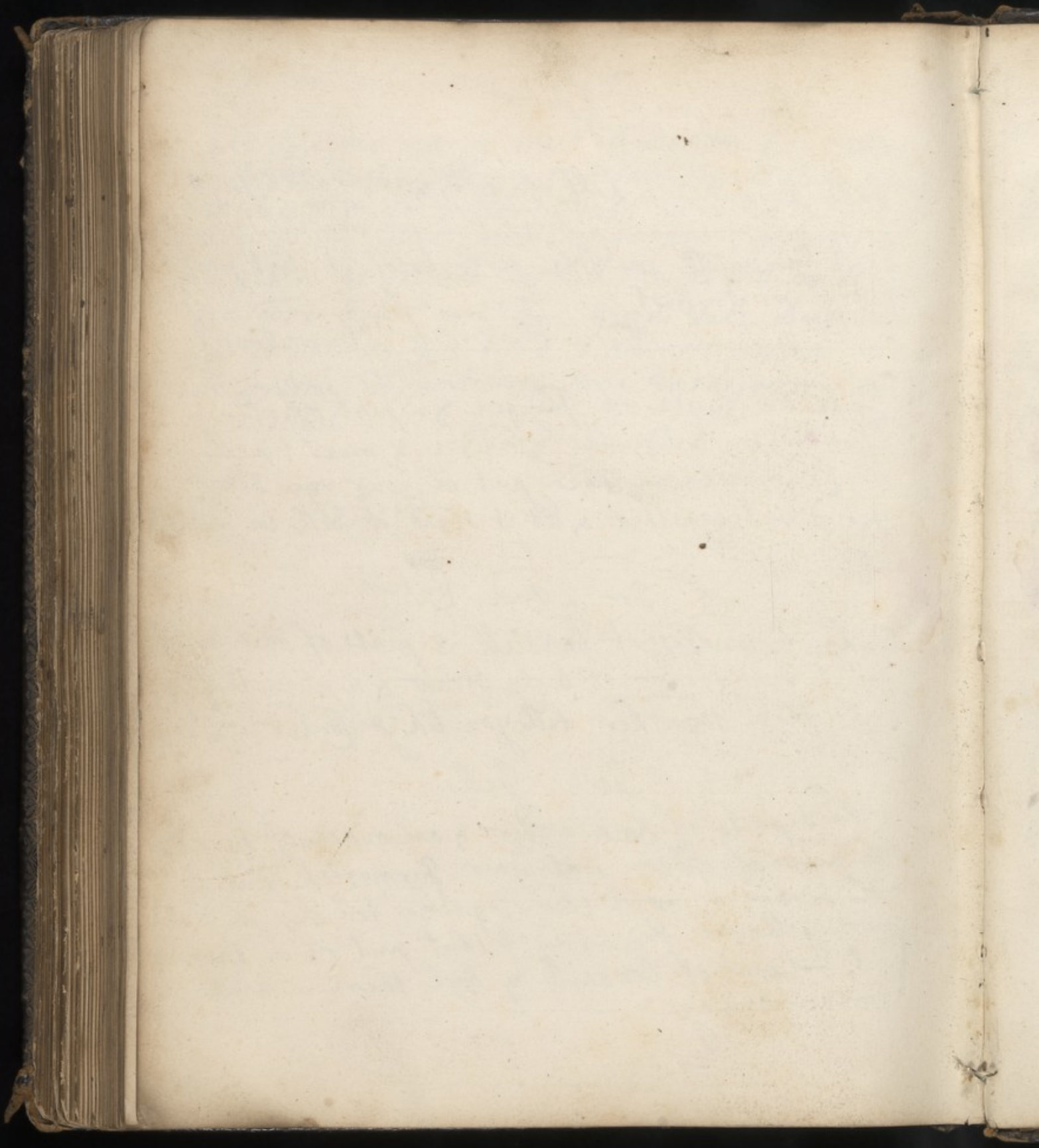
Take an ounce of Indigoe & a pint of old
Chamberlane cruise yor Indigoe & mix it well wth
yor Chamberlane then put in your rye straw
Stir it well together & let it stand it will be a good
blew

For a Red Couler

Take: 2 ounces of brasill .3: pints of rain water
put in rye straw or barley straw & a piece of Allum
boyl them together till you like y^e Couler

For a Yellow

Take 3: pints of Rain water & one ounce of Furmeri^{ck}
& a piece of Allum grate your Furmerick put in
oate straw & boyl them together till they be a
good yellow — after that put in a Spoon
full or tow of brasill & boyl them a while
for an orange



For Red Coulers

Take Nuttgalls Logwood elder Barke with
groweth by y^e river side a good piece of Alum
beat your galls boyl them in water till they be
a good Couler when you have taken out what
you can take it of till it be almost cold then
take a quartor of a pound of Coppers a pint
of old Chamberlan Stir them together & put
what in you intend to dye as your dye seems cold
it with rain water let your things lye in till
it be a good black — — — — —

For a purple

Take Logwood Alum & rain water put in w^t
you intend to dye & let it stand till it be a
good Couler — — — — —

A Scruple w^{ch} is 20 grains
A Drachme w^{ch} is 60 grains
An ounce w^{ch} is 8 grains
A pound is either 12: or 16
A pugill or small hand full

When Jesus; saw the Cross whereon he was Crucified
his Body Trembled: then said the Jews unto him
hast thou a Feavour, or an etque; or dost thou fear
Jesus said I have neither etque nor feavour
neither do I fear; and whosoever shall Carry
these my words about him shall not be troubled
with Feavour nor etque more. — — —
O Lord be it unto thy servant according to thy word

First Dishes

A Dish fish
Ham & Chickens
forced or plain with herbs
Pullets Oysters
Sausages & Bacon
Boyled tungs uvers
A Leg veal Bacon & herbs
A Calves head Bacon
A Goose or Turkey
à la Daube
A Leg veal or mutton
or mutton à la Daube
A Dish of Pidgeons
A forced leg veal boyled
A powderd March venison
A powderd Leg Pork
A Legg mutton Turnips
A rice of Beef Carrots
Boyled fowels & Marrow bones
A Turbit & small fish
Beans & Bacon

Bottom Dishes

A Chine of veal
A Legget of mutton
A Neck veal
Pidgeons in Surtout
Any sort of puddings
A venison pasty
Roast Beef wild fowl
Sliced Tongues minced pyes
Potted meat or fowels
Cold Lobsters
Sturgeon or Salmon
March venison roasted
with oysters
Lamb in Joynts
Chine Turkey
Roast Turgues & uvers
Chickens, pidgeons, Sparagras
Hens with eggs
Roast pike
Shoulder mutton
A Calves Head Roasted

Side Dishes

Bombarded veal
Scotch Collops
A forced Leg Lamb
Cutlets forced
Froggies white or brown
Lagoons of any sort
tarts & puddings
a Parsey forced Carp
Brase Beans
Scotch Collops
Scollop Oysters
olives of veal
Chicks & Sparagras
Lamb Stones Sweet breads
Steued Carp
Chicks a-la-Cream
A pompstone
Cutlets forced

For y^e Middle

A Grand Salot }
of pickles }
A sallad & butter
A hot or Cold pye
Tarts or Cheese cakes
Puffs & Custards
Jelly Creames
Pleu mangers
A Dish fruits
A Sweet meat Part
A patty of Lobsters
Cold Lobsters

Second Course

Dish Wild fowle
 Green Geefe or Duckins
 Roast fowles Rabets
 Roast Chickens Pidgeons
 Lamb in Joints
 Poyed fish Turkey
 Leverets. Partridges
 Cocks or Snipes
 Pheasants Quails
 Wild Ducks
 Seales or Larks
 Buterd Lobsters Crabs
 Artichokes Toyled
 Scollop oysters - 2 }
 Dishes of Pease }
 Parts Cheese Cakes
 Custards Puffs
 Asparagras Eggs
 Ragode Mushrooms
 Ragode Cocks Combs
 Lamb Hones Sweet breads
 Roast Lobsters
 A Tart or Parsey

Plates

A pompetone Cutt
 Oysters Loves Anchovies
 An Omlet of Peas of 3
 Sparagras
 Marrow Part Puffs
 Cream tarts Eggs Lardish
 patties of Oysters
 Olives Weal
 Cran fish Prawns ^h Shrimps
 Fillets of Apricocks
 Polonia Sausages
 Sliced Tongues
 Salamungundy Pickels
 Potting or Ollaring
 Marrow Toasts
 pickled Pidgeons
 Chickes Sheeps Tongues Roasted
 Sweet breads Larded - 2 }
 Roasted - Weal Puffs

Side
Bomba
Scotch
A. forced
Cutlets
Pygosis
Lagoon
harts &
a Pan
Prase
Scotch
Scolop
Olives
Chick
Lamb
Stucco
Chick
A po
Cuttle

excellent
Contemplations Devout & morall
written by by magnanimous & truly Royall
Author Lord Capel,
Baron of Hadham

Together wth some accounts of his life
& his letters to severall persons whilst
he was prisoner in y^e Tower vigorously
asserting y^e Royall cause against all
the enemies thereof: his Couragious
behaviour & last speech at his
suffering: Mar: 9. 1648: late
wth pious advice to his son y^e Earl
of Essex: printed: 1683: :

of Contentment Patience
Resignation to y^e will of God
in severall Sermons
By Isaac Barrow: D. D.
Master of Trinity Colledge in
Cambridge Printed 1714.

The Christian Pilgrimage
Meditations: upon
The Passion death & Resurrection
and Ascension of our blessed Saviour
Divided into eighteen Stations
with prayer suited to each
writte in French by y^e Bishop
of Cambray: made into
English by Mrs Jane Barker
of Wilstroppe near Stamford
in Lincolnshire: Printed: 1718:

Over Shows, over Bo
a second part of y^e Chur
Engl^d secured the tre
invented by Rich^d

27 The Church of England
Dedicated to y^e Earl of

Herbert Devine

Lady Noel died Jan^y: 10: 1714.

Lord Gainsborough died Apr^y: 16: 1714.

M^{rs} Eliz. Noel died Oct: 22: 1715

Lady Irem's Birth Day J^y: 18: of August

M^{rs} Noel's J^y: 29: October

ye Capt's J^y: 17: Feb: 17

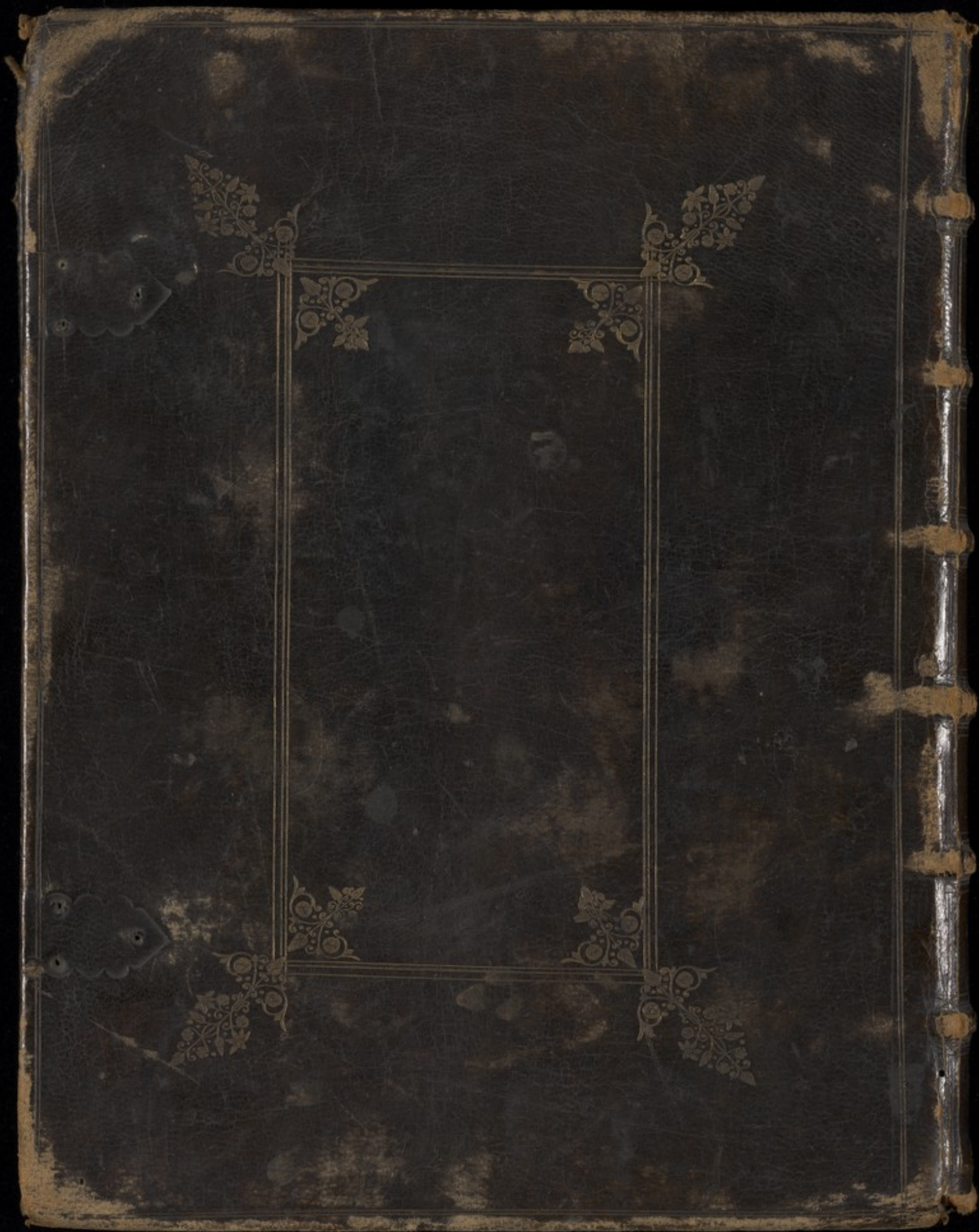
Miss Noel's birth day J^y: 4: March

Isabella

Side
Bomba
Scotch
A. force
Cutlets
Pigeons
L. good
tarts &
a Pan
Praise
Scotch
Scollop
olives
Chick
Lamb
Steued
Chick
A po
Cuttle

















62182.1

Howe Giliflower Lake

a quantity of Jacke as you please into
a vessell well glaised, then putt as many
of from the whites as will make it indifferent
Cover it close, it may stand any where
sometimes with a Ladle, and
take them out as dry as
you doe till you see the
floure, then lett it run
through another patt, and sweeten
it up



take out of the Lake,
with wine, and it will
be good for
Lipsalve

and of the fat of a boyn of yeare of
pick of all the skin and cut it in
and put it into clear spring water in an
well leaded, and let it stand seven dayes
after, but besure you change the water
but let it be all waies spring water
it out and dry it with a clean cloth
it in a marble Mortar eury fire till

