

## **Hyde, Bridget ( -1733)**

### **Contributors**

Hyde, Bridget, d.1733

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Book V

1739

HYDE (Budget)

Receipt Book

1676 - 1690.



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Madam Bridges Hyde  
Her Receipt Book

August The 19<sup>th</sup> Anne Domini  
1696



### To Pickle French Cucumber

Take some French Cucumbers very dry and Make a pickle with Water and Salt so Strong as to bare an egg, take some of cancell and dill and Walnut leaves and let them lie a hole Month, then Make some fresh pickle with bare Vinegar, Pepper, Cloves and Mace and let them stye a pretty while on the fire and then take them off, and let them be fill and when they are full take them out of the pickle one by one and wipe the very dry, and put them into the pickle, and in one or two days they will be fit to Eat.

### To Make a Cake

Take Flour half a peck, Butter 2 pound, Currants 6 pound, Raisins of the Sun 1 pound and 1/2, and Dates 1 pound, a quart of a pound put these together and season it with Cloves Mace and Cinamon, then take 1/2 a pint of the Yells of 5 Eggs, fine Powder Sugar season half a pound with some Water More Make these a paste and put it to the rest and when all is well mingled and Ed enough put it a pint or more of the best ale Yeast and two pennyworth of Saffron and a quarter of a pint of rose water make it up quick and so put it into the oven and bake it.

### To Make Mince Pyes

Take a large Tongue, and a pinard and half of Beef, Salt a pound of Coriander half a dozen of pippins, Raisins, Cinamon and nutmegs rose water, Lemons and Dates

### To Make Puff Paste

Take a pint of flower and put it in to the Whites of two eggs and a little Cold water the Make up your paste then take a pint of butter and put in the third part of it all over the paste, then Sprinkle a little flower over the butter and so ruble the paste and rale it till a quince then put in as much more butter, and scrase it till you have spent all the butter, then rale it over a quince 3 or 4 times, then ruble in the butter, handle your paste as large as you can with your hands for it will Make it fit for use This is the best and fittest

### To Make Red Marmalade

Take one pound of quinces and one pint of Rose-Water and a pound of Sugar and boyle it soft enough

### To Make a Sallad

Take a pint of Creame a pint of White-Wine and some salt to your taste beat it with a white Beate and as the Beate doth rise take it off and put it in to your pott and see howe till you have fitted your pott then let it stand one houre or 2 and if you please you may put a Sprig of rose mary in it let it not stay too longe for it will be better

### To Preserve Apricocks

Take your Apricocks pare them and weigh them, to a pound of Apricocks take a pound of Sugar and put it into a silver basin and put your Apricocks to it first - then wash them and let them stand till the Sugar be melted and then boyle them up as fast as you can take your Apricocks out before your Sugar be thick enough and put them in your glasses and then boyle your Sugar enough and pour it over upon them

### To Make White Marmalade

Take one pound and halfe of quinces first pare them and quarter them and cut the quarters in 3 parts and put them into Water till you have done them all then take 12 Spoonfull of Water and a pound and halfe of Sugar and boyle them very fast, and make them in the besting

### To Pickle quinces

Take your quinces up & core them, then scald them, take them out and let them coole, boyle the cores with some of the cores of the quinces, till the Liquor is very glasse then lett it be cold and put them together with the cores and what was boyled in the top of them

### To Make Syrup of Violetts

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Take of Violetts cleane picked and searched in a fine one pound, put them into an Earthen pipkin well glazed then lett them stand upon them of Quinces water, boylung lett one pint and halfe, let it stand 10 houers then straine it, put and put it in the best double refinede Sugar in powder 3 pounds - stirring it very well for halfe an houre when you have so much of it stand 24 houers after stirring of it then put your handes into a Shidell of Water with a little Sugar in the bottom and let it over a gentle fire and keep stirring it with a silver Sporne untill all the Sugar be dissolved, and see your Syrup is finished

### To dry Apricocks in Brandy Waies

Take a pound of Apricocks pared and Stoned, beat a quarter of a pound of Sugar into powder and strene it upon the Apricocks put them into a fine Shidell and let them boyle a pint till they are cleane then take them of the fire and put them into a basin and let them stand in the Liquor untill next day and then put them in a warme oven untill the fire be out 3 dayes, you need not be very carefull in the first boylung to have them to cleare for then they shal be ready, the last time of drying lay them out upon the edges of White dishes, that the Air may drinke from them and so stene in that it may lay them upon glass plates and let them into a oven that is not just warme - drying them till and putting them into an warme oven untill they be halfe dry then flat them like pranchoes, lett them dry & then lett them not so much before you see them up you must lay in your oven 2 or 3 rows one upon an other and so sett them in a dry place

### To Make Cherry Wine

Take 20 pound of Cherries the best you can get and put them into an Earthen pott and break them with your handes into pieces then put them in to a jelly bag, and lett them hang between 2 Stricks over an Earthen pan beat a pound of Sugar and lett it stand upon it, you must stirr them or press them at tall when the Sugar is melted, bottlie it up in glass bottles and so stop them very Close and set them in a place

Doctor Clarke's prescription to Drinke in a Morning fasting  
Take Scary grapes 3 or 4 of each a paper, wash them 3 or 4 times put them into a pott with a quart of water upon them, then a quarter of a pint of popple drinke, in which a few raisins of the Sunne and a little Liquor sh have been boyled, lett it stand 24 houre and then drink it in the morning to Drinke -



### To Make Orange Biskett

Take the Rinds of Oringes and boyle them till they be very tender in 2 or 3 severall waters, so take 4 or 5 pound of Oringes, 3 pound of treble refined Sugar beaten and Seared, beat your Oringes very fine, mixtling the Sugar and the pulp in the mortar with the pestle, passing the juce of 2 or 3 Oringes, and when it is well mixed lay it out on plates one inch thick and set it in your stove and let it dry 2 or 3 dayes then cut it out into longe cyphers and turne it and set them into the stove till they be dry

### To Make a Jellie of Pippins

Take 20 pippins pared and Cored then take a fawo - Servias Shiller with one quart of Cauder Water put in your pippins, set them in a cleare Charcoal fire, and let them boyle as fast as possible they Can Still takinge of the froth as fast as it rises and when they are brathen together take them of and Straine them through a cleare - Linnen cloth, we not wring them at all, but take Ligher as it runs, then take a plat of the juce and put to it a pound of treble refined Sugar, set it on the fire to Melt and when it is melted Straine it through a Tuffney sieve, then set it on the fire having one to blow that it may boyle as fast as possible it can having another to stear it as fast as it rises and when it hath boyled thus fast about a quarter of an houre put in 4 Spoonfull of the juce of Lemons carefully Strained keeping it still boyling and stirring untill before you put in your juce in a Spoon having put in your Ambergreice at the stirring tied up in a piece of Tuffney then have your glasses very with green Citron but very them, and laid in your glasses and Straine your jellie into your glasses through a Tuffney Cane you must make haft to Straine it by esse it will jellie in your Cane.

### To Make the Spanish Cream

Take your evening Milk the name from the Cow and Let it very well when that is done set it in traines till the next day then scame the Cream of it and put into a bowl, and beat it with a roll of white waxes - till it be of a thickness to your liking then sweeten it with beaten loafe Sugar & put a little ran Cream in it, to make it smooth but not thinn, then put it in to dry

### To Make Gentilleses

Take a pound of Sugar beaten Seared, and 2 ounces of Blanch - ed Almonds beat your Almonds in a mortar then take a quarter of rose-water and 3 graines of Musk and so grind all together till it grow white, then Straine it in to a Cloth and lay Cambrayen and the white of an egg and 3 graines of Clove - berginell, and when you have beat all this to perfect paste make it up into hearts, or what fashion you please, you must keep out - Some of the Sugar to melt then up with all, and you must not lay - them close together, for the coldness together of the Ice to Cett, make them in a quick Oven, and when they rise up high take them out they must be layed on paper, and the paper must be layed in pie plats and so set it into the oven, but fine Sugar over the paper - before you lay them on.

### To Make Biscuits

Take halfe a pound of Almonds Blanch'd in the Water and put them in three or four pieces as you Can then take as much treble refined Sugar or the next sort to it is finely - Seared put into it a Spoonfull of flower and the whites of 2 eggs not beaten and mixt them well with the flower and Sugar, but before you put in the flower put in as much of the Sugar and eggs as will searce it Give the Cane When they be Seared and when you have mixed the Sugar flower and eggs to - gether very well put in the Almonds, stee as a time and stire them well together but not so hastily, and the Sugar will melt as you doe them, then lay one Biscuit upon a paper but be sure you doe not put them out till the oven be hot for the will raise a bout and grow them hot the oven be no hotter then you Can in - dure your hand in it and when they are almost caught take them out and wash them over with the Egg and Sugar that was left, so set them in the oven againe till they are dry and keep them in a dry place.

### To Make Citron Water

Take 6 or more Citrons and pare of the Rinds as thinn as may be then cut your Citrons and pare out all your seeds cleane, then being done beat all the rinds in a stone mortar and after put in the seeds in the water rinds and stee them, then take a gallon of the best Canary sack and put the rinds and seeds into a

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a great glass or galley pot which hath not to do a month  
to let them steep & being thus tied up in a bladder  
only shake or stirre them twice a day then put these in  
a Leadbeck or glass Still, and distill them very leisurely  
in a glass Still, then it must be set in warme water not  
to scorch for feare of Cracking the glasses then take a  
pound of sugar candy, beaten & searced very fine put  
the one halfe thereof in to a receiver and let the Water  
drop upon it, you may take a quart that is spotted good  
and if you have it not sweet enough to your liking you  
may put in some more sugar candy, then take 2 or 3  
quarts of Ambergreese ground small lies in a tiffing  
and hang it in a glass when the water is distill the  
glass up and keep it for your use.

Thus you may Make either Orange Water or Lemon  
Water the more fineness of Oranges or Lemons the better  
you may after wards make use of the pills or substance  
under the rinde, either for preserving of Marmalades or  
Cakes, some put in the juice of Citron to give a quickness  
of taste, but if you Make Syrup thereof you may after put  
in as little or much as you please when you use it, the best  
way to Make the Syrup is not to set it on the fire at all  
but put in as much fine searced sugar as the juice will  
receive, or either set it in the sun or in some warme  
place, and once a day take of all the scumme that ariseth  
and when it is perfectly cleane tie it up and keep it for  
your use.

To Make Spirit of Clove  
Take a bottle of Clove flower Water and Still it  
in a simple Still then then put the water in a deep galley  
pot and put to it a peck of Clove flower which must first  
be braded in a Stone Morter stop your pot Close and let  
it sit, but not too hot, 2 dayes then Straine it out and put  
in as many more, and doe soe 3 times, then add to the liquor  
a bottle of good sack and so put it into a glass Still &  
draw it off with a soft fire, you may draw it till it be of  
a strength at you like, then add so much sugar candy  
(beaten and searced) that will sweeten it, and hang it in  
ambergreese, tied up in tiffing stop your glass close  
and every day stirre it till all the sugar is melted so  
let it stand 4 dayes then Straine it and put it up in glass

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To Make Black Larding  
Take a pint of rascall grease beaten or well braded  
and put them into the blood of the sheep so some as it is  
killed, and a little handfull of salt and so let it stand  
till the next day then take a pint a Crane and made it  
style up, and then put it into the grease, having first powred  
away as much of the blood as will goe leave it away from the  
rascall grease, but not in the Crane till the next day then take  
some parsley and Savorie and twice as much panceall as  
other herbs, minced small, good store of salt cut off 2 or 3 yells  
of eggs, and greater bread and so mingle it well together and  
so fill the skins.

To Make Orange Cakes  
Take of the rinds the white with it, but no Orange must stick  
into it cut it in little peeces put them in cold Water, and as you  
eat them let your water soyle and then put in your pill boyle  
them as fast as you can till they be tender, Straine out the  
Water through a cleane Cloth, Squeezing the Cloth and wringing  
them till the pill be dry, then mince them as small as possible  
you can wring the juice cleane from the rinde and seeds  
weigh the juice and pills severally but take the full weight  
of them both or some what more in sugar, wot the sugar much  
no more water then will still it then boyle it up if sugar  
a gaine, take it off from the fire and Straine it, put in the pill  
and breake in the lumps of sugar, and keep it stirring till it be  
so cold as you can endure your finger in it, then put in the juice  
and keep it stirring that it may not grow too, put it on and off the  
fire, but take heed of letting it be too hot, till the lumps be all  
dissolved, then set it on the fire, but keep it stirring that it may  
heate in all places a like but let it be no hotter then you can  
endure your finger in it when it is, then set it in your stove or  
Frayles, stirring it 2 times a day when it is stiff enough to lay out  
the lay them upon powdered or glass plates, and so put them into  
your stove to dry, but you must ever expect to have them  
runne a little, and your sugar must be of the softest  
refined.

To Make Heath-flare Myrrour  
Take 1/2 pint of hops ufe the herbs called Rutch



## To Make Juice of Marshmallies

Take 3 parts of Marshmallies and cut off the heads and tails of them and put them in a cloth covering pan with a little more than halfe a pint of water then put them over the fire and when the water is boyled and discolored strike them least the bubbles, and when they begin to boyle a little after put in as much water as before by little and little, and when its become as thinn as a pabade batter let it boyle a bout a quarter of an houre then take it off the fire, and put it into a Canvas Strainer, and let it rune forth without squeezing, then put that Liquor into one basin, and the weight of Sugar in an other basin which may be done by weighing the Suger before hand to be of an equal weight, then when your Suger is thus weighed and slat on very finely put the liquor and Suger together over a soft fire and stire it till the Suger is dissolved, the liquor is not boyled thin put it forth in to little glasses or tianms did not touch in a glass then put them into a stove and let them stand till the be cratted in the top then put them out upon sheets of glass as you tame jelly out then cut them into what shape you will have them, let them into the stove a quare untill the other Side be cratted then tame them with a knife till they are drye this done with the best refined Suger when the Marshmallies be greene with a moderate fire in the stove or the pan is as good as better in the day and put them in the stove at night, or when the Juice is gone.

## To Preserve White quinces Whole

Take water and set it on the fire and let it be scalding hot, and whilst it is a boyling core your quinces very cleane then put them into your water and let them stand on the fire but have a care your water doth not boyle, when they are very tender take them out and pare them, and tie up every one in a peece of tiffney then weigh them, and to every pound of quinces a pound of double refined Suger, a pint of water which the quinces have been boyled in, then take the Suger and set it on the fire, and boyle it and thime it then take it off and let it be coole then put your quinces into the skillett and put your Syrup to them then let them on the fire and let them boyle as fast as you can keeping them skinned till they be so tender as you can put a straw through it, when you have done so take them up & put it into your glasses and put double this quantity of Syrup to them.

## To Make Juice of Liquorish

Take a quantity of Liquorish so much as will make a pound of powder finely scatched and to make it so you must scrape it cleane and slice it in to three peeces and lay it into a thinn pan then set it into an oven to dry but be sure it be not so hot but after pees are taken out neither must it lose its flavor then cut and search it, then either spread it upon a cloth or scrape it cleane, slice it into small peeces, then have a pint of good sack in a Trian, and put a third of the sack to parts of it and when you thinke all the vertue is out Straine it out and put in more liquorish and sack to infuse, and so doe till you see it all doe then distill it off and the first running Lave of it selfe and continue distilling till you have drawne the thinn part from the thick, then to the thick put the second pound of Liquorish and a pound of white Suger scatched, the liquor may be Sager Sack, and slice a pound of white Sack scatched and mix it up with your draynes dissolved in red rose water, then mix it to a paste and roll it in a thinn quarter till it incorporates and with role cut in roles the thickness of a finger then cut it into Oranges as please with some that if you desire to make it more opening mix with it carrawages or Candy Pees.

## To preserve Gooseberries

Take of the best and fairest white gooseberries you can gett you must weigh and stee them, and put them in water to every pound of gooseberries take a pound and halfe of Suger and a pint of water put two quart of your Suger into your water, and boyle your gooseberries till they be tender then take them up and put to the Syrup a quarter of a pint of good wine to make it jellie lett it be hot boyle to Consist for if you doe it will make it tooke red, the rest of the Suger must be beaten and put in as it boyles when you take the gooseberries out of the water you must stee them in a cloth till all the water be out, your jellie must be put in to a pint.

## To Still The Malignicolly Water

Take 4 handfulls of Stock Gilliflowers or the Single

single white flower, of Rosemary flower's handfulls 3  
handfulls of Damask rose buds 3 handfulls of Marigolds  
3 handfulls, picked from their bottoms, halfe an ounce  
of Nutmeggs, Considered, one ounce, Saffron or saffron, to  
infuse all these in a bottle of the best sack letting it  
lister in a Kied in a close Vessel, covered and day, and  
if it is after that day, the next day distill them in a cold  
Still closing your Still with glass, put in to the nose of  
the Still 2 drams of Muske, and one of Camberonica that  
the water may distill through it you must distill it with a hot  
fire, then add to your water 6 ounces of white Sugar, and by  
gradual beat, putting your glasses of water with Sugar  
and by it is for an hour in hot water, that the Sugar can  
easily may incorporate in it. Now to use it

may incorporate in it. How to use it.

Take of this water 3 times a weeke 2 Spoonfulls at a time  
and it cheares the harte and Enlighthneth the Spirits

To Make Gascony Powder

Take pearls, White Coral & Coral White amber;  
horns horns of each one ounce, the black rapps of Gales  
Canees clean pick'd the weight of all the rest for this is  
the name a gens of the Medicine let all these be beaten  
into very fine powder severally, and well search'd, and -  
when you have thus prepared your powder ready then make  
stronge Jellie of harts horne where infuse some soft  
rom. and when it is cold mix them together like paste  
and make them up into balls and dry them, and when they  
are dry keep them for your use -

To Make Rhine Marmalade of quinces

Take the clearest yellowest quinces you can get pare  
pare them very thin and quarter them and is a pound  
of them put 2 pound of Double refined Suger, and a pint of Water  
and boyle it very quick and when you thinck it is half  
boyled take up some of the quarters and put them into  
glasses then boyle up the rest of your pulp as quick as  
possible you can and breake it very small, untill it glasse  
is up, and fill your very full for the patient they be the  
better they will keep if you can moderate a little Suger to  
keep it white if boyled it will helpe to keep the color,

II)

To Make Round Cakes

Take half a pound of Almonds beaten and blanch'd very  
small with rose water, 3 quarters of a pound of double refin-  
ed Sugar finely beat'd and put it to the Almonds set it  
in the fire and let it boyle stov'd above all the time least it  
burne, when you discerne an Oze of Sugar on the top you  
may take it off and when a little cooler lay it in places  
in what forme you please if you desire to have them look  
very cleare, they must have the more rose water, if thick  
and like paste the Lesse

*Le praeceus Cistron*

Take your Citron cut it in to 4 or 8 quarters according  
as the Citron is in squeeze then cut out the seeds from  
with in, pick and scrape the spots and divide them then  
have a Skillet of water boyling upon the fire into  
which put the Citron, let it boyle a bout a quarter of an  
houre, then put it peece by peece in to a pail of cold water  
then have a Skillet of water boyling upon the fire  
in which when the Citron is thoroughly cold put it  
and let it boyle a bout a quarter of an houre in it  
as you did in the other for this 3 several times  
twice shifting the water you boyled it in and put it in  
cold water between those times you shift the hot  
water, then if you thinke it is not tender enough you may  
let it boyle a little longer; then lay them out upon a  
thick double Cloth and the water be with drained from  
it, then pick the strings from with in it, then weigh it and  
to every pound of Citron take a pound and halfe of  
double refined Sugar; and a pint of pure water put  
the water and sugar together let it then be set upon the  
fire, and stand there untill it be reduced, and well scained then  
put in your Citron and let it boyle keeping it with continually  
scaining, let it boyle thus the space of six houres and more then  
put it out into a greate Basin, let it stand for a week or 10  
dayes then put it a paim into a Skillet and add to every  
pound of Citron halfe a pint of the liquor of pippins boyled



very strong and a little Must and claret wine tied up in a bag. Let it upon the fire and let it boyle then have some fine sugar beaten and searched to the quantity of a quarter of a pound, and as it boyles put in, now and then a little, let it boyle till the sirrup is very thick, then take it off the fire, and some of the sugar must be put in when you take it off the fire, then take of the juice of Lemons squeezed and strained put in it as much of that as will sharpen it to your taste then take out the pieces of Citron and put them in to a pot or glass then put some of the sirrup upon them to cover them, then prove the rest of the sirrup to the Citron the next day when it is cold put in the sirrup referred

### To Preserve Pippins

Take pippins and John Apples and boyle them, cut in pieces and pare water when it tastes of the apple. Strain it out and take half a pint of this liquor, and half a pint of the best and whitest white wine put to it a pound of double refined sugar set it on the fire and when it is summers and ready to boyle put in a pound of the best and finest pippins pared and cut these wayes 1 or 4 pieces of a pippin as they are in bignesse put in a piece of Lemon which is to be taken out when they are preserved the next boyle first and put in as the boyle the juice of a Lemon and when it is almost boyled put in a piece of orange pite which must be first boyled in pure water, when the pippins lye there and the sirrup will scoly it is enough, you may put in juice of Oranges if you like it better

### A Sirrup against Mallicolly

Take the juice of Barage and Beggles of each one pint, juice of pippins or quince or apple one pint of Lavender, of them take 3 drams of Frenchmalt beaten to powder, infuse the Frenchmalt in the pure being cold in an Earthen vessel 2 dayes Straining it off then strain it and with 4 pounds of sugar boyle it to a sirrup then take it off and when it is almost cold put to it manargarytan figs and Citron and half a dry amber & Scorpian, Store it with a Spoon, take one Spoon full in the morning fasting the same at night there may be a little Saffron if you please

### Every good Orange Marmale

Take a pound of pippins pared and cut in pieces, a pound of sugar and half a pint of Wine set a little water put in that half the sugar at first, and when your pippins lye there put in the rest of your sugar, a quart which time have ready the rinds of 3 Oranges boyled in several waters till they are tender and then wash very fine with a sponge put them in and boyle them till youe Marmale is enough, and at the end of your boylings put in as much juice of Citron and Orange as will sharpen it to your taste, boyle in it a grain of Muske and one of Clove greece

### To Make Cuffs

Take half a pound of treacle refined sugar searched and a little game dragon steeped in pure water till it be dissolved, and take up a little of the game upon a point of a knife, and mix it with your finger and the whites of 2 new lages eggs beaten very well, then beat them up to a very high froth, and take a little of the froth and put it to your finger and quene, and beat them all together the space of an hour, with the back of a silver Spoon and if you find it to thick put in a little more of your pure and if you please at the dissolving of your quene put in a little Muske or Clove greece, take Saturday Store very cleane pick Store a few of them into it against the time you have beaten them you must have your oven heated very temperately, you must have a great care that your oven be not too hot least you burne them, this way is known whether it can be hot is to Store a little flower, and if it stings it is too hot, then let it coole a little and drop your puffs on a cleane white paper the breadth of a large Shilling

### The Juice of St. Margarys Water

Take two ounces of Rose-mary-flowers to a pint of Spirit of Wine and infuse it and drink of it as you doe use it

The best way to Pickle Quinces  
Take them and put them up in a barrell of brine and



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### To Make Sugar Jumballs

Take halfe a pound of white refined sugar, beaten  
searched, & drawn of gum dragon. Sugar is the juice of  
a large Lemond and if you will have it blew you must  
steep your gum in Storax of Violets, and if green you must  
steep your gum in the juice of Sprage, and if yellow put  
in a little saffron, is the juice of Lemons, and if red  
you must take the tree of red-rose-leaves very finely  
and before the fire and when the are dried double them  
in a piece of paper and grind them with your haft of your  
halfe to very fine powder, and soake it in the juice of a  
Lemond the better then straine it through a piece of linnen  
and then steep your gum in it, then mix with each of these  
Rulers a part, part of the leaved sugar in sever-  
all Morters, and if you will mix them they must be all  
ready at a time or if you will marrell them you must take  
a little piece of the severall parts roled out upon a sheet  
of paper with the palme of your hand, and role them all  
together gently upon a sheet of paper with as much  
speed as may be for they will dry so fast that you cannot  
turne them in to knots without breaking for the roles  
must be very small and the knots as large as the palme of  
your hand, and before they be roled out, they must be  
baked well with a pestell and Morter or else they  
will not role smooth, and if you will make them of one  
cature colour you must roll them severally of themselves  
and so make them in to knots.

### To Make Bursch Wine

In March boare a hole in the tree and put  
therein a pisset, and it will drop 3 or 4 dayes together  
without hurting the tree if you strike a pin in the  
place, the next yeare you may dray from the same hole  
to every of water put a quart of honey well stirred to-  
gether then byle it almost an houre with a few Coals and  
a little Lemond peece & scumbe it in the byling when it is byled  
8 times put 5 or 6 good Spoonfulls of good ale yeast in it, then it will  
leape like new ale, when it first begins to settle of itselfe it  
will fly like little ale, this may be with a pound of sugar to  
a gallon of water, you may make raisen wine of the water, this  
is a great opener and good drink against the Typhoid

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### To Make the Plague Water

Take Dragons napwort, Erimony, bellary roman-  
wormwood, pin-porell, fine story, may weed, mint, Carous,  
salader, burnes baime, wood sorrell, fether, few, seabies,  
sage, Chagellia, rue, avens, Centaury, Rosemary, hart  
ease, sthemtile, sedrion, of each halfe a pound, only  
of rosemary, a whole pound, of red pippels, and marris-  
gold flowers of each halfe a pound, take of alimon-  
paine roots & quarter of a pound, of penny 2 ounces  
& ounces of Squarish, 2 ounces of Reddy, of Peruvian  
Makewile one ounce, but these herbs and flowers are  
dry 2 or 3 dayes upon a table before they be used, then  
shred small and put them into a Stone pot, add to  
them sweet fennell seeds borrowing seeds, Chagellia  
Carriander seeds of each 2 ounces, drage them and  
strew them amongst the herbs, then powder upon  
4 bottles of sack, part of them may be white wine  
stirre them all together, and so let them ferment 4 or 5  
dayes stirring them once a day, let the pot be close coverd  
and then you may still it in a Linbeck made up in paste  
this water is made best in the latter end of May, the roots  
and leaves must be killed, you may add these following  
Ingredients, Dist. Stones, Mace, Nutmeggs, Vekic, tra-  
kle, narsicordum, of each halfe an ounce, of Cinnamon one  
ounce, the spices beaten and put in at first with the  
herbs, the trouble and narsicordum distilled with wine  
which makes it mix more equally, you may likewise put  
fine sugar to part of the water distilled and byle it a  
Borup and also put in some Ambergreene, and with  
that sweeten the other water if you please you may  
make 2 directions wherof the first and second are the  
best which may be used or used a pander.

### For a Cold

Take an ounce of Consuet of red roses, a quarter of an  
ounce of Puras, Edrium, or Mettordate, halfe an ounce of  
consuet of good red roses mingle all these together and  
take the quantitie of an Walnut at night, evening to bed

## To Make a Numb Cake

Take 2 quarts of fine flower 9 pounds of currants -  
pick them clean and wash them, then let them be well  
dried. Take also 10 Cloves, take one ounce of Cinnamon  
6 Cloves, and a little mace finely beaten and searched  
one quart of new ale yeast, 8 eggs well beaten, one pound  
of sugar keep out a quarter of the sugar and spice.  
to mingle with the Currants, take salt as much as is  
needful, then mix the flower sugar and spice all well  
together, and take 2 pound of short butter break  
it into the flower and rub them together till it be not  
discerned then take a quarter of a pint of sacke and  
as much rose water and put in the yeast and eggs  
and if you find there is not wetting enough you must  
put in a little faire Water, but you must be sure to  
make the past very stiff, and you must haue it half  
an houre, let it stand covered warme by the fire a houre  
or leare, till it riseth then take from it somuch as will  
serue to cover the cake, and mould it up something stiff  
or with flower that it may rize out the thinner then take  
another pound of sugar, the Currants, and Spice and mix  
them well together, the Currants being warmed, then  
take the past out of the bole and strew it in a layer  
of the Currants, then let 3 or 4 hands quickly breake  
the past small, as small as ants, and lay the pieces one by  
the other upon the layer of Currants, and more Currants  
upon the layer of past, till it be all so mixed, then  
gently worke all together till you perceive it is all  
mingled then worke it up fealtly, least you breake the  
Currants, in a Cake, and when you put in the Cover  
wet the Cake all over with rose water, that it may  
stick the better together, and prick it at deeper  
then the thickness of the Cover and cut the edges  
a foot or more deep. Before you set it into the oven  
then put it in the oven and bake it -

## To Make Chees-cakes good

Take 10 a gallon of Milkes quarters of a pound of  
butter, beat your Currants and butter very well together  
take 5 eggs and a whele, beat them very well then  
take a penny loaf, and grate it, a pint of Cream  
and when that is scalding hot pour it into the  
bowl, grate in a nutmeg, and put into them a pound  
of Currants and a little rose water, and sweeten  
it to your tast, and you must be sure you mingle  
them all very well together.

## To Preserve Pippins

Boyle pippins and 5 sh. apples together, cut them  
in pieces and put them in fair water when it taste of  
the pippins straine it out, and take halfe a pint of  
red Rhenish and halfe a pint of the oldest Rhenish  
white wine put a pound of double refined sugar to it  
let it in the fire, and when it is skimed and ready to boyle  
put in a pound of the best and clearest pippins par-  
sies and 5 sh. cross nages 3 or 4 pieces of a pippin as the  
are in bignesse put in a piece of a Lemons which are  
to be taken out when they are preserved, they must  
boyle first and put in as the boyle the juice of a le-  
mon, and when it is almost boyled put in pieces  
of orange pill, which must first be boyled in faire  
water, when the pippins looke clear, and the steepe  
will jelliey it is enough, you put in piece of orange

## To Make a Grape

Take 10 or 12 pippins pare them and cut them in thin  
round slices, then take a pound of butter, or as much as you  
think will fry them, heat your pan and put in your pippins  
keeping them turning till they be soft and in the interim  
put in 10 or 12 eggs well beaten, seasoned with sugar and  
good store of Cinnamon and a little salt, when the apples are  
fryed soft, pour in 2 pintes of wine, let it take over the fire of 2 houre  
and take the other 2 pintes have a care you doe it not to be  
least it burne then dish it up and scrape sugar on it -



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### To the Scary

Take 8 quarts of Milt a handfull of Scary grass, 2 handfulls of Brooklime one handfull of Wormwood, 2 handfull of Water-cresses, put them in a cold Still, and take of the <sup>very</sup> morning and afternoon sweeten it with 3 spoonfulls of Elder-berries Sirrup.

### To Make Sirrup of Malberries

Take one pint of juice of Malberries let it stand in a glass 3 or 4 days then pour off the clear juice and to one pint of the same juice add 2 pound and 4 ounces of the finest loaf Sugar put it in a pipkin and set it in a gentle fire, and let it stand on the fire untill the Sugar is dissolved, continually stirring it with a silver spone, when it is cold, pour it in to a glass for your use but take care your glass be very clean and dry, pour the liquor through a fine broad French thraush a linn paper.

### To Make Honey of Malberries

Take one pint of the afore said juice of Malberries, one pound of loafe Sugar and one pound of Clarified honey put them in a pipkin, that will containe twice as much let them gently boyle for halfe a quarter of an houre, then take it from the fire and take off the scum, let it stand till it be cold, and keep it for your use.

### To preserve Currants

Take a pound of fair and large Currants and a pound of double refined Sugar beat them first and then ston them, and as you ston them throw sup upon them, put both Sugar and Currants upon the fire, and if there be not liquor enough put a spoonfull or 2 of water in it, boyle them up very fast, shake them in the boiling till they be enough.

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### To Make White Marmales of quinces

Take the clearest and yellowest quinces you can get pare them very quick and quarter them, add to 2 pound of them put 2 pound of double refined Sugar, and a pint of Water, boyle it very quick, and when you think it is halfe boyled take up some of your quarters and put them into glasses, and boyle up the rest of your pulp as quick as you can and make it very small and so glass it up fill your glasses, for they are the better to keep, if you can reserve a little Sugar to strow in whilst it boyles it will help to keep the Color.

### To Make Ginneper Water

Take 2 quarts of Brandy and as many Ginneper berries as will fillaine the brandy bruse the berries put them in to a glass and let them steep all night and put halfe of them in a still at once and still it off, it is very good to prevent the wind Colick or the in the stomack.

### To Make a Pinner

Take a pint of sack 20 eggs with halfe the whites, almost halfe a pound of Sugar beat them well together, then set it upon a soft fire, and if you must keep stirring till it is as cleare as wine then set a quart of milk upon the fire, and a pint is boyled get the rest of your whites beaten up in to a froth with a white wine, and then pour your milk and them both together keeping it stirring all the time then take it off the fire and cover it a little while then send it up to the table, If you please you may boyle a little mace in your Milk.

### To Make Rosemary Wine

Take 10 a pint of sack 2 ounces of rose mary flowers let it be 10 days, then strain out your stock and bottle it up for your use.

### To preserve Mirrilla Berries

Take a pound of cherries and a pound of sugar after they are weighed, stone them and as you stone them put them into a silver basin, and then double refine sugar upon them, then drye them up very fast till they be enough. And make them in the drying put sugar and cherries together on the fire if there be not liquor enough, then take a spoonfull or 2 of water and put to it.

### To Pickell English Cucumbers

Take the freshest and greenest cucumbers you can get, and wipe them very dry, lay a layer of cucumbers in a pot, then a layer of scallions and dill, and walnut leaves. Cover and make a little whole pepper, wipe the leaves and make a little and make a pickle for them with halfe water and salt and white wine vinegar season it with salt according to your taste, and cover them very close and keep them for your use.

### To Make Worme Water

Take 2 parts of Brandy, and gather five young wormes as much as the brandy will containe, cut it small with a knife and put both brandy and wormes into a glass and let it steep all night, put halfe of it in the still at once and let it still in to a bottle upon double refined sugar and keep it for your use.

### To Make Orange or Lemons Cakes

Take the pils of 3 or 4 oranges or Lemons byed tender and shred them, then wring into the wrings the juice of 2 oranges, to the Lemons the juice of one Lemon or a little more then boyle fine sugar to a Candy set to high and put in the pill and stir it and as it pasts, let steep it in till you see it thick enough to drop in to cakes and then dry them out.

### To Make a Caraway Cake

Take 4 pound of the best Wheat flower well sieved then put in some cloves and mace and one nutmeg beaten and one quarter of a pound of sugar halfe a pound of Caraway. Consists halfe a pound of white Consists, and its not put in your Consists till you have made your paste for your cake, also in one pound and halfe of fresh butter after your spice is in till it be flower a piece then put in the yells of 10 eggs with a white yella with a quarter of a pint of red water then put in a pint of yeast one pint of sweet cream. Let mould it up to a paste, your cream must be syged and Cole a while, then put in your Consists just before you make up your cake leave out the hard side of both sorts to strave in the top, when your cake is made wash it over with a thim of say. so strow in your Consists and let it stand a little while in the oven one houre or a little more and bake it.

### To Make Orange Water

Take a hundred of the best Coloured oranges you can get pare them thin and put them into a pot with a narrow mouth then take a gallon and halfe of the best brandy wine that you can get and pour it in to them they must be covered with the brandy, so if that be not enough to cover them you must put more brandy then stopp the pot close with a new lease and let it stand a full month, then take 2 gallons of the best Sherry sack and pour your oranges and brandy into your still, and so halfe the quantite of your oranges and brandy, put half your sack, and past your still up very close till it is off, when it is boiled put in every quart of water, 2 ounces of the best lease sugar, and 2 ounces of blunder piece and one of Muske, you must mingle it to the strength of your one half you may put in some lease yells. To 3: Oranges a quart of brandy 3 pints of Malaga sack or Sherry and a quart of white wine.



### To Make a light Woodstreet Cake

Take five pound of flower a quarter of a pound of fine sugar finely beaten Cloude Mace Cinnamon and nutmeggs as you please, the yelks of 10 eggs the whites of 2, very well beaten with a Spoonfull of flower, a wine pint of the best cold yeast, straine and then mingled with the eggs a pound of butter very gently melted and then mingled with halfe a pint of Creame (being first boyled and cold a quart) a quarter of a pint of rose water, giving the butter Creame and rose Water a warme over the fire then mingle all with the egg and the yeast, and put all things mentioned in to the flower on hole being first made in the middle thereof to containe them and cover it over there with letting it stand to rise a quarter of an houre, then take 3 pound of Corants washed and dried very well one pound of raisins of the sun stoned and cut, hew the fruit into it then make it up high in the middle and pick out all the plants that are in the rest then set it on the oven in a double buttered paper let it stand halfe an houre then draw it out and give it over with fine sugar beaten very small and mingled with rose water very thick then set it into the oven againe and let it stand till the yeasting doe cease which will be a litle a quarter of an houre, you must see the yeing with a bunch of Stiffe feathers.

### To Make very good Surfeit Water

Gett the best Cranney you can, the quantitie 3 quartes to which you must put in halfe a bushell of Redd pippins, let them lay in the wine 24 houre then straine the pippins from the wine and sweeten it to your tast with good powder sugar then bottle it up and it will last a long time, and be the better this is very good to prevent any Surfitt or for the Grippe, or for the festner, or yellowe at the Stomack taking 4 or 5 Spoonfulls

### To Make White Pomeroy after the Italian Way

Take Cypris powder what quantitie you please put to Maske and Ambergreene well ground in a mortar. Morter then worde it to paste with yare dragin dissolved in rose or orange flower water. If you forme the paste then to make them exact weigh them out to scale then round in your hand and press them with a needle of the signefie you desire. let them dry besteware for glasses. knowe you may have them dry temperatly least they cracke you may make them of any powder: rublinge them up with the Essence of the same powder leaving out the Maske and amber: you may have jessamine powder and essence of the same, and so any other, the best must be reserved. once a day gently lest they strike to the glasses or they will mould if the weather be moist.

### Pomeroy

Take of fine rose powder 2 ounces of claret halfe a pint of Quitt, old brandie, of Maske, grind them well together, mingle the rose powder by degrees, then steep halfe a pint of yare dragin in wine flower water and with halfe a pennyworth of the fume of the purcell white bread, well ground with the powder, bring it to a stiff paste and mould it of, then gradually letting it dry where there is neither fire nor wind, this is an exquisite Pomeroy.

### To Dry White Beare Plants or any White plant

Let them be gathered with leaves on them then take to every pound of plant a pound of sugar put them into your preserving pan and cover them over with water and put to them halfe a Spoonfull and let it stand upon a soft fire till they begin to be tender then take them up. Every 10 or 12 let them stand in a Sugar till the next day then take y<sup>e</sup> out a quart and draine y<sup>m</sup>, then take the water of y<sup>e</sup> Sugar, Swake it with a thimble and y<sup>e</sup> put in y<sup>e</sup> plants & let y<sup>e</sup> Sygar set out warm, taking them, it doe night and morning 2 or 4 times when you take them out of the Sygar have y<sup>e</sup> some water & wash y<sup>e</sup> Stamens of the leaves, and spread them a bread, and left the leaves up before they be to dry.



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To dry black Pearre plumbs to halfe their weight of Sugar

Take your plants and Stone them to every stone of plumb take halfe a pound of sugar; make your sugar in to a thin syrup, then put in your plumbs with their seeds & run them upon a soft fire, and when they begin to be tender take them off the fire then if you find them all tender if not, you must take those which are not tender; and wash them a quick, then set them into your Stone keep them very hott turning them 2 or 3 times a day till the Syrup be almost Consumed a way then wash them and take them out lay them in plates, and dry them in a hot Stone, you may dry the same plumbs with Stone in them after the same manner if you please, and when they are dry wash them in hot water and dry them with a course cloth, and then Stone them a little.

To Make Pearre Sakes of Oranges

Take the best Scented oranges and weigh down fine sugar to them as they weigh cut the head in quarters and pile it from the seeds and put it in very thin slices and put them into fair water, then take the meat and juice, pickt cleane from the seeds and skins, and put it into a dish, take set in the stove your slices of oranges in a Skillet of fair water, and syple them till they be tender; then put them into a Skillet, then strike them and wreat them very hard into a lapp, then take it out, and slice it all down upon a blockader with a knife and then put it in a Stone Mortar, and rub it a little then take the sugar fine by plates, and put in the pulp, and work it in the Mortar a little with it, and then take it and put it in the juce and meat, and stir it well together and set it in a quick fire, and make it ready to syple then take it off the fire the next day, and make it hot a quick but not boyle it, but when it is cold lay it in sheets of glasses and so store them till they be dry.

To Make white warts Olie

Before your Olie have done working lay it into your Dye, a bagg of red Carrot Seed

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To Make Browne Wafers

Take some Frame and flower and mingle them together as you doe for Macadams, and some taking thereof, then Season it to your taste with sugar and Cinnamon, then heat your hand pretty hot, having a loose cushion in a cloth, and rub your hand with it, then lay a sprig of butter in the middle of the hand, and set them in the fire one side after the other, and they will be quickly enough, then take it off with a knife and rub them up as soon as you can.

To a pint of Frame you must take a pound of flower and halfe a pound of sugar.

To Make the Dutches Cakes

Take 3 pound of Currants washed and pickt very cleane then take 2 pound of butter and 2 pound of flower, a pound of sugar, mingle the flower and the sugar together then rub the butter very well in the sugar and flower put in some salt, mace and cloves and Cinnamon, then 3 or 4 eggs, the whites of 2 take out and beat them well and put in then 6 Spoon full of Frame and as much sack, put all these in the flower and mingle them with out making it in a past, only take little patels and roule it round in your hands, and make it flat, set what your hands and put them in ypp plates rubbed with butter and put them in an oven as hot as for tarts when you have Roasted butter into the floor, then mingle the Currants well in it before you put in any other thing.

To Pickell Cucumber

Take your Cucumbers and put boiling water to them, and cover them up very Close, then Rase your pickell mustee, in this manner, which is white wine vinegar and cloves and mace, salt a little oil and pepper, then they must be taken out, as fast as you can and put them into your pickell and weigh them down.

## Suger Cakes with Currants

Take one pound of flower & six one pound of Currants washed and dried half a pound of good suger beaten and beates mix these together and make it in to a past with melted butter, let the oven bee hot as for peary cakes then on white paper, let them stand halfe an hower in the oven, keep them a week and they are fit to be eaten.

## To Make Wood-slices Cakes

Take five parts of flower & quarters of a pound of good suger beaten and beates mix these together and make it in to a past with melted butter and make it in to a past keep it warme roll it in thin cakes and let them stand lay them upon white papers, a quarter of an hower will bake them, sift suger in them before you let them in the oven, and eat it in with your hand.

## To Make oyle of roses good for any burning

Take a pound of red rose-leaves, the white stop off, then cut your Roses very small take the leaves and put them into a mortar and bruse them and after put them into a bigg stone jugge and put to them 3 pints of fine oyle of olive and so close up the mouth of the pot, that no smoke can come out, and put the same pot into a brase pot and fill it full of water up to the neck, and as the water diminisheth, fill it againe with hot water so that it coole hot for the space of 14 hours, then put out the fire, and when it is cold put it forth into a glass with the rose and the oyle all together, and so close the glass well, and let it in the sunne for a fortnight, and then you will have very good and Excellent oyle of Roses.

## A most Excellentordial Water

Take Caladine, Rosemary, rue, wormwood, penny-  
pernell, mugwort, dragon's blood, a gramine, white  
Rose, solis, Scordium, Cardus, Benedictus, Peony  
flowers, and leaves, borage flowers and leaves,  
St. John's wort, Marigolds, Becons, Angelica of each  
one handfull and of the roots of Gentian 1 lb. mar-  
till, Peony pistachies peony, Angelica and liquor-  
ice of each 3 quarters of an ounce, wash the herbs  
and dry them and shred them, slice the roots and put  
them into an earthen pot and pour to it 4 pints  
of white wine, then cover the pot 2 dayes and 2  
nights stirring them once a day, then still them in  
an ordinary still with an hearthable fire, keep  
the top of the still cold by dipping wet Rattles  
upon it as you wet them againe you must passe  
the still made with rue flowers white of eggs and  
vinegar to keep it from evaporating, if you see  
your still smoking by 4 of the Clock in the morn-  
ing your best will run out of 12 as much, this will  
yield 3 or 4 quarts of Water, keep the first quart if  
it self it mingle as you see cause, with the third  
quart or the last running, the 2 quart, or the 3 running  
must be drunk of it selfe, the last running is the  
finest for Colic.

The Vertues of the water  
It is good for the Plague, Scurvy, and all sorts of  
any other infection be the what part, taking it  
late warme with a little suger or cold with mint  
date, or sage, or rue, or Decore, give 3 spoonfull  
of the Water to Colic, this Water is very  
to be given in Julaps, in contagious fevers in  
coughs, fits, passions of the heart or mother, or  
after labour or fluxes, or Leucorrhies, or for  
Rheuma in travel, to procure sweats, & for  
the after paines.



## To Make spirit of Castoreum

Take of Cassia two ounces, flowers of Rosemary, of Lavender, and of Sage of each one good handful, of Juniper berries, and of bay berries of each one ounce, of Clove half an ounce, cloves Mace, the yellow part of an Orange pill of each a quarter of an ounce. Shred those things that are to be shred, and grossly pound the rest, then set them so. It up in a glass vessel close stopp'd, set the glass in a safe place in the sun for 5 dayes or more. Shake it well when you set it out and when you take it in, then distill all together very carefully and keep the water close stopp'd for your use.

The Vertues are these following

This water is good for most of the griefs of the brain it is Excellent to procure and help in an Lethargy, and Apoplexy, if you rub the Temples with it or fight there with and break a spoon full or 2 of it it is of singular use in fits of the Children and dyscales it is also to be used as a brace, this is Excellent to strike down their sickness often prind with very happily.

## A most Excellent Pulvis

Take scizmed Peas, Linens, French Barley-meale of each five ounces powdered Camomile 3 John Wort Milkewort flowers Dandelion flowers of each 2 handfuls, Oranewort powdered 2 drams weigh these in Weigh to a pound then apply it to any angry swelling.

## For a Striking of a Snake

Take the leaves of Carduus stamp it and strain it, and drinke halfe a pint of it at the best the simple juice its self is best.

## To Make Water Called Jussor

Parum

Take ginger, katseps, Cloves, grains of Paradise the 3 peppers of every of these halfe an ounce into 3 gallons of the best French wine or strong Ale, or halfe the halfe the other shall be a quarter of the wine, Camomile a quarter of an ounce, fennell seeds halfe an ounce, Caraway seeds a quarter of an ounce, Bay leaves halfe an ounce, Angelica roots 2 ounces, or halfe a hand full of the leaves, Spikenard halfe an ounce, cardus halfe an ounce, Liquor is a quarter of a pound, of the flowers of Elder the yells, Borraghe, Rosemary of each halfe an handful, if you have not Rosemary flowers, take some of the Rosemary it self. Violets Prunella. Cowslips of each the hand full of each 3 or 4 hand full, of Liquor. Olives, a pretty quantity, persely a small handful, Smellage Marce a a quarter of a hand full, sage a small handful, Romaine a quarter of a hand full, fella mine as much, leaves of grape Marce a quarter of a hand full, Angelica kenna halfe an handful, wild rose a little handful, laurel 5 or 6 leaves halfe a quarter of an handful of French garden thyme halfe an handful of brock of Sainfoyn, a quarter of an handful of Chervil, a quarter of an handful of Celery halfe an handful of Betony, 2 hand fulls of Savory, one good Anchovy 2 of Pick, halfe an handful of Peditory of Spack halfe an ounce of Lavender Marce a quarter of a quarter of an handful, Gorse one handful, Red wine halfe an handful. Mugwort a quarter of an handful, Motherwort as much, Lovage the hand full Bay leaves an handful, Balme an handful, pekinewort a quarter of an handful, Chicampand roots sliced and pared the powdered full, Lavale Sage Centory, Germanewort, Marston hawth, Cops, Amy, Amatory, Elder, Camphyr, Soap, Grimony, Cardus Benedictus, hawth, hawth of each of these a quarter of an handful, Redder roots halfe a quarter of a ounce, Petwells halfe a hand, Olives 1/2 gallons, must

12 grains (this wash will serve hanged in a little  
Plenth in a glass for all your stranger waters,  
bruse the herbs but not smatch, & likewise your  
spices. Distill all these with a little gentle fire  
stopping all places close with a cloth dipped in  
flour & water, but the nose of the recipient  
with a cloth.

### The Vertues of this Water

This Water is singular for divers diseases, It  
helpeth all cold Maladies, it helpeth Man to his  
daily heat, it is good for ycheration, it helpeth  
a cold Stomache, it helpeth all manner of Cold  
sore, it is good to deliver Birth if it be given at  
time of heat, it is good against the great sickness  
it is good against all jaundies for it will fetch  
it upward, good for women, in both, it is good  
against a drinking breath, it helpeth the falling  
Sickness, being much used, it being much used it  
helpeth the palpe, and trembling in the Mem-  
bers, if you drink thereof and about the Members  
therewith, it hindereth the growing of Rotten haire  
it is good for the biting of an Asorpion or other  
and all other Venemous beasts, it is good for the  
tooth ache or cold Rheume, it is good for a cold  
flaver if you drinke thereof before this time, it  
destroyeth scabs & Scorp, it is good to wash all  
cold sores, as Noly or hangings, it helpeth the  
spleeny face, holding a purgation before it,  
it purgeth the Body and Stomach of all manner of  
Corruption and flegme, it is good against that  
which cometh of Cold, it maketh Man or Woman  
of bright and faire colour if they wash therewith,  
it helpeth the swelling in the head, and wind in  
the Body if it be drinke with sweet wine, it is good  
for the Colick and against Malancholly, it is  
good against the Stone, that is wrought of cold  
it is good for the cancer in the mouth, and it is  
good to drinke Wine, if you drinke of it first and  
last certaine dayes.

### For an ypersthume in the Stomach

Take 2 spoonfull of the best saltes oyle, as much  
Sage, and yf you like, as much Saffron in fine  
powder, and will lye in a glass, mixe all these to-  
gether, and mixe them very well together, and  
take them as you see fitt occasion.

### For an ypersthume in the head

Take of Manna Mellice and juise of Rue a like  
quantity mixed together so put 2 or 3 drops into  
the paines eare lying in the other side, doe this  
3 or 4 dayes together, 2 times a day.

### Spirit of Sacl for freckles on the face & to purge the face

Take halfe a pint of Sacl, one ounce of Escapa-  
ne, one ounce of Strake put it into warm water, & re-  
sistually turne the glass for feare of breaking, take  
up the stopple some times to give it a little heat,  
this stopple is presently a gaine so let it stand till it  
be as deep coloured as Mustard then power it  
from the settling at the bottom and keep it for your  
use, when you use it, put to it a spoonfull of May, & so  
if an ypersthume, drop of the spirit, and shade of the  
skine that riseth on the top, and wash your face  
it once a weeke or twice, and if you sponge your  
haire with it, it will make it curly.

### For cramping Water for all manner of sores especially those that are festred.

Take long plantaine and mix it, take the water  
thereof, and put there to a good quantity of Mercury  
according as the sore is to be cured, and bruse it and  
put it into the plantaine water, and let it distill  
in the water, and wash the sore therewith, the  
plantaine water of it selfe is good for them that  
have the flaxe, & drinke.

### Excellent help for a green wound

Take wine (white wine) and saltes oyle of the  
best, and power it into the wound.



To Make Excellent Lincays good for a Cough

Take five ounces of red rose water, and 4 ounces of  
almond water, five ounces of simple hyssop water, and  
five ounces of Seabird water, 8 ounces of Liquor  
Mith, serabe and blott them in 10 small pieces druse  
them in a mortar dry as they be, put these waters in  
to a calen, and steep it 2 hours, let it over a fire, till  
it be thick like cream, and then strain it  
out, put it in to a warmer calen, put to it 2 or 3 Spoon  
full of Liquor to make it of the thickness of  
butter, set the butter over the fire, and have  
ready dissolved to put in to it half an ounce of  
gum dragon in a mace of red rose water, put them  
into the butter make it up into paste either with  
white sugar Candy or whole refined sugar and to  
it Mace or Clovebuds, making them up in to  
round drying them on white papers in the sun  
in a wooden make them in to the fashion of the medals

To Make letters of gold and silver Engraved

Take 2 or 3 garlick heads, put and make them  
clean, stamp them and get out as much as you can  
of the juice, and put a little salt in it, it is so sweet  
or else a little saffron in powder without salt  
write these great letters that you please with the  
same juice, let them dry, then goe over them a penne  
and more, for to make them of the greatest use  
will have them, this done by them and when you will  
lay on the gold leave it a penne with your mouth  
and so lay them on with large gold, then cover  
the letters lightly with Cotton, rubbing them a  
little, you shall take all that is left, set it to the  
letter, and so doing your words will remaine very fine

To Make jake of the color of Gold

Take oranges very yellow, and leave nothing out  
the very pitts, and none of the white, then stamp  
them whole in a mortar of stone, and take good yellow  
brastine, and beat it to powder, and mix with the  
pitts, stamping all them all together, all this put  
in to a shal and keep it in a close place of  
Prayer then heat it a gainst the fire and wind to it

To Make Hartshorne Jelly

Take halfe a pound of Hartshorne, and put it  
in a stone bottle, and put to it 2 quarts of water, then  
is pretty close then set it in warme imbers for 12 hours  
and then unstopping it, if the harts horne be not very  
good, put in but 3 pints of water, then run it through  
a sack bag, then sweeten it with double refined sugar  
and scotch it with the juice of Lemons, according to  
your taste then run it through the bag a gaine in to  
a new napkin, and set it in a cleere place, let it  
boyle up, then thin it cleane, and when it is a little  
coole put it in to glasses, it may run through the bag  
a gaine it will be the cleaver, you may put in the  
big Amber peece you can get, it must be provided with  
the sugar and a slice of Lemond peel, if you please  
instead of the pint of water, it may be either a pint  
of sack or white wine

To Make Beane Bread

Take 2 pound of Oldmons put them in to cold water  
let them bo untill they will black, then peel them and  
put into a coarse cloth that they may not lose their  
flour, then wash they will lose their flour and be  
yellow, have ready beaten and searced 2 pound of the  
best white refined sugar in a great calen and some  
gum dragon steeped in rose water then shew the old  
monds the ord way, as thine a little may be in to  
the sugar stir them often in to the sugar, that they  
may not be yellow, when they are dry, stir the  
sugar and them and together, then beat the whites of  
3 eggs with some of the pan and rose water to a high  
froth, and spread to the both in two paper and  
Almonds being hot brook them lightly with adaise  
lest they should be over hot for then they will be  
denned (say) then lay them on paper sheets in  
little pans in what forme you please, then lay them  
in plates, and bake them in a close oven, when they  
are enough take them out and trim them with a penne  
of feathers, and when they are cold put them up and  
let them dry



### To Make a Pilechod

Take a quart of thick Cream put to it a pint of sack, and halfe a pint of white wine boyled as is your taste, and put in half a pint of eggs - have ready the glass or pot with a little sack with a little wine and sugar and 2 or 3 spoonfulls of cream, then take a roe out of the white and chop it into the froth right, and when it is right take it off and put it in to the glass or pot and it is full.

### To Make a Symplic Sillibus

Take 3 pints of Cream and syple it with a nutmeg cut into 4 quarters if the Cream be not very thick put in 2 eggs when it is sypled take it from the fire and when it is full it is all as warm as when it is from the fire, have ready in the glass or pot 3 quarters of a pint of white wine and a quarter of a pint of sack, the juice of a little Lemon and a little orange, well sweetened then put the Cream into a pot that hath a spout it power out as then power the Cream into the pot, it should not be stirred 2 hours, if it is better - - -

### To Make a Trifle

Take a quart of Cream of sack a quantitie as will fill the dish it is to be served in, syple it with a blade of mace, when it is sypled up take it off and season it with orange flower water and sugar, turn it till it be all most cold then put it in the dish, and put a little Cream on it, so much as will make it come like a Custard let it stand 2 hours where it may not be stirred before it be eaten - - -

### To Make an Apricot-fooding

Take a quart of Cream and a Marsh-mallows the yolks of 6 eggs 3 whites, season it with nutmeg rose water and sugar your Cream being sypled with mace then mingle all these together with some narrow sliced small wale it is ready to goe into the oven Cut 20 preserves of preserves in 2 quarters and stick them in the top of the fooding and then bake it -

### To Make an Oyster Pie

Take them out of their shells wash them and strain out their liquor, then put them in to their liquor againe, and season them with pepper and a little nutmeg then put into the pie large mace, hard eggs Lemon-slice, marrow and butter, when you take it out you must put in White-wine Vinegar and Carrot juice and butter, and some other herbs.

### To Make a rare Sillibus

Take a quart of Cream, a pint and a halfe of White-wine, or Sack, the juice of 2 Lemons, and some of the pill, a cracker of Rose mary, soeken this every thing, then put a little of the liquor and a little of the Cream into a dish, when then mixt this froth, put the froth into the Sillibus-pot, thus you must doe untill the Cream and the wine be used, then syple it up close set it in a cold Cellar if it stand 24 hours it will be so much the better.

### To Make Discretion

Take Raspberries and put them into a stone Jugg then put them into a pot of seething water when the liquor is gone power it in to a dish through a Strainer, then take a pint of the liquor and put it into a pot, then take a pound of white sugar and put it in to it an other pot with as much water as will melt it, syple it with a Candie make the Sugar Syple and put them seething hot together and syple them together a quarter of an hour shed power it into little glasses, if you set them into a stove and let them stand allwayes warme for a fortnight, then loosen them a bit the eggs with a wet knife, turn them every day untill they be dry and they will looke as Red as Rubie, and they will be most within, and Candy without, thus you may doe with Raspberries, or any tender fruit - - -

### To Make Myrris, The Lady Cantrons way

Take some Rhenish wine and water, slice into it some white bread, and a Lemon, and put in some Corrauts pickled, then season it to your taste - - -

*To Make Cakes of Apricocks in Lampas*  
Take Apricocks pare and cut them in halfe  
then take their weight in sugar, then take  
halfe the sugar and the Apricocks, and put  
them into a paper, let them drye the other part  
of the sugar to a candy, then put them together  
and stir them a while, then put them in glass  
and set them in a stove to dry, when one part is  
dry, then take the other.

*To Candy Barberries*  
Take the fairest barberries you can get and  
as you come them, steepe a little sugar in them  
to keep their colour, then take as much water  
as you thinke fit, pour them, and lett it boyle well  
with a little sugar, then put in your barberries  
and let them boyle a little, then taking a little  
sugar on them as they boyle, then put them in a  
deep pot, that the Syrup may cover them, let  
them stand till you have boyled sugar to Syrup  
and put them in a pane, and when it is at the highest  
take you barberries as cleane from your Syrup  
as you can, so put in your barberries in to the  
syrup and stir them untill all the Syrup be well  
thick, and hang all a bout them, yett not so sure  
that they never boyle in the Syrup, then take them  
out and open every branch by it selfe, and  
every branch very well, and every barberrie  
and lay them in Dishes that all the Syrup  
may run from them, you must open them many  
times, and lay them in cleane things every  
time, for the life Syrup hangs a bout them  
the better, and the more they stand, the more  
if they be not thoroughly dry, when you have done  
this, set a few leaves under them in a stove.

*To Make Almonds Candy*  
Take a pound of Almonds, and steepe them  
long in water, and blanch with a quart of water  
in a halfe a pint of oil, & then in a mantle shew  
is large mace, which is wholyed, smother it in a stove.

*To Make myn Marmalade of Cherries*  
Take your Cherries, when they are stoned and put  
them into a pot, so it up close and set it into a kettle  
of water which must boyle very fast when you find  
them ripe to peele the stone out and have their  
weight in sugar ready tyed to a Candy weight, put  
myrre (cherries) and stir them well together  
when they are well warme over the fire, and  
then put them into glasses.

*To Make Marmalade of Sage*  
Take a fast bunch of Sage and vine is, and  
put it into as much water as will cover it, steep  
it 3 times a day for 3 dayes together, then  
take it out and dry it in a cloth, then take  
nutmeg, Ginger, and Cloves beaten small, mingle  
them with a good deal of salt, some with pieces  
of the Sage with this and rowle it up as you doe  
Cranes, and tie it up close as you can, and put  
it into an Earthen pot, and pour it with a pot  
set it into the oven with waste bread, and  
keep it in the pot to cut cold with muscard's Syrup.

*To Make a rare Jelly*  
Take 2 pare of Citrus feet, and one bunch  
of veal and boyle them in a mass, then they must  
be strained through a cleane cloth when you have  
done, take a bottle of sack, and as much white  
wine, and put them into a pot, when they are cold, put  
to them some whole mace, Cinamon, one Lemon pite  
and some rose water, let all this boyle together  
with five pound of sugar, then take the whites of  
30 eggs beaten well, put them into the Jelly, and  
soe straine them through a Jelly bag, the you  
must perfume it with Cinnamon.

*To Make Raspberryack w<sup>th</sup> Raspberries*  
Take a million of Raspberries, and an ounce of  
pink, steep them in the Limbeck & distill  
from them a pint & halfe of water, soe, strain it of  
said water put into a bottle of sack, it will make it  
tast like raspberries, and and colour it.



### To Make Tigne Cream

Take a gallon of new Milk and boyle it and put in a good sprig of Tigne and the rinde of a Lemond, then let it boyle longer untill it is a bottle of Sweet Cream, then take a piece of paper put in halfe a pound of beate-suger Stir it as long as it is on the fire then take it off and squeeze in the juice of a Lemond and Stir it till it be halfe Cold then Cover it Close and let it stand 24 dayes and a night or as least a day and a night, then use it.

### An admirable Symppe for the Droppe

Take 3 quarters of a pinte of a very cleare full Cope water and first in a morning and put in it one ounce of the best Venice Turpentine, and the yolke of an egg cut the egg and the Turpentine must stirr it very well beaten together and put the water to it as fast as you can till it is all together nor the fire and keep it stirring till its warme enough to be taken, which must be at 4 of the clock in the afternoon take it a fortnight together in 2 or 3 dayes in a weeke a dose the middle of it, and take a little Roshin to purge.

You must allowe it to be cold in the day or the Turpentine will be all together.

### To Make Sicke Cream

Take a quart of Cream and boyle it till it be thick then take 6 whites of egg one yolke with a quarter of a pint of sack When they are well beaten Straine them and power is to the Cream as it boyleth, as at saue as it groweth thick take it off and shake it till it be cold Sweeten it, and use it as you please.

### To Make Nasturtian Sycke

Take a quart of Sycke put a handfull of the flowers of Nasturtian Paracrine, let it be 24 dayes old before you drinke it.

### To Make pappie by Lincolnes way

Take Milk and flower of rice, and set it on the fire, till it be boyled, then take it off and let it coole then Straine the yolkes of 4 eggs, and put them in, and a little salt, and put it in to the papp, set it on the fire, and Stir it untill it be thick, then eat it, some eat it with sack and sugar.

### To Make Barly Cream

Take french barly and boyle it untill the Water be cleare, which you put in last then put it into Spring water, and boyle it with a blade of Mace till the liquor be as thick as Malt, then Straine it, and beate it with made refined suger and juice of Lemond and orange flower water, then set it on the fire and whelke it with 4 yolkes of egg as thick as Cream, some time is best thickened with white of egg, and some time is best thus, Oe then as it is refined, they have some at home beate and Straine with some orange flower water, and put with the barly water on the fire, and thicken it with the white of egg.

### To Make Ousemeale (Dwell)

Take 2 quarts of Oe set it on the fire, till the Oe rise, then thin it and put in a handfull of beate Ousemeale and 3 blades of Mace, some white bread sliced thin, when it is boyled enough Sweeten it to your taste, then Straine it, and put in 6 Spoonfull of sack.

### Calace foot Dwell Mr. Jaysons way

Take a bottle of new Milk set it on the fire and put in to it five feet with the skins pruned off and the strings taken out, and a blade of large Mace, boyle them to Malt, then Straine it and put in some rose water, and Sweeten it to your taste when it is Cold it will be a Jelly.



### To Make Star Broth

Take 2 ounces of China roots slice them thin then take a pint of Cowslip water an handfull of Cherry flowers, then of Calme, Rume, Sage, Rosemary, 3 blades of Mace, half a pound of Rhipsens of the same strength, 12 dates sliced put all into a new glassed pipkin that holds 4 quarts and as much faire water as will fill it, then Boile it up with paste, and set it to warm embers to keepe it hot to boyle 124 houres then take it off and put in a great quantity of white bread, 2 of alack feet, and a handfull of white bread, half a pound of Cardid, 1/2 pound of orange pite half a pound of Cardid & sage roots, boyle it with a gentle fire, untill it is thick to a combe then strain it cleane and straine it, and it is fit to use

### To Make Hart's-tongue Powder

In the night and thine, boyle some rose Hart's tongue, then have some cold water strained then wash some of this liquor then put in the cold water, and sliced bread made Ratmeggles it boyle half an houre, then straine it, and put in half a pint of Rhipsens water, and the yells of 2 eggs

### To Make Fillops of Bacon in two meats

Take some March pane paste, and meat is with red Saffron finely seared untill you make it of the Red Chien, when it is well worked in, roste it in 3 thin roundes, then take 4 roundes of the white March pane paste, so lay them first a red and then a white, so cut them a thousand and dry them, and it will be like Fillops of Bacon

To Make Choclett With Rhenish Wine  
Instead of doing it of Water y<sup>e</sup> ordinary way put in Choclett in Rhenish wine & make it as other Choclett

### To Make Orange Cakes

Take 6 of the best oranges and thickest rindes quarter and slice them as thin as you can, and cast them into water as you slice them then boyle them in 4 Seacord Butters and when you find them very tender presse them with a shred them very small you must have the juice, and the meat, which must be taken from the thins and kernells as cleane as you can, and keep till your Sugar be boyled to Sugar a gaine, to 6 oranges put a pound and half of Sugar, and when it is boyled to Sugar a gaine, put in your orange pite juice and meat, so Boile them till all the Sugar be melted then you may lay them in glasses or paper, and set them on stands, where a little fine Sugar in thin the finer the Sugar is the better the Cakes will take

### To Make Linds-ginger-Beal

Take a little gundragon and lay it in rose water alwayes thin till half a pint of Rhenish wine strain then and beat them with a little of the rose water that had the gum in it, then take half a pound of Sugar Sarsed one ounce of powder of ginger one ounce of Cinamon so beat them together with some rose water, when it is finely beaten, worke it to a paste so print it and dry it in some warme place, it is good for the wind in the stomach

### To Make Sugar-plait

Take a spoonfull of gundragon and put it in 7 spoonfull of orange flower water for 2 dayes then if it is in a water that is of a later then seare some sugar and put it in a little of the water keeping it still boiling till you have enough it to a perfect plait is must be blown a good while, so worke it as much as in thin cakes fit for your mouth, and dust your mouth with sugar and so print it, it will dry of it selfe, if you would hand them coloured you must dry such flowers as you like

### To Make Apple-Cream

Take good apples and rase them and take the pith and thence is with rose water & sugar then take Clarified Cream, lay a lay of Apples very thin, and then a lay of Cream, and so untill your dish is full.

### To preserve Green Plums

Take the Plums before they be ripe or change colour, and put them into a Skillet of faire water that boyle softly, and stir them a little a time and let them take them up as soon as they begin to change, then scrape off their outward skinne, but take heed that you breake not the pulpe of the plum, then put them in a Skillet of warme water, and pour them off, let them stand in combers for 5 houres but not boyle, and then take them up, and when you see them off clear you must have them then take them out of the water, and lay them on a sheet of White paper in the scales, take a pound of plums put a pound and 5 ounces of hard sugar, then take halfe pint of faire water put it in the fire with the sugar let it boyle and skinnae is cleare then let it stand untill it be almost cold then put in the plums and let them boyle softly halfe an houre stirring them, then set them by till the next day, then boyle them as longe a while, then take them from the fire and keep the Sirrup Ladling butt over them, till they be cold, to keep them in a glass, and if the Sirrup be not enough, you may boyle the Sirrup a little longer when the plums be out, and when it is all ready, put the Sirrup on the plums by degrees.

### To Make Syer-cakes

To 2 quarts of fine flower take 2 ounces of sugar a little rose water & yolkes of eggs and one white and as halfe a pound and halfe of butter, make these together in a paste & take say's make them according as you please.

### To Make Biskes Cream

Take an ounce of Naples bisket, cut in thin slices, then take a pint of Cream boyle in it a few Cambray seeds, tie up in a piece of tiffing and 3 blades of Collico, take together of Eggs well beaten, thicken your Cream with them and put in 3 Spoonfulls of sack 3 of rose water, stir it well, and take it from the fire, and season it to your taste, then put your sliced Bisket in to the bottom of the dish, and pour the Cream on it, and then set it in a cool place.

### To Make Quince Presume

Take a pint of Cream boyle it with Cinnamon and mace, then beat the yolks of 6 eggs put them in to the Cream and scald it is prime thick take it off from the fire, and more in to it 2 ounces of Sirrup of quinces and 3 Spoonfulls of orange flower water then slice into your dish & some white preserved quinces, then pour the Cream on them, and slice thin with Citron.

### Sage Cheese

Take 20 poundfulls of Sage, Stamp it, and Strain it, take the juise of it and put it by halfe the milk you desire to make the Cheese of, and put water to the other part of the milk by it selfe so let them stand, when you have broken the milk and the other and drain's them it will fill your Cheese with soft water, then lay the white curd on the press and put it in the press, and when it hath been pressed the more take it out, and cut it in of a rule in to 4 ounces & turn every 4 ounces and crush them close and press them as you see other Cheeses.

### To Make Rembour M<sup>r</sup> Roberts way

Mingle Rhenish wine and ale together then take yolks of eggs warme from the hen, beat them well then put y<sup>e</sup> Rhenish wine above them well together and season it to your taste.



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### To Make Scald Crane

Take your night-milk in the morning not stirring  
ing any breadling the Crane set it on a fire  
and when it is heating not, take it off and let it  
stand 2 or 3 dayes, then skime it, and season it  
with almost grease and sugar then cut white bread  
very thin and dip it in sack and sugar and lay in  
the bottom of the dish, and put the Crane there

### Tracture of Ambrogio

Take of Ambrogio six ounces, Mustard the same  
Spirits of wine halfe a pint put it in a glass  
bottle with a blind head, and set it in a warm day  
12 dayes, then unlace the glass, and pour out the  
Spirits of wine gently, which you will find if a red  
or yellowish colour, and keep that in a glass close  
stopper. Then put in more Spirits of wine up to your  
Ambrogio, and set it in the warme day as you  
did before, as long as it will yield any tracture  
then pour it out and keep it as you did before  
the longer you keep it the better it is, the clearer  
that remains in the bottom being dried to powder  
will serve for ordinary use

### To Make perfumes to burn

Take Benjamin 2 ounces Beat is very fine  
put it in a cartena pot with as much Da-  
maske rose-water as will stand an inch over the  
powder, tie up the pot and let it stand 3 dayes  
then pour cleare from the powder, send powder  
into a mortar of marble, with 4 ounces  
of Damask roses pickes, Beat them together un-  
till they be like to a Conserve then take musk  
Gruis and Amber-grice of each 2 grains Beat  
them well together, then take brode-rose leaves  
and lay as much past as you can lay between 2 leaves  
lay them in papers and put them into a tin, and that  
is done, set them in the same 5 dayes, dry y<sup>e</sup> papers & burn

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### To Make a Neats tongue ppe

Boyle a neats tongue tender (as it is round slices  
saffron is with mace, mace, Cinnamon and ginger,  
pepper and salt, then put it in to your ppe, and  
putte a hundred of Oysters, and when your ppe is ha-  
nd put in the liquor of Oysters, and a little white  
wine, Brine, and set it a while in your oven a  
- gauge with the oysters, put in a good deal of  
butter and mutton

### To Make a Tart

Slice a few apples very thin, then put in them  
the yelds of 4 eggs mixed with spiritfulls of  
Rheum, a spoonfull of sack, and a spoonfull of rose  
water, some sugar and a few Barberries, and some  
narrow in lumps, make your crust good and put in  
your stuffe, stick it with Althoe or orange peell  
then put in the oven, and bake it in a pee to dish  
when it is almost baked, take it out and let the  
be, and then set it in againe, and bake it

### To Make a thick Cream Cheese

Take 10 quarts of Milkings and five quarts of cream  
leave it standing hot, then put it to your milk, then  
put in your rasher, when it is done you must put a  
cloth in the fat, and with a Rimmer draw you must  
put in the fat, slips and not broken as the whey time  
with from it, it is more like keeping the fat all  
untill it be all put in, you must put it in a little  
fat at twice as you find it, as you can presse a third  
part being put in first, it will be at least an  
- houre a halfe, when it is all in the fat put a  
little salt in it, then lay a 3 pound weight upon  
it and a clove and houre after take it in a fresh  
cloth, and so every 2 houres till night, and lay in  
more weight then at first, then take it out of the  
fat, and cut it round with a little salt, then take a  
cloth and double it, and put it round the Piece of the  
cheese, and change it night and morning, untill it is  
driest, hanging, or else it will fall flat, after you  
have done this then you must dry it, as you would  
dry winter Cheese

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### To Make Italian Biskens

Take 2 pound of double refined sugar, sugar with 2 pound of Muske and 4 of Ambergrace then take gum dragg steeped in rose water and the whites of 12 new layed eggs beat them in a mortar to a perfect paste then take it out of the mortar and work them upon sheets of paper as big as an egg and in the shape of little bones and some like jumballs, lay them upon wafers and bake them in a warm oven, it will be a hollow and white as snow.

### To Make an omelette pudding

Take great casneale and pick it very clean then take Milk and make that scalding hot then put it into an earthen pot, pan or bowl, and so put the casneale to it, and cover it, and so let it stand till morning, the take it ad dry out of the collicle as you can, then take cream with 3 eggs, and 2 wheats beat them well with a pretty quantity of bread, season it with rose water, Sugar, Cloves, Mace and salt, and put the Cream into a dish you mean to bake it in, so put your omelette into your Cream, and make it almost as thick as you doe a bread pudding, if it be so thick it will not be well, you may put in as many currants as you please with a quarter of a pound of butter, and beefe suet sliced very small it may be well baked.

### To Make fine sugar cakes

Take a pound of white flower and bake it in a pipkin Rose Water put to it half a pound of sifted sugar, the yolks of 5 eggs and the whites of one strained with a little Cream a few Caraway seeds brayes then take a little butter melted, and a little new colic yeast, make it up in past as you doe Marchet so bake it in a quick oven mouth to make them rise

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### To Make Milk porrage

Steep great Casneale all night in sack, then take the top of the bovie of the tappin milk and put your Casneale in so it will be a blade of Mace, had some mace, boyle it till you thinke it is enough then strain it and sweeten it to your taste, then lay in the bottom of your porrage slices of bread soaked in sack, add sugar, and power the Collicle porrage on them.

### To Make Lemon Caudell

Take a shillies of faire water, put in to it over a fire of beaten casneale, when the steam is forth take it off, and leave it in a porringer untill you have gotten it full, then cut it through an hair sieve in to a Clean porringer, the first lay in so the bottom of the porringer some sliced of prepared pearles when your porringer is full sweeten it to your taste, then haide redy some blanched almonds beaten, then strain them with some orange flower water, and put it in the porringer.

### To Make Almond Milke

Take 20 Almonds blanched, and season, and soe and wash a pint of barley water on Chicken with a spoonfull of red rose water, then sweeten it to your taste, D<sup>r</sup> Quares way of Almond Milke is to boyle some hearts horn in the barley water and if it be to cause sleep, beat a spoonfull of poppy seeds with the Almonds.

### To Make Frings Caudell

Take halfe a pound of dried Frings cross put them in to faire water and boyle them tender then take them and put them in to a colorter and beat them together to past with some of the water, then put them in to the water againe and boyle it untill it be like to Caudell then beat as many yolks of eggs as you thinke fit and pour enough more of them together, sweeten it to your taste



### To Make Apricock-wine

Take 2 gallons of water 3 pound of Apricocks pared and stoned, boyle them till all the goodnes is out of them, straine the water, and sweeten it to your taste, if you in the boyling put in a few Cary flowers. It will give it a very pleasant taste, with a very

### To Make Cary wine the English way

Take a bottle that holdeth 4 quartes with a wide neck, put in it 8 pintes of wine, then fill it up with Cary flowers, then stop it close and let it stand 10 dayes, then straine it and if it be not strong enough put in to it some fresh ones and let it stand 10 dayes more, then straine it, and sweeten it to your taste and then bottle it up.

### To Make Worme-wood-wine

Take a bottle with a wide neck that holdeth a quart, put in to it a quart of white wine, and then put in as much worme-wood as will fill the bottle, then infuse it in a kettle of hot water, untill all the strength of the worme-wood be in the wine, then take it out and straine it, a spoonfull or 2 of this wine put in to a bottle of white wine, will make as good worme-wood wine as ever was drunke.

### To Make Cakes of Amber-grace

Take of Amber-grace 7 grains mash 12 grains halfe an ounce of double refined sugar well dyed, grind them up on a Marble, make it into fine powder then take half a pound of the finest super refined through a Tufface, then with some gum dragon steeped in rose water, make them flat like little Cakes, then keepe them dry in a box, one of these will perfume a whole bottle of wine, the silder they be the better they be.

### Powder of Rose-leaves

Take once halfe a pound, Calamus aromaticus 2 ounces, Benjamin 2 ounces, Cloves 2 ounces, Marsh-mallows halfe an ounce, Sytle of Orange flowers half an ounce, and the oyle of Amber-grace.

### Lemon-cream

Take 4 lemons pare one of them very small, then squeeze the juice in to a porringer and put in the yells that it cut, small as it stand a night, then straine the juice, and take the whites of 5 eggs, and the yells of one, beat them well with a little rose water put in as much double refined sugar as you please, and some anagreced, then set it on the fire, and stir it all the way till it thickens, then take of the cream, and stir it a while then put it in to your cream, let it stand till it be set.

### To Make Albaid pie

Take a cats tongue, parrotle it, mince it small put in to it 4 pound of beef lard, and 2 pound of the yolles of the best beaten, and minced a quarter of a pound of super well beaten, the yells of one orange, and one Lemon cut small, 2 nutmeggs, a little Cloves and mace, a quarter of a pound of rose water a little salt, 5 or 6 pound three small mix them together with five pound of Coriander, then take a quarter of a peck of flouer, then take a pound and quarter of butter, and mix it to water, then set it on the fire and let it boyle, and then make the Crust, and put in a peck of the super fine beaten, and mix with the flouer put in the yells of five eggs, and the whites of 2 so worke it up, and as you fill them put in some, Cinnamon and green pepper finely cut, these you eat hot as soon as the Cakes are of the rack, put in some butter and verjus.

To Make Viper-wine the English way  
Take 2 vipers fat of the head and tails and flap of the skin take out the small men cut them in small pieces and put in to a quart bottle of sherry, or a quart of brandy, and keep it for 10 dayes.

### To preserve pippins in slices in jelly

Take of pure white pippins, when they are full ripe in pippins, pare them and put them into cold water: or else they will loose their colour. Cut them up in thin round slices, and wash the points of your knife cut out your Core, then take a pound of double refined Sugar, and style it with a wine pint of water, when you have stirred it take the sliced Apples out of the water with yd hands, and put them in to the Syrrap, style them up as fast as you can, and as they style them then leave, when they have styled a while put in some thin slices of preserved orange pill and green Citron pill, when they begin to thicke put in the juice of one Lemon, and 2 oranges when they are clear as glass put them in to glassed, slice by slice, and between every lay put some slices of the orange & Citron pill, but especially on the top of the glasses, then cover the Syrrap and put it softly over them.

### To Make a padding with fillers

Take a quart of Cream beat in to it 4 egg whites and all, keep it stirring over the fire till it is Cometh to a Curd, then whip it, and take the fillers being pulled, and beat them with a little rose water and put them to the Curd and then season it with what you please, and bake it

### To Make Biskett

Take a 11 ounces of white starch starched make it up a pound with the finest flower take a pound of loafe sugar starched, the yells of 11 egg with 2 whites, mix all together and beat them in a marble mortar an hour together then put in a few Caraway seeds, take butter your pans fill them and set them in to an oven all night as hot as for marchet, a quarter of an hour

### To Make Angelica Water

Take of the leaves of Angelica 8 ounces, of Caraway seeds 8 ounces, Saline and sage of each 4 ounces, sweet small seeds 2 ounces, let the herbs be dryed, and cut small, and the seeds properly dryed, of the spices Cardus benedictus, Regalium, and diamoscin. Juice of each an ounce and half, infuse them 2 dayes in 30 pints of sack then distill them in a Lymbick and to every pint put 2 ounces of sugar distilled in rose water, let the first 3 parts be called spirit, the rest is an excellent Draught to strengthen the heart and good against infection.

### Marmalade of Pome-Cision

Take the yellowest you can get pare them and cut them in quarters, take the meat of them and style them tender in faire water. Then put them in a Stone Mortar, but you must not straine them, take as much sugar as the pome with weigh style it to a Candy with as much water as will melt the sugar, put the Cision in to the hot sugar and let style until it is stiff as Marmalade, the glass it

### To Make Naples Biskett the french way

Take 12 egg, new laid and yells as pale as may be beat them in a froth with a rod, till they be like white, then take 16 pounds of flower being dryed in a oven, then take a pound of Sugar 83 quarter sifted very fine and put it to your eggs, if you please, a little beaten them the yells of half an hour put in a few Caraway seeds, 2 pounds of Mace 2 grains of Clove, 2 grains of Nutmeg, 2 grains of paper 2 inches broad and 8 long, and put in 12 pints of water to every 12 pints & to bake them, when you see yd up take yd out of the Coffins, lay them in sheets of paper & put them in the oven a quarter, when they are dry, take them and keep them



## To Preserve Pippins

Take 2 pound of pippins, pare and Core then take their weight in fine sugar and a quart of water, and halfe a pint of white wine, and distill the sugar in it, and set it on the fire and make it boyle very fast, then put in the pippins and keep it boiling a great pace untill they look clear, and tender then put in halfe a pint more of white wine the wine of a London, the pace of 2, and let it boyle untill the currins be thick enough, and then between hot and cold put them up for all the year.

## To Dry Gooseberries

Take some preferred Gooseberries, and put them in to boiling water, and take them out as a game, and let the water run clean from them, dry them with a cloth, and lay them one by one upon a pee plate, set them in a warme oven and in 2 or 3 dayes they will be dry.

## To Pickle Mushrooms

First pill your mushrooms very clean as soon as they are gathered as you pill them put them in to a basin of faire water, then they must be put in to the skillets with a head full of salt and a whole onion, when they are boyled enough take them up, and strain the water from them, and put as much white wine and Vinegar as will cover them, with a little whole pepper, mace and cloves, and the onion that was boyled with them, let them be very cold before you put them up, then lye them up close.

## To preserve Gooseberries whole

Take your gooseberries which have their full growth, and so times their weight in sugar, then take a quart of water to distill the sugar so set it in the fire, and distill the sugar, then while the sugar is boiling, put in your gooseberries and as soon as it will boyle a little take it off, and let it stand three dayes, then take it off, and let it stand three dayes longer, then boyle them a pinte and so put them up.

## To Dry Apricocks or pippins as clear as dew

Take the Apricocks and stone them, or pippins and put them in the middle and pare them, lay them in an earthen pan or dish, and strow them over with sugar, set them in an hot oven, and as the liquor comes from them pour it away and when all your liquor is run from them turne them and strow sugar thick on them in every place and set them in the oven and

## To keep Damazins or Grapes fresh till Christmas

Take a new Earthen pot and a good stick, hang your branches of Grapes or Damazins upon the stick, set the stick upright in the pot, stop your pot with clay very close, that no aire get in, then cringes and them thus and lay them thick in clay, and put them into the bottom of your pot, and they will keep all the year, your grapes will till Christmas.

## To preserve Damazins

Take Damazins new gathered, then take the weight in fine sugar, as much water as will cover them, make a currup when it is cold put in your grapes so let them stand one night in a basin, then set the basin in a pot of water, being boiling, and when they are sover as hearts take them and boyle the currup untill it will bottom upon a plate, when cold put them up.

### To Make a froth passus

Take a pinte of Cream or new milk set it on the fire, then take 10 eggs put all whites in it & a deep basin, and beat the yolkes by then set it with some sugar, and collabe a Custard with them and the milk that is on the fire, then beat the eggs to a froth, and in the beating put in 2 degrees of Springalls of Lake and as much sugar you must beat them to a thick froth, and with a spoon put it in so another dish, then take halfe a pint of sack, sweeten it sweet enough for your purpose then set it on a large Chafin dish of Stales in a large basin, and when it is hot put in as much of your froth as your sack will receive stir it well, then take your custard and pour upon it stir all one way while you put it in, then if your froth doe not cover the top of your basin with a spoon put in more, and stir it well then cover it well with a warme dish, and let it stand a while on the fire, it must not be too hot, you may know when it is enough by pressing in your spone

### To Make Raspberry sugar

Take The juice of Raspberries and let you sift wash it and lay it upon glasses, and then set it into a stone, and let it dry leasurely, and is used all the yeare, perfume it with Ambergris, a little of this sugar put in to a bottle of wine will give it pleasant taste, and Colour

### To preserve Oranges

Take of the fairest oranges, and best coloured and sweetest skins, and with a grater grate of the insid, as if you will have them whole, then take out some of the Meas, or if halfe you must take out all the Meas, then lay them in steep in Rind water 2 dayes and 2 nights they must be shifted Morning and Evening then take them out of the water and rubb them dry, then boyle them in severall waters, but before you doe soe rubb them well with salt and dry them, a when you have done for then you may boyle them in severall waters and when they are very tender take them out of the water with a knife, take out all the stick then weigh them and to a pound of Oringe take a pound and halfe of Sugar, put the Sugar in to a Skillet, and put to every pound of Sugar a quart of water then take the white of 2 eggs well beaten and put in to the Skillet for it over the fire, and let it boyle as fast as it can when your boilling begins to rise up, put in 2 or 3 Spoonfulls of Juice then take it off the fire, and put the Oringes in to a preserving pan when you have scummed the boilling very cleane power it through a cleane napkin on the Oringes, let the Oringes & pan on a quick fire & let it boyle very fast, keep it covered all while, & have halfe a pound of Saf Boiling in 2 quarts, as it boiles now & then put in 2 or 3 of them when you have boyled a shew put in a pint of deep white wine & let it boyle till it be cleave and the boilling thick y take out y Oringes & lay y in a hot dish and put it on the Oringes and put to them five London paires and let them stand untill they be cold and then you may put them up



### To Make Spirit of Roses

Gather Damask roses in the morning and having pick'd them, beat them in a fine Mortar untill they be past, put to it a handfull of bay-salts for every Bushell, and then put them into a Stone Jugge and stop it Close with a Cork, and a piece of Bladder over it then put it into a Cellar for 4 or 5 month then still it in a Limbeck, Refrigeratory and pass upon the roses fountain waters or rose water then still it with a small fire and there will come first the burning spirit of roses like Citronate, that rectifie by it selfe, after the water which is much better the ordinary water that will cause an oyle in small quantity and it will swim at the top and Congeale it selfe and it is that which is called the spirit of roses, take heed when you come to the end that the roses doe not burne and spoyle by their ill smell the liquor being still'd these Substances should be reserved severally for your use, (marke) the stronger fire maketh the most oyle, a temperate fire is best to weaken the sweetness as Experience will show

### To Correct the Cruelty of y<sup>e</sup> spleen

Take of the Powder of Frabs Eyes one dram, boyle it in a quartier of a pint of white wine les is but simpler, then pour on the cleare & sweeten it with sugar & drink it thus warme

### To Make Orange Biskett

Take the best coloured oranges and slice them round in the middle slip them off from the meat and put the pit in to a pail of Water, and let them stand all night, then put them into a great skillets and fill it up with water which you must boyle halfe a way, change it 3 times, it must be hot as you put it in the 2 or 3 time, and when they are boyled very tender that you may run a straw through, take them up, and with a knife scrape the inside out, untill it be as thime as a paper, after, dry them, and take 3 times the weigh of riddle refined sugar which must be beaten by it selfe, and the oranges season untill they be as fine as past, is the pith of, of every dozen of oranges take the meat of 2 and put them in to a Silver Buckard, which must shut close, and infuse in a skillets of water an hour and halfe, and then taken up and squeezed, then pick out the finest of the pith without skin or leavel and put it into the Orange pith which was beaten, and beat them well together, then spread it upon a bus very smooth a bus the inward of a Card then put it in to a Stone, and let it stand one hour, then marke it out a bus what bignesse you would have them then let them stand untill next day in your Stone after let them a tender, and then you must tanne them and let them stand untill you see them free from Moisture

### The Lady Frances Andersons Cake

Take a pound of the best wheats flower & pound of Currants halfe a pint of sack to plump the Currants in a quart of old yeast & quarters of a pound of sugar 2 eggs and their whites a little nutmeg, Creams and mace and a few Stones halfe a pound of Almonds blanched and beaten fine with orange-flower water of quart of Cream boyle it, and when you take it of the fire put in a pound of butter Stir it untill it be cold warme, then mingle the spice, Currants and a little salt with the flower for put in the yeasts eggs Almonds Cream butter and mingle it with your flower and it will be so thin that you may stir it with a spoon, then set it a rising, you may put in some Musk and Ambergreene it must be put in a hope, your oven must be very quick an houre or something more will bake it

### But now to jell it

Take halfe a pound of double refined sugar beaten and searched, steep gum in rose water with a grain of Muske the white of an egg put the sugar and rose Water in to a bowl and beat it with the back of a spoon untill it be as white as snow. then take your Cake out & wash it all over with a feather then set it a little in to the oven

### To Make a Quaintous Lamprey Oge

Take the brain from a hare, then take the skin from 2 Bells and mix with the flesh of the Hare season it with all sorts of spice and salt, and some sweet Herbs and 2 Indias cat in quarters, when you are ready to put it in to paste take a pint of Claret wine and wash the, take the liquor from it a gaine, and when you put it in to the oven, pour the Liquor in a gaine when it is baked take the liquor out and put in some Clarified butter and stop it close, and see keep it Let it be thoroughly cold before you strike it, and it will cut very fine, as if it were Lamprey

### A Cordial Water for y<sup>e</sup> Stomach

Take spirit of Mints or Caraway, which you please, is a bottle of this, take 2 pound and an halfe of large sugar finely beaten and halfe a pint of red rose water and halfe a pint of running water dissolve the sugar in the water over the fire untill it be scalding hot, then set it a cooling, and when it is cold mix it with the spirit, and put it in to a glass to keep the strength, then set it a filtering, you must remember to skime the water, before you mix it with the spirit, let it be cold

### To Make White Leach

Take a hinde of Cream & boyle in it one pound of White glass first washed in rose water untill it is y<sup>e</sup> last, let it boyle untill it be enough, you may put in some Ambergreene



### To Make Marmalades of Cherries & Currants

Take a pound of Cherries when they are stoned  
boyle them in their liquor for halfe an houre -  
very fast then pover the liquor away from y<sup>e</sup>  
And put to them halfe a pint of juice of Currants  
then boyle a pound of double refined sugar to a  
Candy height, then put your Cherries and juice  
in, and boyle them a paine very fast till you  
thinke it is thick enough to put in to glasses  
and it will Jellie - - - - -

### To Candy Angelica stalks

Take Angelica stalks and slice them into  
what thickness you will, then boyle them in  
water untill they be tender, if you would have  
them strong you need not shift the water, then  
take them out, and take their weigh in sugar  
and to make your Syrup take what water you  
thinke fitt, boyle it untill it be pretty thick then  
put in the stalks and let them simmer over a  
soft fire one houre or more, then boyle it up -  
untill it comes to a Syrup, then take them out  
and lay them on plates and set them in to an  
oven or stove not so hot as dry them by degrees

### To Make Shrovetide Cakes

Take a pound and halfe of fine flower, halfe  
a pound of butter, halfe a pound of sugar a  
stick of Cinnamon an hand full of Marjory  
leaves and worke it up to a paste and roll y<sup>e</sup>  
thin, then cut it out in little cakes & bake them

### To Make Creame of Lady Canings way

Take some Chused creame which have been  
a day and a night a clousing, and whip it with  
some orange flower water and spirit of Amber-  
grease, and as it refresh take it off and pile it  
high in a dish, and serve it with your depar-  
to the table, you must put in to the bottom of the  
dish a topping of Rysmary to pile it up to make  
it ly high, and then serve some fresh infinitum

### To Make Lemond Creame of Lady Mordans way

Take a porringer full of faire water halfe  
a mack Orange flower water, and the juice of  
3 Lemons in which the pill hath been steeped  
all night, the whites of 3 eggs, and the yells of  
one with as much double refined sugar as will  
sweeten it to your taste, stirre it well together  
and straine it through an haire sieve, then set  
it on a good quick fire, and stirre it constantly  
till it is fennish to the thickness of thick Creame  
or a little thicker, you may if you please put in  
some spirit of Cinibryllace, let it stand till  
it be cold before you eat it, the pill must be  
thred and cut small - - - - -

### To Make orange Creame of Lady Mordans way

It is the same way you make Lemond Creame  
only put in the yells of an egg more and some  
orange pill rubbed thin which must lye in it  
when you serve it to the table you must not boyle  
it or stirre or Lemond Creame, but only let it have a scald  
on y<sup>e</sup> fire to take away the rancidness of the egg, you may  
make it on this way - - - - -

### To Make a Pudding

Take a Marchet, and pare off the crust the  
cus is in little bits, bigger than a small nut -  
then set on as much milk as will wet the bread  
and when your milk is scalding hot put it in to  
your dish where your bread is, and cover it close  
and let it stand till you think it is wet through  
then take 2 or 3 yolks of eggs and beat them  
with a little Creame and rose water, Sager  
Clout and mace then take Apples and cut  
them in round slices, then put little pills of  
butter in the bottom of your dish you meane  
to bake it in, then lay the slices of Apples  
all over the bottom and sides of your dish  
then take some of your bread and lay it all  
over your Apples, then strow a few raisins  
of the Sunne upon the bread, and then more  
bits of butter leave and there alone, and  
then with a spoon put some Creame beaten  
with eggs all over them, and then an  
other laying of Apples, and so as you did  
before lay on, till you have made a Pudding  
as big as you will, and make your Pudding in  
fashion of a Pippin loaf, and when it is well  
made put a sprig full of your beaten Creame  
on it, and here and there a little butter and  
be a few Quins -

### For a Swelling in the Throat

Take shaggs treacle, myrrour and frye them in  
a pan with sheeps turr, and as hot as you can  
endure it, lay it where your paine is when it is  
cold take it off & lay in another hot plaister for one  
or two times

### To Make a fine Pudding

Take a pint of Cream and boyle it, and put  
in a quarter of an ounce of mace, a piece of Ginger  
and a little Sager, and beat half a dozen  
yolks of eggs and whisks, and straine them in to  
Cream, and grate a peasey leaf of white bread  
and search it very finely in passing it together  
you must make it no thicker then water, then put it  
in to your Pudding bag, and then put it in to a  
shell of boiling water, and let it boyle for 3  
quarters of an houre else it will be hard

### To preserve Grapes

Take your grapes and stone them as you doe Ban  
beries then take a little more Sager then their  
weight, then boyle some pippins in slices till they  
be soft, then strain out the liquor from them, and  
pour of Sager take a quarter of a pint of  
the liquor, boyle the Sager and liquor and  
then is, then let it stand till it be cold then  
put in the grapes, and let them boyle a pace  
untill they be enough skimming is cleane and  
pouer the liquor on it, when they are cold put them up

### For a proved colicke for the paine in the back

Take the quarts of faire water a whole mussey pear  
full of holes, 2 unces of Dates the stones taken out, as  
if Dates boyle of very tender, straine it out, and 1 pint of  
red rose water, & after it hath boyled a little add to it  
one ounce of Confect. in elikermes, & let it boyle a lit  
tle, and then stir in 4 yolks of new laid Eggs, or beate  
all well together as you please



### To Make Violet Cakes

Take your violets clep of your whites and when you have so much as much hard sugar as you think will doe it then put as much faire water as will just wet the sugar then set it over the fire in a Skillet and let it boyle till it will come from the spoon then put in the violets or Cowslips but let them not boyle for feare it - should spoyle their colour then take a plate and wet it in faire water then drop them in Cakes or any other fashion you see best.

### To preserve White Clones

Take a pound of hard sugar and a pound of Clones and a quarter of a pint of faire water put the water and the sugar together and let it boyle till it cleane then take it of the fire and when it is almost cold put in the clones and let them boyle very softly almost halfe an houre then take out the clones and let them be almost cold and boyle the sirrup untill it be almost enough and then when you have taken it from the fire and that is almost cold put in the Clones and so let them boyle till they be enough, be sure to choose black clones as be not red in the faces.

### To Make White Leach

Take a bottle of frame & boyle it in one pound of Spring glass first steeped in rose water: sweeten it to y<sup>e</sup> taste let it boyle till it is enough, if you will put in some ambergrain.

To doe Oranges and Lemons that they shall have a rock Andrey on them in their sirrup if they do lye in -

Take your oranges or Lemons, cut them in halves: (or if you will doe them whole then you must cut a little whole at bottom so that you may take out all the seeds) then let them lye in water nine dayes, till the bitterness doe goe changing them every day, then boyle them till you can thrust a straw through them, then hang them in the sun till they take to every pound of oranges or Lemons a pound of sugar and a quart of water: make a sirrup and let the oranges boyle a little while in it, then take them up and let them lye a week or two in that sirrup, then boyle the oranges or Lemons in it, but first take a pound of isafe sugar and put in to the sirrup then they must be boyled in it, as long as you thinke good, that is till they are very cleane, then take them up and boyle the sirrup till you see it hath a gloss in it then put in your oranges and soe keep them when they sirrup will drop stand and not runne, it is enough.

### To preserve white peare-plum in a Jelly

Take peare-plum before they be full ripe and pare them, and have ready a sirrup to put them in as you doe pare them, then take a pound of double refined sugar: that is & put it in a basin & wet it - it be like past & set it on the fire till it be melted & take it up & put in y<sup>e</sup> pound of plum & boyle it softly for a quarter of an houre if they y<sup>e</sup> for 2 dayes & then boyle them up as before, and then glass them up  
a proved by my self & C. M. M. M.

### To Make Sossuill Peame

Take 5 pansfull of new milk, let it stand 12 hours then set it on a cleare fire and let it stand in the fire, till it beginneth to bubble but not to boyle, then set it off till it be cold, then take a thin board as bigg as your dish you will put it in then cut the peame with a knife the bignesse of the board round the pan, do so all 3 pans, then take all the Diced, and put in the bottom dish then take up the round with your board, and lay on it the doe with all 3 pans that it may be thick lay one upon another every round till they be thick to the top of the dish. . . . .

### To preserve Green Goose berries to looke like hy

Take the fairest Green Gooseberries as their full-growth and pick them clean from their stalks then cut them a crose with your knife halfe way down the goose berries at the bottom and then pick out the seeds, then take some thornes of an hawthorne that stick them one upon another with your fingers and a silver Bodkin that they may looke like hops then take to a pound of these a pound of fine paper wet is with water and boyle it and thenne it, then put in the hops and boyle it up quick and skimme it clean shaking them now and then, when you see they are cleare take them up and put them in glasses and when they are cold melt the sirrup and put it softly over them, the great end of the thorne must be uppermost which you must crop handsomely with your scissars when they are cold. . . . .

### To Make S<sup>r</sup> R<sup>d</sup> Pudding

Take the fairest stale Marches slice it dip it in Canary wine lay them in a silver basin or a deep dish, then lay great pieces of Marrow sliced, it is a powder made of halfe a pound of loafe sugar, halfe a drame of Cinbergrace slice a drame of Cinamon finely beaten and saved - then lay an other stove of bread as before, and then some more powder on it and doe so till the basin be full, have broth ready made of veale, and fill the basin to the brim, Cover the basin close put it on a Chafin dish of coles, let it boyle till the bread hath sucked up all the liquor, then take 4 yelks of 8 eggs beat them very well and put them to 3 pound of thickest peame mix them well together powder is upon the bread, set it in an oven half an houre, then serve it up. . . . .

### To Make a Whispeps

Take peame heat it till it be ready to scald and put in some mace slice in the thine of a mancher very thin, and let it lye and scald then beat the yelks of 8 eggs and mingle them together with peame being hot, And rasons of the bone being sliced, and season it with salt and sugar and take the Marrow of 2 bones Mingle them all together in a dish & bake it in an oven first butter the & slice a pearce or warden in the bottom of your dish and so power the rest in it, and bake it, if you would have the white not taste deliciously put in to the peame some almonds beaten with rose water and strained with the peame till all the substance be out



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### To Whip Cream by Lady Mordans Way

You must put to the cream you whip, the juice of any fruit, as Strawberries or Mulberries or any juice that will give it tincture and colour, and whip them together till it riseth like a froth or like snow then put at the bottom of your dish a white loafe Crum with a stick of Rosemary in the middle and then take it as is reject with a spruce, pill it up as high as you can make it lye you may put in some spirits of Ambergreene if you please, if you would have it perfumed.

### To Candy Oranges pills

Care off the upper rinde of the Oranges into small pieces, then lay them in a faire basin of water let them remaine so a day and a night then take them out and put them in to a Glasse of seething water, letting them boyle very fast untill they be tender; then weigh them and take their weights in sugar which must be put in a Dish with the same faire water, and then let them boyle till they be something thick keep it skimming very cleane, then put in the pills and boyle them with continuall stirring untill they be dry, then shake them together in the dish untill they be cold, then powder them forth.

### Aqua Mirabilis

Take cloves Galanga Cardus Mace Cardamoms 2 muscaggs 5 finger of dead & drams Juice of Cardus half a pound a pounce a pound white wines pratt In a faye of 24 houres to draw 2 quarts of water from them.

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### Aqua Mirabilis

Take 2 quarts of white wine one quart of aqua-vite, one quart of sack, the juice of St Andrews Balsme, Mints 2 quarts of each, one pease handfull of Melilot flowers Shall thrids Dubois seed - Gallinagall Graines, Nutmeggs of each the weight of a Shilling, Cinnamon the weight of 2 Shillings - brase all these spices small, then let them lye in an Earthen pan all night the next morning distill them with a gentle fire, draw one quart of the first water, and then of the second, and third if you please the Lye you must find first, put in it every quart a quarter of a pint of fine loafe sugar as much powder of Saffron toke up in a Cloath as will lye upon 3 place, This water is good to preserve the Lye, and to cause a good Stomack, in summer - make one Spoonfull fasting, in winter two.

### To Make Lipp Salve

Take near a pint of Cream, boyle it till it comes to an oyle then straine it in to a silver porringer and put to it a little Bees wax scraped thinn and a little double refined sugar and if you please a little parricotte, put it in a pot for your use.

### For the Cods Gynmens

Take of Bellitorie of the wall Chickweed dock-leaves Burr leaves Plantane Woodbine smock - grass, Opun. Horse greene of Dittles leaves, Sorrel - Mallins Citrus & Lemons beat all these in quantity is for the hot gynmens & boyle in Lipp salt that is fresh.

### For the biting of a mad dog

Take sage leaves and Rue of each 2 hand-  
full, 2 or 3 heads of Garlick & penny worth-  
of Venice Triacle, a good quantity of Trier  
Scraped small Coyle all this together in 2  
quarts of strong Cille in a pithen close stopp'd  
with paper which must be put in to a little of  
water over the fire for the more strength and  
boyled 12 hours, give the party betwix 3 or 4  
dayes before every full and Change of the  
Mone 3 or 4 Spoonfulls, Morning and evening  
to a Beast give 5 or 6 Spoonfulls at a time  
you must shred the Herbs & shalich, if you can  
get the liver of the dog Coyle is in the drak  
If there be a wound distill some Venice Triacle  
or Chastardate in brandy or Clarywine and so  
wash the wound, dip a little lins in it and lay  
it to the wound, then take Turpentine, Roney  
Garlick or Onions, stamp them well together  
and lay upon it, and dress it with these as long  
as you can keep the wound open. - - -

### Salve for y<sup>e</sup> Pimples against Rheumes in y<sup>e</sup> Eyes

Take halfe a pound of red Le and a pint of  
Saler Coyle boyle them together till they be  
black, put to them 2 ounces Bot carminick  
2 ounces of the reddest rock Cillum, 2 ounces  
of white Le and 1 ounce of Dragons blood  
let these boyle together and then you may  
make it up in to rooles - - -

### To Make Syrup of Cresset flowers

Take a peck of flowers & pints of running water  
make it ready to boile in a pipkin, and after you  
have cutt your flowers put them to the baset, let  
your water more then four then, and let your  
pipkin be close that setting is for 3 nights and 2  
dayes, or 2 nights and 3 dayes, and then straine them  
from the water to a pint of water take one  
pound of powder suger and boyle it to a Syrup  
thick, you may toyle + or 5 times in it if you please

### To Make Lemond water without Stillling

Take 12 large faire Lemonds pare them so thin  
that you leave no part of the white upon the  
rind, then take 3 pints of Brandy and put into  
the rinds of the Lemond, then take 3 pints of fair  
water and put in to a pound and halfe of double  
refined suger, let the Brandy and the rinds be put  
together of them set in a Stone Jug, and let  
boyle the water and the suger by it self and  
let it stand 24 houres, then you may mingel all  
together and straine it through an Hippocras-  
bag and filter it through a paper and bottel it up

### For the Leaping of the Heart

Take of Parsley Root 1 ounce of Eadoary 2 ounces  
Ginger 2 ounces Semen dary 1 ounce flower of Cam-  
mile halfe an ounce Thedeanthum halfe an ounce  
Bruse these Ingredients together & steep in 3 pints  
of white wine 12 houres or if the person be fletorish  
in Scurvy if there be spent use of it, it may be made  
in brande and used 3 times a day, a small sack  
full at a time - - -



## To Make a Searchloth

Take of Virgins-wax, 2 ounces, oyle of Beane one quarter of an ounce, oyle of Gillyflowers 1 quarter of an ounce, Spermaceti half an ounce; Melt the wax and Spermacety together in a top (put the put in your Sykes and let them warme together and then put in of Chayesty of Pearle 2 grains frame of Tartar into Machine, Spence of Lemons 12 pennyworth, spirit of Roses 3 grains Mash 2 grains. Then take it off the fire and dip your Hb stand in it which is to be very white & fine, and keep it for your use.

To Make y<sup>e</sup> Best Gynners

Take of Rosemary, of Red Sage of Lavender of Southenwood, Twes mandarin of Cores of Camomile of each 2 handfull of Challowes and white lilies of each one handfull Stamp all these in a Stone mortar very small then take Capons, Goose Bores-grade dyed up without salt has may buster as much as the other 2 melt your fat and put in your herbs till they be thick then a little stick stands upright in them keep them byling very softly 2 whole dayes after stirring them, Straine out the Herbs and when it is settled take a way the bottom tye is againe and put it up for your use.

## A Forthale Water

Take Rosemary & horis mayram succory Baume of Gormony Camomil Herbs of 12 pennyworth of y<sup>e</sup> same Drey y<sup>e</sup> in sack and still them in a Linbeck

## The Mouth Water

Take of Red Sage, wild woodbind, Privet, Salerine two handfulls of Each, of Plantaine and Hysop one handfull boyle them in 3 Gallons of Water halfe an houre or more then Straine the herbs out and set the Liquor on the fire againe making it boyle and putting a quart of live honey halfe a pound of Graines and as much Clove as will make it tart, when it is boyled a little put it into a barrel and stop it close. This water is for the Canker and Sores that be green it will heale them.

Good for a woman with Child continually to y<sup>e</sup> time of her delivery beginning 6 weeks before

Take 3 pints of strong Beer one pint of White wine But one nutmeg grated, one pennyworth of Saffron, 3 yelks of new laid Eggs, These must be well mixt together by percolating them out of one pot into another, set it a way in a pewter pot, keep it close with a cloth tyed about the Cover, set it in a coole place, and every night take a little, keep a pint warme when you are in bed sweetened with Sygar have more in readynesse a gaunt this is my Give the new borne Child a little oyle of Sweet Almonds sweetened, it will prevent Fevers though it make the Child a little Sick.

## For the bloody fluxe

A quart of milk & a quart of water 2 handfull of the bark of Oake, the outside & inside beinge dryed off, cut it small boyle together in a quart & while it is and the other, although it be a weeke together

### A rare & Excellent Syrup for a Cough

Take 3 lbs. for Olden hair, Hysop, Rose  
hinde of each half a handfull, Lychorish -  
brides 2 ounces, Raisons of the Sunn dried 4  
ounces, Figs sliced 2 ounces, parsley and  
fennell roots of each an ounce the pith taken  
away, boyle all these in 4 quartes of Spring water  
to the Consumption of thalfe then straine  
thru a very rick and add one pound of browne sugar  
Candy beaten and boyle it up to a Syrup take  
of this 4 or 5 Spoonfulls going to bed or first  
in the morning, and after other 2 hours -

### The Lady Allenes Water

Take Salicorne, Sage, Risenary, and Rose  
Mugwort, Wormwood, Pimpernell, Dragons Sea-  
bitus, Eyrimony, Balmc Centory, Cardus Bening,  
Rosa Solis of each one good handfull, Angellica  
Renebane, Ellicampagne, Tormentill, Zedoory li-  
quors of each half an ounce beat some of the roots  
which will not scrape, shake the dust out of the  
herbs, then shreds them, steep them one day and  
2 nights in as much white wine as will cover  
them, still them in an ordinary Still, the Still close  
is with paper, keep the fire off Still (fired with a  
wet cloth)

### Doctor Rykeys Medicine for an ague

Take 2 ounces of juice of plantain, and 4 of  
Cardus water, halfe an ounce of Cinamon take it halfe  
an houre before the fit 2 or 4 times.

### Doctor Burges Directions

Take 3 parts of chaulmone and boyle therein a  
handfull of Sage and a handfull of Rue till a  
pint be wasted then straine it and set it over  
the fire againe and put therein a penny worth of  
Long pepper halfe an ounce of Ginger and a quan-  
tity of an ounce of muskettell beaten together  
and then let it boyle a little then take it off the  
fire and put thereto 4 pennynorths of Mentridate  
2 pennynorth of Cardus is halfe a purse of good  
Angellica Water.

Keep this as your life a boue all worlde long  
take it alwayes warme both morning and evening 2  
Spoonfull or 2 if you be infected and sweats there-  
upon if not infected one Spoonfull a day is suffi-  
cient halfe a Spoonfull in the morning and halfe  
a Spoonfull in the evening

In any Plague time under God, trust to this, for  
there was never man nor woman nor child that this  
occured, This is not only good for the plague but  
for the Measles, small pox, Swifens, and divers  
kindes of other diseases -

### For a Cough or Shortnes of breath

Take of Honey, and Sallett oyle of aquadite of  
each a like quantity, mingle it well or beat them  
together, and take of it in the evening going to  
bed, and in the morning.

### For an Ache

Take a sheeps head chop it to pieces, & boyle it well  
in y<sup>e</sup> wood in water, and mix it a handfull of mallows  
and a handfull of red rose leaves -



## For the Gout

Take the whites of 2 eggs put in to them a  
peice of rough ellan. a bout the bignes of a  
wallnut. Beat it together till it be carsted then  
take out the ellan and take the yast. thus stick  
within an ebbe nestell, spred it on a browne paper  
and upon that put the former and lay it to  
the place.

## For the Wormes

Take a dram of pulvis. sanctus with an  
ounce of simple Symp. of rubers, and a peny  
pot of white wine.

## For the Gout

Take Hoggs lard. and Elder leaves and  
beat them together in a mortar like a salve  
then spred it upon a flennors leaf and ap-  
ply it to the part affected and it gives ease  
Immediately if not cure

For a swelling & paine in y<sup>e</sup> Thro

Take a quart of beere put in to it as much  
liverwort as will fill a porringer, a good hand-  
full of the inner rind of a pibroade tree the  
very outward ruff a little craps of boyle then  
together in a quart of 8 shilling beere. till  
the third be boyled away, drinke of it three  
mornings together being warme.

## An Excellens remedy for a Cold

Take a pint of the best virgin honey and set it  
on a soft fire and let it boyle halfe an houre, and  
in the boyling put in the whites of 2 Eggs which will  
clarify it, and gather all the scum and whey  
see is gathered take it of the fire and let it stand  
and settle and coole a little and then strain it for  
if you should doe it before you might scum it all  
away, then set it over the fire againe and put to  
it 4 or 5 tops of Rissop. and let it boyle abt before  
then take it of, and take out those tops of Rissop &  
put in fresh ms, and a quarter of a pint of any  
sweet water or Cynobacca, with a race of ginger  
finely powdered, and let it boyle untill it be  
thickening is stowed leafe is stowed for let it coole and  
when you have any occasion take 2 spoonfulls at  
night going to bed and the like in the morning  
fast an houre or 2 after it and in 2 or 3 dayes  
you will finde a great effect.

## To Make Aqua Mirabilis

Take Cloves, Mace, Nutmeggs, Ginger Gallangale  
Cubeb, Cardamoms of each the same. Infuse them  
4 or 5 dayes in 3 gallons and a halfe of strong brin  
ney then put it in to a still and add to it 2 gallons  
of cleere water. Distill it through a Linseed  
and draw from it 4 gallons & a halfe of water  
(that is) the 4 gallons of it selfe & the last halfe pint  
in by it selfe & take the ground & cranes of fine paper  
to every gallon of the water distill the yast paper over  
it first with the last halfe gallon of water when its  
heated take of y<sup>e</sup> huan & mix it to the rest of your water.

## A most Excellent Balsam

Take sweet oyle of Olives 3 pintes, strong sack  
the pint Venice Turpentine halfe a pint yellow  
wax 12 ounces Red Saunders the chace Boyle the  
oyle and the sack together over a very soft fire  
till all the sack be well consumed then take the  
wax a small time with the oyle then take it from  
of the fire and put in the Turpentine while it is  
very hot, and stir them well together and last of  
all put in the Saunders, if the Turpentine and  
Saunders be fine, pure, and cleane, then you need  
not straine the Balsam, but if otherwise then only  
warne it so hot over the fire as it boyle not, the  
wax is soe liquid as that you may straine it  
through a haire sieve or fine cloth, you may have  
when the sack is well consumed in boyleing for  
then is well begun to leave bubbling or boiling  
up for oyle being a time without other liquor  
will not boyle but simmer.

## For a Rheumes

Take a pippin cutt out the core fill it with  
anised water, lett it softe then put it in a  
pottenger with a piece of fresh butter the potteng  
of an nutmegg, stir all together as it lett pay  
to your use.

## To cure the Cough and Spitting Blood

Take the ounce of Sweet Almonds oyle 3 quarters  
of an ounce of Sweet anised powder the ounce of white  
sager andey beaten to take in the Evening and  
in the morning.

## An Excellent receipt for the Gout

Take of aquavite 3 pintes and a halfe, of rubarb  
and Senna each one ounce and halfe, of powder of  
and anagides each halfe an ounce, saffron 1 quart  
of a Span: Cardemum 3 penny worth, the ounce of  
liquorish, the pound of radishes of the Sea, let the  
rubarb and liquorish be sliced, the radishes sliced  
the Senna and Senna brased in a mortar then putt  
them all in to the aquavite and let it stand a while  
infusing Every day shading is well, then straine  
it through a fine cloth and squeeze out the cloth.

This is to be taken 2 spoonfulls fasting in a  
morning and 2 at night, you may take it with any  
thing that walke a while is well give it 10 or 12 drops a  
day, to be taken when you feare the Gout coming  
upon you, its well prepared by Mr. Bell an English  
bar, who is the only man prepare it and hath this  
receipt from Mr. Boverdy, he lives near Sillery  
near Dover, I think the price is 3 shillings a pint.

## For a Cough, Cough, or Disicke

Take 3 ounces of Brown Sugar Candy one ounce  
of Cardemum, 1 ounce of dried Roots ounce of liquish  
Liquorish, brase your Cardemum in a mortar, grate  
having first made them cleane from the raste and  
taylor, brase your Sager and up to the smaltens of  
the Cardemum, beat your other roots in the like maner  
esp. Senna & liquorish cleane from y bark, split it into  
slices & shreds is y smaltens a little written y sample of it  
together take thereof a reasonable quantity chawing it in  
y mouth & swallow y juice, so long as any sweetkeeps will  
come, then spess it hot as you would use Senna & liquorish  
Senna. doe this as often as you please 4 or 5 times  
Carry some of this in a box & keep you, and it will cure



*Doctor Burgis receipt against infection*  
Take 3 pints of Muscadine and halfe a pound  
of Sage, halfe a pound of rice wash it and dry it  
very dry, in a cloth chop them a little and boyle y<sup>e</sup>  
in the Muscadine while one pint be wasted upon  
a soft fire then take it off and straine it then put  
into it one ounce of Mettredate 2 ounces of red Venus  
treacle halfe an ounce of nutmeg halfe an ounce  
of Ginger and halfe an ounce of long pepper—  
beat your spice small then set it in the fire again  
and let it boyle 2 or 3 waies then take it off and  
put into it a quarter of a pint of Stronge Chagelies  
water

*Caps Brackleyes receipt for y<sup>e</sup> Gout*  
Take some water of Goodson, well water by  
Criplegate, and with white bread and a little Saf-  
fron and a little oyle of Rites, make a poultice—  
and by the heate of a pan of Coles or the heat of a  
red hot yorn, with a warme hand rub the place if in  
the foote rub or frise the legg downe to it and the  
place affected, and on a cloth apply it hot and  
keep it hot all night and the next day and night a  
fresh poultice at the first appearance of the gout—  
this is safe and well approved of put some  
Frankinsence in the colles and for the quarter of  
an houre rub with your hand the place downwards  
and take the smoke of the frankinsence and put  
some frankinsence in the colles and warme your bed

*To Make fine Sugar Cakes*  
Take butter and Sugar of each a pound the yolks  
of 6 eggs 3 Spoonfulls of rose water and as much  
flour as will make it to a paste

## To Make Sweet Water

Take 2 ounces of Cloves and beat them well and  
five handfulls of Lavender flowers, and halfe a  
pound of Marsh-mallows roots and lay all these in steep  
3 dayes in rain water, Strain it in a cloth and it is  
of

## To Drink for a Dropsie

Take the green bark of Elder with a few anthers,  
boyle them in Beere or water and drinke it as often  
as you please, if occasion be drinke no other drink

## To Make a Ruscypadding

Boyle a quart of ruscus in a bason of new  
vine, Strain it of the fire, then put in the yolks of  
4 eggs well beaten and 4 Spoonfulls of flower Britt  
stiff all well together very fast a quarter of an  
hour till you see it be an oyle

## To Make Gooseberry Wine

Take the proportion of fruit you intend to make  
when they are cleane pick'd weight them and stamp  
then allow for every three pound of fruit 12 pint  
of water and a pound of sugar, Straine it out  
put it in to a distill for your proportion, Strain  
your sugar and juice together, and a fortnight or 3  
weeks after bottle it not stopping it to breathe as y<sup>e</sup>  
first doe not spend it till it be a month old

## To Make Raspberry Wine

To every Gallon of Rascorras put a pint of  
sack and let them in the oven in a pan after  
Bread is drawn tow hewers then Straine off the  
press tell you have most part of the juice put  
to every quart juice put halfe a pound of sugar and  
a pint of White Wine, let them rune through a jellie  
bag and put it in a uessel and let it stand a fortnight  
and then you must bottle it

To Make Currant Wine

Take the currants and strip them and put as water as will cover them Apple is over a quick fire and after it is boiled take it off and put in a spoon and cover is borne for 4 or 5 hours then straine it and set in a warming, then put to every Gallon of Liquor a pound of Currants and when is hath some boiling there is and after is a rack in a fortnight old Apple is and put in to every bottle half a pound of Sugar the more Sugar you put in it the longer it will keep.

To Make Cyprus Wine

Take 2 parts of water and 1 pound of Lager and  
let them boyle together take of the Juice as is just  
you in the print of Apprecoats dried and powd.  
Let them boile while they be tender then take them  
out and when your Lignomph is cold bottle it up —

To Make the Spanish Cream

Take six quarts of new milk and set it on the fire and when it is ready to scald put in to it a quart of Cream stirring it when you put it in then let it stand over the fire till it is ready to scald, be sure it doth not boyle and take it off and pother it into a couple of strages and let it stand all night then when you would have it ready take a Skimmer and skum off the top which will be thick and put a Spoonfull of rose water and sugar enough to lase it is and so beat it together till it is as you would have it but you may not beat it so fast, for then it will come to butter then take a little raw Cream in another dish and mingle with it a Spoonfull or 2 of that you have beaten and then you may put in the beaten Cream to the raw and it is ly in it like a fresh hog.

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 Inprothame in the head — fo 31  
 Italian Bishes — fo 20  
 Juice of pippins — fo 24  
 Juice of pippins — fo 23  
 K  
 K S pindings — fo 57  
 L  
 Lady Fran Sandersons cakes — fo 50  
 Lemons Candell — fo 43  
 Lemons Cream — fo 19  
 Lemons Cream — fo 31  
 Lady cellens water — fo 24  
 Lemons water without sugar — fo 71  
 Lipp Salve — fo 60  
 Leaping of the heart — fo 71  
 M  
 Mandla Chirries — fo 26  
 Milk postage — fo 17  
 Minic pills — fo 51  
 Malinecolly water — fo 17  
 Mifers — fo 36  
 Minic pills — fo 49  
 Muffins — fo 52  
 Marmalade of pum custum — fo 51  
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N  
 Nasterian sack — fo 58  
 Neats tongue pyc — fo 40  
 Neale Bishes — fo 51  
 O  
 Orange Bishes — fo 24  
 Oil of roses for any burn — fo 26  
 Orange Cakes — fo 57  
 Orange Marmalade — fo 13  
 Orange & Lemons Cakes — fo 20  
 Orange Water — fo 21  
 Oyster pyc — fo 39  
 Custale Candell — fo 69  
 Orange Cakes — fo 41  
 Oatmeal pudding — fo 46  
 Orange Candell — fo 49  
 Orange Bishes — fo 57  
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 Puff pyc — fo 51  
 Plague water — fo 15  
 Pears Cakes — fo 16  
 Puffs — fo 13  
 Puffs — fo 17  
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 Pippins to burne — fo 44  
 Piding — fo 62  
 Preserved pippins — fo 52  
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 Preserved pippins — fo 52  
 Pudding — fo 53  
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 Surtis a paint Malinecolly — fo 12  
 Surtis water — fo 22  
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1) To pickle Artichokes soe, as they shall remaine Fresh & greene all the Winter and eate as well as when they are in Season.

Gather y<sup>e</sup> Artichokes with long stalks, then cutt y<sup>e</sup> stalks off close to y<sup>e</sup> artichoke then take y<sup>e</sup> pith out of the stalks & put it into y<sup>e</sup> liquor, which must be water & peares & apples sliced & a quince or two, make good store of liquor & boyle y<sup>e</sup> liquor a while, then put in y<sup>e</sup> Artichokes, & lett them boyle till y<sup>e</sup> pith in the bottomes of them be tender.

Then take them up & lett y<sup>e</sup> liquor boyle a good while after. Then lett it stand till it be cold, then cleanse it & put it into y<sup>e</sup> fiske with a little Salte.

Then put in y<sup>e</sup> Artichokes, & stopp them up close that no wind gett into y<sup>e</sup> fiske.

When you intend to boyle them to eate, they will require a great deale more boyleing then when they were growing.

### How to Cleanse supur

Take ten or thre vienes of Eggs and put them into a bason of water and with a faire hand lather it as you doe sope then take nothinge but the froth and wiew your fympe boiles with your hand or litle finger the fympe with that doe that will tell your fympe bee Cleare makinge still more froth it will make the worst fympe white and Cleare as may bee.

### My Lady Chicks Way how to Dry Plums

Take a pound of plums the stones take from them three quarters of a pound of sugar putt as much water to it as will wete it then boile it to a Cardge then put in your plums and lett them boile a while then take them of and lett them stand till the next day then boile them a gaine this time putt them up and for lett them lye in fympe to dayes then take the plums out and strene them throue then oftee till they bee fully dry then take a wet cloth and wipe of the fympe plain by plain and for putt them up in boxes to drye.

### To Make of Gysberies Tartes

Take a pound of gysberies three quarter of a pound of sugar a quarter of a ounce of white Cinamon and lett that stand three houres in the crease.



2.)

To make Raspberry wine

Take cobbory fully ripe peake them cleave but rase  
then not fill your bottles near a third parte with them then  
fill the bottles up with wine stop it close and let it  
stand 3 weeks or a month then pour the wine from the  
cobbory into new bottles stop them close and get them into  
a cellar for your use

My Lady Newitts Cordial

Water.  
Red Sage. Betony. unset hyssop. Redwood,  
Thyme. Balm peony. Royal. Sassafras. Chelidonium  
Water-cress. Heartsease. Lavender. ~~~  
Angelica. German. Calamint. Tamaris.  
Gilliflow. Lovage. Velderus. Sassafras. Popernel.  
Verbaine. Parsly. Rosemary. Scoury-grass.  
Scabious. Pellitory of wall. wild Marjoram.  
Roman wormwood. Cardus benedictus. Mother  
of Thyme. Field Sainny w<sup>th</sup> flowers leaves &  
roots altogether. Of each of these hearts  
take a handfull when they are clean  
pickled from their stalks. then take of maiden  
hair. Rue. Yarrow. comfrey. sweet Marjoram. ~~~  
Camomile. Plantane. Of each of these hearts  
take a handfull before they are pickt. ~~~  
of Egrimony & Cowslip flowers of each half a  
peck. of Rosemary half a peck. Then take  
Anyseds. Sweet Fennel seeds. Parsly seeds. ~~~  
Caraway seeds. Griander seeds. take 2 drams  
being bruised into a gross powder; then ~~~  
take of nutmegs. Ginger. Cinamon. Cloves  
& Mace. & Pepper. Of each of these 2 drams  
powdered. Spikenard & Elecompane roots  
sliced thin. Cardemon seeds. melilot flowers  
Calemus aromaticus. Carda roman.

3.)

Lignum Aloes, Khabarb sliced thin, Galingal,  
Veronica Zedory Cubebz & grains, of each of  
these take two drams grossly powdered. Juniper  
berries & Bay berries hulled & powdered of each  
two drams. Aromaticum Rosatum straind  
thin & China Roots the wood of Sassafras  
sliced thin 2 ounces. Karts horn & Ivory of  
each 2 ounces. Take all these hearts & wash  
them & bring them in a cloth till all the  
water be well drained from them, then lay them  
on a table to drie better than shred them small,  
& put them in an earthen pot, and put y<sup>e</sup> spices  
drugs & seeds (being all bruised) in y<sup>e</sup> midst of your  
hearts, & so put to them as much sherry sack as will  
cover them, & so let them steep 24 hours together  
or more; Then put it into an Alembick, & from  
this quantity of Ingredients draw 3 pints of  
water w<sup>th</sup> being mixed will be strong enough,  
but if You desire to have it milder you may  
draw a pint more from the same stilling, then to  
each quart glass of water take y<sup>e</sup> quantity of  
cordial here expressed. Take of Borew  
15 grains, Marsh 12 grains, Amber grace 10 grains  
leaf gold & leafs, flower of Pearle one dram, flour  
of Coral one dram, flour of Amber one dram,  
a small bag of saffron; White Sugars Candy in fine  
powder half a pound; Let the Cordials be finely  
beaten & put into y<sup>e</sup> glasses after tis sweetned  
& y<sup>e</sup> shake y<sup>e</sup> for half an hour together once  
or twice a day for 14 days together, y<sup>e</sup> water  
being put into strong glasses fast tyed up & not fill  
too full, but leave room to shake them, so keep it for use as long  
as you please

4.)

### The Sciatica Plaster

Two ounces & a halfe of gum Cranna refined  
& 3 ounces of Burgundy Pitch & 3 drams  
of Saffron. Take y<sup>e</sup> 2 ounces & halfe of Gum  
Cranna & 3 ounces of pitch; & take a new  
earthen porringer & put them into y<sup>e</sup> porringer,  
& take a pint of Canary & put it into y<sup>e</sup> porringer  
to y<sup>e</sup> rest, & let it simboe over y<sup>e</sup> fire, till it be  
quite dissolved, then take it & set it by till it  
be cold, y<sup>e</sup> take it out of y<sup>e</sup> wine & put the  
wine into some other vessel; then take the  
gum Cranna & y<sup>e</sup> pitch & put it into y<sup>e</sup> same  
porringer, & set it over y<sup>e</sup> fire & take y<sup>e</sup> 3 drams  
of Saffron & dry it to a powder & put it into  
y<sup>e</sup> porringer as it dissolves over y<sup>e</sup> fire; when  
you have y<sup>e</sup> place griev'd, let it be as hot as  
the Patient can endure it it must be spread  
upon sheeps leather & be hot otherwise it  
will not spread.

### To Pickle Walnuts

Take green Walnuts, pick y<sup>e</sup> from the  
stalks, put y<sup>e</sup> in cold water, & set y<sup>e</sup> in a  
great fire till y<sup>e</sup> outward skin begin to peel  
off, then wipe them off with a close cloth; y<sup>e</sup> put  
y<sup>e</sup> into a Tub & put salt & water to them,  
changing them ten or 12 dayes till the bitterness  
or discolour be gone.

The Pickle. Take halfe  
whitewine & halfe the best wine vinegar  
according to y<sup>e</sup> quantity you do of nuts; set it  
on the fire; Boil it halfe an hour, a little  
before you take it off put in white pepper  
ginger, cloves & Mace of each a like

5.)

quantity enough to make it strong of the  
Spice; & a few Bay-leaves; then have your  
nuts wiped dry, & put them into y<sup>e</sup> Pickle  
whilst it is boiling & immediately take them of  
the fire & set y<sup>e</sup> by & cover it close, & w<sup>h</sup> it is cold put  
y<sup>e</sup> into a new earthen pot not glazed tying y<sup>e</sup> close  
over w<sup>h</sup> a peice of leather

### To make elder wine

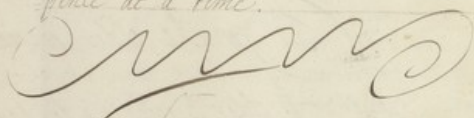
Gather y<sup>e</sup> elder berries in a dry day w<sup>h</sup> they are  
full ripe, & pick y<sup>e</sup> clean from stalks or green berries  
y<sup>e</sup> are not ripe; Then press y<sup>e</sup> & strain out the  
wine as clean as you can; Then measure the  
juice & to every gallon of Juice put a gallon of  
water upon the Pulp you strain'd y<sup>e</sup> Juice out of;  
& w<sup>h</sup> you have stir'd it well together press it over  
again, & put y<sup>e</sup> first & second liquor together  
& boil it an hour scumming it very well, then to  
every gallon of liquor put a pound of Sugar, &  
scum it well, y<sup>e</sup> put in a little Limon-pul, let it  
boil after y<sup>e</sup> Sugar is in 3 quartors of an hour, y<sup>e</sup>  
strain it off, & w<sup>h</sup> it is cold put it in y<sup>e</sup> vessel, stopping  
it close, minding it often y<sup>e</sup> raise raise not up y<sup>e</sup> clay  
but keep it close kept in a cool Cellar, you may keep  
it till Candlemas before you bottle it off, & before  
when you draw it off let it not be upon change of  
weather, for y<sup>e</sup> Lees will rise. When you have  
done scumming it, then put in y<sup>e</sup> yellow palls of 2  
Lemons & a little Coriander seeds, Cinamon and  
mace; Boil y<sup>e</sup> altogether & let y<sup>e</sup> stand in it till it  
be bund up.



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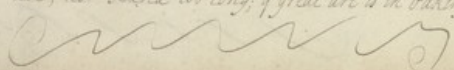
# Doctor Boles his Receipt for sweetning y<sup>e</sup> blood

Take Anyseeds Crabbees, liquorice white  
sugar-candy, egg-shells of each of all these  
one ounce in powder. mix y<sup>e</sup> & give the  
Patient as much as will lye upon a six=  
pence at a time.



## To make a seed cake

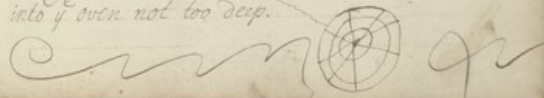
Take y<sup>e</sup> yolks of 4 eggs & y<sup>e</sup> whites of two  
3 Spoonfull of sack or orange flower  
water, halfe a pint of good oile yeast.  
Beat all these together & let y<sup>e</sup> rise for halfe  
an hour, y<sup>e</sup> take a pound of good smal  
butter & 4 Spoonfull of good thick cream;  
let y<sup>e</sup> butter & cream be melting, y<sup>e</sup> pour  
it into y<sup>e</sup> Pan or Tray you mingle it in;  
y<sup>e</sup> pour y<sup>e</sup> beaten yeast into it, But before  
it be not too hot to scald y<sup>e</sup> yeast, then stir  
it w<sup>th</sup> y<sup>e</sup> hand, & strow in flower w<sup>th</sup> y<sup>e</sup>  
y<sup>e</sup> other hand till it is pretty light paste; so  
cover it up w<sup>th</sup> a warm cloth & let it stand  
before y<sup>e</sup> fire a quarter of an hour, & w<sup>th</sup>  
y<sup>e</sup> oven is hot & smelt, work into it a pound  
of smooth Caraway somfils & put it into a  
petty-pan & bake it; y<sup>e</sup> oven must not be too  
hot, nor stand too long, y<sup>e</sup> great art is in baking it.



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# Mrs. Huxleys Receipt for a Cake

Take 5 pound of very fine flower, & six pound  
of very good Corants, 20 eggs taking out eight of y<sup>e</sup>  
whites, a pint & halfe of Ale yeast, a quarter  
of a pound of sugar & a quart of cream, one  
pound & halfe of butter, halfe a quarter of an  
ounce of Cinamon & as much of Nutmegs as  
much of Mace, a little salt & if you please  
some Ambergreese. Mingle your flower, corants  
Salt, Sugar & Spices together. Then take eggs  
& yeast & put in one side of y<sup>e</sup> flour, & y<sup>e</sup> cream  
& butter on y<sup>e</sup> other side & mingle it thus. X.  
Then cover it w<sup>th</sup> a hot cloth & let it rise, &  
butter y<sup>e</sup> papers w<sup>th</sup> are for y<sup>e</sup> bottoms & y<sup>e</sup> sides, & put  
it into y<sup>e</sup> papers & flat it w<sup>th</sup> your hands being dipped  
in a little flour; Then cut y<sup>e</sup> Cake a cross w<sup>th</sup> a knife  
to y<sup>e</sup> bottome; so put it into y<sup>e</sup> oven again; & let it  
stand 3 quarters of an hour, y<sup>e</sup> take it out & see  
it w<sup>th</sup> Rosewater, & one pound of fine Sugar, y<sup>e</sup>  
put it into y<sup>e</sup> oven againe & let it stand a  
quarter of an hour longer; y<sup>e</sup> draw it out  
again. The cream must be boiled & y<sup>e</sup> take  
it of y<sup>e</sup> fire & put in y<sup>e</sup> butter, & melt it in y<sup>e</sup> cream  
& let it be almost cold before you put into y<sup>e</sup> flour  
& Musk & Ambergreese is best to be put into y<sup>e</sup>  
Suing, and y<sup>e</sup> Sugar if it is to see it must be sifted.  
The Cake must be cut thus w<sup>th</sup> a knife w<sup>th</sup> it goes  
into y<sup>e</sup> oven not too deep.



# A Receipt to make red Powder

Take Scabious, Timpernel, Betony, Carduus,  
Tormential roots & all, Dragon, sage, Angelica  
Devills Bit, Rue, Scordium, winter cherries,  
Egremony, Pellitory of Spain, Pellitory of y<sup>e</sup>  
wall, Falna Christi, horehound, Verovane, ~  
warmwood, Endive, Mucory, Featherfew, ~  
fumitory, Balm, Burrage, y<sup>e</sup> tops of sunset hyssop  
y<sup>e</sup> tops of Rosemary & Betony, Chelidone, Hartshorne  
w<sup>th</sup> all other cordial hearts you can think off:  
of each an handful. Then take of Elecampne  
roots, Liquorice, Dragon roots & all, Angelica  
roots of each 2 ounces, scrape your roots  
clean & slice y<sup>e</sup> all, shred y<sup>e</sup> hearts small  
& put y<sup>e</sup> to steep in an earthen pot w<sup>th</sup> as  
much white wine as will cover y<sup>e</sup> w<sup>th</sup> will  
be about six quarts: so let y<sup>e</sup> stand 2 or 3 days  
Then take a pound of y<sup>e</sup> purest Bol-Arménie  
made exceeding fine, & temper so much of this  
liquor w<sup>th</sup> it as will make it like pap, sd in y<sup>e</sup> sun  
to dry, & as it dries put more liquor to it, so doe  
till all y<sup>e</sup> liquor is dried up to halfe a pint w<sup>th</sup> keep  
to mingle w<sup>th</sup> these Cordials. Take 4 ounces of  
michridate, 4 ounces of Diacordium, 4 ounces  
of prepared Hartshorne, 2 ounces of Mithermes,  
the draught of Barbours gold, 2 drams of Pearle  
beaten small, one dram of saffron, mingle y<sup>e</sup> w<sup>th</sup>  
w<sup>th</sup> y<sup>e</sup> liquor & so put it to y<sup>e</sup> rest, & let it dry in y<sup>e</sup>  
sun till it will make up in cakes, & y<sup>e</sup> keep y<sup>e</sup> very  
dry. Its sovereign for all distempers & to be  
given w<sup>th</sup> cold distilled Dragon or Angelica or a  
little sack, as much as will lye on a grate is the  
best, they must be kept in a breathing vessel an hour & if  
drunk some pottdrink made w<sup>th</sup> hartshorne & marigolds  
the experience of it hath been very great.

# To Candy Orange flowers

Take a handfull of Orange flowers & halfe a  
pound of double refined sugar finely beaten;  
put in as much orange flower water as will wet  
it. Boil y<sup>e</sup> sugar to a sandy light, then put in your  
flowers, keeping it stirring till y<sup>e</sup> sugar candy is about  
y<sup>e</sup> flowers, then take y<sup>e</sup> of y<sup>e</sup> fire & drop it upon a  
plate; then set it by till it be cold

# To make orange Wine

Take 20 gallons of water, & 10 pound of sugar,  
boil it on y<sup>e</sup> fire, y<sup>e</sup> clear it w<sup>th</sup> y<sup>e</sup> whites of eggs. Against  
this is done have 200 of oranges pared so thin y<sup>e</sup> no  
white appear upon y<sup>e</sup> peels; & put y<sup>e</sup> into a Tub or vessel  
y<sup>e</sup> will hold y<sup>e</sup> 20 gallons of water & sugar, & pour it  
upon y<sup>e</sup> peels as boiling hot as it comes off y<sup>e</sup> fire.  
Then cover it very close & when its almost cold, put  
in y<sup>e</sup> juice of y<sup>e</sup> 200 oranges being squeezed very dry &  
strained clear from y<sup>e</sup> seeds, & put into every gallon a  
spoonfull of good yeast, & let it stand to work 2 days,  
then take out y<sup>e</sup> peels & Barrel it, adding to it 2  
gallons of y<sup>e</sup> best whitewine. Stop it close for 6 or 8  
weeks; then bottle it & to every bottle put halfe an  
ounce or more of fine loaf sugar in lumps. You may  
add to every gallon an ounce of Syrup of Citron,  
but then you must put but one lump of sugar  
into every bottle, but I never doe it.



10.)

## Cherry wine

You must pul of y<sup>e</sup> stalks from y<sup>e</sup> cherries, & mash y<sup>e</sup> without breaking y<sup>e</sup> stones, Then press y<sup>e</sup> hard through a hair bag, Then to every Gallon of liquor put a pound & halfe of sugar, y<sup>e</sup> vessel must be quite full; Let it work as long as it makes a noise in y<sup>e</sup> vessel, except it work unreasonably, Then stop it up close for a month at least, & draw it off altogether into dry bottles, & if you please put a lump of loose sugar into every bottle, it will make it brish but if it fly open y<sup>e</sup> all for a moment & stop y<sup>e</sup> up close againe, it will not be fit to drink in a quarter of a year.

## To make Cock Ale.

Take ten gallons of olle & a Cock, Tarboil y<sup>e</sup> cock, the older y<sup>e</sup> Cock is y<sup>e</sup> better, & flea y<sup>e</sup> cock & stamp him in a stone mortar till all y<sup>e</sup> bones are broak, Then take 2 quarts of sack & put y<sup>e</sup> cock into it w<sup>th</sup> 3 pound of Raisins of y<sup>e</sup> Sun stoned & a little mace & a few cloves; Put all this up into a canvas Bag, & a little before y<sup>e</sup> olle hath done working, putting y<sup>e</sup> Bag into y<sup>e</sup> Ale, & so let it goe altogether into y<sup>e</sup> vessel & in a weeks time bottle it up. Let not y<sup>e</sup> Ale come w<sup>th</sup> in an inch of y<sup>e</sup> Cock; for fear it breake y<sup>e</sup> bottle, Drink of this Ale giving it time to ripen as you doe all other Ales. If you make not this Ale too strong of y<sup>e</sup> Cock's 'twill not look very high colourd otherwise 'twill be a barrel of y<sup>e</sup> Ale you must put in a bushell & halfe of malt if you will have it strong. Some make it of small Ale.

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11.)

## To Make Diacordium

Take of Cinamon wood, of Cassia, Dictamni Costi, Tormentil, Birthwort, Galbanum, Gum-Araback of each halfe an ounce, Right Scordium one ounce, Opium & Torrelluds of each a dram & halfe, Gentian, terra sigillata Lemni of each halfe an ounce, Storax 4 drams & a halfe, Bole-Armenick an ounce & a halfe, long pepper and ginger of each 2 drams, Conserve of red Roses one pound, of Muskadine or sack halfe a pint, of white honey clarified 2 pound & a halfe, dissolve y<sup>e</sup> opium Galbanum & Storax Calamita in some of y<sup>e</sup> wine; & beat y<sup>e</sup> Gum-Araback in a hot mortar by it self; & y<sup>e</sup> other things must be beaten very small, and searce it through a liffany, Then mingle y<sup>e</sup> terra sigillata Lemni w<sup>th</sup> them. Boil y<sup>e</sup> honey w<sup>th</sup> the Remainder of y<sup>e</sup> wine to a Syrup, Then put in the Conserve of roses w<sup>th</sup> being well stirred together put in y<sup>e</sup> other things & stir it till it be cold, so put it up for use.

## To make Stagnis his Plaister against miscarrying

De: Stagnis his Plaister against miscarrying

Take of Diacalcitios & Viminio of each a like quantity; make up y<sup>e</sup> plaister with liquid Amber, & spread it upon y<sup>e</sup> rough side of Blum leather, & apply it from y<sup>e</sup> Loins to or Sacrum

12.)

## To make Dr Stevens walker w<sup>th</sup> y<sup>e</sup> vertues

Take good Gascony wine one Gallon. Ginger, Cloves, Nutmegs, Graves, Cloves, Mace, Cassia, fenel seeds & Caraway seeds of each one dram; Then take Sage, mint, red Rose, Thyme, Timpernell, Tutoory, Rosemary, wild Thyme, wild Marjoram, Chamomel, Rota Solis, Lavender, & Almonds, of each a handfull, Beat y<sup>e</sup> spices small & cruse y<sup>e</sup> hearts put all into y<sup>e</sup> wine, & let y<sup>e</sup> stand 24 hours stirring it oft together, then str it in an Alembick & keep y<sup>e</sup> first pint by it self, it is y<sup>e</sup> best y<sup>e</sup> other it not so good.

### The vertues of this water.

It comforteth y<sup>e</sup> vital spirits & preserveth y<sup>e</sup> life of man. It helpeth inward diseases coming of cold & is good against y<sup>e</sup> shaking Palsy, It helps y<sup>e</sup> cold dropsy & y<sup>e</sup> stone in y<sup>e</sup> bladder, It reners y<sup>e</sup> contractions of y<sup>e</sup> Livers & helps Conception of women y<sup>e</sup> are barren. It kills worms in y<sup>e</sup> belly. It helps y<sup>e</sup> Gout & Tooth-ache. It comforts y<sup>e</sup> stomach & Layses of y<sup>e</sup> back. It helps y<sup>e</sup> Canker & stinking breath they y<sup>e</sup> use this water & not too often, it keeps y<sup>e</sup> in good plight & makes y<sup>e</sup> men Young.

## To procure quick Labour

Take oyl of sweet Almonds new drawn halfe a pint, & slice into it a quarter of a pound of y<sup>e</sup> hard white Heads of Onions shred small, put y<sup>e</sup> both into a quart bottle corked close, Then place y<sup>e</sup> bottle being a glass one in a kettle of water w<sup>th</sup> a little straw at y<sup>e</sup> bottom & a weight to keep it down set it on y<sup>e</sup> fire & let it heat leisurely till it be so hot y<sup>e</sup> y<sup>e</sup> hand cannot bear the heat.

13.)

but you must not suffer it to boil; let it remaine in y<sup>e</sup> heat constantly for 3 nights & 3 days y<sup>e</sup> set it by till it is cold, y<sup>e</sup> take it out & pour y<sup>e</sup> oyl into a little bottle & put to it one ounce of y<sup>e</sup> oyl of Tartar-per-Solignum. You may have it at a Chymists: y<sup>e</sup> shake y<sup>e</sup> together a whole hour till it is as white as milk, & keep this for use to take 2 or 3 spoonfulls night & morning for a month before y<sup>e</sup> time of y<sup>e</sup> labour; You must take it in thin water grad boiled w<sup>th</sup> a fig or 2 in it & an Onion, & if you keep taking it as directed You will find great benefit by it.

Take 6 quarts of y<sup>e</sup> best white wine, put it in an earthen Pitcher, stop it close w<sup>th</sup> a Cork & put it into a Kettle of water, & let it stand in y<sup>e</sup> boiling water till y<sup>e</sup> wine boils, Then put into it 2 ounces and halfe of Suary roots sliced & let it boil halfe a quarter of an hour; Then take y<sup>e</sup> Pitcher out of y<sup>e</sup> water & put into it y<sup>e</sup> Rines of 2 Lemons & one Orange pareing it very thin, w<sup>th</sup> halfe an ounce of Cinnamon & 6 ounces of Sugar. After these things are put in altogether y<sup>e</sup> Pitcher is to be covered up close for 24 hours after y<sup>e</sup> you must shake it well together, y<sup>e</sup> Straine it throu a flannel Streiner & bottle it up for use.

## To make a Cake

Take one peck of flower, 14 pound of Corants, one dram of mace, one pound of eight penny sugar, 5 pound of Butter, 30 eggs, & take out halfe y<sup>e</sup> whites, a quart of Cream, &



14)

a pint of Rosewater; almost a quart of yeast. Put y<sup>e</sup> cream in y<sup>e</sup> Pan w<sup>th</sup> y<sup>e</sup> butter, cut it small & stir it till y<sup>e</sup> butter is melted, but not to let it boil, Beat y<sup>e</sup> eggs by y<sup>e</sup> silver & y<sup>e</sup> put y<sup>e</sup> to y<sup>e</sup> yeast & y<sup>e</sup> strain<sup>d</sup> to y<sup>e</sup> flour; Let y<sup>e</sup> Corants be well dried by y<sup>e</sup> fire, & y<sup>e</sup> mix y<sup>e</sup> w<sup>th</sup> y<sup>e</sup> flour; While y<sup>e</sup> cake is baking take 2 pound of double refined sugar beaten small & sifted, then beat it w<sup>th</sup> y<sup>e</sup> whites of 2 eggs & w<sup>th</sup> it comes out of y<sup>e</sup> oven Ice it.

*~~~~~*

### To make Cream Cheeses

Take a Gallon of Milk as it comes from y<sup>e</sup> Cow and a pint of Cream = kernal almost as hot as it comes from y<sup>e</sup> Cow. Put it into y<sup>e</sup> chees-fat w<sup>th</sup> but any cloth or breaking; The Skimming dish must take it up very lightly, y<sup>e</sup> put a small weight upon it till all y<sup>e</sup> can be in y<sup>e</sup> fat, & w<sup>th</sup> you take it out of y<sup>e</sup> fat, then put it into the grass one day.

### To make Angelot Cheep

Take y<sup>e</sup> stockings of in Cow & a Gallon of Cream & kernal together & put it into y<sup>e</sup> Chees-fat w<sup>th</sup> but a cloth or breaking, y<sup>e</sup> cheep-fat bath no Bottom but is made like a hoop of a good height; Let it stand in y<sup>e</sup> Sun 2 or 3 days turning it every day.

*~~~~~*

### To still Gripe Water.

Take 2 quart of white wine & a pound of Black cherries beat y<sup>e</sup> well in a mortar stones & all; Then take a handful of Rosemary Tops, & as much Salom, & a handful of Spear-Mint, Two handfuls of Marygold flours, & 2 handfuls of Borage flowers.

*~~~~~*

15)

### To still Treacle Water.

Take y<sup>e</sup> Roots of Elicompane, Gentian, Cyprus of each an ounce, Tormentil & Carduus, Angelica, Rosemary, Borage, and Bugloss & Marygold flowers of each an ounce, of Citron rines an ounce, a pound of Venus Treacle dissolve it in six pints of white wine & 3 pints of red rose water, & 3 pints of running water boild w<sup>th</sup> 3 ounces of Hartshorn to a quart; Mix y<sup>e</sup> all together, y<sup>e</sup> put in y<sup>e</sup> flowers & roots, Let y<sup>e</sup> stand all night close covered, Then distil it, Take not above seven pints, you may if you please put in 2 ounces of al y<sup>e</sup> roots & hearts & w<sup>th</sup> be halfe distilled, open y<sup>e</sup> Still & stir it well.

*~~~~~*

### To make Gooseberry wine

Take to every 5 pound of Gooseberries a quart of fair water; stamp y<sup>e</sup> well before you put y<sup>e</sup> to y<sup>e</sup> water, y<sup>e</sup> let y<sup>e</sup> stand all night sometimes stirring y<sup>e</sup> y<sup>e</sup> press y<sup>e</sup> liquor from y<sup>e</sup> & put it into a vessel; & put 2 pound of sugar to a Gallon of juice & let it stand in y<sup>e</sup> vessel 3 weeks or a month, y<sup>e</sup> wrack it off into a tub & pour out y<sup>e</sup> grounds of y<sup>e</sup> vessel & put in y<sup>e</sup> wine againe & if you find any tartness adde sugar to it as there is occasion; in a month after y<sup>e</sup> racking bottle it, put in a little lump of loaf sugar into every bottle. You may make Currant wine y<sup>e</sup> same.

*~~~~~*

### Syrup for a cold or Consumption

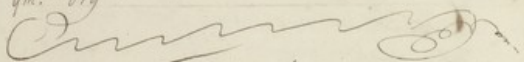
Halfe a pint of plantane water, halfe a pint of hysop water, halfe a pint of vinegar, halfe a pint of spring water, halfe a pint of honey halfe a pound of Raisins of y<sup>e</sup> Sun stoned & ounces of double refined sugar mix all these cold together, put y<sup>e</sup> over a slow fire, if you boyl y<sup>e</sup> too fast it will not be clear.

*~~~~~*

16)

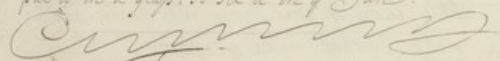
## To Candy flowers of Rose violet, Conslips, Borage or other flowers.

Take y<sup>e</sup> flowers & pick y<sup>e</sup> from y<sup>e</sup> white part, & take white sugar, boile y<sup>e</sup> Candy high, as much as will receive y<sup>e</sup> quantity of y<sup>e</sup> flowers you doe, then put in y<sup>e</sup> flowers & steepe y<sup>e</sup> about till you perceive y<sup>e</sup> sugar to candy very well, then take y<sup>e</sup> off from the fire, & keep y<sup>e</sup> stirring till they are cold in y<sup>e</sup> Pan & you candy y<sup>e</sup> in y<sup>e</sup> of y<sup>e</sup> sugar looks as if it was sifted upon y<sup>e</sup>. Then sift y<sup>e</sup> loose sugar from y<sup>e</sup> and keep y<sup>e</sup> dry.



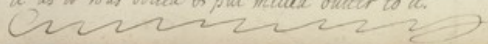
## To make the water.

Take a yow-ke & flie it, quarter it, dry up & bleed y<sup>e</sup> take one pint of white shails, break y<sup>e</sup> shells, cleave y<sup>e</sup> in one quart of whiterwine by washing y<sup>e</sup>, let your wine steepe y<sup>e</sup> pour of y<sup>e</sup> clear into a pottle of may row put in a quart of beeh blossoms & 2 penny-weight of Camphire & juice of 2 lemons one pint of white Lily roots & blossoms & Marsh-mallow roots, & 2 handfulls of elder blossoms & 2 of wild Tansy & 2 of Bempornee, put all these into an Alembick & distill it gently, y<sup>e</sup> put it in a glass, so let it in y<sup>e</sup> Sun.



## To make a Cabbage Pudding

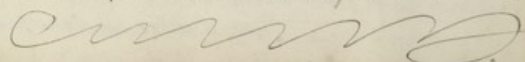
Take some flesh of a leg of veal, & as much beef, scald as beate w<sup>th</sup> sweet herbs & grated bread to a little of y<sup>e</sup> middle of y<sup>e</sup> Cabbage, 2 or 3 Anchovies, y<sup>e</sup> shred it altogether very small y<sup>e</sup> season it w<sup>th</sup> Pepper, Salt, & nutmegg, y<sup>e</sup> work it up with yolks of eggs, & lay it up in Cabbage leaves, & lye it in a cloth & so boile it very well, y<sup>e</sup> serve it up w<sup>th</sup> y<sup>e</sup> leaves on it as it was boiled & put melted butter to it.



17)

## The wound drink good for any inward bruise Sopostume, stopping in y<sup>e</sup> breast, strangury, fistula or any outward sore.

Gather these hearts in April or May, & if you have not y<sup>e</sup> sent use for y<sup>e</sup> drink, dry y<sup>e</sup> in a room where neither Sun nor wind may come to them, turn y<sup>e</sup> once a day & w<sup>th</sup> they be through dry mingle y<sup>e</sup> all together of each a like proportion & put y<sup>e</sup> up in paper bags so keep y<sup>e</sup> at y<sup>e</sup> pleasure all y<sup>e</sup> year, those y<sup>e</sup> are bad must be gathered as soon as they spring out, there are 24 several sorts of them, viz. Sothernwood, wormwood, Bugle, Mugwort, wood-betony, Plantane, Dandelion, Cinquefoyl, Ribwort, Dayly roots & leaves, Hawthorn buds, Egrimony, oak buds, Bramble buds, Serice strawberry leaves, white bottle, honey suckles, Violet leaves, Comfrey, ment, hysop, Take of these hearts mingled & dry as before named 3 great handfulls or more, & put y<sup>e</sup> into a quart of whiterwine, & a pottle of water running from a spring let y<sup>e</sup> boile till halfe be consumed, then strain it & put into it a pint of good honey, & let it boile againe, skimming it very clean, y<sup>e</sup> take it off & let it stand till it be cold, y<sup>e</sup> take it & keep it in a cold Cellar, & give y<sup>e</sup> patient six spoonfulls to drink in y<sup>e</sup> morning first, & fast an hour after it or longer, as their strength is, & if they be very ill let y<sup>e</sup> take as much at 4 in y<sup>e</sup> afternoon & w<sup>th</sup> they goe to bed, keep y<sup>e</sup> sore very clean, & if any proud flesh rise in it you must eat it out w<sup>th</sup> a little burnt allum, You must not tent y<sup>e</sup> sore, but search it only w<sup>th</sup> a tent made of a Searcloth made of fresh butter, Wax & honey, or y<sup>e</sup> Searcloth made of sallet oyl & red Lead, and lay some of y<sup>e</sup> Searcloth upon the sore and keep it warm.





## For a Rupture

Take a great quantity of Camomile boiled in  
Tisot drink. Bath y<sup>e</sup> place w<sup>th</sup> it & in bathing work  
y<sup>t</sup> up w<sup>th</sup> farts down. take Comfrey roots beaten to mass  
& then beat as much Burgamy Nish as will bring it  
to a past. make a plaster of it and apply it to y<sup>e</sup>  
Place. Then for y<sup>e</sup> powder take snails in y<sup>e</sup> shells  
about 20. knock off y<sup>e</sup> shells dry y<sup>e</sup> snails in an  
Oven till they will beat to a powder. Put Cloves  
and make a little quantity beaten w<sup>th</sup> it. give  
much to y<sup>e</sup> child to drink as will lye upon a grate  
or 6 pence morning & evening, and if that fails  
down againe doe not bath it, but shely lay on  
y<sup>e</sup> plaster.

## For y<sup>e</sup> Jaundies

Take 2 Oranges, cut a piece <sup>out</sup> of y<sup>e</sup> Top as  
big as a halfe Crown, take out most of y<sup>e</sup>  
meat & put in 4 penny worth of Saffron into  
each Orange. Put on y<sup>e</sup> piece y<sup>t</sup> was first pull  
off, wrap y<sup>m</sup> in a wet paper, & put y<sup>m</sup> under  
y<sup>e</sup> Ashes of a wood fire: y<sup>e</sup> next morning wipe  
y<sup>m</sup> clean & beat y<sup>m</sup> in a mortar, & put y<sup>m</sup> w<sup>th</sup> two  
handfulls of y<sup>e</sup> juice of Chelendine bruised) into a  
pottle of Rhenish; shake it for 3 dayes, y<sup>e</sup> let it stand  
12 or 14 <sup>hours</sup> & drink halfe a pint at a time,  
morning, afternoon & going to bed. Pour it of  
carefully as you use it & it will be clear to the  
last. If it be too sharp put w<sup>th</sup> Syrup you please  
as you drink it in each draught, but not in y<sup>e</sup> whole  
bottle. Syrup of allhea two ounces mingled w<sup>th</sup>

one ounce of Syrup of violets. The rest of y<sup>e</sup> Orange  
put in brandy & burnt w<sup>th</sup> a nutmeg cutt in thin  
slices (to get out y<sup>e</sup> oyle) & sweetned & drank hot  
gives ease in y<sup>e</sup> Colick, y<sup>e</sup> like does sads boild in  
beer or Ale & w<sup>th</sup> straws drank hot.

## A Cordial water.

Take sage, Chelendine, Rosemary, rue, sage of Jerusalem  
wormwood, pimpernel, Dragons, habous, egrimony, Balm,  
Lava Solis, Carduus, Bellony flowers & leaves, marigold flowers  
Rosemary flowers Arch-Angel flowers, Carduus, of each a good  
handfull, w<sup>th</sup> Cowslip flowers, & Lilly of y<sup>e</sup> valley. Take red  
brambles an handfull. Load melilot, galingal of each a  
quarter of an ounce w<sup>th</sup> Coriander seeds: y<sup>e</sup> take y<sup>e</sup> roots  
of Tormentill, Angelica, Elicompane, of each halfe an ounce  
single Penny 3 ounces, single wall flowers a handfull.  
Zedoary, Liquorize, of each halfe an ounce, Let all y<sup>e</sup>  
herbs be washed & shaken in a cloth till they be  
dry & cut grossely w<sup>th</sup> a knife & y<sup>e</sup> mingle all together  
& let y<sup>e</sup> roots be thin sliced & so mixed w<sup>th</sup> y<sup>e</sup> herbs  
Then put y<sup>m</sup> all into an earthen pot well glazed, &  
put y<sup>m</sup> all into a gallon of y<sup>e</sup> strongest white wine, &  
let y<sup>m</sup> steep together 3 dayes & 3 nights stopped very close  
& every day stirred once a day. y<sup>e</sup> distill all together in  
an ordinary Still, reserving about a pint of y<sup>e</sup> first, & a  
quart of y<sup>e</sup> second, & a pint of y<sup>e</sup> 3<sup>d</sup> running in several  
glasses close stopped w<sup>th</sup> a cork, & remember w<sup>th</sup> all is in y<sup>e</sup>  
Still to lute it up w<sup>th</sup> past & a rag close, & put a paper upon y<sup>e</sup>  
pipe and y<sup>e</sup> hangs over y<sup>e</sup> glass, over a soft fire. This cordial  
water is good for y<sup>e</sup> plague, small pox, Scurvy, berberis, In an Ague w<sup>th</sup> a  
little mithridate in 3 Spoonfulls at y<sup>e</sup> coming of y<sup>e</sup> cold fits, it will bring  
of any ill matter from y<sup>e</sup> Stomach, & is very good for Convulsion fits.

20.)

## The Lime water

Take a pipkin yt will hold two quarts, fill it w<sup>th</sup> clean water set it on y<sup>e</sup> fire, y<sup>e</sup> take an other earthen pot & put into it halfe a pound of new Stone Lime, from y<sup>e</sup> kiln, & w<sup>th</sup> y<sup>e</sup> water is scalding hot put it to y<sup>e</sup> lime, cover it close & let it stand till it be cold, y<sup>e</sup> w<sup>th</sup> a stiff feather scum it cleane, y<sup>e</sup> poure it softly from y<sup>e</sup> bottome, & keep it in a glass bottle close stopp'd & it will keep good 2 years. This water cures cut Ribed heels, y<sup>e</sup> biting of mad dogs & most chiefly old sores, you must warm it in a dish, & w<sup>th</sup> a rag wash & bath y<sup>e</sup> sore very well, y<sup>e</sup> cast it away & warm some more & wet a cloth in it & or ten double & lay on. Doe this morning & evening till it be whole. This water cures cuts or wounds after y<sup>e</sup> blood is stopp'd it skins y<sup>e</sup> flesh. It heals raw mouths, & y<sup>e</sup> Stch warmed as before 2 Spoonfulls of this water mixed w<sup>th</sup> 4 of beer & a little Cinamon water drunk morning & evening cures y<sup>e</sup> bloody flux or great looseness. Sweet fennel seeds, Liquorish thrid & Sassafras of each a pretty quantity added to y<sup>e</sup> lime water makes it a cure for diseases of y<sup>e</sup> Intraills Stopyng of y<sup>e</sup> Liver, spleen, inward ulcers & Impostumes but y<sup>e</sup> tis to be drunk cold. The lime looks red & something like marble, You must take y<sup>e</sup> very stone of it & leave y<sup>e</sup> small behind.

21.)

## Snail water

Take y<sup>e</sup> tops of pine & fir 2 handfulls, dried Egrimony vervaine, hartstongue, maiden hair & green liverwort of each a good handfull, dried orange rinds halfe an ounce, cut y<sup>e</sup> hearts & rinds small together; y<sup>e</sup> take a quart of snails clean pickt & wash'd, bruise y<sup>e</sup> shels & mix y<sup>e</sup> hearts & snails together & put ym into a cold still, & poure upon ym 3 quarts of milk hot from y<sup>e</sup> cow, Let y<sup>e</sup> infuse all night & in y<sup>e</sup> morning draw it off w<sup>th</sup> a gentle fire, it will afford 3 bottles, mix w<sup>th</sup> y<sup>e</sup> 3 bottles a pint of magisterial water of water of worms, drink a sack glass of it in a morning sweetned w<sup>th</sup> sugar, & at 4 in y<sup>e</sup> afternoon & last of all at going to bed.

## Another Snail water.

Take a pound of Corants, spardmel a good handfull, Harts tongue, & Liverwort of each a handfull, and take a peck of snails, and lay them on Flyesop all night, Then rub them and bruise them and so distill them in milk.



## To preserve Peppens in Syrup

Take a pound & halfe of sugar & a pint & halfe of water beat y<sup>e</sup> water w<sup>th</sup> y<sup>e</sup> white of an egge till it froaths y<sup>e</sup> put in y<sup>e</sup> sugar & let it boile softly w<sup>th</sup> stirring till y<sup>e</sup> steam rises to y<sup>e</sup> top of y<sup>e</sup> skillett y<sup>e</sup> strain it through a thick naphin. y<sup>e</sup> set y<sup>e</sup> Syrrup a boiling, & as soon as it boile put in y<sup>e</sup> peppens. You must pare y<sup>e</sup> firmest, largest, graneist Peppens You can get & cut y<sup>e</sup> in round slices halfe as thick as ones finger, & pick out y<sup>e</sup> kernells but not y<sup>e</sup> cotes, & put y<sup>e</sup> into a Bason of water. You must take a pound of y<sup>e</sup> Syrrup & put y<sup>e</sup> into y<sup>e</sup> Bason <sup>Syrrup</sup> of water & make y<sup>e</sup> boile as fast as possibly you can, stil keeping it skimed & you must be sure to have y<sup>e</sup> Peppens ready in y<sup>e</sup> water to put into y<sup>e</sup> Syrrup. Take a Limon peel & boile it in 2 or 3 waters till it doth not colour y<sup>e</sup> water; have it ready to put in to boile w<sup>th</sup> y<sup>e</sup> peppens, w<sup>th</sup> y<sup>e</sup> Peppens are boild enough it will look very clear. Then put in y<sup>e</sup> juice of a Limon w<sup>th</sup> a little musk or Ambergrace & give it one boile; y<sup>e</sup> take it up & lay y<sup>e</sup> slices one by one & cover y<sup>e</sup> w<sup>th</sup> y<sup>e</sup> jelly & keep a little out to lay on the top

## To make Jelly of Peppens

To a peck of Peppens You may add halfe a peck of John Apples & pare y<sup>e</sup> & cut y<sup>e</sup> into quarters taking out y<sup>e</sup> kernells & stalk & as

you quarter y<sup>e</sup> put y<sup>e</sup> into fair water. y<sup>e</sup> put y<sup>e</sup> out of that water in another, y<sup>e</sup> put y<sup>e</sup> into a cleare kettle in as much water as will cover y<sup>e</sup> y<sup>e</sup> set y<sup>e</sup> over a quick fire & boile y<sup>e</sup> up as fast as you can, & w<sup>th</sup> they are tender take them of y<sup>e</sup> fire & let y<sup>e</sup> run through a streiner or a thick piece of cotton; y<sup>e</sup> let it stand an hour until it be settled, y<sup>e</sup> you take to a pint & halfe almost of this Syrrup & pound of y<sup>e</sup> best sugar; only keep a little of y<sup>e</sup> sugar to strow on y<sup>e</sup> orange w<sup>th</sup> it goeth in. Choose y<sup>e</sup> Orange of y<sup>e</sup> thickest rind & clearest & lay y<sup>e</sup> all night in soak in fair water, & cut y<sup>e</sup> into quarters in y<sup>e</sup> morning. Slice y<sup>e</sup> very thin, & put y<sup>e</sup> into fair water; y<sup>e</sup> set two skillets on the fire halfe full of fair water, & w<sup>th</sup> one of them is a little more y<sup>e</sup> warm y<sup>e</sup> put in y<sup>e</sup> Oranges & let y<sup>e</sup> boile but a little while, & let y<sup>e</sup> other skillett bath, y<sup>e</sup> take y<sup>e</sup> out of this & put y<sup>e</sup> into y<sup>e</sup> & then let y<sup>e</sup> boile till they are tender, y<sup>e</sup> take y<sup>e</sup> up & put y<sup>e</sup> into a pot & drain y<sup>e</sup> water clean from them, & strow a little sugar upon y<sup>e</sup> to keep their colour & let y<sup>e</sup> fast a little of y<sup>e</sup> orange; y<sup>e</sup> set y<sup>e</sup> sugar & Syrrup over y<sup>e</sup> fire, your sugar being beaten, stir it about until it be melted then boile it as fast as you can about a quarter of an hour & keep it clean scummed and when it begins to be a little thick, then put in your orange, strow in y<sup>e</sup> sugar you kept back of y<sup>e</sup> pound, one sliced Orange is enough for a pound; w<sup>th</sup> y<sup>e</sup> Orange hath boild a little while in it, y<sup>e</sup> put in y<sup>e</sup> juice of a Limon & halfe to a pound of sugar; you may know w<sup>th</sup> jelly, but y<sup>e</sup> back of y<sup>e</sup> Syrrup, strow it w<sup>th</sup> clean, & be ready to take off put y<sup>e</sup> Ambergrace, musk, & warm it but once afterwards; to fill it into y<sup>e</sup> pots.

## To make Jelly of Pippens

Cut y<sup>e</sup> greenest Pippens you can get into quarters then put y<sup>e</sup> into a Skillet w<sup>th</sup> as much water as will cover y<sup>e</sup>. so boil y<sup>e</sup> quick till y<sup>e</sup> last of the Pippens be praty well out. Run y<sup>e</sup> Syrup through a strainer & take to every Ale pint of y<sup>e</sup> Syrup a pound of double refined Sugar. Then set it over a very quick fire & let it boil as fast as may be till it will jelly, then put in good store of juice of Limons & Oranges & raw Limon peel cut about y<sup>e</sup> bigness of brown thred & not above an Inch long. It must not boil after y<sup>e</sup> juice of Limons is in. so put it up in glasses.

## To make Marmalade of Quinces

Take yellow Quinces, pare & quarter them To a pound of Quinces take a pound of Sugar very white & finely beaten; y<sup>e</sup> take halfe y<sup>e</sup> Sugar & put it into a Silver Balm w<sup>th</sup> y<sup>e</sup> Quinces & set y<sup>e</sup> on y<sup>e</sup> fire & w<sup>th</sup> y<sup>e</sup> Sugar is melted let it boil as fast as you can, & as it boils put in more of y<sup>e</sup> Sugar till it is all put in & w<sup>th</sup> y<sup>e</sup> Marmalade begins to look clear put in halfe a pint of Liquor of Quinces and so let it boil two or three waimes, then scum it and put it up. The Liquor Quinces must be warmed before it be put into y<sup>e</sup> Marmalade.

## Mrs Grewets

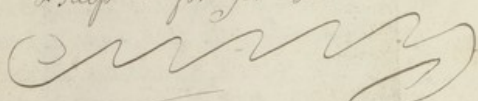
## Pomatum.

Take y<sup>e</sup> Caul of a brest of veal or the chawdron, & take of y<sup>e</sup> fat & put it into a long gally pot; then take a pint of snails crack off y<sup>e</sup> shells & take out y<sup>e</sup> snails as whole as you can, wash y<sup>e</sup> clean w<sup>th</sup> Orange flower water & put them into y<sup>e</sup> pot w<sup>th</sup> y<sup>e</sup> fat & 2 or 3 spoonfulls of Orange flower water & of Borax y<sup>e</sup> bigness of an nutmeg bruise it as fine as you can & a little Camphire bruise it fine put all these together w<sup>th</sup> white Sugar Candy y<sup>e</sup> bigness of a nutmeg powdered fine & sifted these I say put together into y<sup>e</sup> gally pot & tie it up close w<sup>th</sup> a bladder, & set it into a Skillet of fair water not too full for fear it should boil in; Often look on it & stir it from y<sup>e</sup> bottom & tie it up close & put it in againe & so let it boil till tis all melted; y<sup>e</sup> strain it through a flannel into a China Bason & so let it stand till tis cold & it will be in a cake: you may keep as long as you please & w<sup>th</sup> you would make y<sup>e</sup> Pomatum Take y<sup>e</sup> Cake w<sup>th</sup> you have made, & if there be any setting ab y<sup>e</sup> Bottom scrape it off. You must shave y<sup>e</sup> cake as thin as you can into a China bason & melt it upon a chafing dish of coals & let y<sup>e</sup> fire be very slow, & as it melts keep it stirring till tis all dissolved, then take it off from y<sup>e</sup> fire & beat it w<sup>th</sup> a woden spoon, & as you beat it let me know in Sperma-Ceti & keep beating it y<sup>e</sup> drop in some oyl of white poppies & keep it beating y<sup>e</sup> drop in some oyl of Rose & beat it againe y<sup>e</sup> drop in some oyl of Tartar, &



26.)

keep it beating & if you please some y<sup>e</sup> of  
talk & so beat it til tis as white as snow  
& drop it on white paper in little cakes  
& keep it for yo<sup>r</sup> use.

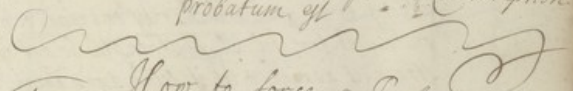


To make snail water.

Take a peck of snails in y<sup>e</sup> shells, be sure they  
be all alive, put y<sup>m</sup> in an Iron Pan let y<sup>e</sup> oven  
be as hot as for chuscakes. Stop y<sup>e</sup> oven close  
let y<sup>m</sup> stand as long as they crackle, y<sup>e</sup> take  
y<sup>m</sup> out, throw y<sup>m</sup> into fair water wash y<sup>m</sup> well  
so pick y<sup>m</sup> out with a bodkin, put y<sup>m</sup> shells  
& all into small beer, wash y<sup>m</sup> twice in it, y<sup>e</sup>  
beat y<sup>m</sup> shells & all in a stone mortar, y<sup>e</sup> take  
2 quarts of earthworms y<sup>e</sup> come out after rain  
slit y<sup>m</sup> & scour y<sup>m</sup> with water & salt wash y<sup>m</sup>  
well in beer, so pound y<sup>m</sup> with y<sup>e</sup> snails. Then  
take Angellica, Chelidone, betony, Erimony, wood  
sorrell, y<sup>e</sup> inner bark of barbury tree red dock roots  
of each of these 2 good handfulls, the tops of horemary  
3 handfulls, Lee & harefoot of each one handfull.  
Cut y<sup>e</sup> hearts & roots & lay y<sup>m</sup> in y<sup>e</sup> pot, y<sup>e</sup> fill it  
put y<sup>e</sup> snails & worms at y<sup>e</sup> bottome of y<sup>e</sup> still, y<sup>e</sup>  
strow six l ounces of hartshorn filed 2 ounces of  
cloves one ounce of jennugreek one ounce of Turmeric  
one shillings worth of saffron; Then pour 3 quarts of y<sup>e</sup>  
best brandy, 3 gallons of strong beer or Ale or  
if you please white wine, from this quantity you

27.)

you may draw 6 quarts or more as you see good; add  
these flowers, 2 quarts of primroses as many of all  
y<sup>e</sup> flowers following, violets, Cowslips, single red  
flowers Rose-mary flowers, sage flowers, Lavender  
flowers, marygold flowers, Comfrey flowers, Clary flowers  
dove gillyflowers, burrage flowers, buglos, Elder, red  
rose buds, white Arch angel flowers at least a gallon  
Lily of y<sup>e</sup> valley if to be had, betony flowers, chelon-  
dine flowers, Biony flowers, y<sup>e</sup> add these juices  
Alekeof one quart avens & handfulls as much Torment-  
ilil root of Elcompany & ounces sliced thin as much  
Comfrey roots pared y<sup>e</sup> black of wood sage & handfulls  
as much horehound, mother of Thyme, as much toll-  
foot flowers as to 4 handfulls, Lady smock, Erimo-  
ny, fill 2 Alembicks with this Ingredients & add  
more liquor as you think fit, Stop y<sup>e</sup> still close over  
night draw it off in y<sup>e</sup> morning this is good for y<sup>e</sup>  
Black & yellow Jaundies, for fits of y<sup>e</sup> mother,  
convulsions in children, some of y<sup>e</sup> strong for all  
sorts of worms 3 days before y<sup>e</sup> change or fall of  
y<sup>e</sup> moon. It is most excellent for a Consumption  
probatum y<sup>e</sup>



How to force a Poul.

Take a good fowl & draw it, y<sup>e</sup> slit y<sup>e</sup> skin down  
y<sup>e</sup> back, take of all y<sup>e</sup> flesh w<sup>ch</sup> you must mince with one pound  
of y<sup>e</sup> best fat a pint of oysters 2 anchovies & some garden  
herbs & some sweet hearts & a little shalot, all this being  
mixed together it must be made up with yolks of eggs, y<sup>e</sup> put  
all this upon y<sup>e</sup> bones againe w<sup>ch</sup> a marten bone sliced in  
& put upon y<sup>e</sup> breast, y<sup>e</sup> draw y<sup>e</sup> skin over all this & stop  
it down y<sup>e</sup> back, y<sup>e</sup> put y<sup>e</sup> fowl in a bladder so boil it  
an hour or more, y<sup>e</sup> take of y<sup>e</sup> bladder & make y<sup>e</sup> sauce of  
some of y<sup>e</sup> forced meats & some oysters & a little Grazy & w<sup>ch</sup> else you  
think fit, & it is extream good.

### To make 4 quarts of Shrubbe

Take 2 quarts of the best Brandy & put it into a pot or bottle & put into it 5 Lemons whole w<sup>th</sup> y<sup>e</sup> peels & some without, halfe a Nutmeg, then stop it close & let it stand 2 or 3 dayes; y<sup>e</sup> take a quart & halfe a pint of whiterwine one pound of Sugar mix y<sup>e</sup> w<sup>th</sup> together; y<sup>e</sup> strain it 2 or 3 times through a cleane flanel & bottle up for y<sup>e</sup> Use.

### To make oyl of Charity

About y<sup>e</sup> 15th of may take wormwood, red sage Rosemary Camomile, Lavender, w<sup>th</sup> y<sup>e</sup> great leaues of each a like, y<sup>e</sup> chop y<sup>e</sup> very small & infuse y<sup>e</sup> in as much oyl of olives as will wet them all & so let y<sup>e</sup> stand one month in the sun, stirring y<sup>e</sup> once in 2 dayes; y<sup>e</sup> strain out y<sup>e</sup> herbs putting new herbs into y<sup>e</sup> oyl chopping y<sup>e</sup> as you did before adding to y<sup>e</sup> y<sup>e</sup> herb charity or valar, & boile y<sup>e</sup> on a soft fire til all y<sup>e</sup> strength be out of y<sup>e</sup> y<sup>e</sup> strain it againe & let it settle 2 or 3 dayes, y<sup>e</sup> boile it againe & y<sup>e</sup> will take y<sup>e</sup> mother out of it, y<sup>e</sup> youle see it very cleare & of a perfect green colour.

The vertue! Drink 3 or 4 ~~drinks~~ of it in w<sup>th</sup> drink if it be an inward bruise & anoint y<sup>e</sup> place bruised; if it be a wounde dress it w<sup>th</sup> lent & it hath ben often used for sore breasts, for want of great Lavender you may make use of common.

### A special powder for y<sup>e</sup> memory & several other Infirmities.

Take 3 ounces of Lenna leaves Zedary, Camin seeds parsley seed & Dill seeds of each one ounce of ginger halfe an ounce, of cloves, nutmegs, calamus, galengal pimpernel roots, Sage Rue dryads of each a quarter of an ounce Sugar 3 ounces; pound all these in a mortar to fine powders & seise y<sup>e</sup> & so mingle y<sup>e</sup> together, & take morning & evening about a dram at a time or more as you find it work. This powder strengtheth y<sup>e</sup> braine & y<sup>e</sup> memory, it is good also against fiddiness in y<sup>e</sup> head, cleanseth y<sup>e</sup> blood, it is good for y<sup>e</sup> stomach, it strengtheth y<sup>e</sup> wombs, preserveth y<sup>e</sup> sight from all superfluous humors, it withstandeth diseases of y<sup>e</sup> heart, of y<sup>e</sup> Liver, of y<sup>e</sup> spleen & gall dryeth away y<sup>e</sup> cough maketh a good colour & holden in y<sup>e</sup> mouth is good for y<sup>e</sup> toothach, it is also very good for such as are troubled w<sup>th</sup> Stone.

### To make egg shells.

Take halfe a pound of double refined Sugar finely beat & y<sup>e</sup> whites of 4 new laid eggs beaten to a froth w<sup>th</sup> 3 or 4 Spoonfulls of rosewater, steep 4 grains of Ambergreese & one graine of Musk in y<sup>e</sup> Rosewater all night, y<sup>e</sup> put in almost all the froth of y<sup>e</sup> eggs into your Sugar & beat y<sup>e</sup> altogether one hour, y<sup>e</sup> doe y<sup>e</sup> plates very thin w<sup>th</sup> butter & set y<sup>e</sup> into a temperate oven to bake.

### A Receipt for Gilding.

You must first make attine gilew, put in as much



30)

Spanish whiteing as will make it of a pretty thickness, y<sup>e</sup> you must whiten y<sup>e</sup> thing you intend to gild over with this. & y<sup>e</sup> let this dry, white it over againe & let it dry: y<sup>e</sup> white it over y<sup>e</sup> 3<sup>d</sup> time & w<sup>h</sup> tis dry you must rub it over w<sup>th</sup> fish fins y<sup>e</sup> are to be bought for y<sup>e</sup> purpose: If you have not fish fins, take a wet cloth & rub it over w<sup>th</sup> y<sup>t</sup> & make it as smooth as you can possibly & w<sup>h</sup> tis thoroughly drie you must rub it till it shine & be extraordinary smooth, & y<sup>e</sup> w<sup>th</sup> y<sup>e</sup> brush you must do it over w<sup>th</sup> size or glue w<sup>th</sup>out whiteing & w<sup>h</sup> this is dry you must lay on your gold sizes & let it dry til y<sup>e</sup> next day, or til you see it of a fit temper to lay on y<sup>e</sup> leaf gold, for if it be too wet y<sup>e</sup> it will drown the gold & spoil y<sup>e</sup> lustre of it, & if it be too dry it will not stick well, you must cut y<sup>e</sup> gold upon leather & put it down w<sup>th</sup> cotton wool, you must also buy fat oyl to put into your sizes w<sup>h</sup> it is too stiff, for it will grow so with keeping

31)

To make marble past call'd y<sup>e</sup> Italian chip or Turkeish dishes. & Drunkers.

Take Violets, Cornclips, clove gilly flowers & dry y<sup>e</sup> every one by y<sup>e</sup> self & beat them to a fine powder & mingle y<sup>e</sup> w<sup>th</sup> double refined sugar sand make it up in a sugar plate w<sup>th</sup> a little gum Dragon steeped in rose water & milk, w<sup>h</sup> you have made y<sup>e</sup> plate, roll every peece thin & lay each upon other, & so roll y<sup>e</sup> up into round howls as you would roll up a leaf of paper, y<sup>e</sup> cut it end w<sup>ays</sup> & roll it as thin as paper so it will looke like a peece of marble

To make a Sweet Bag

Take a great quantity of damask Rose fresh strow y<sup>e</sup> on a board & let y<sup>e</sup> dry in y<sup>e</sup> greatest heat of y<sup>e</sup> sun till they be thoroughly dried, y<sup>e</sup> make a powder thus: Take clear fair Benjamin 4 ounces Storax, Calamint 2 ounces, Lignum aloes one ounce. Ambrogreece one dram of musk 2 drams make all these together in a fine powder & mix it w<sup>th</sup> 4 pounds of y<sup>e</sup> same Roses. Put y<sup>e</sup> into a great earthen pot well glazed w<sup>th</sup> a narrow mouth for this purpose w<sup>h</sup> a cover to it, Let it be also stopp'd, y<sup>e</sup> y<sup>e</sup> scent get not out; y<sup>e</sup> set it near y<sup>e</sup> fire so y<sup>e</sup> it may continue in a natural heat 5 or 6 weeks.

To make Corant wine.

Take corants ripe pick y<sup>e</sup> clean & to every pound of Corants put a quart of water & a pound of sugar fruit

32.)

of corants in a Stone Mortar & put y<sup>m</sup> w<sup>th</sup> y<sup>e</sup> rayer  
& sugar into a convenient vessel; Let y<sup>m</sup> stand 24  
hours stirring y<sup>m</sup> eor 3 times, Then let y<sup>e</sup> clear  
Liquor run from y<sup>m</sup> through a cleare linc or  
strainer: If y<sup>e</sup> have a quantity put it in a Runlet  
or into an earthen pot cadd a steele y<sup>t</sup> hath a tap  
when it hath stood a month put it into bottles  
& tye down y<sup>e</sup> corks y<sup>e</sup> sugar is to be put into y<sup>e</sup>  
clear Liquor into y<sup>e</sup> vessel.

### To make a Pudding

Take a pint of Oat meal & boil it in Cream a  
quarter of an hour till it be as thick as hasty  
pudding put in w<sup>th</sup> spice you please put in w<sup>th</sup> tis boiled  
6 eggs but 2 whites y<sup>e</sup> sweeten it to y<sup>e</sup> taste but  
Orange flower water put in some Marigold marrow or  
Beef Tact cut in small, Stir all these well together. If you  
take any wet sweetmeats, cover y<sup>e</sup> bottom of y<sup>e</sup> dish, y<sup>e</sup>  
put y<sup>e</sup> pudding upon it & bake it.

### To Stew a Carp.

Take y<sup>e</sup> Carp & Stew it in halfe water halfe Carret, w<sup>th</sup> a  
good bundle of sweet herbs & a piece of horshadish  
& Lemon pul w<sup>th</sup> an Onion stuck w<sup>th</sup> cloves, large mace, whole  
pepper, a shallot, a little vinegar & a quart of whitewine  
Let it stew 3 quarters of an hour, y<sup>e</sup> take y<sup>e</sup> blood & 12  
spoonfulls of Carret as much water w<sup>th</sup> Anchovies, some  
nutmeg sliced. Stew this altogether, Stew some oysters in  
their liquor w<sup>th</sup> mace to lay about y<sup>e</sup> Carp, y<sup>e</sup> take  
y<sup>e</sup> liquor of Stewed y<sup>e</sup> Carp & put some of it to y<sup>e</sup> sauce  
w<sup>th</sup> oyster liquor w<sup>th</sup> piece of bread y<sup>e</sup> was Stewed with  
y<sup>e</sup> oysters with a good piece of butter, Beat all this

33.)

together very well, lay suppers in y<sup>e</sup> dish, put in y<sup>e</sup> Carp &  
pour y<sup>e</sup> sauce on it & lay y<sup>e</sup> oysters about y<sup>e</sup> Carp, ~  
Garnish y<sup>e</sup> dish with greens & flowers, shred oysters &  
Lemons

### To Boil Salmon or any Sort of Fish.

Take a bundle of sweet herbs, a piece of Lemon pul, a piece of  
horshadish, some mace, a quarters Nutmeg, a pint of white  
wine in y<sup>e</sup> water w<sup>th</sup> some vinegar an Onion, some whole  
pepper & shallot, let this boil a good while before you put  
in y<sup>e</sup> fish take some of this Liquor & put to y<sup>e</sup> sauce.

### A Dyct drink for the Rickets.

Take of Crimony one handfull of maiden hair of hartstong  
Lobwort, Coltsfoot, unset hallop of Sammarous, fenelle  
or Kings wort, of all of these one handfull, of knesteds  
Sweet fennel seeds of each one ounce of liquorice one ounce  
scrape it & slice it, of haitons stons 1/2 a pound, of figs 1/2  
a pound slice y<sup>m</sup> Boil all these in 3 gallons of good wort,  
a quarter of a pound of hartshorn, Boil all these til y<sup>e</sup> wort  
is halfe boiled away strain it & tis cold enough y<sup>e</sup> put in  
yut & let it a working, y<sup>e</sup> 3d day bottle it, & let y<sup>e</sup> child drink  
no other drink, If you find the child not quite cured ~  
make as much more & keep it close stopp'd. This drink  
is an infallible cure for y<sup>e</sup> rickets.

### The great Palsy water for Apoplexies

Take of Lavender flowers stripped from y<sup>e</sup> stalks proportionate  
to y<sup>e</sup> particulars following; poure on y<sup>e</sup> very good spirit of  
wine, y<sup>e</sup> infuse y<sup>m</sup> for 6 weeks very close stopp'd & bound w<sup>th</sup> a



34.

bladder, yt. nothing may breath out; Let it stand in a warm place, y<sup>e</sup> distil y<sup>e</sup> in an Alembick with coals. Then put in y<sup>e</sup> same water of sage flowers rosemary flowers Betsy flowers of each halfe a handfull, Borage & Bugloss flowers & flowers of Lily of the valley, Cowslip flowers of each one handfull, Steep these flowers in good Malmsey or Aquavita Steep each of these in good spirit of wine til all be had, then being digested together put to these Balm, motherwort, spike flowers bay leaves, y<sup>e</sup> leaves of orange tree & their flowers of each one ounce cut several & put y<sup>e</sup> into y<sup>e</sup> aforesaid distilled wine or malmsey, Then distil y<sup>e</sup> together being steeped as aforesaid six weeks; put into this distilled water Citron peels dried, y<sup>e</sup> yellow pulps of y<sup>e</sup> Citron or else of Lemon & penny seeds hull of each six drams, of Cinamon halfe an ounce, Syon Aloes a dram, nutmeg, mace, Cardomoms, Cubeb, yellow Sanders of each h an ounce, make all these in powder & put y<sup>e</sup> into y<sup>e</sup> distilled water aforesaid & put to y<sup>e</sup> Raisons new & good halfe a pound, take out y<sup>e</sup> Stones Cut y<sup>e</sup> small & close y<sup>e</sup> vessel well with a double bladder. Let y<sup>e</sup> digest six weeks, y<sup>e</sup> Straine these hard through a cloth & put into y<sup>e</sup> liquor prepared Pearl 2 drams, Smaragd. a scruple, Ambergreene Musk & saffron halfe a scruple, red roses dryed very nice & Sweet smelling red Sanders & yellow of each an ounce hang these in Larcenett Bagg in y<sup>e</sup> water well & y<sup>e</sup> y<sup>e</sup> no spirit breath out.

To make Cock Ale.

Take a Cock & flea him, & beat him in a mortar a pound of Raisons & Stone y<sup>e</sup> a quarter of a pound

35.) of Dates sliced, one ounce of nutmegs sliced & a few cloves, & 2 quarts of sack. put all these into 2 gallons of Ale before it hath done working. Then stop it down; Let it stand 9 days, y<sup>e</sup> bottle it, & let it stand 6 days before it be drunk.

### A Cordial against Infection

Take 3 pints of Malmsey or Muscadine one handfull of sage one handfull of Rue. Let it boile till a pint be wasted, y<sup>e</sup> strain it, & let it over y<sup>e</sup> fire & put one ounce of long pepper h an ounce of Ginger & nutmegs all beaten together y<sup>e</sup> let it boile a little longer y<sup>e</sup> take it of y<sup>e</sup> fire, & put to it one ounce of mithridate & one ounce of Venus Poudre, a quarter of a pint of Angelico water, take of this 3 Spoonfulls morning & evening.

### A Sovereaine medicine for y<sup>e</sup> Cough of y<sup>e</sup> Lungs.

Take one handfull of Lungs of an old Oak clean pick but not wash, y<sup>e</sup> put it into 3 quarts of running water with 2 ounces of Lignorie & h an ounce of aniseeds bruised halfe a pound of Raisons Stones. Let all these be put into an earthen pipkin let it simmer 3 or 4 hours until it be halfe wasted, It must not boile & so strain it through a calender as long as twill run without conessing; y<sup>e</sup> make y<sup>e</sup> pipkin cleare & put y<sup>e</sup> strained liquor to it againe & put to it one pound of brown sugar Candy & let it on y<sup>e</sup> fire againe until it wast a pint more; so let it stand until it be cold & put it into a glass & drinke 5 or 6 Spoonfulls of it cold warm every night in y<sup>e</sup> bed lying upon y<sup>e</sup> left Side as long as you can conveniently after it; & so likewise in y<sup>e</sup> morning.

### D<sup>r</sup> Knowles his Plaster

Take 2 pound of y<sup>e</sup> oyl of olives, one pound of red lead, one pound of white lead finely seared, Take 12 ounces of Venice Sopp in = incorporate all these together in an earthen pan, well glazed before

you put y<sup>e</sup> to boile & w<sup>h</sup> they are well mixed, y<sup>e</sup> y<sup>e</sup> soap  
with come upward set it on a small fire of coals  
continuing y<sup>e</sup> fire for an hour & half still stirring  
it w<sup>th</sup> a wooden slice, y<sup>e</sup> make y<sup>e</sup> for some, bigger  
till y<sup>e</sup> rancid be turned to a gray colour; but you must  
not leave stirring till it be turned to y<sup>e</sup> colour of  
oyle or somewhat darker; y<sup>e</sup> drop a drop upon y<sup>e</sup>  
table or upon y<sup>e</sup> finger, & if it thicken not on  
y<sup>e</sup> table it is enough, w<sup>h</sup> is can make it into Balls  
& keep it for y<sup>e</sup> aft. It will last many years, y<sup>e</sup>  
odor is y<sup>e</sup> better

The vertue of y<sup>e</sup> Master above  
written.

It is good for these griefs following. It being laid  
upon y<sup>e</sup> Stomach procureth an appetite it taketh  
away paine of y<sup>e</sup> same, & it being laid upon y<sup>e</sup> belly  
is a p<sup>er</sup>fect Remedy for y<sup>e</sup> colick, & being laid upon  
y<sup>e</sup> reins is good for y<sup>e</sup> bloody flux & running of y<sup>e</sup>  
reins, w<sup>h</sup> heat of y<sup>e</sup> kidney & weakness of y<sup>e</sup> back  
It taketh away all aches & breaketh Belons &  
pulls healing them it draweth out any running  
humour without breaking y<sup>e</sup> skin, & being laid  
to y<sup>e</sup> head is good for y<sup>e</sup> Linary & helpeth y<sup>e</sup>  
headache, & is good for y<sup>e</sup> eyes w<sup>h</sup> being laid to y<sup>e</sup>  
Temples; it is good for y<sup>e</sup> Toothache It being laid  
behind y<sup>e</sup> hollow of y<sup>e</sup> ears; It skins & heals any  
place it is bruised or y<sup>e</sup> skin beaten off w<sup>th</sup> any  
knock w<sup>th</sup> out changing y<sup>e</sup> plaster, where you you  
would not have it draw too much as when any  
skin is broken spread it upon linen.

## To drie Plumbs. my Lady

Cheeks may

Take to a pound of Plumbs Stoned 3 quarters of a pound  
of Sugar. Put as much water to it as will melt it; then  
boile it to a candy; y<sup>e</sup> put in y<sup>e</sup> Plumbs & let y<sup>e</sup> boile  
a while; then take y<sup>e</sup> off & let y<sup>e</sup> stand till y<sup>e</sup> next day  
y<sup>e</sup> boile y<sup>e</sup> againe. This done put y<sup>e</sup> up & so let y<sup>e</sup> lye in  
Syrup 2 dayes, then take y<sup>e</sup> plums out & stoned y<sup>e</sup> turn  
y<sup>e</sup> often till they be fully drie, y<sup>e</sup> take a wet cloth &  
wipe off y<sup>e</sup> Syrup stand by them so put y<sup>e</sup> up in Boxes  
to dry.

## The best Conserve of

Roses.

Take a pint of Juice of Roses & put therein  
as many clipped rose buds as it will thoroughly  
wet: & let y<sup>e</sup> lye 24 hours; y<sup>e</sup> put in a pint of Rose  
water & boile y<sup>e</sup> w<sup>th</sup> as much Sugar as ad weight.

## To dry oranges

Preserve y<sup>e</sup> & w<sup>h</sup> you will candy y<sup>e</sup> wash y<sup>e</sup>  
clean from y<sup>e</sup> Syrup in hot water, & dry y<sup>e</sup> in an  
Oven very dry: make a strong Syrup & put y<sup>e</sup> in  
againe for some little time & so store y<sup>e</sup>

## To stew Peppins

Take y<sup>e</sup> Peppins & pare y<sup>e</sup> & to every pound of Peppins take  
a pound of Sugar, & cut y<sup>e</sup> Peppins in y<sup>e</sup> Dice y<sup>e</sup> they  
may stew y<sup>e</sup> better. Then stick Cloves in the tops of y<sup>e</sup> and  
salk y<sup>e</sup> in y<sup>e</sup> Pan till y<sup>e</sup> very well in Sugar & cover y<sup>e</sup>  
Pan very close w<sup>th</sup> draught made of lye meal, then put y<sup>e</sup>



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then put y<sup>e</sup> in y<sup>e</sup> oven indifferent hot or after y<sup>e</sup> drawing of bread & let y<sup>e</sup> stand h an hour; y<sup>e</sup> take y<sup>e</sup> & turn y<sup>e</sup> & cover y<sup>e</sup> againe & let y<sup>e</sup> stand h an hour longer in y<sup>e</sup> oven

### To make Plums into Jelly

Take plums & put y<sup>e</sup> into a pot & lute y<sup>e</sup> pot in fair water; & so draw forth as much liquor as you can, then put in a quarter as much water as you have Plum liquor & so boile y<sup>e</sup> on w<sup>th</sup> fine sugar.

### To preserve green Plums

The Plum y<sup>e</sup> is greenest is y<sup>e</sup> best preserved is y<sup>e</sup> green white plum, y<sup>e</sup> is ripe in wheat harvest. Gather y<sup>e</sup> about y<sup>e</sup> middle of July whilst they be green, for if they be yellow they will never be of a good green after they be preserved. Gather y<sup>e</sup> & lay y<sup>e</sup> in fair water 12 hours. That done leade y<sup>e</sup> in 2 several waters. Let not y<sup>e</sup> be extreme hot, but let y<sup>e</sup> second boile before you put y<sup>e</sup> in; & n<sup>o</sup> you see y<sup>e</sup> plums begin to shrivel & get continuance whole. Strip off y<sup>e</sup> skin y<sup>e</sup> is thin as you doe from Codlins w<sup>h</sup> they are scalded & keep y<sup>e</sup> Plums as whole as you can; Then let a third water be made boiling hot & put y<sup>e</sup> Plums therein giving y<sup>e</sup> 2 or 3 walms & take y<sup>e</sup> from y<sup>e</sup> fire. Cover y<sup>e</sup> close for half a quarter of an hour until you perceive y<sup>e</sup> to look greenish & tender in feeling. Then take y<sup>e</sup> out & weigh y<sup>e</sup> w<sup>th</sup> y<sup>e</sup> sugar weight for weight. Let y<sup>e</sup> sugar be fine & finely beaten. y<sup>e</sup> take a quarter of a pound of sugar & 4 spoonsfull of Rosewater & let y<sup>e</sup> in y<sup>e</sup> fire in a pan & w<sup>h</sup> it begins to boile take it off & put in y<sup>e</sup> Plums each one & cast y<sup>e</sup> rest of y<sup>e</sup> sugar upon y<sup>e</sup>. Having a little to mingle w<sup>th</sup> y<sup>e</sup> m<sup>o</sup>st w<sup>h</sup> must be put in when they are almost ready & not before; Let y<sup>e</sup> boile on a moderate fire

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as softly as may be halfe an hour or more till you perceive by y<sup>e</sup> greeness of y<sup>e</sup> Plum & thickness & gelling of y<sup>e</sup> Syrup y<sup>e</sup> to be enough y<sup>e</sup> put in y<sup>e</sup> m<sup>o</sup>st finely powdered w<sup>h</sup> sugar & let it boile a waile or 2; You can well doe no more at once y<sup>e</sup> may be one by another in the Pan w<sup>h</sup> room to turn y<sup>e</sup> It will be good to let y<sup>e</sup> Syrup boile 2 or 3 walms after y<sup>e</sup> Plums are taken out.

### To make march Tane

Take a pound of Almonds 3 quarters of a pound of sugar Blanch y<sup>e</sup> Almonds as white as you can & so if y<sup>e</sup> sugar be white & very fine, y<sup>e</sup> beat your Almonds & sugar very fine together w<sup>th</sup> a little Rosewater because they shall not come to an oil. y<sup>e</sup> take y<sup>e</sup> out & work it like past, make it thin & round & lay upon wafer cakes & so put into y<sup>e</sup> oven. Then take Rosewater & sugar & boile it together till it be like a Syrup & n<sup>o</sup> y<sup>e</sup> march Tane is almost baked take the same Syrup & spread all over y<sup>e</sup> y<sup>e</sup> show some Confit thereon

### To make Jelly of Rhipens

Boile your Rhipens in water till y<sup>e</sup> liquor be strong, to a quart of y<sup>e</sup> liquor take a pound of sugar, if you will have y<sup>e</sup> look white let it boile as fast as may be, to look red, softly & covered. w<sup>h</sup> it will jelly take y<sup>e</sup> from y<sup>e</sup> fire, & stir it a little, then pour it off into prints, w<sup>h</sup> be almost full turn it out of y<sup>e</sup> prints into a Box, y<sup>e</sup> wooden prints must be boiled, & cast into cold water y<sup>e</sup> wiped dry.

### To make past Royal white

Take Gum Tragac & infuse it in Rosewater, straine it & beat it w<sup>th</sup> very fine sugar well leaved, & beat it till y<sup>e</sup> be very much stiff, & make it w<sup>th</sup> your sweetest sugar up & dry it

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### To make Musk Comfits

Take of your past Royal white, mix therein a little of your musk, then roll it very thin & cut into the form of Diamonds and drie them very well in your stove and see Box them

### To make Cakes of oranges or any other fruit.

Take y<sup>e</sup> Oranges & pair y<sup>e</sup> & lay y<sup>e</sup> in water one day then boil them in water whole untill they be tender then cut y<sup>e</sup> in pieces & take out y<sup>e</sup> seeds & beat y<sup>e</sup> very small in a Stone mortar. take a pound of sugar & put as much water to it as will melt it. then boil y<sup>t</sup> till it be scummy. y<sup>e</sup> dry your oranges in a dish on y<sup>e</sup> fire till they be drie & pour thereon y<sup>e</sup> melted sugar hot & mingle them together. y<sup>e</sup> set it on a P<sup>er</sup> plate, & let it stand till y<sup>t</sup> be ready to cut from y<sup>e</sup> plate, this way you may make Cakes of all sorts of fruits.

### To make clear Cakes of the Jelly of any fruit.

To halfe a pound of Selt take 6 ounces of sugar mix your sugar with a little water & boil it candy high. Let y<sup>e</sup> jelly first a little; when your sugar is enough, put them together. Let y<sup>t</sup> boil very fast till it jelly. Then put it into glasses, and when it is dried enough on the one side turn it into glass plates, set them in a Stove to drie leisurely. Let your Stove be hot against your Cakes be turned

41)

### To make white wine Cream

M<sup>r</sup> Thorny's way

Take a quart of Cream, set it on the fire, & stir it till it be blood warm; then take a pint of wine & boil it with sugar till it be Syrup; so mingle the wine & the Cream together & serve it up cold

### To preserve Black pearplums or any other black Plums

Take a pound of Plums give them a little slit in that side where the stick is. Then take of your worst Plums & put y<sup>e</sup> in a pot close covered & set y<sup>e</sup> in a pan of boiling water, & as they yeild liquor stir pour it from them. So a pint of this liquor take more y<sup>e</sup> a pound of sugar, which being both put together give y<sup>e</sup> a boile & scum y<sup>e</sup> well, after w<sup>h</sup>ch take it off, & let it cool a while. Then take your pound of Plums, & as you put y<sup>e</sup> in give every several plum 2 or 3 thicks with a needle; so set y<sup>e</sup> againe on a soft fire a pretty while; y<sup>e</sup> take y<sup>e</sup> off y<sup>e</sup> fire & let y<sup>e</sup> stand in y<sup>e</sup> Jar till y<sup>e</sup> next day. y<sup>t</sup> they may drink up y<sup>e</sup> Syrup without breaking y<sup>e</sup> skin; the next day warm y<sup>e</sup> againe once or thrice till you see y<sup>e</sup> Syrup grow thick & y<sup>e</sup> plum look of the right black colour stil skimming them till you find they will endure a boile or 2 y<sup>e</sup> being clean skinned from all drops having y<sup>e</sup> glasses drie & warm. Put y<sup>e</sup> up & be sure you keep some Syrup by either in some glass or silver cup y<sup>t</sup> w<sup>h</sup> y<sup>e</sup> Plums are settled down y<sup>e</sup> next day they may be covered with y<sup>e</sup> Jelly Syrup, after w<sup>h</sup>ch paper them up close and keep them for your use



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### To Make Past of Apricocks

Take yo<sup>r</sup> Apricocks & wash y<sup>m</sup> y<sup>e</sup> put y<sup>e</sup> pulp into a silver dish dry it up<sup>n</sup> Embers til you see grow something stiff. To a pound of this take a pound of double refined sugar being boiled w<sup>th</sup> some water to a Candy height. Mingle y<sup>m</sup> together & let it warm on the fire til you see it look clear, so pour it upon plates, & cut it into w<sup>th</sup> form you please when it is dry. In this manner you may doe any other Plums.

### To Dry Apricocks

Take your fairest Apricocks stone & pare y<sup>m</sup> as you doe for preserving. To a pound of Apricocks before they are pared & Stoned, take a pound of sugar lay halfe of your sugar in y<sup>e</sup> bottom of yo<sup>r</sup> Pan; & Stil as you pare y<sup>m</sup> lay y<sup>m</sup> in yo<sup>r</sup> Pan & cover y<sup>m</sup> w<sup>th</sup> y<sup>e</sup> other halfe of your sugar, w<sup>th</sup> being done put thereto 3 quarters of a pint of fair water, & so set y<sup>m</sup> upon a soft smart fire & let y<sup>m</sup> boil busily til they look clear, y<sup>e</sup> take y<sup>m</sup> up, & put y<sup>m</sup> into a glass or pot & let y<sup>m</sup> stand 2 dayes after w<sup>th</sup> warm them againe & let them stand another day before you put them upon glasses to dry & set them in your stove & turning them twice or thrice y<sup>e</sup> first day upon fresh glasses to drein them from y<sup>e</sup> Syrup, after w<sup>th</sup> you need not turn them above once in 4 hours & let yo<sup>r</sup> stove be of a gentle heat for will make them y<sup>e</sup> tenderer, in this manner they will be a fortnight in drying

### To make Jombals of Apricocks or Plums

Take y<sup>e</sup> ripest Apricocks & bruise y<sup>m</sup> in a silver dish as small as you can; y<sup>e</sup> set them on the fire. Stir

43) y<sup>m</sup> & turn y<sup>m</sup> til it grow as stiff as dough, y<sup>e</sup> roul it into balls. so let it lye all night; then take clarified sugar, work y<sup>m</sup> together into past & lay it into knots so set them in the stove to dry all in Papers.

### To preserve Apricocks

Take yo<sup>r</sup> fairest Apricocks before they be fully ripe, stone y<sup>m</sup> & pare them & as you pare them put them into fair water, whilst you are doing this, take some Pear Plums though they be not ripe, or some other sharp Plum; slit them in y<sup>e</sup> side & put y<sup>m</sup> in a Pan w<sup>th</sup> no more water, y<sup>e</sup> will sweet y<sup>m</sup> boil them up very quickly til you see the water jelly & taste very sharp. y<sup>e</sup> let y<sup>m</sup> run through a Colander, & y<sup>e</sup> clear of this take almost a pint, to w<sup>th</sup> put more y<sup>e</sup> a pound of sugar, Boil y<sup>m</sup> together til you thin y<sup>m</sup> after w<sup>th</sup> you may put in yo<sup>r</sup> Apricocks; let y<sup>m</sup> boil very softly a while turning them often til you see them look clear. After w<sup>th</sup> you may boil them a little quicker til y<sup>e</sup> Syrup be of a good thickness, so put y<sup>m</sup> up in Bots or Glasses for your use. To this quantity of Liquor & sugar you may take as many Apricocks as weighed a pound before they were pared & Stoned, and be sure you doe no more at one time than will lye one by another in yo<sup>r</sup> Pan.

### Marmalade of Apricocks

Take small Apricocks y<sup>e</sup> are ripe, stone y<sup>m</sup> & pare y<sup>m</sup> & cut y<sup>m</sup> in 2, y<sup>e</sup> slice y<sup>m</sup> y<sup>e</sup> long way pretty thin. To a pound of these Apricocks take halfe a pound of sugar put as much water to it as will make it boil to a Candy height, get not so high as to sugar againe, onely to roape upon your Spoon, y<sup>e</sup> put in your sliced Apricocks & so let y<sup>m</sup> warm together but not boil til you see the Apricocks look clear, y<sup>e</sup> put it into Marmalade glasses, & so let stand in a stove or some warm Place 2 or 3 dayes til they get a little candy upon the top

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### To make marmalot of red Corants.

Take y<sup>e</sup> Currants & stone y<sup>e</sup> of y<sup>e</sup> worst of y<sup>e</sup> make a juise, y<sup>e</sup> take as much sugar as Currants & boile it w<sup>th</sup> a little water til it be near come to sugar againe. Then take a quarter of a pound of the juise & put it w<sup>th</sup> y<sup>e</sup> Corants into y<sup>e</sup> Sugar. to boile them upon a soft fire til they look clear, & the Corants settled to the bottom. & take them & set them where there is some warmth for a day or two.

### To preserve red Corants

Take y<sup>e</sup> weight of them in sugar in a little water; & make a clear Syrup, to y<sup>e</sup> put as much of their juise as will make of a good colour y<sup>e</sup> boile it to y<sup>e</sup> height you doe clear meat. then when you have picked the black from the Corants. put them into y<sup>e</sup> Syrup & set them on a soft fire, let y<sup>e</sup> stand to scald hot, & not boile, til they look clear it must be double refined sugar

### To make Chips of Alcorn

Cut good big chips of y<sup>e</sup> Alcorns, after you have rasped or filed them or thrown them in water as fast as you cut y<sup>e</sup> boile y<sup>e</sup> tender shifting them into fresh waters 2 or 3 or 4 times as you see occasion. then have a thin Syrup ready for them & put y<sup>e</sup> into it let y<sup>e</sup> lye in it 2 or 3 dayes. Then take y<sup>e</sup> out of y<sup>e</sup> Syrup & put into a Candy & let y<sup>e</sup> remaine 2 or 3 dayes more; then lay y<sup>e</sup> on glasses or plates in a drying cupboard til they be ready to box; let as much Syrup drop from them as you can, w<sup>th</sup> you take y<sup>e</sup> out of it before you lay y<sup>e</sup> on your plates

45.)

### To preserve whole Oranges in jellies my Lady Dukes way.

Take four civil Oranges cut of a little round top as broad as a great at one end; after you have rasped off y<sup>e</sup> outermost rind, & save y<sup>e</sup> cap & w<sup>th</sup> your knife as you would core a quince turn out y<sup>e</sup> seeds only & not y<sup>e</sup> meat & take heed you break not nor manke the rind: throw y<sup>e</sup> into fair water as fast as you doe y<sup>e</sup> & w<sup>th</sup> they are all thus prepared put y<sup>e</sup> into fair boiling water & let y<sup>e</sup> boile til they be as tender as other oranges you preserve; y<sup>e</sup> Drain them from the water & put y<sup>e</sup> into as much thick Syrup made of good lump sugar as will cover them, y<sup>e</sup> Syrup must be made after y<sup>e</sup> ordinary way of a pint to a pound & so boiled thick. Let y<sup>e</sup> lye in this Syrup 5 dayes & y<sup>e</sup> make more after y<sup>e</sup> same manner & put in y<sup>e</sup> same Syrup; y<sup>e</sup> surest way is to weigh your oranges & take y<sup>e</sup> double weight in sugar. then take y<sup>e</sup> jelly of pippins or John apples as you would doe for amber Jelly of pippins w<sup>th</sup> double refined sugar, & take y<sup>e</sup> oranges & draine y<sup>e</sup> cleare from y<sup>e</sup> Syrup & put on the top & lay the oranges in halfe pound glasses one in each glass & w<sup>th</sup> y<sup>e</sup> Jelly is ready pour it out upon y<sup>e</sup> Oranges. because you cover y<sup>e</sup> oranges all over w<sup>th</sup> y<sup>e</sup> Jelly & when they are cold bind them up for your use. this is a little costly but a very delicate Receipt for water

### The Lady Ed. Scots white clear Cakes.

Take Gooseberries before they ripen, clip off their blackes & put y<sup>e</sup> into a stone jug or earthen pinder well glazed. to a pot of



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goes berries put 4 or 5 spoonfull of water, & let it boile as fast as can be, till y<sup>e</sup> juice will change its colour. Strain y<sup>e</sup> juice of it as before, & then to every pint a pound & quarter of y<sup>e</sup> purest refined Sugar you can get. put it into a Bason on a Chaffindish of coals: Let it be kept boiling hot but not boile, for y<sup>e</sup> twill not Candy; w<sup>h</sup> is ready put it into flat glasses but not too thick & put it in a stove to Candy atop, & y<sup>e</sup> turn it upon glasses plates & cut it into w<sup>h</sup> fashion you please see Stove y<sup>e</sup> againe till they be dry: they will require to be turned every 2 <sup>dayes</sup> hours upon clean plates, you may use either apricocks Plums or Corants this way

### To make Jelly of white Quinces

Take y<sup>e</sup> Quinces & cut y<sup>e</sup> in halfe, y<sup>e</sup> cut out y<sup>e</sup> cores & parboile y<sup>e</sup> & n<sup>o</sup> they are left as they will quick ly be, take y<sup>e</sup> up & crush y<sup>e</sup> in a strainer not too hard but onely y<sup>e</sup> clear juice: take the weight of it in fine Sugar & soll it as for past & w<sup>h</sup> is ready put in y<sup>e</sup> clear of Quinces & let it scald a while but not boile, & if any froth arise, scum it off, & w<sup>h</sup> you take it up have ready a white preserved Quince cut in small bits & lay y<sup>e</sup> in y<sup>e</sup> glasses & pour y<sup>e</sup> Jelly to y<sup>e</sup> It will Candy on y<sup>e</sup> top & keep moist underneath a long time.

### The Lady Banks way to dry Pippins red of them selves

Take y<sup>e</sup> Pippins, quarter & core them & put y<sup>e</sup> into a cleve Dishkin stop it close w<sup>h</sup> fast & bake it w<sup>h</sup> manchet but let them stand in y<sup>e</sup> oven after y<sup>e</sup> bread hath bin drawn & an hour; then take y<sup>e</sup> quarters from y<sup>e</sup>

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liquor y<sup>e</sup> comes from y<sup>e</sup> & lay y<sup>e</sup> upon glass plates a great many pates one upon another, y<sup>e</sup> worst underneath fashion y<sup>e</sup> like halfe pippens, & set them in a stove till they be pretty dry, y<sup>e</sup> lay 2 halves together & fashion y<sup>e</sup> like whole Pippens flatted: Break y<sup>e</sup> pates as little as may be, y<sup>e</sup> wheder & suffer they are y<sup>e</sup> better, & set y<sup>e</sup> in y<sup>e</sup> stove againe to dry & so put y<sup>e</sup> up for y<sup>e</sup> use, 4 or 5 pippens will make but one dried one: Thus may be dried lesser this manner, January & February are the best times to doe this in in those y<sup>e</sup> frost hath not touched.

### To make clear Past or clear Cakes of Gooseberries, Currants Raspberries or any such kind of fruit Apricocks or Damsons

Put y<sup>e</sup> first into a wide nosed glass, stop it close w<sup>h</sup> a cork, & tye it down w<sup>h</sup> a cloth, set it in a Shallet & put glass round about it, & fill it w<sup>h</sup> water & so set it to boile. At y<sup>e</sup> liquor fryeth out, pour it out for y<sup>e</sup> long boiling will spoil y<sup>e</sup> Colour, as y<sup>e</sup> water boileth out or further away fill it up, still keeping it as high as y<sup>e</sup> fruit reacheth. But alwaies take out y<sup>e</sup> glass n<sup>o</sup> you fill w<sup>h</sup> y<sup>e</sup> water, or else y<sup>e</sup> glass will break, w<sup>h</sup> you stilled out of y<sup>e</sup> glass as much as you need, y<sup>e</sup> weigh it in a glass & take y<sup>e</sup> weight of it in double refined Sugar: y<sup>e</sup> make the Syrus w<sup>h</sup> y<sup>e</sup> Sugar & a little water & let it boile scumming it still till it come to a Candy height ready to be sagged againe. Then take it from the fire & pour in y<sup>e</sup> liquor, stirring it still together softly till y<sup>e</sup> sugar be thoroughly melted, y<sup>e</sup> pour it into glasses fit for y<sup>e</sup> purpose, & put y<sup>e</sup> presently into y<sup>e</sup> stove, w<sup>h</sup> must be kept warm but not too hot & so let y<sup>e</sup> stand till they be candied on y<sup>e</sup> top, & w<sup>h</sup> they will turn out of y<sup>e</sup> glasses, turn y<sup>e</sup> out w<sup>h</sup> a penknife upon glass plates, & so set y<sup>e</sup> in a stove againe to dry on y<sup>e</sup> other side, when they are dry enough, put y<sup>e</sup> into a box & keep y<sup>e</sup> in a warm place, y<sup>e</sup> thick substance of these being done

48.)

in the same manner make very good past  
when you make Cakes of Damsons pare  
the Damsons halfe it makes the colour better  
to get it forth hold the glass bottom upon  
the fire when it is warm it will slide forth.  
my Lady Banks

### A Receipt to pre- serve Cherries in Jelly.

Take 10 Oll. pints of fair Conduit water  
one pound of Kentish Codlins pared & quartered  
one pound & a quarter of well coloured Cherries, &  
take the stalks from y<sup>m</sup> & crush y<sup>m</sup> into y<sup>e</sup> water  
& codlins, then set y<sup>m</sup> on the fire to let y<sup>m</sup> boil  
very fast taking y<sup>e</sup> froth skum from y<sup>m</sup> & w<sup>h</sup> you  
think they are almost halfe boiled away pour it for y<sup>e</sup>  
through a fair Strainer, y<sup>e</sup> put into y<sup>e</sup> Liquor one  
pound & halfe of sugar, & one pound of y<sup>e</sup> finest  
cherries you can get, let y<sup>m</sup> settle together as if  
they were pieces of Beef, & w<sup>h</sup> you see it begin  
to jelly y<sup>e</sup> it may be put into glasses

### A Receipt for dried Apricocks

Take y<sup>e</sup> y<sup>e</sup> fairest Apricocks before they be too ripe  
& make Syrup w<sup>th</sup> water & sugar, y<sup>e</sup> quantity of sugar  
is to be very near but scarce so much as y<sup>e</sup> weight of  
y<sup>e</sup> Apricocks, a quarter of a pint of running water  
Then scald y<sup>e</sup> Syrup & skum it, That done take it off y<sup>e</sup>  
fire & put in y<sup>e</sup> Apricocks, Then let them stand a  
little while & scald in y<sup>e</sup> Syrup turning y<sup>m</sup> very often  
then set y<sup>m</sup> upon a very soft fire, & boil y<sup>m</sup> w<sup>th</sup>  
often turnings til they be tender, y<sup>e</sup> take y<sup>m</sup> off the  
fire & let y<sup>m</sup> lye in y<sup>e</sup> Syrup a day & a night, w<sup>h</sup>  
done, take y<sup>m</sup> clean out of y<sup>e</sup> Syrup, & boil y<sup>e</sup> Syrup

49.)

again w<sup>th</sup> a little more sugar, y<sup>e</sup> put therein y<sup>e</sup>  
apricocks, & let y<sup>m</sup> lye in a day & night; then make  
new Syrup w<sup>th</sup> water & sugar, & boil y<sup>m</sup> a walm or  
2; Let y<sup>m</sup> lye therein all night, then take y<sup>m</sup> out  
& lay them on glass plates or earthen dishes, liding  
y<sup>m</sup> upon some Tubford near to y<sup>e</sup> fire where they  
may dry, else in an oven 12 hours after white  
bread is taken out of it. You must stone &  
pair y<sup>e</sup> Apricocks, y<sup>e</sup> Syrup that you leave will  
serve for y<sup>e</sup> doing of Apricocks twice or thrice w<sup>th</sup>  
addition of sugar, w<sup>h</sup> you lay upon them when  
you are pairing y<sup>m</sup>

### To make white Marmalade of Quince

Take y<sup>e</sup> best Quinces & wash y<sup>m</sup> unpared, y<sup>e</sup> take y<sup>e</sup> inc  
halfe pare y<sup>m</sup> & quarter y<sup>m</sup> & carve y<sup>m</sup> & put them into  
fair water, y<sup>e</sup> take less than halfe so much of all y<sup>e</sup> them  
of double refined sugar, y<sup>e</sup> dry y<sup>e</sup> Quinces, & rub the  
brown colour of y<sup>m</sup> with a coarse cloth. Beat the  
sugar very fine, & putting y<sup>e</sup> Quince to it if you have  
pared, set it upon the fire, & w<sup>h</sup> y<sup>e</sup> sugar is well  
melted put y<sup>e</sup> other Quinces in, & boil it as fast as you  
can w<sup>th</sup> some juice of Quinces, y<sup>e</sup> Quinces you put in  
after y<sup>e</sup> sugar is melted: Doe but first pare & carve  
y<sup>m</sup> as you put y<sup>m</sup> in.

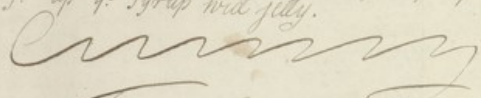
### To preserve Goosberries

Gather y<sup>e</sup> fairest round Goosberries w<sup>h</sup> they are at  
their full bignesse & before they begin to be soft, w<sup>h</sup> they  
are new gathered cut off y<sup>e</sup> black tops, & stone them.  
Strewing fine sugar on y<sup>m</sup> as you stone y<sup>m</sup> y<sup>e</sup> for 3  
quarters of a pound of stoned goosberries take a pound



50.)

of double refined Sugar finely beaten & lay half of it in y<sup>e</sup> bottom of y<sup>e</sup> Pan, y<sup>e</sup> lay in y<sup>e</sup> good berries one by one all over y<sup>e</sup> bottom of your Pan & upon y<sup>e</sup> lay y<sup>e</sup> rest of y<sup>e</sup> Sugar; but keep one spoonfull of it to strein upon them in y<sup>e</sup> boiling then stamp a few good berries & straine y<sup>e</sup> juice from y<sup>e</sup> & of y<sup>e</sup> clearest of that juice drop out of a Spoon 12 good Spoonfulls all over y<sup>e</sup> Sugar & good berries; y<sup>e</sup> set y<sup>e</sup> in a very quick fire to boil as fast as you can, even to y<sup>e</sup> top of your Pan, if done take it off & shake the pan & stir in some Sugar & presently set it on the fire againe to boil up, then take it off againe, & take it off againe & shake it & let it on y<sup>e</sup> fire to boil fast & n<sup>o</sup> you see y<sup>e</sup> Goodberries look very clear take y<sup>e</sup> off, & n<sup>o</sup> they are a little cold put y<sup>e</sup> up in glasses taking y<sup>e</sup> up w<sup>th</sup> y<sup>e</sup> Syrup, if you take y<sup>e</sup> out of y<sup>e</sup> Syrup they will not be plump & put y<sup>e</sup> up y<sup>e</sup> Syrup will jelly.



### To make Marmalot of Oranges

Take y<sup>e</sup> deepest coloured & thick rind Oranges you can get, take off y<sup>e</sup> outside w<sup>th</sup> a Knife as thin & as even as you can; then cut them in halves & wring out y<sup>e</sup> juice w<sup>th</sup> you must strain & keep in a glass; take y<sup>e</sup> meat clean out of the Oranges, rub y<sup>e</sup> w<sup>th</sup> salt & wash them, & lay y<sup>e</sup> in water two dayes, changing y<sup>e</sup> morning & evening. then boil y<sup>e</sup> in 2 or 3 several waters, y<sup>e</sup> 2 last must boil before you put y<sup>e</sup> in y<sup>e</sup> sixth need not, n<sup>o</sup> they are boild tender. lay y<sup>e</sup> between 2 coarse cloths to soak out y<sup>e</sup> water, y<sup>e</sup> wring out all y<sup>e</sup> strings in y<sup>e</sup> inside of y<sup>e</sup> Oranges, & take one part to y<sup>e</sup> best y<sup>e</sup> in a stonemortar, & cut y<sup>e</sup> rest of y<sup>e</sup> Oranges in pieces some bigger some less.

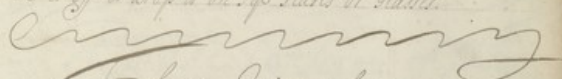
51.)

### To preserve Raspberries

To a pound of Raspberries take a pound of clarified Sugar, a quarter of a pint of y<sup>e</sup> Juice of Raspberries, throw y<sup>e</sup> Sugar under & upon y<sup>e</sup> Raspberries & sprinkle y<sup>e</sup> juice all over y<sup>e</sup> let them on a clear fire. Let it boil as fast as possible til y<sup>e</sup> Syrup will jelly. Then take them off, & let y<sup>e</sup> stand till they be cold thus you may preserve Raspberries

### To make Quince Cakes

Take Quinces & pare y<sup>e</sup> & core y<sup>e</sup> & stamp y<sup>e</sup> in a mortar & straine y<sup>e</sup> juice from y<sup>e</sup>. Then let it stand a little; y<sup>e</sup> take other Quinces & coddle y<sup>e</sup> as tender as may be; then pare y<sup>e</sup> & scrape all the pulp small from y<sup>e</sup> Core & put into a silver bason, & put the cleare of y<sup>e</sup> juice of y<sup>e</sup> Quinces y<sup>e</sup> you stamped to y<sup>e</sup> pulp, & see mingle it together & let y<sup>e</sup> bason on a chafing-dish to drie, & keep it stirring w<sup>th</sup> a spoon, and whilst tis drying. Then take to every pound of y<sup>e</sup> Syrup a pound of double refined Sugar & beaten w<sup>th</sup> you must wet w<sup>th</sup> a little water, & set it on y<sup>e</sup> fire in a Skillet & boil it to Sugar againe, y<sup>e</sup> put y<sup>e</sup> Syrup into it, y<sup>e</sup> is into y<sup>e</sup> bason & see stir it together & let it stand on y<sup>e</sup> fire to scald, but beware it doe not boile, for y<sup>e</sup> will spoile it, y<sup>e</sup> when it hath stood a while on y<sup>e</sup> fire to scald take it off & drop it on y<sup>e</sup> Plates or Glass.



### To keep Quinces fair a year

Take 1 stone of y<sup>e</sup> Quinces get round cut y<sup>e</sup> in small pieces; boild y<sup>e</sup> in running water till they be as soft as App, y<sup>e</sup> take a Kilderkin, & one hundred of fair round Quinces put y<sup>e</sup> in y<sup>e</sup> vessel y<sup>e</sup> broad end downwards, y<sup>e</sup> bottoms at y<sup>e</sup> ends

being first pluckt off, & y<sup>e</sup> Quinces wiped if they be foul, y<sup>e</sup> puts y<sup>e</sup> clear of y<sup>e</sup> Liquor upon y<sup>e</sup>. After it hath 24 hours & well settled, but keep out all y<sup>e</sup> grounds least it make y<sup>e</sup> rest; they must be covered over w<sup>th</sup> liquor & kept very close; there must be a round board of y<sup>e</sup> lignish of y<sup>e</sup> vessel or Pot they are put in, to set upon y<sup>e</sup> to keep y<sup>e</sup> under y<sup>e</sup> liquor; & as you spend y<sup>e</sup> take off y<sup>e</sup> uppermost w<sup>th</sup> a Ladle w<sup>th</sup>out handling y<sup>e</sup> or stirring y<sup>e</sup> rest & keep them y<sup>e</sup> they rise not above y<sup>e</sup> liquor in a weeks time y<sup>e</sup> water will wast, fill it up w<sup>th</sup> more of y<sup>e</sup> same, y<sup>e</sup> liquor will have a scum over y<sup>e</sup> top which you must put by w<sup>th</sup>out breaking y<sup>e</sup> w<sup>th</sup> you take any out. It is to keep in y<sup>e</sup> strength of y<sup>e</sup> Quinces. The quinces must not be too ripe w<sup>th</sup> you put y<sup>e</sup> up for y<sup>e</sup> they will be too soft. You must make good store of liquor at y<sup>e</sup> first, y<sup>e</sup> some of it may be kept to fill up y<sup>e</sup> vessel w<sup>th</sup> it wants, w<sup>th</sup> will be about a fortnight. If y<sup>e</sup> Quinces be carried they will not keep so well.

### To preserve green Apricocks

Take y<sup>e</sup> Apricocks before they change colour whilst they are green of y<sup>e</sup> largest size put y<sup>e</sup> into a Skillet full of water, & let it upon some warm Embers, so let y<sup>e</sup> stand halfe an hour or a little more & having ready another Skillet of water scalding hot, y<sup>e</sup> take out y<sup>e</sup> Apricocks and as you pare y<sup>e</sup> put y<sup>e</sup> into y<sup>e</sup> said water againe, w<sup>th</sup> must be kept close covered as before, so let y<sup>e</sup> stand halfe an hour or a little more, & having ready another Skillet of water scalding hot, y<sup>e</sup> take out y<sup>e</sup> Apricocks & as you pare y<sup>e</sup> put y<sup>e</sup> into y<sup>e</sup> said water againe, w<sup>th</sup> must be kept close covered as before & so let y<sup>e</sup> stand

53) 3 or 4 hours til you perceive y<sup>e</sup> to look very green, but because they doe not boile, y<sup>e</sup> lay y<sup>e</sup> in a place y<sup>e</sup> water may draine from y<sup>e</sup> y<sup>e</sup> take out y<sup>e</sup> stone & lay y<sup>e</sup> both together close & smooth y<sup>e</sup> w<sup>th</sup> a knife y<sup>e</sup> they may seem whole againe, y<sup>e</sup> weigh y<sup>e</sup> & for k a pound of Apricocks take 10 ounces of double refined sugar, y<sup>e</sup> take almost halfe a pint of y<sup>e</sup> water they were last scalded in, w<sup>th</sup> water must be strained, put this water in a Skillet w<sup>th</sup> the sugar, let it on y<sup>e</sup> fire & scum it very well, & so put in y<sup>e</sup> Apricocks, let y<sup>e</sup> boile softly a little while y<sup>e</sup> take y<sup>e</sup> & set y<sup>e</sup> by til the next day, then boile y<sup>e</sup> up very quick til they be clean & y<sup>e</sup> Syrup rope thick.

### To make Syrup of Violets

Take pure blue pickt violets, from y<sup>e</sup> greens & yellow k a pound of pure fountain water made scalding hot three quarters of a pound. Infuse these together in either earthen or silver vessel 24 hours, y<sup>e</sup> straine out all y<sup>e</sup> Infusion exceeding hard & put to this one pound & halfe of pure double refined sugar & dissolve it in a pipkin or silver Tankard put into a vessel of boiling hot water til y<sup>e</sup> sugar be dissolved w<sup>th</sup> will be sooner done if the sugar be made into fine powder, w<sup>th</sup> will take off all y<sup>e</sup> Crust & scum it, & put it up in a glass, & keep it in a cool place where neither Sun nor fire may hurt it.

### To make Conserve of Roses

Take of red rose buds cut from y<sup>e</sup> white & sifted in a linnen or silk one pound; of double refined sugar 3 pound, beat these in a marble mortar w<sup>th</sup> a wooden Pestle, adding y<sup>e</sup> sugar by degrees til it be fine enough, put it up in a glass or yellow pot, & keep it for y<sup>e</sup> use close covered & freed up.



54.)

### To dissolve Ambergrace

Take y<sup>e</sup> Ambergrace & w<sup>th</sup> y<sup>e</sup> juice of Lemons grind it upon a stone for y<sup>e</sup> purpose & if it be too thin put a little powder of Sugar to it & grind it til you see it all dissolved put it up close & keep it for your use.

### To make sugar of Roses

Take y<sup>e</sup> Juice of red Roses 2 ounces; of the purest Sugar 6 ounces; dissolve this over y<sup>e</sup> fire & coll it to y<sup>e</sup> consistence of manas Christi then in y<sup>e</sup> cooling; add to it a spoonfull of y<sup>e</sup> powder of pure red rose buds dried; 30 grains of Magistery of pearls & 5 leaves of gold & cast them into the form of manas Christi the juice of roses must be kept in a glass w<sup>th</sup> a tap in it to draw it out as occasion requireth, & oyl of sweet Almonds on y<sup>e</sup> tap to preserve it from putrifying. The juice of wood sorrell must be so kept, y<sup>e</sup> Syrup of wood-sorrell is made of w<sup>th</sup> one part of pure red juice beaten out of y<sup>e</sup> leave & stalks of y<sup>e</sup> wood-sorrell w<sup>th</sup> after it hath settled six or 8 days will be red, & 2 parts of double refined Sugar dissolved as the Syrup of violets is.

### Conserve of Roses

Take Roses & clip y<sup>m</sup> their whites off & sift y<sup>m</sup> then, then weigh your Roses, & to every pound of Roses take a pound & halfe of Sugar, y<sup>e</sup> take a pint & halfe of running water & boil y<sup>e</sup> water

55.)

& Sugar together, & w<sup>th</sup> w<sup>th</sup> well clarified take it from y<sup>e</sup> fire, Letting it stand until it be cold, y<sup>e</sup> put y<sup>e</sup> roses in Scalding it over a soft fire, & it may boile leisurely till they be tender, w<sup>th</sup> will be 4 hours. then y<sup>m</sup> of they may not settle

### To make Marmalot of Quinces my Lady Osburns way.

Take Quinces & pare y<sup>m</sup> & quarter y<sup>m</sup> & stamp y<sup>m</sup> in a mortar very small, y<sup>e</sup> straine y<sup>e</sup> juice out of y<sup>m</sup> into a glass, & let it stand to settle two hours before you use it. then take as many Quinces as you doe intend to use, & pare y<sup>m</sup> & quarter y<sup>m</sup> & core y<sup>m</sup> very well, & as you pare them before you cover y<sup>m</sup> well all over w<sup>th</sup> Sugar, & to every pound of Quinces pared, 3 quarters of a pound of Sugar, & w<sup>th</sup> you have done clear y<sup>e</sup> juice & put it to the Quince as much as you think needfull, Then have a quick fire ready, & set it over & make it boile as fast as you can till they be fit to bruise, Then take it off y<sup>e</sup> fire & bruise it & w<sup>th</sup> w<sup>th</sup> bruised set it on y<sup>e</sup> fire againe, & let it have but one boile. then take it off y<sup>e</sup> fire & put in a little juice of Limon & mingle it well w<sup>th</sup> y<sup>e</sup> Marmalot, & either put it in glasses or boxes & set in a stove till it be crusted over: then take it out, & set it where you doe intend to keep it.

### To make marmalot of Cherries

Take to a pound of cherries one pound of Sugar finely beaten, & after you have Stoned y<sup>e</sup> cherries put y<sup>m</sup> in a pot, & throw halfe y<sup>e</sup> Sugar on y<sup>m</sup> so let y<sup>m</sup> stand all night, y<sup>e</sup> next day boile them till they be all mash, y<sup>e</sup> put into cherries 3 or 4 spoonfull

56.)

of black cherries w<sup>th</sup> y<sup>e</sup> rest of y<sup>e</sup> sugar, & soe  
boile then till they grow thick like marmalade; This  
is best to be made in black chorry time because of  
y<sup>e</sup> juice, also for y<sup>e</sup> other cherries because they  
will be ripe & not so pale as in y<sup>e</sup> beginning of  
the year.

### To make orange & Lemon Marmalad

Take y<sup>e</sup> best coloured oranges & pare y<sup>e</sup>  
thin, cut & squeeze out y<sup>e</sup> juice, y<sup>e</sup> cut out y<sup>e</sup> meat  
& rub y<sup>e</sup> w<sup>th</sup> salt & put y<sup>e</sup> in water, let y<sup>e</sup> lye half  
an hour, y<sup>e</sup> boile y<sup>e</sup> in 3 several waters, & w<sup>th</sup> they  
are tender, mince y<sup>e</sup> very small & put y<sup>e</sup> to y<sup>e</sup> juice  
& squeeze in y<sup>e</sup> juice of more oranges, till you have  
made it something thin, so let it stand all night  
y<sup>e</sup> for a pound of oranges take a pound & a quarter  
of fine sugar, dip it in water & boile it to a sugar  
again, w<sup>th</sup> the cold put in y<sup>e</sup> oranges & stir  
it over y<sup>e</sup> fire till it be all melted, y<sup>e</sup> put it  
in y<sup>e</sup> glasses & stowe it, & w<sup>th</sup> be pretty dry, take  
some of it & put it on plates for cake, & soe dry  
y<sup>e</sup> in y<sup>e</sup> stove before they are mince, be sure  
they be well drained from y<sup>e</sup> water & double  
dried w<sup>th</sup> a cloth.

### To make a seed cake my Lady Camdens way.

Take 6 pound of fine flour dried well in an  
oven: then rub into it 3 pound of y<sup>e</sup> best new  
butter till it be like crums of bread, y<sup>e</sup> take  
12 eggs & beat 6 of y<sup>e</sup> whites & beat them well  
together. then put to y<sup>e</sup> 2 pints & a halfe of

57.)

good Ale yeast, & beat y<sup>e</sup> together, y<sup>e</sup> Straine  
y<sup>e</sup> into y<sup>e</sup> flour, & mingle y<sup>e</sup> well together, y<sup>e</sup>  
strow in 3 quarters of a pound of Bisket (consists  
& a little salt & y<sup>e</sup> work it to a light past w<sup>th</sup>  
cream; y<sup>e</sup> cover it w<sup>th</sup> a warm cloth, & let it  
before y<sup>e</sup> fire to rise halfe an hour or better,  
then take it from y<sup>e</sup> fire y<sup>e</sup> oven being ready  
to be swept, mingle in 3 quarters of a pound  
more of Bisket (consists, but you must keep some  
of y<sup>e</sup> out to strow on y<sup>e</sup> top of y<sup>e</sup> cake, paper  
y<sup>e</sup> hoop round on y<sup>e</sup> inside & butter it well w<sup>th</sup>  
y<sup>e</sup> cake stick not to it, you must bake it w<sup>th</sup> a  
pretty quick oven, & let it stand full an hour  
& halfe or rather better if you see your cake  
begin to colour on y<sup>e</sup> topp you may cover it w<sup>th</sup>  
a sheet of Cap paper, & stowe y<sup>e</sup> hoop be wide &  
deep or else y<sup>e</sup> cake will run over y<sup>e</sup> top.  
probatum est.

### To make Limon Cream.

Take 6 Limons made y<sup>e</sup> very clean, y<sup>e</sup> pare y<sup>e</sup>  
& put y<sup>e</sup> pul into a pint of water, & let y<sup>e</sup> steep  
till y<sup>e</sup> water tast of y<sup>e</sup> peel, & be of y<sup>e</sup> colour of  
y<sup>e</sup> Limon, y<sup>e</sup> take 10 eggs all y<sup>e</sup> whites & 2 yolks  
beat y<sup>e</sup> very well, y<sup>e</sup> put y<sup>e</sup> water to y<sup>e</sup> eggs, &  
as much Juice of Limon as will make it sharp  
y<sup>e</sup> sweeten it w<sup>th</sup> double refined sugar, boile a  
little in a glass in water till it jell, y<sup>e</sup> put it  
into y<sup>e</sup> other things, y<sup>e</sup> Straine it into a skillett  
let it on a quick fire, & keep it w<sup>th</sup> stirring till it  
be of y<sup>e</sup> thickness of cream, put it in a glass doe not move  
it till it be cold, & if you please you may put a little of  
y<sup>e</sup> fine very small shred in it



58.7 Distilled waters of several  
Sorts.

Cinamon Water.

Take of Cinamon ten pound, of y<sup>e</sup> best  
white wine 3 gallons, of y<sup>e</sup> best sack a  
pottle; Bruise y<sup>e</sup> Cinamon & infuse it in y<sup>e</sup>  
wine 2 dayes, y<sup>e</sup> distil y<sup>e</sup> in an Alembick  
y<sup>e</sup> first 3 spoonfull put aside because it will  
be very harsh & reserve all y<sup>e</sup> runs clear &  
likewise y<sup>e</sup> w<sup>th</sup> runs white, y<sup>t</sup> of both you  
have a pottle or a little more; to w<sup>th</sup> adde of  
y<sup>e</sup> whitest double refined sugar 3 quarters of  
a pound & reserve it in a close glass well  
stopped for y<sup>e</sup> use, & this will be an excellent  
Cinamon water

To make Cherry water  
my Lady Rages way

Take 6 pound of cherries & 9 pints of claret wine  
Stone y<sup>e</sup> cherries, y<sup>e</sup> take 9 ounces of Cinamon, 3  
nutmegs cut; of Rosemary & Balm of each a  
handfull, a quart of sweet marjoram; put  
all into a bot together & let it stand close  
covered 24 hours y<sup>e</sup> put into y<sup>e</sup> still & bruise  
& bruise y<sup>e</sup> cherries w<sup>th</sup> y<sup>e</sup> hands making a  
soft fire under y<sup>e</sup> Let y<sup>e</sup> still at their leisure  
w<sup>th</sup> you have thus done take y<sup>e</sup> water & strain  
it into glasses, sweeten it w<sup>th</sup> double refined  
sugar & hang Musk in it

59.7

Treacle Water.

Take one ounce of hartshorn shaved, boil it in  
3 pints of Carduus water till it come to a quart, y<sup>e</sup>  
take 3 quart of pure white wine 3 pints of red  
wine water one pound of Venice treacle, & dissolve  
y<sup>e</sup> Treacle in y<sup>e</sup> white wine. then take one ounce of  
Angelica roots, one ounce of Cyress roots, one  
ounce of Alecampney roots, one ounce of holy thistle  
roots, Tormentil roots, Gentian roots, dried pills  
of Citrons of each one ounce, y<sup>e</sup> flowers of Carduus  
Rosemary, Bugloss, marjoram of each one ounce, All  
Angelica, Mother of Slegme, Carduus, Dragon, Balm  
Clovegillflowers of each one ounce. All these  
Ingredients must Infuse w<sup>th</sup> y<sup>e</sup> white wine and  
Treacle in a close earthen pot 24 hours, then it  
must be still w<sup>th</sup> a glass still or a still y<sup>t</sup> still  
w<sup>th</sup> water, It must be still w<sup>th</sup> a very soft fire,  
take 3 pints of y<sup>e</sup> first w<sup>th</sup> is y<sup>e</sup> strongest & 3 pints  
of y<sup>e</sup> second running & a quart of the 3<sup>d</sup> w<sup>th</sup> is y<sup>e</sup>  
weakest.

For Obstructions of Water

Take wine 4 pints, prepared still 3 ounces of  
Rosemary 2 handfulls, Sassafras 2 ounces, cloves  
3 Drains, of y<sup>e</sup> roots of Masterwort 3 Drains, ~  
Steep all these things together.

(60.)

## Castor water

Take a pottle of good Canary or Malaga wine put into it of Rote-mary Sage, thyme and Sweet Marjoram of each halfe a handfull; Let y<sup>e</sup> Infuse 24 hours; then distil y<sup>e</sup> in a glass Still in balneo Marie til a pint or better be come over, w<sup>ch</sup> is y<sup>e</sup> best & strongest spirit. Then take of Castoreum one ounce, of y<sup>e</sup> roots of Cowslips & piony dried of each 2 ounces, Let y<sup>e</sup> Castor & roots be finely powdered, & infused in y<sup>e</sup> same spirit for y<sup>e</sup> space of 3 or 4 dayes, until y<sup>e</sup> spirit be of a reddish colour, you may pour more of y<sup>e</sup> weaker spirit w<sup>ch</sup> comes last upon these materials, & after a week Infusion y<sup>t</sup> will yield a second Tincture but weaker & paler than the first

## A Peering water for the face

Take a pottle of Ases Milk or Goats & make thereof a fresh Cheese & take y<sup>e</sup> whey cleane from y<sup>e</sup> Curd; then put to it a pint of good white wine vinegar, a pint of Plantane water, a pint of white lily water, a pint of white morrell water, (therwise called nightshade) two good handfulls of Bean blossoms, y<sup>e</sup> take 6 ounces of Camphire, six ounces of Borax

77

(61.)

eight ounces of Rock Allum, 2 ounces of Venice Soap beat y<sup>m</sup> all very finely together; put y<sup>m</sup> all into y<sup>e</sup> foresaid waters together in a strong glass w<sup>th</sup> a wide mouth, & set it in the sun some 6 or 8 weeks according as the heat of the sun is, & stop it very close, then take it & put it into an earthen pott of hot water & ice & distil it w<sup>th</sup> a glass Still, You must divide y<sup>e</sup> water in y<sup>e</sup> Still, for y<sup>e</sup> 1<sup>st</sup> will be best yet both very good, you may draw some 3 parts or thereabouts; y<sup>e</sup> Lilies must not be garden Lilies but white water Lilies, w<sup>ch</sup> are somewhat like a white Rose.

## To make Citron Water

Take 2 Gallons of y<sup>e</sup> best sack, & strip y<sup>e</sup> outward & thin rind of 6 or 7 great Citrons in it, Let y<sup>e</sup> steep in it 2 dayes or more, Then pour it all into a Glass Still, & distil it w<sup>th</sup> a gentle fire. Put into y<sup>e</sup> glass you receive it in 1/2 a pound of white Sugar Candy finely beaten & seared, & 2 grains of Amber & one of Musk if you please, so let it drop upon it, take a good pint of y<sup>e</sup> first running & a quart of the second, You may take more water if you please, and some cut in all the Citron & take it the better.



62.)

## To make Limon & Orange water.

Take to a dozen of Oranges or more two Gallons of sack, and Limons in the like manner, the thin Rinds taken off & steep y<sup>e</sup> as y<sup>e</sup> Citrons & be distill y<sup>e</sup> w<sup>th</sup> Amber or without to y<sup>e</sup> liking, but if you use it or much they must be tied in liffany

## A Water for y<sup>e</sup> Eyes

Take one ounce of Sully unprepared, made into fine powder, one ounce of Bloes Epticum made into powder, for every dram 2 ounces of Rose water & as much white wine, for every 3 drams two drams of Refined Sugar. Put all these together into a glass bottle set in y<sup>e</sup> Sun or some warm place for a month together stirring it every day least it cleave to the bottom.

## Another water for the Eyes.

Take y<sup>e</sup> leaves & flowers of Egrimony in y<sup>e</sup> month of Midsummer, one pound of May Butter, beat y<sup>e</sup> well together in a Stone mortar raise y<sup>e</sup> w<sup>th</sup> a lay y<sup>e</sup> in a moist place til it be mortly; then

63.)

wipe y<sup>e</sup> mold clean off & beat y<sup>e</sup> againe, y<sup>e</sup> set it on a soft fire & boile it till all the moisture be boiled out y<sup>e</sup> strain it through a fine cloth & keep it for y<sup>e</sup> use. This is good for a wound in y<sup>e</sup> Eye or pearly, if there be any thick left wipe it off either with a fine cloth or w<sup>th</sup> a feather

## To make Raspberry Water

Take a Gallon of red Raspberries, of busles, Berage thyme tops Sweet Marjoram Rosemary of each 6 or 7 Branches, Cinamon h an ounce in stick 4 or 5 leaves of large mace, a pint of Damask Rose water, Put all these together in a Rock Still, y<sup>e</sup> put into a glass y<sup>t</sup> may be but 3 pints filled, y<sup>e</sup> put into it white Sugar Candy h a pound in small peeces, set it in y<sup>e</sup> Sun 3 weeks, y<sup>e</sup> put in a little bagg of 4 grains of musk 3 grains of Amber to keep it for y<sup>e</sup> use; Take 3 spoonfulls at a time for an extraordinary heat or burning Feavour.

## Centuary Water

Take one pound of Gentian 6 pound of green Centuary Beat y<sup>e</sup> Gentian & shred y<sup>e</sup> Centuary & put y<sup>e</sup> into as much white wine as will cover y<sup>e</sup> Let it stand 5 days in an earthen pot close stopp'd, y<sup>e</sup> distill it in an ordinary Still. It must be taken in a morning fasting.

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## To make a Cordial Water

Take of Sage, Salerine, Rosemary, Rue,  
wormwood, Rosa Solis, mugwort, Timpornel  
Dragons, Scabius, Egrimony, Balm, Scordium,  
Carduus, Betony leaves, Centaury tops, marigold  
flowers & leaves, Meadowsweet, St Johns wort  
Clove gillyflowers of each 4 handfulls. Then  
take y<sup>e</sup> roots of Potatoes, tormentil, Angelica  
Gentian, Elecampane, Yonic, Reduary, & liquorice  
clean scraped & thin sliced of each of y<sup>m</sup> 3  
quarters of an ounce. Let y<sup>e</sup> hearts be first  
washed, y<sup>e</sup> shaken in a linen cloth until they  
be dry, y<sup>e</sup> shred these hearts altogether, and  
mixing y<sup>m</sup> w<sup>th</sup> y<sup>e</sup> roots put y<sup>m</sup> all into a Gallon  
& halfe of white wine y<sup>e</sup> best, & let y<sup>m</sup> steep 2  
days & 2 nights in a large earthen pot well  
lidded. Stir y<sup>m</sup> once every day, y<sup>e</sup> distil y<sup>m</sup> in  
an ordinary still not an Alembick w<sup>th</sup> a gentle  
fire cooling y<sup>e</sup> top w<sup>th</sup> white linen cloths.  
Reserve 3 pints of y<sup>e</sup> first by it self, the like  
quantity of y<sup>e</sup> second & about 2 pints of y<sup>e</sup> 3<sup>rd</sup>  
& last each severally close stopp'd. Remember to  
close up y<sup>e</sup> joints of y<sup>e</sup> still w<sup>th</sup> Rye dough made  
w<sup>th</sup> wine vinegar whites of eggs & a little Sal-  
Armenick in powder. Remember also to keep a  
temperate fire all night y<sup>t</sup> it never cool till it  
be distilled, w<sup>th</sup> it usually in 2 days & one night.  
This water is good against any infectious diseases

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of y<sup>e</sup> first sort of this water 2 or 3 spoonfulls may  
be given to a man or woman. of y<sup>e</sup> second sort  
2 or 3 or 4 spoonfulls may be given, of y<sup>e</sup> 3<sup>rd</sup> w<sup>th</sup> is  
fittest for children 1 or 2 or 3 spoonfulls according to their  
ages. This water is most properly given warm w<sup>th</sup>  
sugar, though it may be given cold or alone, &  
sometimes w<sup>th</sup> cooling or opening Syrup

## An excellent water for the Stone or gravel.

Take in y<sup>e</sup> month of May a gallon of red comel  
milk, of Barley, Saxafrage, Selitery of y<sup>e</sup> wall, fido-  
pendula & radish roots slices of each a handfull  
put y<sup>m</sup> over night into y<sup>e</sup> milk in y<sup>e</sup> morning stir  
it all together & put y<sup>m</sup> into y<sup>e</sup> still draw a quart  
of water, y<sup>e</sup> set another glass under it & take as  
much as will come, drink of this water 3 spoonfulls  
in as much white wine, w<sup>th</sup> a little Nutmeg & sugar  
made like warm 3 mornings in a month at y<sup>e</sup> full  
of y<sup>e</sup> moon a morning before & a morning after  
when you have drank the last water drink y<sup>e</sup>  
first  
probatum est.

## A Sovereign Salve

Take of a Candy Oyl 5 ounces of white Cerussace  
of Litharge of Gold of Silver 2oz first put y<sup>e</sup> oyl  
into y<sup>e</sup> Skillet to warm it on a soft fire, y<sup>e</sup> y<sup>e</sup> wax



(66.)

& a<sup>n</sup> be well mingled together, put in y<sup>e</sup> gold & silver lepharge well together, after tis in stir it well together continually & fire still increased till it grow black y<sup>e</sup> put in y<sup>e</sup> Ceruse & stir it still, try a drop or 2 in water whether it be reasonably it is average if too hard be build too much, pour it presently into water, take it out forthwith & put it in Rols. If it happen to be too much & hard in working let it be cold y<sup>e</sup> crumble it & boil it w<sup>th</sup> 2 or 3 Spoonful of oyl w<sup>ch</sup> will soften it, & if it be right it will not stick to y<sup>e</sup> fingers in working, y<sup>e</sup> Turpentine must be put in last of all but a little while before you pour it out ~ ~

### The Excellent Effects thereof.

It will cure all manner of Ulcers how ever ill or fistular soever so as y<sup>e</sup> very bone is thought to be rotten & y<sup>e</sup> Patient out of all hope to be cured, as also y<sup>e</sup> Swelling of y<sup>e</sup> hands, leggs, feet, or any other like Swelling proceeding from ill humours, hurts or wounds or by any other accidental occasions as also all manner of Impostumes, Inflammations, Bruises or y<sup>e</sup> like, distates or Sains happening by falls as also y<sup>e</sup> biting of Dogs, yea of mad dogs, y<sup>e</sup> biting of serpents, & such like whereby there might be danger of cutting off a Limb

(67.)

or death, as also y<sup>e</sup> Thistols in any part of y<sup>e</sup> body, tho never so fetterd, or likewise y<sup>e</sup> Plague or pestilence, so yt it be applied in time, & be well put to y<sup>e</sup> place where y<sup>e</sup> fire is felt or y<sup>e</sup> sore is, likewise all Scalds or Scurfs of y<sup>e</sup> body though they proceed from y<sup>e</sup> Tox, all manner of ill humours, corrupt blood, all manner of Itching, scratching, all manner of burning, by scalding in y<sup>e</sup> fire or in hot water, or Gun powder, & it may be applied w<sup>th</sup> out danger to a burnt eye, or an eye by any occasion blighted or hurt, as also y<sup>e</sup> pernicious ill Scab in y<sup>e</sup> head like unto those y<sup>e</sup> are leprous, all sores or scalds upon y<sup>e</sup> fingers or hands, likewise y<sup>e</sup> disease calld St. Antonges Fire or evil calld y<sup>e</sup> Rose whereby y<sup>e</sup> leggs are Swell'd or inflamed, so yt y<sup>e</sup> Patient waxeth lame or impotent & cannot sleep as also Cankers & y<sup>e</sup> like diseases yt appear outwardly w<sup>th</sup> lying w<sup>th</sup> an unclean woman, & moreover an evil & rottengh in y<sup>e</sup> priory members, likewise y<sup>e</sup> Hemorrhoids, blons wounds, it cures all hurts & diseases. probatum est

The cure for a distemper gotten by an unclean Woman, it cures infallibly both sexes.

First you must take 2 penny worth of Gum

68.)

Dragon & pick it clean & put it into a  
pott or glass with a wide mouth of about  
halfe a pint size & lay y<sup>e</sup> Gam to steep  
in Red Rose water & stir it 2 or 3 times  
a day, & put in more Rose water as yo<sup>e</sup> Gam  
drinks it up until it be perfectly dissolved  
into a Jelly. then put in y<sup>e</sup> Quantity  
of 3 Nutmegs of y<sup>e</sup> best Sugar to please  
palate of y<sup>e</sup> taker. y<sup>e</sup> put in a little  
quantity of Cinamon water & stir it  
well about but no more y<sup>e</sup> to leave it  
in a Jelly w<sup>h</sup> must be taken on a knife  
point. y<sup>e</sup> quantity of a Nutmeg first &  
last, but to prepare y<sup>e</sup> body before y<sup>e</sup>  
taking this. y<sup>e</sup> Party must take 4 or 6  
penny worth of pulvis sanctus in posset  
drink to purge y<sup>e</sup> Reins & keep warm  
y<sup>e</sup> day & use Broth or posset drink betwixt  
stools.

probatum est  
probatum est.

To make a water good  
for heat in y<sup>e</sup> face or  
blacking

Take 3 eggs lay ym in vinegar till y<sup>e</sup>  
shells be soft. y<sup>e</sup> take ym from y<sup>e</sup> vinegar  
& prick ym so y<sup>t</sup> you have y<sup>e</sup> white from  
y<sup>e</sup> yolk. then take 12 Lincon peels their

69.)

skins of ym y<sup>e</sup> take a handfull of 3 canflowers  
of Plantane of hony suckles of fumitory wild  
Tansy of each one handfull, add to these one  
pottle of new milk, so distil ym in an ordinary  
still with a soft fire

For the Vapors.

Take hiera pycra one ounce Gentian and  
Ston Sads of each one dram. Carduus 2 drams  
Centaurie halfe a handfull. Infuse these in one  
quart of Sherry for 4 days. y<sup>e</sup> dose is from  
two to four Spoonfull.

To boil Plate

Take 12 Gallons of water or thereabouts accord-  
ing as y<sup>e</sup> plate is in bigness. y<sup>e</sup> water must  
cover it; put the water into a Copper or  
kettle, when it boils put in a pound of red  
Argill, a pound of Common salt an ounce of Red  
Allum. Put y<sup>e</sup> plate into a Charcoal fire, and  
cover it till its red hot, then throw it into y<sup>e</sup>  
Copper & let it boil about halfe an hour not more  
then take it out and wash it in cold water  
and lay it by the Charcoal fire to be  
very dry.



70.)

## Plague Water

Take, Arins, Scabius, wood betony ~  
 May-wad, Carduus benedictus, Tormentil, ~  
 Angelico, Erimony, Rue, Wormwood, Salsoline  
 Sage Balm, Rosemary, Mugwort, Dragons  
 Fimpernel, marygold, Featherfew, Burnet.  
 Torrel roots. Alicompany scraped of each  
 of these 3 pound, but of Rosemary 6 pound  
 Chop y<sup>m</sup> & slice y<sup>m</sup> together very small,  
 & lay y<sup>m</sup> to steep in seven gallons & a  
 half of white wine 3 dayes & 3 nights &  
 after distil these hearts & water w<sup>th</sup> a  
 little miteridate. It will drive away the  
 sickness from y<sup>e</sup> heart. You must keep  
 yo<sup>r</sup> strongest water by it selfe. for tis  
 best this is the best Plague Water

## D<sup>r</sup> Stevens his water

Take a gallon of good Gascon wine,  
 then take Ginger, Galingal, Cinamon ~  
 nutmegs, Cloves, Anyseeds, fennel seeds, Carna-  
 seed of each a dram; then take red Sage,  
 mint, Loves, thyme, Peditory of y<sup>e</sup> wall, Rosemary  
 wild thyme, Camomile, & y<sup>e</sup> flowers of small

71.)

lavinder, & for want of flowers take y<sup>e</sup> leaves  
 of each a handfull; bruse y<sup>e</sup> spices small, &  
 bruse y<sup>e</sup> hearts & put y<sup>m</sup> all into y<sup>e</sup> wine, & let  
 y<sup>m</sup> stand 4 hours stirring it often, then distill  
 it by an Alembick, & keep y<sup>e</sup> first water by it  
 selfe for tis best, y<sup>e</sup> second also for tis good  
 though not so strong as the first, w<sup>th</sup> you have  
 put it in the glasses set it in y<sup>e</sup> Sun, if it be  
 all Summer it will be the better.

## D<sup>r</sup> Mores Water for y<sup>e</sup> Face

Take y<sup>e</sup> distilld water of frys-spawn half a  
 pint, w<sup>th</sup> an ounce of white Poppy seeds, make an  
 Emulsion thereof like an Almond milk, straine y<sup>e</sup>  
 & add thereto of mercury Sublimate 5 grains, & 6  
 drops of y<sup>e</sup> Juice of Lemons & keep that for y<sup>e</sup> use.  
 At y<sup>e</sup> going to bed at night, you must dip a linnen  
 cloth in this water & therew<sup>th</sup> wash your face, &  
 in the morning wash y<sup>e</sup> of w<sup>th</sup> milk.

## D<sup>r</sup> Chambers his water for a cold Stomach.

Take of Ginger Cinamon Nutmegs, Cloves, mace  
 Anyseeds, fennel seeds Carna seeds of each 2 drams  
 of red Sage, mint, red roses, thyme, Peditory, and

72.)

Rosemary of each a good handfull. Let <sup>you</sup> be brused & infused in a gallon of white wine for 12 hours. Straining <sup>you</sup> often, & after distill <sup>you</sup> in an Alembick

D<sup>s</sup> Chambers water for diseases in the Breast.

Take a good quantity of Centaury, & steep it in Ale 24 hours & y<sup>e</sup> distil that, then put therein of Ginger poudred one ounce of Anglick & Parsly seeds & Carua seeds of each two ounces, Let <sup>you</sup> be brused & steeped therein 24 hours more & distill them againe & keep that for y<sup>e</sup> use.

An excellent water for a fistula or any swelling or old Sores or wounds

Take bole-Armenick 4 ounces Camphire one ounce white Coppras 4 ounces. Boil y<sup>e</sup> Coppras & Camphire together in a little earthen pot, until they be thin stirring <sup>you</sup> together till they become hard, y<sup>e</sup> beat y<sup>e</sup> together in a mortar to powder, & y<sup>e</sup> mingle y<sup>e</sup> bole-Armenick

73.)

with <sup>you</sup> w<sup>h</sup> they are well mingled put it in a bladder till you have occasion to use it, then take a bottle of running water, set it on the fire til it begin to boil, y<sup>e</sup> take it from y<sup>e</sup> fire & whilst it is hot put in 3 good spoonfull of y<sup>e</sup> powder into it as hard as you can press it in the spoon, & so put into a glass stirring & stirring y<sup>e</sup> water twice every day for a fortnight, w<sup>h</sup> will make it stronger, & before you use it let it be well scalded, & apply it as hot as y<sup>e</sup> Patient can well suffer it, wetting linen clothes in water & doubles & lay upon the sore, binding it on w<sup>h</sup> a Roller to keep in y<sup>e</sup> warmth, doe this evening & morning til it be well, this water must be put in an oyster-shell & not in a saucer w<sup>h</sup> you dreg the sore, for a saucer will drink it up. Take heed you put it not into any vessel you intend to use, for tis broken. This water is chiefly good for old sores or Fistula's, Biles, Scabd heads, or green wounds, or any thing else in this kind; If you would have this water stronger put one ounce of Allam in fine powder & mingle it very well w<sup>h</sup> y<sup>e</sup> other powder before you put in y<sup>e</sup> water.

The great Tally water for Apoplexies

Take of Lavender flowers stripped from y<sup>e</sup> stalks proportionable to y<sup>e</sup> particulars following, powre on y<sup>e</sup>



74.)

of very good Spirit of wine, or hq. vite ~  
 distill'd from all flame, y<sup>e</sup> infuse y<sup>m</sup> for 6  
 weeks very close stoppt & bound w<sup>th</sup> a bladder  
 that nothing may breath out. Let it stand  
 in a warm place, y<sup>e</sup> distill them in an Alembick  
 w<sup>th</sup> coles, y<sup>e</sup> put in y<sup>e</sup> same water of Rose =  
 many flowers, sage flowers, betony flowers of  
 each halfe a handfull, Borage flowers, Bay  
 flowers, the flowers of Lilly of y<sup>e</sup> valley, of  
 Cowslip flowers of each a handfull. Steep these  
 flowers in good Malmsey or hq. vite. Steep  
 each of these in good Spirit of wine, until all  
 be had, y<sup>e</sup> being digested together, put to  
 these of Balm, motherwort Spike flowers, Bay  
 leaves, y<sup>e</sup> leafe of orange trees & their flowers  
 of each one ounce, cut several & put y<sup>m</sup> into  
 y<sup>e</sup> said distill'd wine or Malmsey y<sup>e</sup> distil y<sup>m</sup>  
 together being stoppt as before. 6 weeks. Put  
 into this distill'd water Citron pulps dried, y<sup>e</sup>  
 yellow pulps of y<sup>e</sup> Citron or else of Lemon pulps,  
 & Orong seeds halld of each six drams, of  
 Cinamon h an ounce, Lignum Aloe one dram  
 nutmeg, mace, Cardomoms, Cubeb, yellow Sanders  
 of each h an ounce. Make all this into powder  
 & put y<sup>m</sup> into y<sup>e</sup> distill'd water abovesaid, & put  
 to y<sup>m</sup> of Raisins new & good halfe a pound ~  
 take out y<sup>e</sup> Stones cut y<sup>m</sup> small, & close y<sup>e</sup> ~  
 vessel well w<sup>th</sup> a double bladder. Let y<sup>m</sup> digest  
 6 weeks, then straine them hard through a ~

75.)

cloth, & put into y<sup>e</sup> liquor p<sup>r</sup>pared Pearle two  
 drachms, Emerald a scruple, of Ambergrace, musk  
 & Safron of each h a scruple, bid rose dried very  
 well & sweet smelling, red Sanders & yellow of each  
 h a dram or rather one ounce, hang these in a  
 Sallet Bag in y<sup>e</sup> water well stoppt, y<sup>t</sup> no ~  
 Spirit breath out. This water is of exceeding ~  
 vertue in all swooning, weakness of y<sup>e</sup> heart &  
 straining of spirits; It is also for all Apoplexies,  
 Falyes, Extasies, all payns in y<sup>e</sup> Joynts proceeding  
 from Colds; In all Bruises outwardly by dipping  
 cloths in it & applying to y<sup>e</sup> same. It strengthneth  
 y<sup>e</sup> spirits, & cherisheth y<sup>e</sup> external senses, the  
 memory, restoreth lost appetite & weakness of sto-  
 mach being taken inwardly & bathed outwardly.  
 Take of it a quarter of a Spoonfull & fast an hour  
 after. It taketh away y<sup>e</sup> Megrin & giddings of  
 y<sup>e</sup> head, It helpeth lost hearing & maketh ~  
 pleasant breath. It will prevent y<sup>e</sup> Faly or  
 Apoplexy if you take it every morning & evening  
 w<sup>th</sup> crums of white bread a Spoonfull at a time  
 & it helpeth y<sup>e</sup> lost spack all cold disposition  
 of y<sup>e</sup> Liver & beginning dropyes. It healeth all  
 cold diseases of y<sup>e</sup> mother, & is good against ~  
 melancholy in some, none can exp<sup>r</sup>ess y<sup>e</sup> vertue  
 of it Sufficiently.

## A Cordial water.

Take red sage Betony unsift Hyssop,  
 Fennell, Thyme, Balm Penny-royal, Sord  
 Sallendine, water Crocus Harttreeke, Lavender,  
 Angelica, Germaner, Calamins, Tamarins  
 Coltsfoot, Avena, Valerian, Sassafras, ~  
 Timpernell, vervain, Parsley, Rosemary, Searog  
 -grass, Scabius, Bullitory of y<sup>e</sup> wall, wild  
 majoram, Roman wormwood Cardus bene-  
 dictus, mother of Thyme, Fild Taggles w<sup>th</sup>  
 y<sup>e</sup> flowers, tops, roots, & leaves altogether of  
 each h a handfull w<sup>th</sup> they are clean from  
 y<sup>e</sup> stalks, of Rue, Maiden-hair, yarrow, Comfrey  
 Sweet Marjoram Camomile, Plantane of each  
 one handfull before they are pickt of ~  
 Egrimony & Cowslip flowers of each h a peck  
 of Rosemary flowers halfe y<sup>e</sup> quantity, of  
 Anyseds, Fennel seeds, Parsley seeds, Carua seeds,  
 of each 2 drams, of Nutmegs Ginger, Cinamon  
 Pepper, Clov's & Mace of each 2 drams, of ~  
 Spikenard Elicompagne roots dryed, Melilot ~  
 flowers, Calamus aromaticus, Carda roman, lignum  
 Aloe, Xhabarb sliced thin, Salingal, veronica  
 zodiacus, quiblet, grains of each 2 drams, Juniper  
 Berries one dram, Aromaticum Rotarum shred  
 thin, China roots one ounce, Hartshorn 2 ounces  
 Sassafras sliced h an ounce. Wash all these herbs

& swing y<sup>e</sup> in a cloth till y<sup>e</sup> water be well  
 drained from y<sup>e</sup> then lay y<sup>e</sup> upon a table  
 to dry better, after shred y<sup>e</sup> small, & put y<sup>e</sup> into  
 an earthen pot, & put to y<sup>e</sup> as much Sherry sack  
 as will cover y<sup>e</sup> hearts, & so let y<sup>e</sup> stand 24 ~  
 hours to steep. But put y<sup>e</sup> spices, seeds & drugs  
 being bruised into the midst of y<sup>e</sup> hearts, before  
 y<sup>e</sup> Steeping, then put it into an Alembick &  
 for this quantity of Ingredients 3 pints of water  
 w<sup>ch</sup> being mixed will be strong enough; but if  
 you desire to have it smaler, you may have  
 a pint more from y<sup>e</sup> same stilling. Then into  
 each Quart glass of water put this quantity  
 of Cordial hereafter expressed. viz. of Berovar  
 12 grains, Musk 12 grains Ambergrace 12 grains  
 floure of Corall one drachm, floure of Pearle one  
 dram, white Sugar candy beaten h a pound, of  
 leafe gold 4 leafs, a small bag of Saffron; shake  
 these well together for y<sup>e</sup> space of 14 dayes, &  
 the longer you keep it y<sup>e</sup> better to use.

M<sup>r</sup>. Stokes water  
for Sore Eyes.

Take 4 handfull of wild woodbine leafs,  
 as much of Plantane leafs, Boil all these in a  
 pottle of rain water, gathered in June clear from  
 y<sup>e</sup> clouds. Boil it till it come to 2 pints; But



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before it boils put in a penny worth of verdigrease, 2 penny worth of rock Alum, & 2 Spoonfull of English honey, w<sup>h</sup> it boils strain it into an earthen Pot for you must use no other medle about it but ~~bragi~~ glass. It must be boiled in a strong earthen Pot y<sup>t</sup> hath been seasoned, & have in Readings y<sup>e</sup> pot you intend to strain it in, for y<sup>e</sup> Pot you boil it in will break. It must stand a day or 2 after its boiled, y<sup>e</sup> take y<sup>e</sup> clearest of it & put it into glasses. Stop it very close, y<sup>e</sup> longer you keep it y<sup>e</sup> better it is ~ ~ ~ You must mix it w<sup>th</sup> white Rose water according to y<sup>e</sup> soreness of y<sup>e</sup> eyes. If there be a tearle mix it not at all, but after you have dropped it in take some white Sugar Candy beaten small & seared through Telfany and put a little of it in y<sup>e</sup> eyes, drop it evening & morning, a drop is enough at a time dropped in w<sup>th</sup> a feather



An excellent water to be made  
in May for a Consumption.

Take a red Cock from y<sup>e</sup> barn dore, pluck y<sup>e</sup> feathers from him alive so keep him 3 or 4 hours, y<sup>e</sup> quarter him & wipe away y<sup>e</sup> blood

99.)

w<sup>th</sup> a dean cloth, y<sup>e</sup> take a pottle of y<sup>e</sup> best Canary wine, 2 handfull of Sijmond of Oreganon, w<sup>th</sup> is wild Marjoram, of Rose-mary & Thyme of each one handfull. Put all these together into y<sup>e</sup> sack, & to y<sup>e</sup> sixteen or 20 dates sliced into 4 or 6 parts after you have taken out y<sup>e</sup> stones, & h a pound of Corands well washed & dried w<sup>th</sup> a cloth, all being put together in a glass Still, take y<sup>e</sup> same very close w<sup>th</sup> fast, & so let it stand all night w<sup>th</sup> a little fire under it to season y<sup>e</sup> Still & dry y<sup>e</sup> fast. Next morning put fire to y<sup>e</sup> Still, so continue a temperate fire till it be distilled. There will come first a strong water, & afterward a weaker, mingle the waters together, y<sup>t</sup> they may be of one equal strength, y<sup>e</sup> put a pretty quantity of fine Sugar Candy finely powdered into y<sup>e</sup> glass & so stop y<sup>e</sup> up close & keep y<sup>e</sup> for y<sup>e</sup> use. y<sup>e</sup> longer they stand y<sup>e</sup> better will y<sup>e</sup> water be, y<sup>e</sup> Patient must take 3 Spoonfull of this water an hour before dinner & so likewise before Supper



An excellent water against  
Melancholly.  
Take Rose-mary flowers 4 handfulls. Cowslip

flowers & handfull damask rose leafs three handfulls. wall-flowers 3 handfulls dinks 3 handfulls & better. balme leafs 4 handfulls. Put these hearts in a cleane earthen Pot, & add to y<sup>e</sup> one good pottle of sack an ounce of Cinamon bruill 2 nutmegs sliced, 2 penny-worth of lvsom. Let it stand two dayes close stoppt stirring it sometimes then distill it w<sup>th</sup> a slow fire close passing y<sup>e</sup> Alembick. you must tye in y<sup>e</sup> nose of the Still 2 grains of musk & as much ambergrace. in a peece of fine linen & into y<sup>e</sup> bottle where y<sup>e</sup> water droppeth you must put a quarter of a pound of Sugar candy finely beaten

### A special good Water for the Head.

Take a handfull of Rose-mary flowers four handfull of lowslip flowers one ounce & halfe of nutmegs bruill first laying one flower of Rose-mary another of lowslip. & y<sup>e</sup> straining some of your bruilld nutmegs so laying ym in order till y<sup>e</sup> Still hath receivd all y<sup>e</sup> flowers. y<sup>e</sup> doe no more but wet y<sup>e</sup> flowers in sack & distill y<sup>e</sup> w<sup>th</sup> a slow fire using Ambergrace and Sugar Candy as before.

### To make Rosa Solis w<sup>th</sup> is to be gathered in the month of June & July.

This heare groweth in meadows or marsh places very low & flat to y<sup>e</sup> ground being of a hairy colour w<sup>th</sup> a long stalk in y<sup>e</sup> midst w<sup>th</sup> 6 branches springing out of y<sup>e</sup> root round about y<sup>e</sup> stalk w<sup>th</sup> a leaf of hair colour of a maine length & breadth

if you gather it take heed you touch not y<sup>e</sup> heare w<sup>th</sup> your hand, for y<sup>e</sup> vertue of the heare is gone, but pluck it up by y<sup>e</sup> stalk, & lay it in a cleane Basket. Take as much of this heare as will fill a pottle Pot but beware you wash it not, take a pottle of good hy. vita & put ym both into one vessel, & let it stand hard stoppt 3 dayes & 3 nights, & y<sup>e</sup> 4<sup>th</sup> day straine y<sup>t</sup> through a cleane linen cloth into a cleane glass or pewter Pot, & put thereto a pound of fine Sugar & h a pound of liquorice beaten into powder, h a pound of dates sliced in small peeces. mingle all these together and stop y<sup>e</sup> glass very close, y<sup>t</sup> noe fire can get in by any means drink hereof to bedward h a spoonfull w<sup>th</sup> Ale and as much in the morning fasting, for there is not the weakest man nor body in y<sup>e</sup> world y<sup>t</sup> wanteth nature or strength or y<sup>t</sup> is fallen into a consumption but it will restore him againe & cause him to be strong and lusty & to have a good stomack and shortly, he that with this 3 times together shall find great remedy & comfort thereby and as he feleth himselfe so he may use it. It groweth in halfull woods in Hartfordshire

### Angell Water

Take Storax Callomus. 4 ounces Benjamin 3 ounces. Beat ym together y<sup>e</sup> put ym in a pound or choppings of rosewater & one pound of orange flower water, adding to it juic of florence and poplar yellow sanders if each h an ounce. y<sup>e</sup> whole must be set in a glass bottle to infuse close stoppt in y<sup>e</sup> Sun 9 dayes after w<sup>th</sup> it must be put in an earthen Pot w<sup>th</sup> a narrow mouth close stoppt & it must boile gently 2 hours either in hot Embers or in Babas Maria, lastly when y<sup>e</sup> Infusion is cold press it through a



82.)

a cleane cloth & pour it into a glass bottle adding to it these powders: yellow Sanders Calamus Aromaticus Juice of flowerdeuce of florence Cloves of each halfe a dram, Cinamon, Majoram Cypres, Orange bark dried of each a scruple. Then set y<sup>e</sup> whole to Infuse in y<sup>e</sup> Sun eight dayes after You have strained it keep it for y<sup>e</sup> use.

### Another Angell Water.

Take an earthen bottle, w<sup>ch</sup> holds about three choppings, then put in 2 choppings of Rosewater halfe an ounce of Benjamin in powder & halfe an ounce of Storax a little Citron bark dried, six cloves a little Cinamon all in powder then put it in a bottle close stopp'd w<sup>th</sup> Cork covered over with paper, then set the bottle a boiling w<sup>th</sup> hot embers y<sup>e</sup> space of 4 hours, y<sup>e</sup> let it cool without opening it so Straine it adding to it a dram of malk, stirring it & mingling it by little & little in y<sup>e</sup> water so put it in a bottle close stop'd & keep it for your use. ~~~~ The bastilians w<sup>ch</sup> are made of y<sup>e</sup> drops or balm of y<sup>e</sup> Angell water are good either to perfume the face or other things

### For a Sore Throat

Take of Plantane water a quarter of a pint halfe as much of Mil Astracum, or for want of y<sup>t</sup> a spoonfull of Rose water w<sup>th</sup> a little honey & clarify it w<sup>th</sup> a little burnt Alum in powder & mix these things together & gargle your throat w<sup>th</sup>

83.)

### To make Cock Water

Strangle a red Cock, pull him & take his entrails out cleane, & cut him into 4 quarters, y<sup>e</sup> break all y<sup>e</sup> bones in y<sup>e</sup> flesh w<sup>th</sup> a pestle, y<sup>e</sup> take 2 handfulls of Camperne, one handfull of sage, one handfull of Anad. thyme, of Rosemary, Clary, bryony, & Balm of each one handfull, of blew corants one pound & a quarter, of Dates one quarter of a pound, Wash y<sup>e</sup> hearts & Corants very cleane in milk, y<sup>e</sup> chop y<sup>e</sup> Corants hearts & dates altogether pretty small; then steep y<sup>e</sup> all w<sup>th</sup> y<sup>e</sup> cock in a pottle of sack a day & a night, y<sup>e</sup> distill all in y<sup>e</sup> sack with a Rosewater still close stopp'd, & let it drop into a glass y<sup>t</sup> hath Sugar Candy in it. It is good for a consumption, comfortable for y<sup>e</sup> stomach & mixed with Syrup of blyssflowers it cureth any violent loosnes

### To make y<sup>e</sup> milk Water

Take of Carduus wormwood, balm, Aloe of each a large handfull, of Spear-mint a large handfull. Shred all these hearts grossly together & steep y<sup>e</sup> all night in a Gallon of milk, & y<sup>e</sup> next day distill y<sup>e</sup> in a cold still

### An excellent Receipt for y<sup>e</sup> mind & good against Fainting Fits.

Take 4 ounces of balm water distill'd in an ordinary still & ounces of Syrup of clove-gillyflowers, & one dram of Spirit of Castor, & one ounce of y<sup>e</sup> Sp. of Alkermes, mix all these together & keep y<sup>e</sup> in a glass close stop'd, & w<sup>th</sup> you find y<sup>e</sup> faine faint take a spoonfull of it & likewise w<sup>th</sup> you goe to bed.

## Receipts of Physical medicines and Surgery

### The oyl of Swallows

Take Lavender collen, wild thyme & string of  
strawberries, yt come from y<sup>e</sup> roots of each one  
handfull, buds of y<sup>e</sup> flowers of Mibins root a handfull  
Stamp ym very small; y<sup>e</sup> take 12 young Swallows & Stamp  
ym with their feathers in y<sup>e</sup> said hearts, y<sup>e</sup> fry them  
altogether in a good quantity of May Butter & Strain y<sup>e</sup>  
through a linen cloth into some cleare vessel and keep  
it close & let y<sup>e</sup> Patient anoint before y<sup>e</sup> fire.

### A Syrup for the tickle y<sup>e</sup> Coughing Gout & generally for all sorts of ill humours or worms

Take 2 quarts of fountaine water & put it into  
a new well glassed Stobbin, & put into it 1/2 pound of  
Senna of Levant & Rhubarb and Gentian roots of each  
2 ounces, of Saffron 4 ounces, of Spanish liquorice new  
Angels, & Ellicompane roots of each the ounce, after  
these have infused 24 hours, let ym boil a little very  
gently, then Straine the liquor through a cloth & mix 2  
pounds of loaf sugar, boil it into a Syrup of a good  
consistence, you may ym take one ounce or 2 or less for  
Children, for it purgeth very gently

### An excellent Receipt for y<sup>e</sup> Dropsy and all sorts of watrish humours

Take of Senna 4 ounces, hermodactyls & Barbit of  
each 2 ounces, Cypris new Angels, ginger of each one  
ounce, of y<sup>e</sup> wood gentian & Kasp 4 ounces of y<sup>e</sup> bark  
of Genticum 2 ounces, Sarsaparilla & china of each 6

6 ounces, Salsaparilla & maiden hair of each 2 ounces,  
polygody of the oak 2 ounces, Garlick stalk flowers,  
Epithymum, calamus mecoan, Spanish Liquorice, Juniper  
berries of each one ounce, Cordus benedictus 3 quarts  
Scelopondria, Ceremany Liverwort of each one handfull.  
These Ingredients are to be prepared & cut in small peeces  
& to be put in a canvas Bag & then into a Barrell  
w<sup>th</sup> will containe 20 quarts, w<sup>th</sup> is to be filled with  
the best white wine & stopped up close yt no air  
can get in & after it hath stood 3 weeks, you may  
pierce it & Draw out 3 glasses, of w<sup>th</sup> y<sup>e</sup> Patient is to  
brink one in y<sup>e</sup> morning, one 2 hours after dinner  
& y<sup>e</sup> 3d. 2 hours after supper, he must abstaine  
from all debauchery, & eat those meats w<sup>th</sup> are easy  
of digestion, It must be continued 15 dayes more or  
less as the disease requires

### An excellent Cordial to Expell all sorts of Poison or Contagion.

Take 1/2 a pound of Sugar, y<sup>e</sup> roots of Elecompane  
& ouceis, of Juniper berries 4 ounces, of y<sup>e</sup> rine of Limon  
& oranges, of y<sup>e</sup> butt Cinamon, ginger cloves nutmeg  
mace Angellus roots, gentian roots round Kristblacha  
rue, red Sanders, Scuchend seeds pearls Confession  
of beatinthia of each 2 ounces, Trochisks of vapors two  
ounces of Popper one ounce. Let y<sup>e</sup> things w<sup>th</sup> are to  
be powderd be made into very fine powder and  
let ym all be mixed w<sup>th</sup> y<sup>e</sup> confession of beatinthia  
w<sup>th</sup> as much of y<sup>e</sup> best Venice Treacle, w<sup>th</sup> will make  
ym into y<sup>e</sup> consistence of an Electuary. You may  
give to y<sup>e</sup> Stronger 2 drams & a halfe as much to  
y<sup>e</sup> weaker

### For a Canker.

Take 5 tops of Rosemary, of Penny Royall,  
broad thin red Sage & Rue, of each a like quantity  
Shred ym & Stamp ym small in a stone mortar w<sup>th</sup> as  
much powder of Hartshorn as a great Bean, y<sup>e</sup> take  
2 spoonfull of the best honey, mix these very well  
in the water, & apply it to y<sup>e</sup> sore w<sup>th</sup> a feather



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opening it 3 times a day, if y<sup>e</sup> chylis Liver be  
hot give him plantane water & Syrup of violets to  
drink & some plantane water & honey to wash  
y<sup>e</sup> mouth

### For y<sup>e</sup> Colick & Stone.

Take Parsley & Camomile of each a good handfull  
clean pickt & put into a linnen bag about h a yard  
long & lay y<sup>e</sup> a quarter broad, then let it boile in  
as much running water as will cover it till y<sup>e</sup> boile  
halfe away; afterwards take out the bagg, & squeeze it  
between a couple of trenchers as dry as may be, you  
lay it to y<sup>e</sup> place affected as hot as you can possibly  
suffer it.

### Another for y<sup>e</sup> Same.

Take hipps & haws in the time of y<sup>e</sup> year &  
distill y<sup>e</sup> Juicy by y<sup>e</sup> doze, then take the hard  
white flesh w<sup>th</sup> in y<sup>e</sup> hoof of a barren hog and  
dry it into powder, & let the Patient take of either  
of these waters a Spoonfull or 2 & of this powder  
10 y<sup>e</sup> quantity of a handfull, mingle it altogether  
y<sup>e</sup> ther it is drunk it.

A good medicine to purge & dry  
y<sup>e</sup> suppurious humours & nourishing after it  
humors be evacuated.

Take 2 gallons of fair raring water, & put it  
into a clean dyet earthen Pot w<sup>th</sup> a close cover,  
put thereunto of Sarsaparilla 2 ounces & Sassafras  
one ounce both bruised, let y<sup>e</sup> boile fast 2 hours, you  
put in of liquorice scraped & bruised one ounce & a  
halfe, of hermocactilli sliced 3 drams, y<sup>e</sup> let y<sup>e</sup> water  
be filld up to y<sup>e</sup> former quantity by a measure first  
taken by a stick, y<sup>e</sup> let it boile one hour & halfe

87.)

more. lastly put these things following into it  
Sena orientalis 2 ounces, epithymum 2 drams, Rashes  
3 drams, Anyseed, sweet fennel seeds & Coriander seeds  
of each an ounce, camomile flowers dried & maiden  
hair of each y<sup>e</sup> weight of 12 pence: w<sup>th</sup> all these be  
put in, let all boile not above a quarter of an hour  
Then take y<sup>e</sup> of from y<sup>e</sup> fire, & let it stand w<sup>th</sup> the  
aforedais Simples all together till it be cold, & w<sup>th</sup> you  
mean to use it, Straine it out as you need it y<sup>e</sup> use it  
as followeth. You must drink no other drink for  
y<sup>e</sup> space of 20 dayes, you may take it warm or cold as  
you please; y<sup>e</sup> meat must be mutton, veal, chicken  
rabbit or such like and eat but of one kind at a  
meal without salt, y<sup>e</sup> bread must be wheate not  
leavened, this dyet must you keep 20 dayes, & all this  
time keep very warm, w<sup>th</sup> the Camomile & maiden hair  
you must also put in an ounce of Cinnum vite

### Syrup for a cold.

Take 2 pounds of brown Sugar candy & beat it  
into powder, a stick of English liquorice bruised, halfe  
a Spoonfull of druges, a Sprig of Benzoyad tops of  
unstet hysop, a leaf of Coltsfoot or 2, & a little maiden-  
hair, if these herbs be all dry it is the better, y<sup>e</sup> take a  
Calves bladder dry, & make it dean w<sup>th</sup> dry bran & a dean  
cloth, for no wet must come to it, & before y<sup>e</sup> bladder  
have no holes in it, y<sup>e</sup> tie all these in the bladder as  
close w<sup>th</sup> a packthread y<sup>e</sup> noe water nor wind may come  
in, y<sup>e</sup> tie y<sup>e</sup> bladder upon a stick, & lay y<sup>e</sup> stick cross a  
shellet of boiling water, & leave the packthread so long  
y<sup>e</sup> y<sup>e</sup> bladder may boile under water, & before to keep it  
full of hot water & to let it boile 4 hours together till  
till it be a clear Syrup, y<sup>e</sup> Straine it through a piece  
of dean Tiffany & keep it for y<sup>e</sup> use.

## A Restorative Broth.

Take a young cockeril or pullet & flea it, take away all the fat & bruise the bones, also take 2 Calves feet, scald & wash them well in 3 fair waters, & pick them clean from the fat, then put ym into a close pot or Pidgeon. Six wine pints of fair water, salt it & scum it then put in 2 drams of Clove cut small, 2 drams of Sarsaparilla sliced, & cut also to haizons their stons taken out 2 dates cut, thyme, Rosemary, Marjoram, Savory - Sanktoil leaves & strings, tie all these in a little bundle, & put in w<sup>th</sup> y<sup>e</sup> rest some mace & a little Cinamon a little crust of bread, & at the latter end of y<sup>e</sup> boiling a good spoonfull of vinegar. Suth all these to a quatt as near as you can, oftentimes breaking & stirring y<sup>e</sup> bones w<sup>th</sup> a Ladle, & put therein salt & last of all a little sugar to make it pleasant, then give it a boile with all the rest, & straine it through a bagg, & you shall find it a broth in manner of a jelly.

## An excellent Purge

Take halfe a pound of seeds of Damask roses, dip the whites from y<sup>e</sup> tops of them as you doe for Conserve beat y<sup>e</sup> roses very well & take twice their weight of loaf sugar, boile y<sup>e</sup> sugar to a Candy height & y<sup>e</sup> put in the roses, let ym boile til they be fit to cast upon a plate as you doe violet cakes but in bigger lumps, & let ym in a stove to dry a little. The quantity y<sup>e</sup> is to be taken at a time is an ounce & in the room of Rhet drink, take a good draught of Beer & sugar about a quarter of an hour after taking y<sup>e</sup> roses the sugar is to be boiled w<sup>th</sup> Damask rose water

## A Receipt of Rhylick Broth

Take y<sup>e</sup> bones & sinews of a leg of veal w<sup>th</sup> a pullet and break the bones of either of them, y<sup>e</sup> put y<sup>e</sup> into a Pidgeon w<sup>th</sup> a gallon of water and let y<sup>e</sup> on y<sup>e</sup> fire

but cover it not, w<sup>th</sup> tis scum & hath boild almost an hour upon a soft fire, take y<sup>e</sup> roots of Parsley, fennels, Sorage, Bugloss, Savory, red ink & Sorrel of each a root or two, saving that you put but a little of y<sup>e</sup> Savory for making it bitter, but before you put them in you must pick ym & keep them in hot water; also you must take a quarter of a pound of Sparagus roots & put them in w<sup>th</sup> the rest, when these have all boild together a quarter of an hour or better, take halfe a pound of Damask Prunes, halfe a pound of Coranes, ten french Prunes, 2 or 3 leafs of mace a bodome crust of a Manchet & put y<sup>e</sup> in pish & handfull of violet leafs halfe a handfull of Sorrel a little thyme & Rosemary halfe a handfull of Bedony, & as much of Erimony an ounce of Sorage flowers. Let all these boile til the broth will jelly then straine it & heat so much as you will use at a time, you may add harts horn & ivory at the taking of it.

## For the German Evil.

Take an old Cock the older the better & a red one w<sup>th</sup> a black back & belly is esteemed of best smother him by rapping his head close w<sup>th</sup> a cloth, & whelm him under a bowl til he be dead y<sup>e</sup> scald him & draw him, & cast away all his entrails, & cut away onely his back & spurs & boile him in a gallon of fair Spring water, & if it be a very old Cock a gallon & halfe, pulling to it a quart of Barley

## An opening Broth

Take a very clean pot w<sup>th</sup> 3 quarts of water & set it on the fire w<sup>th</sup> a chicken & the bony part of a leg of veal, & let them suth, keeping them clean scummed Then take of Endive Savory, Maiden hair Erimony of each a handfull, & a good quantity of Liverwort, Fennel, Parsley & yellow Dock Roots of each 3 roots



90.)

These being well washed & scraped, & if pith taken out, y<sup>e</sup> pith of damask prunes, Lakons & corands of each 2 handfull, 2 or 3 lase of large mace, with y<sup>e</sup> bottome of a manchot. Let ym lath altogether till y<sup>e</sup> broth be of a redish colour & be not in quantity above a quart, y<sup>e</sup> put in one nutmeg & 2 dates sliced or quartered; y<sup>e</sup> Straine the broth through a strainer & drink a good draught in the morning - fasting & y<sup>e</sup> last draught to bedward after a light supper, make it fresh & use it as you find good by it.

*The Flower of Ointments or some term it the yellow Salve.*

First you must take virgin wax four ounces, red waxe fust or new theer fust without either thin, langes or any drossy matter 4 ounces cut ym both in small pieces & put ym in a dean pan & melt the said fust together with the wax on a soft fire, with must be clear w<sup>th</sup>out smok; secondly take of Storin and Corrosin of each a pound, oilbannum 4 ounces or for want thereof frankincense 4 ounces, Myrrhe & mastick of each one ounce. Beat the gum severally to by little & little put in y<sup>e</sup> powder of every one by itselfe stirring it continually, viz: from the first putting in of y<sup>e</sup> till the last be put in is a little while after this done straine the aforesaid through a strong Canvas cloth into a pottle of whitemine, so let all boile very well on a soft sweet fire til halfe the wine be wasted y<sup>e</sup> take the can from the fire & put in y<sup>e</sup> tops of Rosemary 4 ounces finely stamp & very small & 3 drams of Camphire beat in a mortar into fine powder but before the Camphire be put into y<sup>e</sup> mortar there must be used a little saltat oyl, or 4 Almonds blancht well beaten & taken out againe, or some such oyle stuff - w<sup>ch</sup> will not suffer the Camphire to cleave to y<sup>e</sup> mortar put in the powder by little & little as aforesaid, always stirring it well & so let it coole til it be blood warm Last of all put in 3 ounces of Venice Turpentine well

91.)

strained, And be sure y<sup>e</sup> stuff be as more y<sup>e</sup> blood warme w<sup>ch</sup> you put to y<sup>e</sup> Turpentine for if it be it spoile all your stuff, so w<sup>ch</sup> ly thoroughly cool you must make it up in holes, first anointing y<sup>e</sup> hand w<sup>th</sup> oyl or fresh Butter, if y<sup>e</sup> said stuff may be parted w<sup>th</sup> but suffer not your stuff to be so cold to grow lumpy, for y<sup>e</sup> will be troublesome to make up.

*For the Strangury.*

If it proceed from any rawness in the neck of the bladder or the passage from thence forward will be hardly cured until y<sup>e</sup> rawness be healed. If it proceed from an ulcer in y<sup>e</sup> part it is yet harder to cure & not without the ulcer be first cured. If it proceed from y<sup>e</sup> stone, y<sup>e</sup> must likewise be first cured & all these have their several remedies with outward & inward but if it proceed from the heat of sharpness of urine y<sup>e</sup> cure is more easy & will be performed by purging away those humours with make y<sup>e</sup> urine sharp & partly such things as doe contemperate & cool the heat & sharpness of y<sup>e</sup> urine & these are y<sup>e</sup> demedius w<sup>ch</sup> I take. Take y<sup>e</sup> white of an egg beaten well & y<sup>e</sup> froth taken off, sweeten y<sup>e</sup> w<sup>th</sup> sugar of Rose & sup it up or dissolve it in new milk & drink it. or take a pint of Barley water, & w<sup>th</sup> almonds, hazel nuts & pumpkin seeds bruised w<sup>th</sup> y<sup>e</sup> rest make an emulsion or almonds milk, sweetning it w<sup>th</sup> sugar to to y<sup>e</sup> liking, & if you would have it more effectual add to y<sup>e</sup> almonds a spoonfull of white Poppy seed bruised w<sup>th</sup> y<sup>e</sup> rest. Or take mallow seeds profillion seeds & quinch kernels of each a spoonfull or of any 2 of y<sup>m</sup> bruise & boile y<sup>m</sup> in a pint of water until they be a malsage or jelly, then sweeten it w<sup>th</sup> sugar as you please & this 2 or 3 spoonfulls of this w<sup>th</sup> a draught of Barley water or new milk. These things are to be used morning & evening. you must forbear wine & spices & salt meats & sharp things

92.)

hot hearts onions & garlick & on y<sup>e</sup> contrary use  
hick things as are mild & cooling as milk Rice &  
lettice panadoe water gruel & y<sup>e</sup> like

### For a Consumption.

Take coltsfoot, dry it & rub it & cast away y<sup>e</sup>  
lotion, y<sup>e</sup> take a little tobacco, & a little of the  
powder of Olibanum; mix all these together and  
take it in a pipe fasting & soon after take drink  
wherein put a spoonfull of Senna made into fine  
powder, & add thereto a little dryed & ginger  
if y<sup>e</sup> Patient be able let him take a pipe in a  
morning once a week or ten dayes.

### A Plaister for the Back.

Take Plantane, comfrey, knot grass & shepherds  
purse of each a handfull, Stamp y<sup>m</sup> small and  
boil y<sup>m</sup> in a pound of oyl of Roses & a little  
vinegar, w<sup>h</sup> is well boiled straine it & set it on  
the fire againe & put therein of wax 4 ounces  
of chaulk, Bolus Armenick & Terra Sigillata of each  
one ounce, Boil it well keeping it still stirring, y<sup>e</sup>  
cool it & make it up in Roles, & w<sup>h</sup> you use it spread  
it upon leather & lay it to y<sup>e</sup> back.

### A Drink for the same

Take 4 Roots of Comfrey of knot grass & clary  
of each a handfull, a branch of Rosemary, a little  
gallinsal & a good quantity of Cinamon and  
nutmegs, sliced, the bith of the shine of an oz.

93.)

Stamped, Boil all these in a quart of muscadine,  
y<sup>e</sup> straine & put in 6 yolks of eggs with sugar. drink a  
good draught morning & evening fasting. Take of  
Crous Martis & conserve of red Roses of each an ounce  
mix y<sup>m</sup> and eat thereof 3 or 4 times a day.

### To make Pomander.

Take of Roses 3 ounces, Benjamin 2 pound of  
Musk & ambergrece of each 2 drams of Clove 12  
or 14 grains, Spirit of Roses 10 or 12 grains, take  
damask Roses halfe blown, cut off y<sup>e</sup> tops & bottoms  
& beat y<sup>m</sup> in a stone mortar 4 hours, then put  
in y<sup>e</sup> Benjamin being steeped a night in Rose  
water to the Roses with y<sup>e</sup> rest of the Ingredients  
& beat y<sup>m</sup> ten hours for y<sup>e</sup> longer y<sup>e</sup> better, y<sup>e</sup>  
put in a spoonfull of Gum Tragacanth dissolved  
in Rosewater, and this will make it bind together  
y<sup>e</sup> better & w<sup>h</sup> is beaten enough make it into its  
form you please.

### To make D.<sup>r</sup> Heclerus ointment to cure a wound by accident of the sword

Take y<sup>e</sup> m<sup>o</sup>st of y<sup>e</sup> Skull of a man y<sup>t</sup> hath been strangled  
2 carus, of mummy & earthworms, dryed & powdered of each  
an ounce an half, of blood stone 2 ounces, of y<sup>e</sup> fat of a  
Bare, of a Bore & of a Bore pigs of each 2 drams & of  
oyl of Turpentine 2 drams, make an ointment thereof.  
thus; first y<sup>e</sup> greeces being clean tried & oyl together &  
after put in all the rest of y<sup>e</sup> things finely powdered &  
stir y<sup>m</sup> well together & this must be made when the Sun  
is in libra. The use of it is thus, first wash y<sup>e</sup> wound in  
patients one urine, y<sup>e</sup> anoint y<sup>e</sup> weapon y<sup>t</sup> made y<sup>e</sup> wound  
every day twice & keep it wrapt in a fair linen cloth, &  
lay it in a Place where it may be at quiet



94:)

## An approved medicine for the Gout.

Take of sage & Rue one pound of Bay leafs &  
wormwood of each a pound. Let y<sup>m</sup> be bruised &  
steeped in 4 pound of oyl of Olives and 3 pound of  
Shops Suet for ten dayes. They boile y<sup>m</sup> until y<sup>e</sup> yeares  
grow hard then take it off & straine it & w<sup>th</sup> the halfe  
cold put thereto of oyl of Spike 2 ounces & keep it  
for use.

## For the megrim

Take of Dragons blood one dram & natmye powdered,  
y<sup>e</sup> y<sup>e</sup> with the white of an egg & y<sup>e</sup> gall of an Ox of each  
a little. mingle them together. Spread this upon y<sup>e</sup> inwardmost  
parts of y<sup>e</sup> oz Gall in manner of a Plaster & apply  
it to the forehead & the temples.

## For a Cough.

Take of clarified honey ten ounces of Aniseeds in  
powder & oakes & a pint of claret & boile y<sup>m</sup> to the  
height of an Electuary. Take halfe an ounce thereof  
morning & evening.

## A private medicine for the falling Sickness.

Take y<sup>e</sup> afterbirth of a woman & dry it into  
powder & drinke halfe an ounce thereof in white wine  
for six mornings together. If y<sup>e</sup> Patient be a man it  
must be y<sup>e</sup> afterbirth of a woman of hath a female child  
& so contrary.

95:)

## For the Sciatica

Take of yellow wax one pound, of juice of Marjoram  
& red sage of each 6 spoonfull, of juice of Onions 2 spoonfull.  
Let all these boile together till y<sup>e</sup> juice be consumed & after  
the halfe cold put in of Turpentine 2 ounces, of Frankincense  
natmye, mace cloves & Nutmegs of each a pennyworth these  
being powdered, & stir y<sup>m</sup> & make a Plaster thereof.

## For the overflowing of the Gault.

Take of manas Christi 2 ounces, of white Sugar Candy  
halfe an ounce and three last of each. boile all these in  
Rhen water and Goats milk of each half a pint until  
halfe be consumed and take thereof morning & evening.

## For the trembling of the Heart

Make a Syrup of Damask Roses with Sugar  
and add fibrets of red Grail Pearle & Ambergrace  
finely powdered as much as shall suffice.

## For a Stitch in the Side.

Take a wheat loaf & cut it in 2 halfe, flat  
waies & toast y<sup>m</sup> well against the fire & spread y<sup>m</sup>  
w<sup>th</sup> breade and apply the one upon your Stiche &  
the other upon the contrary side.

A good medicine to preserve  
the sight.

Take 2 ounces of good honey & dispense it  
with eyebright water till it be pure: then add  
thereto and ounces of Chelendine & make thereof  
a Syrup; w<sup>ch</sup> tis cold put to it an ounce of white  
Sugar Candy, all which put into y<sup>e</sup> hollow stalks  
of fennel, y<sup>e</sup> pith clean, scoured out & stop up both  
the ends with wax, with lay in y<sup>e</sup> ground 24 hours  
to dissolve, y<sup>e</sup> keep this water for your use; at evening  
in bed put one drop into your eye, & it will mightily  
preserve the sight.

D<sup>r</sup> Butlers powder for the  
Stone.

Take of Anyseeds, fennel seeds Camin seeds, &  
Sassafras seeds of each 2 drams, of Pernandulys  
Rubarb, Chylopendala docts & english liquorice of  
each 3 drams, grumwell seeds halfe an ounce, winter  
cherries Cinamon of each a dram & halfe, of  
Sena 4 ounces, Cream of Tartar 2 drams, powder  
these. you may give thereof from a dram to  
a dram & halfe.

For the Green Sickness.

Take a good quantity of earthworms, & wash  
y<sup>e</sup> very clean and lay y<sup>e</sup> in vinegar 24  
hours, then dry them and beat them into  
powder, take halfe a dram thereof in the  
morning fasting, take it in white wine.

For the croaking of the Guts  
D<sup>r</sup> Juntor.

Take of Camin seeds, Anyseeds, & Ginger  
of each an ounce; of y<sup>e</sup> bark called cortex  
peruviana. halfe an ounce of Aue dried 2 drams  
dissolve halfe a pound of Sugar in balne water  
& boil it a little, then put in the foresaid things  
being powdered, & boil it to a sufficient height  
and make it into lozenges.

A medicine for the Cough  
of the Lungs.

Take Colts foot & hyssop water of each a  
pint, a handfull & more of Maidenhair boiled  
in a pint of water till it come to halfe a pint  
then take 60 Raisins of y<sup>e</sup> Sun or more the Honey  
cut out, cut out sticks of liquorice scraped & sliced  
a full spoonfull of anyseeds rubbed & bruised, 6  
blue figs sliced, then boil all these together till  
it comes to a third part, then straine it, then  
put in 3 Spoonfulls of Syrup of violets, & 3 Spoonfulls  
of Syrup of Borage, 6 ounces of Brown Sugar Candy  
then boil it up to a Syrup, & with a liquorice stick  
bruised at y<sup>e</sup> end so take it when the Cough  
begins.

To make y<sup>e</sup> cooling Julep

Take Strawberry water one pint, Syrup of violets  
2 Spoonfull, one ounce of Sugar, & as much juice of  
Almonds as will make it acid to please y<sup>e</sup> taste, & if  
you love rosenwater, adde a Spoonfull to it w<sup>ch</sup> will be  
a gratefull cooling & a cordial Julep.



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## The opening Syrup.

Take of the roots of fennel Parsley  
Licorice, Sparagus & Sorrel of y<sup>e</sup> pith taken out  
each 2 ounces, Pellitory of y<sup>e</sup> oak roots 4 ounces,  
Ailons Stoned 6 ounces, Licorice 6 drams, any other  
2 drams; Boil them all in 6 pints of water close  
covered til halfe be consumed in y<sup>e</sup> boiling, then strain  
it & add to every pint of it a pound of Sugar and  
clarify it with white of egg so boil it to a good  
consistance

## The Binding medicine.

Take of Crocus Martis 12 grains, & of Magistery of  
Pearle 10 grains, & Magistery of Coral 10 grains & as  
much conserve of red roses as a walnut, & one grain  
of Laudanum; Let this be well incorporated together  
adding some Syrup of Gillyflowers to make it good &  
you must take it when you goe to bed & in the  
morning if you find y<sup>e</sup> loathings.

For a woman in labour for speedy  
delivery, if their throats have left them  
or be in danger.

Take halfe a dram of Borax powdered & mixed  
with a cup of white wine & Sugar & a little cinnamon  
water. If it doe not good at y<sup>e</sup> first time, give it  
again 200 hours after & so in the like manner the  
third time, you may without danger give 2 scruples  
of it, & so forth to a dram, but if it your largest  
a scruple is 20 grains, & a dram is 3 score grains

99:

## For the stopping of the Spleen

Take the powder of blackcast & y<sup>e</sup> juice of worm-  
wood mingled together, use to drink it for eight dayes  
together, and it will help you.

## Stomach Pills

Take of aloes an ounce, of Masticke 2 drams,  
powder y<sup>e</sup> & incorporate y<sup>e</sup> with juice of wormwood  
or roses & drop into it halfe a dozen drops of y<sup>e</sup>  
oyle of Aniseeds, you may take a scruple or halfe a  
dram at a time 2 or 3 nightes together.

For one y<sup>t</sup> spits blood by having some  
vaine break in his Breast.

Take mucedung beaten to powder as much as will  
lay upon a groat & put it into a glassfull of y<sup>e</sup> juice  
of Plantane with a little Sugar & give the patient to  
drink in the morning fasting & at night when he goes  
to bed, continuing this you shall make whole & sound.

## For scalding & Burning

Take a pound of Rosin in powder, a pound of  
unwrought wax mingled finely & clarified fresh & clear  
put all together in a brass pot & set on y<sup>e</sup> fire till it begin  
to selt, an ounce of aloes stirring y<sup>e</sup> & take them off  
the fire, & put y<sup>e</sup> in a vessel of fair cold water,  
letting it stand a day or a night, then making it into  
balls & put it in a cloth & use it as you other plaisters.

For the extreme heat of the Ague.

Take a handfull of elder leafe and as much nightshade and a handfull of gray cut Stamp them and lay them to the soles of thy feet to both & twill away the heat.

A Collyer for a sore breast.

Take of hemlock & white Lilly roots of each a handfull, great oatmeal, chop y<sup>e</sup> hearts and beat your oatmeal a little, put all these in a quart of new milk & boil them till it be thick & so apply it warm to the breast, but if the breast have been tented, pull y<sup>e</sup> tents out & wash y<sup>e</sup> breast with new milk, & so lay y<sup>e</sup> baltis to it & dress it every 24 hours.

A Comfortable Plaister for the Stomach.

Take a handfull of red sage, of wormwood & Sweet Marjoram of each a handfull put altogether over a chafingdish of coles, & let y<sup>m</sup> dry a pretty while, then put to y<sup>m</sup> a little Rose vinegar, & red rose water & let y<sup>m</sup> boil upon y<sup>e</sup> dish stirring y<sup>m</sup> fast, y<sup>m</sup> cut a nutmeg & put to y<sup>m</sup> & so let them stand till y<sup>e</sup> moisture be almost dryed from y<sup>m</sup> y<sup>m</sup> quill y<sup>m</sup> in a linen bagg & so lay y<sup>m</sup> to y<sup>e</sup> Stomach.

For the Green Sickness.

Take of y<sup>e</sup> filings of steel well cleaved from all mixture of wood, Burn it & take it up with a loadstone & strike it off with a feather

into a paper of this take 2 ounces & put upon it a quart of white wine with these things following: Rosemary a handfull, thyme & a handfull, tamarisk as much, Sillitory of Spaine & cloves bruised of each one dram Sassafras shaved 2 drams. Let this steep together one week shaking or stirring it together three or three every day, y<sup>e</sup> let it stand as long without shaking y<sup>e</sup> it may become clear, & as it grows clear pour it out into another glass to be kept for use. This liquor you may sweeten with Syrup of graine ginger 2 or 3 ounces to a pint or more w<sup>th</sup> y<sup>e</sup> Syrup of preserved nutmegs or both together

For stopping of blood by nose mouth or ear.

Take in march or may chiefly a fair linen cloth & wash it in a spawne of frogs 9 dayes, drying y<sup>e</sup> cloth in y<sup>e</sup> wind every day & when you have occasion to use it, take a peece of it and put in y<sup>e</sup> place y<sup>t</sup> bleeds & it will stop it.

A very good oymntment for an Ach or bruise.

Take of sage & Rue of each a pound, wormwood & Bay leafe of each halfe a pound, cut y<sup>m</sup> small and beat y<sup>m</sup> in a Stone mortar w<sup>th</sup> 3 pound of sheeps suet new from y<sup>e</sup> sheeps yet cold, mince it small then beat y<sup>e</sup> hearts & it together till it cannot be discerned from y<sup>e</sup> hearts: but all of one colour, then put it into a bason, & put to y<sup>e</sup> same a pottle of Sallet oyl & work it in w<sup>th</sup> y<sup>m</sup> hands till it be all of a likeness as to softness, y<sup>e</sup> put it into an earthen pot & cover it with a close cover & dayes, y<sup>e</sup> suck it in a brass pot with a soft fire till y<sup>e</sup> strenght of y<sup>e</sup> hearts be gone, w<sup>th</sup> you shall p<sup>r</sup>ceive by taking a spoonfull & putting it in a new canvas bagg, & wring y<sup>e</sup> juice from y<sup>e</sup> hearts, & if in y<sup>e</sup> last wringing



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there come like a brown water, y<sup>e</sup> is not boiled, enough for there must come nothing but oylment. & this way you may try all other oylments. & when you have strained it put it into a stone pot for y<sup>e</sup> use; you must anoint y<sup>e</sup> patient evening & morning warm keeping y<sup>e</sup> same linen cloth next it for drinking up too much of y<sup>e</sup> oyl.

### For y<sup>e</sup> loosening of a Costive Body

Take May butter one pound, mallons halfe a pound, Senna 2 ounces, Mox licatrine 2 drams, shred y<sup>e</sup> mallons, & boil all gently, after all is boiled straine it and anoint y<sup>e</sup> navel or fundament for children it will serve onely without french Mallons may butter & halfe an ounce of Senna.

### To Stay a Looseness

Take a pint of very good red wine & y<sup>e</sup> yolks of 3 new laid eggs, beat y<sup>e</sup> very well & put to y<sup>e</sup> wine, y<sup>e</sup> let y<sup>e</sup> over y<sup>e</sup> fire to boil a little while; y<sup>e</sup> put to it three Spoonfull of powder Cinamon & 3 or 4 Spoonfull of fine Sugar; so let it boil till it be thick like a Cordial, y<sup>e</sup> take it off & give y<sup>e</sup> patient to drink by 3 or 4 Spoonfull at a time & let him fast an hour after & it will help him.

### An approved medicine for the Ague.

Take Smalage, hibernort, Plantane, hestagrace, & Solitann beat all these together in a wooden bole, w<sup>th</sup> a little bay salt; then put y<sup>e</sup> in a thin linen cloth & lay y<sup>e</sup> w<sup>th</sup> y<sup>e</sup> wrists & boughs of the patient's arms, & a little before y<sup>e</sup> cold fit comes, and it will take the Ague quite away.

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### An approved medicine for a Starily if they cant have y<sup>e</sup> help of bleeding blood

Take of Carduus benedictus y<sup>e</sup> bits or for want of bits y<sup>e</sup> leaf a large handfull, Boil y<sup>e</sup> in a pint of beer till it be halfe consumed; y<sup>e</sup> straine it & give the patient warm fasting & let y<sup>e</sup> not take anything of 6 hours after for this present death.

### Soap for y<sup>e</sup> hands

Take one pound of bitter almonds, Blanch y<sup>e</sup> & beat y<sup>e</sup> in a mortar very small, then take a quarter of a pound of Raisins, & pick y<sup>e</sup> stones out & beat y<sup>e</sup> w<sup>th</sup> y<sup>e</sup> almonds y<sup>e</sup> take a quarter of a pound of Sugar, & 10 new laid eggs, & beat y<sup>e</sup> altogether in y<sup>e</sup> mortar, y<sup>e</sup> take a pint of best Gaul y<sup>e</sup> newest you can get, & straine y<sup>e</sup> altogether through a coarse strainer w<sup>th</sup> y<sup>e</sup> hand; then take it and put it into a stone pot and keep it close and take it as you need it.

### A Poultice for a sore breast or any swelling in any part of y<sup>e</sup> Body

Take mark-mallons & wormwoods of each a like quantity, soe them till they be very tender, y<sup>e</sup> lay y<sup>e</sup> where y<sup>e</sup> water may draine from them to every pound take of gilts grease cleane skinned & work all of y<sup>e</sup> together in a stone mortar, lay y<sup>e</sup> plaster waies a finger thid on a double cloth as hot as y<sup>e</sup> patient can suffer it, change it as often as it grows cold but once in 24 hours will suffice; this will ripen it from further putrefaction and if it be not already putrefied it will take the swelling quite away.

## For the Dropsey

Take a quart of broom dries finely tenced & an ounce of Cinamon beaten small & a bottle of white wine: put all these together into an earthen pot & let it stand 3 dayes covered: It must be stirred twice every day, y<sup>e</sup> pour it off clear into a glass & drink thereof 3 times a day & spoonfull at a time morning, noon & when you goe to bed.

## An excellent powder for the wind.

Take Anysids & Coriander seeds prepared of each 2 bunches. Cinamon halfe an ounce liquorice one ounce of cloves & make the weight of... pence: beat all these & searce y<sup>m</sup> and mix them with as much white sugar candy as all y<sup>e</sup> rest.

## To make liquorice balls or cakes for a Coughing cold.

Take halfe a dram of Miconpane, halfe an ounce of Anysids 2 ounces of liquorice dried & searid: y<sup>e</sup> take a quarter of a pound of fine sugar, Rysop water & Coltsfoot water as much as will wet y<sup>m</sup> then set y<sup>m</sup> to boile as fast as may be, & when it is somewhat thiff take it & beat it in a Stone mortar with a little Gum Dragon steeped in Rysop water & make y<sup>m</sup> into howls or cakes and dry y<sup>m</sup> in a dish before y<sup>e</sup> fire

## A p<sup>re</sup>sont help for y<sup>e</sup> Colick

Mingle as much mithridate as a bean in a spoonfull of Dragon water or Singsornel water & give it to drink: Lay a little Suct on y<sup>e</sup> hole of y<sup>e</sup> navel.

## A Stomacher for the Heart Collick

Take of mastick one ounce of wax Dear Suet, mace, cloves of every one as much, Bay Berries & Frankincense of each 2 ounces: Let all these spices & gums be hatched into fine powder, & let y<sup>e</sup> wax & Suet be melted: mix y<sup>m</sup> altogether, & make y<sup>m</sup> like a salve; y<sup>e</sup> take as much white leather as will cover y<sup>e</sup> Stomach, & spread y<sup>e</sup> salve pretty thick upon y<sup>e</sup> smooth Side of it. Then take fine wool, spread it thin upon y<sup>e</sup> plaister, laying Sarsenet upon it so quilt it & keep it for y<sup>e</sup> use; & w<sup>ch</sup> you fear y<sup>e</sup> pain. Lay it upon y<sup>e</sup> Stomach untill y<sup>e</sup> pain.

## For the Plague.

Take 6 pennyworth of mithridate & pennyworth of Venice Treacle a pint of Rg. vita & an ounce of nutmegs 2 pennyworth of long Pepper one ounce of Ginger, one quart of malnsiey: Pound all y<sup>e</sup> spices small then put y<sup>m</sup> into y<sup>e</sup> liquor with a good handfull of red sage & as much Rue strated. Boile y<sup>m</sup> altogether, & w<sup>ch</sup> they are well boiled strain y<sup>m</sup>. Then put in y<sup>e</sup> mithridate & treacle, if you be affraid of the infection take every morning a good spoonfull but if you be infected take a good quantity & lay your self to sweat 3 hours take heed of taking cold & take of it still if you find y<sup>e</sup> self not well.

## For a Canker.

Take english honey clarified untill kept & red Sauger, Stamp y<sup>m</sup> & strain y<sup>m</sup> into y<sup>e</sup> honey with a peece of Alkanet so amount y<sup>e</sup> Mass. Take a handfull of Sinkstail & bath it in running water from a quart to a pint, take y<sup>e</sup> leaf & hold y<sup>m</sup> in y<sup>e</sup> mouth & hold y<sup>e</sup> mouth over y<sup>e</sup> water & let nothing down.



## A Receipt for y<sup>e</sup> worms w<sup>ch</sup> may best be made in May

Take a good handfull of featherfue, & a handfull of wormwood as much Rue, one handfull of Camomile & a handfull of white thick leaved Tansy, one handfull of Sothernwood, 4 or 5 handfull of parslak. Then chop y<sup>e</sup> hearts & heads of parslak very small, then take a pound of may butter & put it in a dean pan w<sup>th</sup> y<sup>e</sup> hearts & boil y<sup>e</sup> upon a soft fire till all y<sup>e</sup> juise of y<sup>e</sup> hearts be boild out w<sup>ch</sup> may be discerned by y<sup>e</sup> green colour. Then put into it a beasts gill; Let it boild a litle after so Straine it through a course cloth; y<sup>e</sup> putting it into a dean pan let it boild till you see a white scum arise which must be taken off w<sup>th</sup> a feather so put it up close for your use, which must be in this manner at full & change of the moon let y<sup>e</sup> child be before a good fire & anoint both his belly near y<sup>e</sup> navell & small of his back w<sup>th</sup> it.

## The true making of Tincture of Corall.

Whereas all y<sup>e</sup> rest made & sold for Tincture of Corall are not true, but false & sophisticate. First of all take y<sup>e</sup> best red Corall w<sup>ch</sup> quantity you please is or is ounces or double or treble as you please. Let y<sup>e</sup> corall be whole put it into a well made earthen dish or dishes made like to silver trenchers or flat dishes. Set y<sup>e</sup> in a deoveration to calcine first w<sup>th</sup> a gentle fire, y<sup>e</sup> y<sup>e</sup> reoverberating flame may touch y<sup>e</sup> Corall but gently or superficially. The corall by this gentle fire & flame will begin to loose its natural colour & grow whiteish, continue y<sup>e</sup> fire & y<sup>e</sup> flame still increasing y<sup>e</sup> by little & little more & more, till y<sup>e</sup> colour grows yellowish, & from y<sup>e</sup> till it be brought to a deep red

again, & y<sup>e</sup> body of y<sup>e</sup> Corall be brought to be sparagious & light, which will be for y<sup>e</sup> most part brought to pass in 2 or 3 dayes & nights, w<sup>ch</sup> these things appear y<sup>e</sup> y<sup>e</sup> Corall is made ready & fit by y<sup>e</sup> benefit of y<sup>e</sup> fire & his degrees to communicate his tincture in proper menstrum or liquor; y<sup>e</sup> take y<sup>e</sup> corall thus calmed together & prepared, & cast or put into y<sup>e</sup> spirit of wine, soon after this spirit will draw out y<sup>e</sup> tincture of y<sup>e</sup> Corall, & forces or drops good for naught will go down to y<sup>e</sup> bottom of y<sup>e</sup> Liquor in a whitish substance. Take all y<sup>e</sup> spirit & distill it easily away, then the tincture will remaine most red, w<sup>th</sup> a certaine sweetness of tast & good odor something thickish. This Tincture of Corall is of such efficacy, y<sup>e</sup> after some few times using it, it is impossible any impurity should remaine in y<sup>e</sup> whole mass of y<sup>e</sup> blood. Its given from 3 drops to 5. or is in its proper vehicle or liquor. This tincture is to be not steamed of any physician or others for its admirable & stupendious effects as having a great sympathy with mans spirits.

## An excellent Purge.

Take a pound of y<sup>e</sup> buds of damask roses & dip the whites from y<sup>e</sup> as you doe for conserve, y<sup>e</sup> beat y<sup>e</sup> roses very well & take twice thier weight of loaf sugar. Boil y<sup>e</sup> sugar to a candy height, & y<sup>e</sup> put in your roses, & let let y<sup>e</sup> boil till they be fit to lay upon plates, as you doe violet cakes, but in bigger lamps. y<sup>e</sup> Set y<sup>e</sup> in a stove to dry a little. the quantity y<sup>e</sup> is to be taken at a time is one ounce, & for posset drink, take a large glass full of bear & sugar about a quarter of an hour after y<sup>e</sup> taking of y<sup>e</sup> roses. the sugar is to be boild up w<sup>th</sup> damask rosewater.

## To make urine pass if Stopped.

Take hornets of red beech stones seed, new laid egg shells a like of each, dry y<sup>e</sup> on a chafing dish of coals, beat it fine in a mortar, put it in white wine & drink it

## A Salve for all manner of Sores & wounds

Take betony plantane & malage of y<sup>e</sup> juice of each one pound: put it into a pan, & put thereto 3 ounces of cleare new wax newly taken from y<sup>e</sup> honey. 2oz of sause white & cleare. melt these by y<sup>e</sup> sifter w<sup>th</sup> a soft fire. then put y<sup>e</sup> juice thereto, & boile y<sup>e</sup> together till all y<sup>e</sup> juice be waisted in, alwaies stirring it apace. then strain it through a cloth, & take 3oz of turpentine, & stamp y<sup>e</sup> together, & w<sup>th</sup> w<sup>th</sup> cold make it up & keep & keep it. It healeth all manner of wounds be they never so deep, & y<sup>e</sup> same plaister will heal a hundred wounds, if it be well applied, & alwaies doe no more but chaff it between your hands a little & lay it on a cloth, & cut it nigh as long as y<sup>e</sup> wound & see y<sup>e</sup> wound be washed morning & evening w<sup>th</sup> white & red wine & y<sup>e</sup> y<sup>e</sup> part honey tullen together & wash it warme, & every time make your plaister hot in y<sup>e</sup> hands. but make it cleane before you chafe it. so lay it on, & y<sup>e</sup> take it & put in your wound, & all y<sup>e</sup> filth of y<sup>e</sup> wound will rise at y<sup>e</sup> hole of y<sup>e</sup> plaister & if y<sup>e</sup> wound ach poure a little oyl of olives into it & it will never ach.

## A Salve for a bruise.

Take a q<sup>t</sup> of a pound of unwrought wax & a pound of rosin, as much marshmall, harts talow a q<sup>t</sup> of a pound. make y<sup>e</sup> into powder, put into it first a pound of rosin, y<sup>e</sup> make y<sup>e</sup> into powder & put y<sup>e</sup> into an earthen pan & seeth y<sup>e</sup> well till they be melted. then straine y<sup>e</sup> through a course cloth into another earthen pan & set it on y<sup>e</sup> fire again, & put thereto a q<sup>t</sup> of a pound of turpentine, & 2 drams of Camphire, & let y<sup>e</sup> seeth a little while & straine y<sup>e</sup> through y<sup>e</sup> cloth againe into a Bottle of white wine, & so let it stand till they be somewhat covered, y<sup>e</sup> wet your hands w<sup>th</sup> salat oyl & work them up in firts.

## A Salve to be made in May. for Sores or Cuts

Take a peck of plantane beat it & grind it fine, a pound of unwrought wax, a pound of may butter, a q<sup>t</sup> of a pound of rosin; put all these together & boile y<sup>e</sup> a pretty while, y<sup>e</sup> straine y<sup>e</sup> through a course cloth.

## For a Sore Brest.

Take Com... leaf, cut off y<sup>e</sup> red veins from y<sup>e</sup> heat y<sup>e</sup> very warm, & lay y<sup>e</sup> to y<sup>e</sup> brest. shift y<sup>e</sup> morning & evening w<sup>th</sup> fresh leaf. & if y<sup>e</sup> brest be red or break take a handfull of groundsil, beat it & straine it, & put it to a little wheat flour, y<sup>e</sup> yolk of an egg & a little english honey. temper all these together, & warm it and so lay it on a cloth and lay it to y<sup>e</sup> brest.

## For y<sup>e</sup> yellow & black Jaundies proved good for both.

Take a pint of whitewine, a red dock root, a burr root y<sup>e</sup> root is y<sup>e</sup> small burr, a pennyworth of turmeric feedeth on the Green; seeth these together a pretty while. Let it run through a fair cloth drink it morning & evening three times.

## For a bristed Eye.

Take y<sup>e</sup> pap of a roasted apple & as much white bread crum. steep y<sup>e</sup> in rosewater & y<sup>e</sup> white of an egge beaten to a froth & y<sup>e</sup> froth taken off, & so laid to y<sup>e</sup> eye. add to it a clene of saffron.



## To stop womans sicknes of overfloweth

Take h a pint of new milk from y<sup>e</sup> Cow seeth it with  
grated Cinamon & nutmeg; take it from y<sup>e</sup> fire &  
let it cool till it be lukewarm; then put in a spoonfull  
of dunnit: w<sup>ch</sup> is gathered stir it with a spoon, & drink  
it evening & morning h a pint at a time, making it  
fresh every time. Drink it in y<sup>e</sup> morning & at night  
w<sup>ch</sup> you go to bed: y<sup>e</sup> dunnit is made as followeth,  
Take y<sup>e</sup> runnit of a sucking Calfe, wash it in cleere  
waters, pick out y<sup>e</sup> haire, salt it in y<sup>e</sup> bagg againe  
put it in a Stone Cruike or earthen pot & cut off it

## For deafnes or ringing in the head

Take a little Lavender Cotton, a little red sage, &  
a little mint. Chop y<sup>m</sup> small with a little flower mist  
with vinegar. Incise it & make it no broader y<sup>m</sup> y<sup>e</sup> ear  
bake it on y<sup>e</sup> fire. Clear it whilst it is very hot  
& as hot as you can suffer it lay it to y<sup>e</sup> ear a whole  
day & night. If you be not well with y<sup>e</sup> dressing, make  
fresh & try it once againe.

## A Pin or web in y<sup>e</sup> eye.

Take the gaul of an Hare and honey of  
each a little quantity, mingle them together, and  
take a feather, and put a little into the eyes and  
it will heal y<sup>m</sup> w<sup>th</sup> in 3 dayes & save y<sup>e</sup> sight.  
Take y<sup>e</sup> gaul of a Hare or of a Peacock, & drop into  
the eye.

## Queen Elizabeths powder for a windy Stomach called pulvis Regius.

Take white ginger, choise cinamon, Galingal of each  
halfe an ounce, Caraway seeds, Sweet fennel seeds of each  
2 drams, long pepor, Cardomons, mace, nutmegs of each  
one dram, of Zedoary halfe a dram; let all these be  
made into subtil & fine powder, unto which adde y<sup>e</sup> finest  
bryest & hardest powder Sugar 12 or 16 ounces, (but not  
loaf Sugar, for all loaf Sugar is made up with lime and  
causeth drougth & drineth, & loosneth not y<sup>e</sup> belly so much  
as y<sup>e</sup> other. Mingle all well, this powder must be taken  
before meat y<sup>e</sup> weight of one dram & halfe, or y<sup>e</sup> weight of  
twelve pence, & after meat also. But I hold y<sup>e</sup> confectiō  
in y<sup>e</sup> other paper made into little mordele rather better  
after meat for digestion or closing y<sup>e</sup> Stomach in kind  
of chuse.

## To make Pomatum.

Take a mutton helle hot out of y<sup>e</sup> sheeps belly & put it  
in y<sup>e</sup> rose water, and so let it lye 9 or 10 dayes, shifting  
it twice a day, y<sup>e</sup> take y<sup>e</sup> suit clean from y<sup>e</sup> skin, but if  
you can get Lamber suit it is better, and beat it well with  
a rolling pin, till it is very soft, y<sup>e</sup> put it in an earthen  
pet, & put to it march malow roots, & white Lilly roots  
& some slices of aple y<sup>e</sup> will be tender in boiling, y<sup>e</sup> stop  
y<sup>e</sup> pot close & let it in a pan of boiling water, & so let  
it continue boiling till y<sup>e</sup> suit be fully wastal; y<sup>e</sup> straine  
it & put to it as much Sperma ceti to it as you please, &  
beat y<sup>m</sup> together in May dew, or fair water & some rose  
water, you must continue beating 3 or 4 hours, shifting y<sup>e</sup>  
water halfe a dozen times, y<sup>e</sup> let it by to cool & then  
beat it y<sup>e</sup> next day, so every day for a week; then make  
it up into Cakes, & keep it in sweet.

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## A Confection of Tragea made into morsels or little Cakes

This is good for warming & closing y<sup>e</sup> Stomach after meat, helping flow & weak concoction, appeaseth low belchings, w<sup>ch</sup> are alwaies sure signs of a cold Stomach & it maketh y<sup>e</sup> breath sweetfull & pleasant: y<sup>e</sup> Receipt is this not much unlike y<sup>t</sup> calld y<sup>e</sup> Queen powder.....

Take any seeds Sweet fennel seeds, Caraway seeds & Briander seeds prepared white Ginger of each a French Crown weight & a halfe for y<sup>e</sup> weight of 12. of Calamus aromaticus of nutmegs of each a dram; of choice Cinamond, Liquorice longed & cut of each a q<sup>r</sup> of an ounce, of finest potter sugar 13 maces Let y<sup>e</sup> seeds remaine whole, (not powdered or beaten) but if these things must be cut small, but not finely powdered. In w<sup>ch</sup> rose water dissolve y<sup>e</sup> sugar, adding these things to it dissolved. But let not y<sup>e</sup> sugar be too hot, & stirring all well, Cast little morsels or Cakes like manns Christ Cakes, so keep y<sup>m</sup> for y<sup>e</sup> use to eat after meat, i. e. or 2 at a time according to y<sup>e</sup> bigness of y<sup>m</sup>. Some adde to these 2 grains of musk to make y<sup>m</sup> more fragrant but in regard musk is often offensive to women it may be added or left out at pleasure. Cathartick laxative or preserved corants to keep one soluble, who is given to looseness or costive in body very easy safe & gentle as may be well perceived by y<sup>e</sup> ingredients to good for y<sup>e</sup> Liver & inward parts

## Hollow Tooth

Take arsenick & sal armonick equal parts: solt it in distilled vinegar to past: fill y<sup>e</sup> hole of y<sup>e</sup> tooth, w<sup>ch</sup> y<sup>e</sup> tooth will never ache more, also Candanum & Saccharum put into a hollow tooth is a good remedy for y<sup>e</sup> payne thereof. Also take y<sup>e</sup> seed of hennane & beat it to powder, & mingle it with a little wax, & make a little pellet, y<sup>t</sup> it may be full of powder, & put it in y<sup>e</sup> hole of y<sup>e</sup> tooth & it will kill y<sup>e</sup> worme in it.

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## To make egrimony ointment w<sup>ch</sup> is made best in May.

Take butter & salt it, & y<sup>e</sup> egrimony & chop it very small; y<sup>e</sup> take y<sup>e</sup> butter & egrimony, & work it together & make it into balls; then put y<sup>e</sup> balls into an earthen pan, & set it in a seller or in some other place where it may grow moldy, & there let it stand nine dayes, & y<sup>e</sup> boile it very well together, y<sup>e</sup> straine it into a jelly bot, & so keep it all the year. It is good for any bruisse, ach or sore or for any hard swelling to be anointed therewith.

## An excellent drink for the Liver.

Take of madder roots k a pound, dock root k a pound, a pound of Scabious, egrimony, violet flow. Carduus benedict of each a handfull, Scurvy, fumitory, bidney, Borage, English maiden hair, hartstongue, Liverwort of each a handfull, liquorice one ounce, any seeds 2 ounces, beat in small slices y<sup>e</sup> quantity you please. But all these in a linen bag very thin, w<sup>ch</sup> must have a piece of lead in it to keep y<sup>e</sup> bags down, & hang y<sup>e</sup> same in 4 or 5 gallons of Ale or Beer drink thereof morning & evening: It will give you 2 stools a day or thereabouts

## The salve for y<sup>e</sup> Kings evil.

Take a bar dock root & a white Lily root, & wash & dry y<sup>m</sup> w<sup>th</sup> a cloth, y<sup>e</sup> wrap y<sup>m</sup> in brown paper & rost y<sup>m</sup> in y<sup>e</sup> embers, & w<sup>ch</sup> they are soft take y<sup>m</sup> out of y<sup>e</sup> paper, & cut off all y<sup>t</sup> is burning or hard, y<sup>e</sup> beat it in a mortar w<sup>th</sup> burning grease & bean flour, & w<sup>ch</sup> is almost beat enough, put in as much of y<sup>e</sup> best turpentine as will cause it to smell of it & so keep for your use.



## For the dropie

Take of horse radish roots y<sup>e</sup> long way as thin as may be  
20<sup>lb</sup> of sweet fennel seeds bruised 20<sup>lb</sup> sweet fennel  
roots sliced 20<sup>lb</sup> y<sup>e</sup> tops of thin winter Savory sweet  
marjoram water cresses & nettles of each one handfull and  
small, boil all these in 3 pints of water & 3 pints of wine  
w<sup>th</sup> must be thick, one quart of good Canary & one pint of  
white wine close covered untill it be halfe consumed, so  
remove it from y<sup>e</sup> fire, & let it stand to lulle 3 hours &  
y<sup>e</sup> straine it & into every draught put in one ounce of  
y<sup>e</sup> Syrup of y<sup>e</sup> roots, which is ready made at every  
Apothecaries Shop and must be taken twice a day in  
y<sup>e</sup> morning fasting and at 3 a clock in y<sup>e</sup> afternoon  
fasting 2 hours after: If y<sup>e</sup> patient have w<sup>th</sup> this  
disease y<sup>e</sup> scurvy alloe, w<sup>th</sup> many times it is y<sup>e</sup> cause  
of y<sup>e</sup> dropie; add to these former draughts w<sup>th</sup> you  
are ready to drink it, 2 Spoonfull of y<sup>e</sup> Juice of  
Scurvy grass

## The oymntment in the Cure of y<sup>e</sup> dropie.

Take nallowt & elder leafs, sweet Marjoram water-  
cresses, pennyroyal of each one handfull cut & bruised  
& let y<sup>m</sup> to seethe in a quart of salad oyl, & let y<sup>m</sup> lye  
an hour, y<sup>m</sup> let y<sup>m</sup> stand 3 dayes in y<sup>e</sup> cold, y<sup>m</sup>  
againe straine y<sup>m</sup> hard but let it be hot w<sup>th</sup> you strain  
it, & put in as many more of y<sup>e</sup> same herbs &  
lute it as before, straine y<sup>m</sup> & doe so a third time  
y<sup>m</sup> at y<sup>e</sup> last straine y<sup>m</sup> & keep it as an oymntment,  
let y<sup>e</sup> smole body be anointed therewith one in 3  
dayes & y<sup>t</sup> in y<sup>e</sup> morning by y<sup>e</sup> fire stroaking it on  
downward one hour together. — The hearts of y<sup>e</sup>  
oymntment are to be picked chopped & cut small and  
beaten or bruised in a Stone mortar, y<sup>e</sup> rind of y<sup>e</sup> elder

is esteemed as good as y<sup>e</sup> leafs, there is to be halfe a pint  
of white wine put first w<sup>th</sup> y<sup>e</sup> hearts, y<sup>m</sup> all being mingled to-  
gether w<sup>th</sup> y<sup>e</sup> oyl in y<sup>e</sup> pot. The pot is also to be put in a  
boiling pot of water covered w<sup>th</sup> 3 or 4 fold paper or lincut  
ell, & to be kept at y<sup>e</sup> least 3 hours boiling, albeit halfe an  
hour was sufficient being ladden on y<sup>e</sup> fire, but boiling  
it in water as above said is much better, at y<sup>e</sup> last it is to  
be strained w<sup>th</sup> y<sup>e</sup> prep of y<sup>e</sup> Apothecary.

## D.<sup>r</sup> Burges direction for y<sup>e</sup> Plague.

Take 3 pints of malmsy or muscadine, & boil therein a handfull of sage  
& as much rue till one pint be wasted: y<sup>e</sup> straine it & set it on y<sup>e</sup> fire  
again, y<sup>m</sup> put in one pennyworth of long pepper, half an ounce of ginger, &  
a q<sup>t</sup> of an ounce of nutmeg all beaten together. Let it boile a litle  
& put therein a pennyworth of mithridate & pennyworth of muske  
one q<sup>t</sup> of a pint of y<sup>e</sup> best angelica water. keep this as thy life  
above all worldly treasure: take of it always warm morning & evening  
one or 2 spoonfull at a time. Let it be warm: If you be already  
infected sweat till you find y<sup>e</sup> selfe in ease. It will drive out  
y<sup>e</sup> Plague. If you be not infected take it a spoonfull at a time  
in y<sup>e</sup> morning, & as much at night all y<sup>e</sup> plague time. And  
God trust to this for it never deceivd man, woman or child.  
This is also good against y<sup>e</sup> small pox, Measles, & divers other  
diseases. If you perceive a swelling make a poultice of elder leafs  
& white lily roots, & lay y<sup>m</sup> to y<sup>e</sup> place sorely, & twill break it  
then lay on y<sup>e</sup> sore elder leafs or Ivy leafs to keep it open.  
Sedary root is excellent good against Infection to be  
chawed on often. It is good to have a Clove in y<sup>e</sup> mouth  
w<sup>th</sup> you goe to infected places. it is good to smock y<sup>e</sup> selfe w<sup>th</sup>  
harr or frankincense before you goe forth in y<sup>e</sup> plague time  
It is also good to be catch with figs.

### For a Rupture.

Take Chabanum one ounce, mastick, virgins wax  
dear Suet of each one ounce; melt all these together  
stirring well till they be melted; y<sup>e</sup> take some fine  
holland baggs & dip y<sup>e</sup> & so lay y<sup>e</sup> on y<sup>e</sup> rupture  
warm.

### A Bag against wind

Take one good handfull of water Cresses, one  
handfull of broocklime, of Scurvygrass, of y<sup>e</sup> flos of  
linde of each one handfull, Tena & Kutaro of  
each 12 pennyworth & pennyworth of english Rabard  
as much horse droish as an egg, y<sup>e</sup> outward bark  
of a young cleph. Scapung of y<sup>e</sup> gray rind, 2 ounces  
of any seeds, h a pound of raisins. Bind y<sup>e</sup> altogether  
& put y<sup>e</sup> into a bagg, so put y<sup>e</sup> into 2 gallons of new  
Ale, & drink in y<sup>e</sup> morning n<sup>o</sup> you rise, & at ten  
in y<sup>e</sup> fore noon, & at 4 in y<sup>e</sup> afternoon.

### A Purging drink.

Take 3 pints of small wort & put into it 102 of Senna  
h an oz of any seeds, boil it till 2 parts be consumed  
y<sup>e</sup> straine it & adde to it h an ounce of Rabard sliced  
thin, a q<sup>t</sup> of an ounce of drough. Let y<sup>e</sup> infuse in it a  
day, y<sup>e</sup> take 4 pints of new ale, y<sup>e</sup> is ready to tun, & put  
this infusion into it, & let it work altogether & when it  
is 5 dayes old you may begin to drink it.

### The making of lime water

Take a limestone y<sup>e</sup> is very well burned as big as  
a mans head, y<sup>e</sup> put it into 6 quarts of boiling water  
& cover it close, & now & y<sup>e</sup> stir it, y<sup>e</sup> next day n<sup>o</sup> is  
filled, pour off y<sup>e</sup> clear water & keep it in bottles for y<sup>e</sup>  
use

### A Sweet drink.

Take of Saltrafas, rosemary, harts horn scraped or shaved  
Sory of each one ounce, Egrimony, liverwort, harts tong, spid-  
=well of each a handfull, mace h an ounce, clove gillyflowers  
marigolds, flowers primrose flou<sup>r</sup> of each 2 pugills. Boil  
these in 6 quarts of wort til y<sup>e</sup> s<sup>t</sup> be consumed. w<sup>h</sup> is al-  
=most enough add to it h a handfull of sea worm wood, y<sup>e</sup>  
take it off y<sup>e</sup> fire, & straine it & put to it 5 gallons of  
strong wort, w<sup>h</sup> is almost cold, put yest to it, let it work  
altogether & y<sup>e</sup> tun it for use.

### An excellent Receipt for the Scurvey.

Take 6 pound of Scurveygrass, & one pound of horse  
Radish. Shred y<sup>e</sup> small stalk of y<sup>e</sup> best sack & white  
=wine of each a like quantity so much as will just cover  
y<sup>e</sup> & let y<sup>e</sup> stay being close covered 24 hours & y<sup>e</sup> distill  
y<sup>e</sup> this is a Scurvey Remedy for y<sup>e</sup> Scurvey & a great  
cleanser of y<sup>e</sup> blood.

### A Plaister for y<sup>e</sup> sprein or Ach

Take a pint of y<sup>e</sup> best salbat oyl, h a pound of red T<sup>e</sup>  
boil y<sup>e</sup> in a new pipkin till it look black. y<sup>e</sup> let y<sup>e</sup>  
pipkin in a basin of cold water y<sup>e</sup> put in one ounce of  
Turquandy pitch. Stir it together till it be melted, y<sup>e</sup> let  
it on y<sup>e</sup> fire againe & let it boil softly. y<sup>e</sup> spread it  
upon a Lamb skin, & lay it to y<sup>e</sup> place where y<sup>e</sup> paine or  
ach is.

### A Cordial vomit to cure a Sarfeit

Take burnt claret 6 ounces, Anyseed water 2 ounces,  
diarrhedon altatis one dram, Sp. benedicta Lulandi, or y<sup>e</sup>  
Blessed water of Luland one ounce. mix all together for  
a vomit, & give it to y<sup>e</sup> party.



## An excellent Receipt for the Piles.

Take one hundred of badies found in horse dung or  
Cottling, 2 hundred Sows found under rotten Wood or  
Hones, mullin leaf shred 2 handfull, y<sup>e</sup> plant root &  
leaf of brown wort shred 2 handfull & a halfe, orpine  
one handfull & a halfe, garden night shade, y<sup>e</sup> inner  
bark of elder of each 2 handfull, the flower of Camemile  
Melilot & St Johns wort of each 3 pugils. Salat oyl  
one pound, fresh butter or barrow grease new & sweet of each  
one pound & a halfe y<sup>e</sup> juice of water bitany new drann  
2 pound. Boil all this, till y<sup>e</sup> juices be consumed & the  
hearts rotten, y<sup>e</sup> strain y<sup>e</sup> liquor or grease, with must  
be beaten very long in a leaden velle to keep it in an  
earthen pot for use. Take Salat oyl boiled with good  
store of mallows till it be very green & y<sup>e</sup> strained w<sup>th</sup>  
will kee by you all y<sup>e</sup> year. W<sup>th</sup> y<sup>e</sup> paine are great  
take of y<sup>e</sup> former compounded oylment, one ounce of  
the... of mallows 2 ounces of populean, let this melt  
together upon a very soft fire, adde y<sup>e</sup> yolk of an  
Egge well beaten, take h<sup>o</sup> y<sup>e</sup> quantity of this. Inject  
it w<sup>th</sup> a small pipe bloud warme. It must be like a  
glister pipe of wood or Ivory but y<sup>e</sup> it must have but  
one hole at y<sup>e</sup> end like a syringe, keep this Injection  
as long as you can, & renew it as often, y<sup>t</sup> y<sup>e</sup> gut be  
never empty of it till y<sup>e</sup> paine be eased, if it be  
swoll in time it will by y<sup>e</sup> help of God cure you.

## For y<sup>e</sup> yellow Jaundies

The bark of barberry tree, turmeric & saffron  
y<sup>e</sup> tops of red nettles, y<sup>e</sup> powder of hartshorn &  
Bvery purified together. Give y<sup>e</sup> quantity of this  
powder at once as much as will cover a sixpence  
morning & evening till nine doses be taken fast  
2 hours after y<sup>e</sup> it may have time to work.

## Lucallors Balsome admirable for wounds.

Take of venice Turpentine one pound, oyl of olives 3 pints,  
wax 4 a pound, natural Balsom rounce, oyl of St Johns wort  
1 ounce, red Sanders powdered 1 ounce, 6 spoonfull of sack. Cut y<sup>e</sup> wax  
& melt it on y<sup>e</sup> fire, y<sup>t</sup> least it catch y<sup>e</sup> fire take it off, see put in  
y<sup>e</sup> Turpentine, having washed it thrise in Ramoth rose-water  
very well & having mingled y<sup>e</sup> Salat oyl w<sup>th</sup> y<sup>e</sup> sack put y<sup>e</sup> to y<sup>e</sup>  
rest. Set y<sup>e</sup> on y<sup>e</sup> fire, keep it stirring till it begin to boil, for if it  
should boile much it would run free suddenly y<sup>t</sup> let it cool for  
a night or 2 till y<sup>e</sup> water & wine be sank to y<sup>e</sup> bottom: y<sup>t</sup> make  
some holes in y<sup>e</sup> stuff y<sup>t</sup> y<sup>e</sup> water may yet run more out of it;  
y<sup>t</sup> set it over y<sup>e</sup> fire againe, putting to it y<sup>e</sup> Balsome & oyl of St  
Johns wort & w<sup>th</sup> melted put y<sup>e</sup> Sanders to it, & stir it well y<sup>t</sup>  
it may incorporate, w<sup>th</sup> it first begins to boile take it off y<sup>e</sup> fire, and  
keep it stirring 2 hours till it begins to grow thick, y<sup>t</sup> put it up as  
most pretius for use for 3 or 4 years or more. When you use  
this melt it & pour it into y<sup>e</sup> wound, & w<sup>th</sup> a feather anoint  
y<sup>e</sup> sides of y<sup>e</sup> wound & round about a good way, you may also  
spread a good large plaister w<sup>th</sup> y<sup>e</sup> Balsom cold & lay it over  
y<sup>e</sup> sore, if there be torn flesh it must be cut off.

## The vertue of this Balsome.

It healeth any wound inward or outward poured warme into  
the wound laid on with a linen cloth or lint, anointing  
the place round about. It taketh away all pain and  
inflammation, and draweth forth broken and corrupt  
bones, or any thing else that may putrefie, fester or  
corrupt the wound: see that the inward part be not  
toucht. It will heal in four or five dayes any  
burning or scalding, any bruise or cut, being first  
anointed with the same oyl, and a peece of linen  
cloth or lint dipped in it warme and laid to the  
place affected. Its vertue is also such, that it healeth  
alwaies without any scar or mark. It is good also  
for the head ache, for w<sup>th</sup> paine you must order it that;  
melt it a little & anoint y<sup>e</sup> nostrils, chafe y<sup>e</sup> temples. It  
will give ease in 1/2 halfe an hour.

## The Eye Salve.

Take of Barrow hog's grease w<sup>h</sup> is newly killed two ounces. Steep it in red rose water 6 hours stirring it sometimes in y<sup>e</sup> rose water, after wash it 12 several times in the best white wine 5 or 6 hours more; y<sup>e</sup> dry y<sup>e</sup> well from y<sup>e</sup> wine & put it into a gally pot close stopp'd, & set it in a Skillet of bathing water til it be melted, y<sup>e</sup> straine it through a linnen cloth & let it cool, y<sup>e</sup> take of batwell prepared & finely powdered & well leached 1 ounce, of y<sup>e</sup> Stone hematite well wash'd 12 grains, of aloes well wash'd & finely powdered, a scruple, Beards in fine powder 3 grains: mix these altogether very well in the Sult. y<sup>e</sup> put in some fenec water to it, & beat it out againe: w<sup>h</sup> you have work'd it well together, y<sup>e</sup> it is a perfect ointment, put it up into a pot for y<sup>e</sup> use, it will keep good 2 years.

The manner of using it is this: You must take a very little of it, & spread it upon y<sup>e</sup> edge of y<sup>e</sup> eye lids over night & in y<sup>e</sup> morning wash it off with fennel water, or red or white rose water: this will both strengthen y<sup>e</sup> sight, & keep out Rheum from falling into the eyes.

## The Lady Dencourts Receipt for a Canker in y<sup>e</sup> mouth

Take Salendine, Sage, Colombine, fennel of each one handfull. Stamp & straine y<sup>e</sup> and to the juise of it put a Spoonfull of honey and half a Spoonfull of burnt allum and as much fine bole armonick which you may have at any Apothecaries Shop. Beat all these together, and wrap a little flax about a stick, and rub the Canker: if it bleed it is y<sup>e</sup> better. This will help it if it be 2 years old.

## To make oyl of Charity

Take a quart of y<sup>e</sup> best oyl. y<sup>e</sup> tops of Rosemary, red Sage, Camomile, y<sup>e</sup> greatest Lavender leaves, wormwood of each one handfull. Chop y<sup>e</sup> as small as hearts: for y<sup>e</sup> bot. Put y<sup>e</sup> into y<sup>e</sup> oyl in y<sup>e</sup> glass, & let it in y<sup>e</sup> Sun & stir it every day for 14 dayes or more, y<sup>e</sup> pour out y<sup>e</sup> oyl & y<sup>e</sup> hearts into a shell it, & let y<sup>e</sup> have a short waln on y<sup>e</sup> fire. y<sup>e</sup> straine out y<sup>e</sup> old hearts & put in new into y<sup>e</sup> oyl according to the former quantity of several hearts. Let y<sup>e</sup> stand in y<sup>e</sup> Sun y<sup>e</sup> like time & have a waln as before on y<sup>e</sup> fire, y<sup>e</sup> straine out y<sup>e</sup> old hearts and put in new, & add valerian one handfull, chop it as the other hearts & let it stand in y<sup>e</sup> Sun y<sup>e</sup> like time, y<sup>e</sup> adding another handfull of valerian chopt as before. Straine all through a cloth & let it have another waln as before, y<sup>e</sup> stopping it up close reserve it for your use, as a Sovereign Balsome for any wound, a speciall remedy for any bruise being taken in possit ale inwardly, good for all decays proceeding from cold causes, ulcers, a preserver from y<sup>e</sup> growing of dead flesh, good for y<sup>e</sup> head ach & deafness, being infused into y<sup>e</sup> ears. This oyl is to be made before or at y<sup>e</sup> beginning of may, some make it at y<sup>e</sup> tenth.

## A Syrup to clearge the blood

Take a peck of garden Surrygrass a peck of brooklime, & a peck of liverwort. Let y<sup>e</sup> all be very cleane washed and picked, y<sup>e</sup> Stamp y<sup>e</sup> & straine juise. to a quart of y<sup>e</sup> juise take a pound of sugar & boil it to a Syrup. w<sup>h</sup> tis almost boiled, put in y<sup>e</sup> juise of ten oranges, & 2 limes so let it boil a very little & keep it for use. Take in y<sup>e</sup> morning fasting 3 Spoonfull of this Syrup in a little renish wine or white wine & as much in y<sup>e</sup> afternoon



To make a leardoth very good  
against aches strains or bruises

Take a pint of y<sup>e</sup> best Sallet oyl h a pound of red  
lead in fine powder. boile y<sup>m</sup> in a Skellit upon a  
slow fire & stir y<sup>m</sup> continually w<sup>th</sup> a slice to prevent  
y<sup>e</sup> lead for falling to y<sup>e</sup> bottome, & be carefull it catch  
no fire. It is to be boiled till it grows black, you may  
drop some of it into cold water: & if it p<sup>er</sup>fectly grow  
hard enough, y<sup>e</sup> dip into it old handes as much as  
soak up all y<sup>e</sup> oyl, & hang up y<sup>e</sup> peeces so dipt in some  
cool becom till they be perfectly cold. y<sup>e</sup> smoth y<sup>m</sup> upon  
both sides w<sup>th</sup> a knife upon a fair cloth spread on a  
table, and role them up with a piece of white paper  
betwixt. Apply a piece of this to the place grieved, and  
at 24 hours turn it and at y<sup>e</sup> next 24 hours a new  
piece as long as need shall require.

An Emulsion to cause sleep  
& is good against y<sup>e</sup> spleen.

Take a pint & h of Barley water, 1 ounce of y<sup>e</sup> 4 cold  
Tues. 1 ounce of almonds, 2 ounces of candid Eringo roots  
& about a Spoonfull of Rose water, w<sup>th</sup> you boile y<sup>e</sup> Barley  
water it must be reasonably thick & Slippery, beat the  
Eringo roots by y<sup>e</sup> selvet. Blanch y<sup>e</sup> almonds, & y<sup>e</sup> cut  
y<sup>m</sup> & y<sup>e</sup> seeds & eringo roots together, putting in y<sup>e</sup> Rose  
water, till by 2 or 3 drops at once you have put in y<sup>e</sup>  
quantity of a Spoonfull or more as you like y<sup>e</sup> taste. It  
being chiefly put in to prevent the drying of it.  
This is to be drunk by halfe a pint at once, at night,  
when you are going to bed, or at any other time of y<sup>e</sup>  
day, when you think fit.

To make extract of Mault.

Take 3 gallons of y<sup>e</sup> strongest wort you can make, boile  
it upon a soft fire two hours until it begin to muddle and hath

y<sup>e</sup> straine it through a hair sieve, & set it on y<sup>e</sup> fire a-  
-gaine boiling it till it be as thick as honey, y<sup>e</sup> you may  
take it off a knives point, both times w<sup>th</sup> it boile it must  
constantly be stirred.

Another.

Take a Gallon of y<sup>e</sup> 1<sup>st</sup> wort boile it in silver or some met  
vessel upon a soft fire until it come to a pint or thereabouts,  
keep it w<sup>th</sup> continual stirring, if it burn not to the bottome,  
Take of this the quantity of a nutmeg every morning & night.

To make y<sup>e</sup> Juice of Liquorice

Take Cellar water & sweet hysep water of each a quart, red  
rose water, horehound water of each a pint, put into these  
waters 2 ounces of Licimpane roots thin sliced, one ounce of  
shaved hartshorn h an ounce of maiden hair, maygold flowers  
scabious flower, sweet marjoram flower of each h an handful,  
a y<sup>e</sup> of a pound of drytade or more, put all these in a bosome  
together w<sup>th</sup> a close cover & set it in a bottle of sucking water  
& let it infuse on a soft fire a day or 2 till all y<sup>e</sup> substance  
be out of y<sup>m</sup> & h y<sup>e</sup> Liquor consumed, y<sup>e</sup> clear it into y<sup>e</sup> you  
will boile it in, y<sup>e</sup> put to it 2 pound of white sugar Candy  
finely beaten & let it boile till it be Syrup, y<sup>e</sup> gear it into a  
silver basin & put into it h a pound of English liquorice  
seared so fine as y<sup>e</sup> finest flower, so let it dry leasurly upon  
a shapdish of Coal, stir it continually, & anywise 6 grains of  
ambergreece & as much of musk, unicornes horn, Beeswax & Bees  
Stone w<sup>th</sup> you please, & to make y<sup>e</sup> up in balls or cakes & dry y<sup>e</sup>  
Lady Banks her Receipt.

A Cordial Powder

Take 2 ounces of violets ready pickt, borage, Baglets & rosemary  
flower of each one ounce first candied & y<sup>e</sup> beaten to powder in a  
silver or Stone mortar, take one ounce of sugar of Dates beaten  
to powder, 2 drops of oyl of Ananard, 1 grain of musk, 2 grains of Amber  
grease, & y<sup>e</sup> weight of a great of y<sup>e</sup> powder of real, grind y<sup>m</sup> together & put  
y<sup>m</sup> into a stove to dry, y<sup>e</sup> put it into boxes for y<sup>e</sup> use.

*D.<sup>r</sup> Keads green oyl, for all chokes  
bruses & green wounds it is more  
pretious than gold.*

Take a pottle of oyl of olives & put it into a stone  
pet of a gallon with a narrow mouth. y<sup>n</sup> take so-  
thernwood, wormwood, Sage, Camomile of each a hand-  
full, a q<sup>r</sup> of a peck of red rose buds with y<sup>e</sup> white cut  
of y<sup>m</sup> shred y<sup>m</sup> together grossly & put y<sup>m</sup> into the  
oyl, & once a day for 9 or 12 dayes stir y<sup>m</sup> well, & w<sup>h</sup>  
y<sup>e</sup> lavender spike is ripe put a handfull of y<sup>e</sup> tops  
to y<sup>e</sup> rest & so let it stand 2 or 4 dayes more: y<sup>e</sup>  
camomile must be finely picked & y<sup>e</sup> rest of y<sup>e</sup> herbs  
must be weighed by it, & so covered close & after 9 or  
12 dayes, take y<sup>m</sup> & boil y<sup>m</sup> in a kittle upon a  
soft fire one hour often stirring it, y<sup>n</sup> put it into a  
quarter of a pint of y<sup>e</sup> strongest Ag. vitæ & so let  
it boil one hour more till y<sup>e</sup> hearts be hard: y<sup>n</sup>  
straine it through a course cloth, and let it stand  
till it be cold & so keep it for your use being put  
into glasses.

### *The Bishop of Worchesters Powder.*

Take crabclaws w<sup>h</sup> y<sup>e</sup> sun is in Cancer onely y<sup>e</sup> black  
tops of y<sup>m</sup> 2 ounces beaten small & seared very  
finely, one ounce of y<sup>e</sup> magistery of pearle & mix y<sup>m</sup>  
together. y<sup>n</sup> take red rose water, & put some saffron  
in it, & let it stand till it turn yellow: y<sup>n</sup> straine  
it & wet y<sup>e</sup> powder in it. y<sup>n</sup> it must stand till it  
be thoroughly dry, y<sup>n</sup> make a jelly of ripers skins or  
hartshorn, & w<sup>h</sup> you take y<sup>e</sup> jelly of y<sup>e</sup> fire, you must  
put in a little ambergreace & so let it stand till it be  
cold, y<sup>n</sup> mix y<sup>e</sup> jelly with y<sup>e</sup> powder, & put so much  
as will make it like a past, y<sup>n</sup> role it up in balls.

and set it to dry upon glass or white plates, & w<sup>h</sup> it dry  
it must be kept in livery boxes till you use it.

This powder cureth allagues & Feavers giving 20 grains  
to a child, & 30 of this powder to an elder body. It cureth  
y<sup>e</sup> small pox & y<sup>e</sup> plague, all sorts of head-ach taken in  
conserve of roses w<sup>h</sup> you goe to bed.

The manner how the lime water good for  
the Kings evil mentioned page is to  
be used.

The party must take 2 Spoonfull of it in a morning and  
fast 2 hours after it, use likewise so at 4 a clock in y<sup>e</sup> after-  
noon. If y<sup>e</sup> party have any swelling he must be bathed with  
this water, being made blood warm for a q<sup>r</sup> of an hour  
together, and a cloth wet in y<sup>e</sup> same water & bound upon  
y<sup>e</sup> place: but if y<sup>e</sup> skin be broken in any place it must  
only be washed in this water, & spread a thin cloister of  
y<sup>e</sup> salve & lay it upon & shift it once a day. but if y<sup>e</sup> sore  
be very ill, it must be dressed twice a day.

### *A Cordial Powder.*

Take a pound of fine bole-Armenick beaten & seared very  
fine, take also Carduus, Sarmantil, Bitony & Zimpernel, having  
fluellion of each one handfull, chop y<sup>m</sup> small together & bruise  
y<sup>m</sup> in 3 pints of whitewine & put y<sup>m</sup> into a Stone bot stopped  
close & shaken often, & w<sup>h</sup> it hath stood 24 hours straine as  
much of y<sup>e</sup> wine from y<sup>e</sup> hearts into y<sup>e</sup> bole-Armenick as will  
make it as thick as butter. y<sup>n</sup> set it in y<sup>e</sup> sun where it is  
hottest, & stir it with a clean stick, & as it thickens straine  
in more of y<sup>e</sup> wine into it till it hath drunk it all up & w<sup>h</sup>  
it dry make it up into cakes, & set it in y<sup>e</sup> sun to harden.  
You must give to a man as much of this powder as will lye  
on a sixpence, & to a child, if y<sup>e</sup> disease be dangerous  
give it in Dragons water or some such Cordial water if not in  
milk. It is good in y<sup>e</sup> small pox, Feavers, Agues & fluxes, and  
drives anything from y<sup>e</sup> heart and comforts y<sup>e</sup> Stomach.



## My Lady Kents Powder

Take y<sup>e</sup> Magistery of beards, Coral, Kerour Stone, unicorns horn, crabs eyes white Amber, Ivory hart-horn burnt, flesh of rapers dried of each one dram black tips of crab claws, y<sup>e</sup> weight of all y<sup>e</sup> other Ingredients: make all into fine powder, & w<sup>th</sup> y<sup>e</sup> Lady of hartshorn wherein saffron is dissolved, make it up into balls. The vertue of it is y<sup>e</sup> same w<sup>th</sup> gascon powder, tho more effectual in operation

## Violet Powder.

Take juice of florence 6 ounces, damask roses 2 ounces Cyprus Calamus aromaticus yellow Sanders of each h an ounce, cloves, citron bark dried, red sanders rosewood of each one or 2 ounces, of Benjamin, Storax calamus of each 6 drams, musk 2 grains. mince y<sup>e</sup> the cyprus small also y<sup>e</sup> calamus aromaticus & citron bark cut in small peeces w<sup>th</sup> y<sup>e</sup> sanders, rosewood, & beat y<sup>e</sup> all together except y<sup>e</sup> Benjamin & Storax, which shall be put in powder, so searce it grossly in such a sieve, as they pass peal in: y<sup>e</sup> powder your musk & add to it y<sup>e</sup> rest.

An excellent Pill to stay a Lask or any other extraordinary flux of a woman in child bed or of any other person called *Philonium Forticum*.

Take white Sugar, hembane of each 20 drams, Juice of black Topp, Torra Lemia of each 10 drams, Lapis hematitis saffron of each 5 drams, castoree, Raddi Indici, Euphorbium, balsam Teltitory, Beere Amber, Dornici Zedoary, trochiscus ranash of each of these one dram, Camphire one scruple, honey, as much as the Apothecary shall think fit to make this up into a pill.

## A Plaister for the Tooth Ach

Take Gum Dragon h an ounce, mastick 3 drams, Olibanum 3 drams, bole one dram & h, of myrrhe, one dram, of the seed psyllium one dram, balastine seed one dram, ~~and~~ Burgandy pitch h a pound, Gum Carma six drams, Gum Elemi 3 drams, & of venice turpentine h an ounce. The gum Dragon, mastick, olibanum, and bole must be powdered very fine severally, y<sup>e</sup> myrrhe, psyllium seed, & balastine must be powdered together y<sup>e</sup> pitch & turpentine being dissolved over a gentle fire together, stirring the powder & w<sup>th</sup> tis almost cold, make it into rolls.

## An excellent Drink for a Cancer ulcer, or Fistula.

Take harts tongue, oak-leaves, woodbine Bramble, Strawberry, mouse ear, Succory, sinkfoil ribd plantane, Broad plantane, Egrimony, Penny-royal, Sparemint, knotwood, Burnet, Bagels Storax, columbine, Sage, betony, Balm, Daisie roots & leaves, & wormwood of each one handful. Take a gallon of running water, & a pottle of white-wine. Boil them to 3 quarts, y<sup>e</sup> straine them & put in a quart of honey. Give it one walm, and take 3 spoonfulls at a time 3 times a day.

## A Salve for a Canker.

Take a q<sup>r</sup> of a pound of oyl of Bayes, 3 pennyworth of quicksilver, 20 sage leaves, y<sup>e</sup> quicksilver must be killed w<sup>th</sup> fasting spittle, gather y<sup>e</sup> sage leaves in y<sup>e</sup> morning after y<sup>e</sup> sun hath dried y<sup>e</sup> dew of y<sup>e</sup> y<sup>e</sup> third y<sup>e</sup> small, & put to y<sup>e</sup> some fasting spittle to make y<sup>e</sup> moit. Then stamp y<sup>e</sup> & straine out y<sup>e</sup> juice & put it to y<sup>e</sup> quicksilver, & mix y<sup>e</sup> oyl, quicksilver & sage juice together for y<sup>e</sup> mouth and y<sup>e</sup> hollow of y<sup>e</sup> top of y<sup>e</sup> head, if it be in y<sup>e</sup> throat anoint y<sup>e</sup> nape of y<sup>e</sup> neck.

### For the Scurvey & Dropsy.

Take h a bushel of sea scurvygrass, 2 handfull of Roman wormwood, 2 handfull of ordinary wormwood, 3 handfull of red sage, one handfull of y<sup>e</sup> tops of rosemary. Pick y<sup>m</sup> & wash y<sup>m</sup> in small beer dry y<sup>m</sup> & bruise y<sup>m</sup> in a mortar. y<sup>e</sup> put y<sup>m</sup> into a jug w<sup>th</sup> 2 quarts of cherry sick & 2 quarts of Rhenish wine. & 2 handfulls of horse radish sliced & h a pound of prepared Hal, put it in a bag let it stand 5 dayes, Straine it as you drink it. & drink a wine glass of it in y<sup>e</sup> morning & another at 4 of y<sup>e</sup> clock in y<sup>e</sup> afternoon.

### A Receipt for y<sup>e</sup> Stone

Take Saxifrage, Parsly, Thyme, winter Savory, Camander, Camomile, wormwood, Penny Royall, Hyssop, Lavender, Fenncel, of each 2 handfulls; Chop y<sup>m</sup> small and infuse y<sup>m</sup> 24 hours in 3 pottons of small ale. Slice 2 or 3 nutmegs & put to it Venice turpentine well washed in red rose water y<sup>e</sup> quantity of a walnut & as much live honey. Put all these into an Alembick & distill it. keep a quart of y<sup>e</sup> first running by it self. & a pottle of y<sup>e</sup> end: & a pottle of y<sup>e</sup> 3<sup>d</sup> & as occasion serves, drink of this water one Spoonfull of y<sup>e</sup> first, 2 of y<sup>e</sup> end & 2 of y<sup>e</sup> 3<sup>d</sup> running together w<sup>th</sup> four Spoonfulls of whitewine. 3 dayes before y<sup>e</sup> full & 3 dayes before y<sup>e</sup> change of y<sup>e</sup> moon. It must be distilled in May, and taken cold.

### An excellent powder for wind or spleen.

Take of hartshorn, Bay berries, Ash keys, anyrads liquorice. Roots of Fenncel & Parsly of each one ounce made into fine powder, y<sup>e</sup> take of sugar candy finely

beaten as much as all y<sup>e</sup> rest. take a little spoonfull of this powder in y<sup>e</sup> morning & at 4 a clock in y<sup>e</sup> afternoon, drinking a draught of warm ale after it, & fast one hour after it

### A water to cleange the blood & cure y<sup>e</sup> Scurvey

Take both of sea & garden scurvygrass well pickt & washt, y<sup>e</sup> juice of each 6 pound, juice of brooklime & watercress of each a pound & half, of y<sup>e</sup> best whitewine eight pound 12 Lemons sliced thin, high Brisny roots sliced 4 pound, horse radish roots cleaned & sliced 2 pound, winter bark sliced h a pound, nutmegs bruited 4 ounces. Let all these be steep 3 dayes, Strain y<sup>e</sup> several times a day, y<sup>e</sup> distill y<sup>m</sup> in an Alembick and receive y<sup>e</sup> waters altogether y<sup>e</sup> it may be of an equal strength, take every morning fasting & at 4 a clock in afternoon 6 Spoonfulls with 2 Spoonfulls of y<sup>e</sup> Syrup of y<sup>e</sup> 5 opening roots w<sup>th</sup> you may have at any Apothecary

### A Syrup for a Consumption, the Lady Aberganies way.

Take y<sup>e</sup> flowers of Rosemary, Borage, Bugle, Sage, Dimpord, Thyme, white Arch angel, Trunkose, Cowslip, violets, red rose buds, Gillyflowers, Suuory, marygold, wood betony, Scabious, Centaury, mild Borage, Comfrey, y<sup>e</sup> white hyssop. Dry these flow<sup>rs</sup> & keep y<sup>m</sup> severally till y<sup>e</sup> elder berries are ripe, y<sup>e</sup> take an ounce of each, only 3 y<sup>e</sup> of an ounce of marygold, flow<sup>rs</sup> of thyme & Centaury h an ounce put these flow<sup>rs</sup> in a glass pot w<sup>th</sup> 3 quarts of y<sup>e</sup> best claret wine. set it into a kettle of water 3 dayes & night infusing, y<sup>e</sup> 3<sup>d</sup> day elderberries good there put into an earthen pot w<sup>th</sup> h a pound of blue cerants, let y<sup>m</sup> as you did y<sup>e</sup> flow<sup>rs</sup> to stew for clear cakes. Straine y<sup>e</sup> flow<sup>rs</sup> from y<sup>e</sup> wine, to every pint of y<sup>e</sup> liquor take as much of y<sup>e</sup> liquor of the berries w<sup>th</sup> y<sup>e</sup> weight of sugar so boild it to a Syrup, & put it into bottles. This Syrup is good to revive after a long sickness, it is also good for y<sup>e</sup> lungs



## Receipts to make Cheesakes.

Let y<sup>e</sup> Curds be very good, set y<sup>m</sup> in y<sup>e</sup> press about a y<sup>e</sup> or h an hour y<sup>e</sup> whey may be quite drained from y<sup>m</sup> to 4 pound of curds being well wrought w<sup>th</sup> y<sup>e</sup> hands till they be tender: take h a pound of butter h a pound of sugar, y<sup>e</sup> yolks & whites of 3 eggs, one ounce of Cinamon, one ounce of Nutmeg, h an ounce of mace. All these beaten together is put in one pi. of Coriander well rubbed & dried, a little rosewater, & so much safron as will colour y<sup>e</sup> Curds. Work all these together, & so let y<sup>m</sup> stand till you make y<sup>e</sup> past, w<sup>th</sup> must be after this manner. Take a pi. of fine flour, one pi. of butter, y<sup>e</sup> yolks of 4 eggs and 2 whites, & a little Rosewater & a little safron: so make it up into past, making y<sup>e</sup> cheesakes of w<sup>th</sup> form you please & w<sup>th</sup> bigness: so bake y<sup>m</sup> But not in too hot an oven you must put but a very little salt in y<sup>m</sup>.

## To make Lancashire Sweet cheese

Take 3 quarts of cream & set it on a slow fire; w<sup>th</sup> 2 boills take 6 eggs well beaten & put it in 3 spoonfull of Runnet to y<sup>e</sup> Cream, y<sup>e</sup> take it off & put it into a sieve or Colander, & let it stand till y<sup>e</sup> whey be all run out of it & w<sup>th</sup> tis cold put in a little Cinamon & Sugar w<sup>th</sup> some plump corants. Lay it upon a plate or dish, to serve it up. you may serve it up w<sup>th</sup> dried sweetmeats if you please.

## To make Suffs of Curds.

Take a pint of Cheese Curds, put to y<sup>m</sup> 4 yolks of eggs & 2 whites well beaten, w<sup>th</sup> 4 spoonfull of Cream, of flour mingle this with some beaten mace, Ginger and Sugar, y<sup>e</sup> put some butter in a frying-pan, & drop this in little round cakes, & fry y<sup>m</sup> up, & lay y<sup>m</sup> in a dish with melted butter.

## To make a fresh Cheese

Take h a dozen of of new laid eggs. break y<sup>m</sup> a basin, y<sup>e</sup> beat y<sup>e</sup> whites & yolks together first taking out y<sup>e</sup> Cock treacle. y<sup>e</sup> take a quart of Cream & set it over y<sup>e</sup> fire, y<sup>e</sup> be a good a good nutmeg goodly brined

in a linen cloth & put it into y<sup>e</sup> Cream w<sup>th</sup> beaten eggs a little white salt & a spoonfull of rosewater: so let it boill w<sup>th</sup> a soft fire ever stirring it till you see it gather to a curd, & y<sup>e</sup> whey lye clear about it. y<sup>e</sup> take it from y<sup>e</sup> fire & poure it into a clean linen cloth. y<sup>e</sup> is not over thick holding it over a basin y<sup>e</sup> whey may run out. Then take a cleane dish & lay a napkin into it, & lay as much sugar to it as will make it sweet & work it well into y<sup>e</sup> curds as they lye in y<sup>e</sup> cloth. y<sup>e</sup> strain it & deth it up in w<sup>th</sup> fashion you please & serve it w<sup>th</sup> fresh Cream about it.

## To make Angellot Cheese

Take 3 Gallons of milk & one of Cream, put it into a bole & set it to cool together, & put in so much Runnet as will make it come leasurably. so let it stand till y<sup>e</sup> next day till it be soure. y<sup>e</sup> stir it gently. y<sup>e</sup> put it gently into a cloth, & so hang it up y<sup>e</sup> whey may run from it. y<sup>e</sup> put it into y<sup>e</sup> Angellot boxes & press it gently. w<sup>th</sup> you think it is press enough, take it out & tye it up in a very thin cloth & make a brine strong enough to bear an egg. Put y<sup>e</sup> Angellot into this brine & let it lye 24 hours & y<sup>e</sup> take it out & set it to dry in a cloth often turning it untill it be thoroughly dried. w<sup>th</sup> they are so well dried butter y<sup>m</sup> all over so they may stand a month. y<sup>e</sup> set y<sup>m</sup> up in thin cloths & lay y<sup>m</sup> in sand till you use y<sup>m</sup> they will be ready near Christmas.

## To make a thick Cheese.

Take 3 Gallons of milk as soon as it comes from y<sup>e</sup> Cow & 3 pints of Cream, mingle it together. y<sup>e</sup> put in h a pint of fair water & 3 spoonfull of Runnet. y<sup>e</sup> let it stand till it be come, y<sup>e</sup> break yt small w<sup>th</sup> a skimming dish. y<sup>e</sup> make y<sup>e</sup> cloth fast about y<sup>e</sup> hoops. set it hollow y<sup>e</sup> whey may run clear from it. y<sup>e</sup> put y<sup>e</sup> curd into y<sup>e</sup> hoop a little at once & stir it w<sup>th</sup> a spoon. & as fast as y<sup>e</sup> whey drains away put in more curds till stirring it till y<sup>e</sup> hoop be full. y<sup>e</sup> let it stand awhile w<sup>th</sup> a little weight upon it. y<sup>e</sup> set it on a plaine board & lay a great weight on it & let it stand h an hour. y<sup>e</sup> turn it into a fair cloth & put it into y<sup>e</sup> hoop againe, so let it stand 2 dayes laying a good weight on it, & turning turning it 3 times a day. Then take it out of y<sup>e</sup> hoop

& lay it on a board & strow it thick with white salt at night turn it & strow salt on y<sup>e</sup> other side, y<sup>e</sup> next morning wash it in whey & wipe it dry with a cloth & lay it on a cloth to dry turning it twice a day

### To make Sossinges w<sup>th</sup>out Skins.

Take a pound of raw lean pork & shred it fine, & take 2 pound of beef salt clean pickt & shred very fine a good handfull of Sage finely shred, 2 nutmegs with pepper & salt: shred every thing severally, then take an egge & beat it very well, & y<sup>e</sup> mingle all together & knead it & put it in a pot for y<sup>e</sup> use: w<sup>h</sup> you use it koe it up like sausages & fry y<sup>e</sup> in a little butter, little flooring will serve, they will keep a fowr night or 3 weeks.

### To make Almond butter

Take a pottle of fair water, set it on y<sup>e</sup> fire with a handfull of fresh Rilets & a stick of Cinamon, so let it boile, then take a pound of Almonds & blanch y<sup>e</sup> y<sup>e</sup> grind y<sup>e</sup> as fine as may be with y<sup>e</sup> liquor you boile, w<sup>h</sup> they are finely ground strain y<sup>e</sup> as thick as Cream, y<sup>e</sup> set it on a cleare fire doe not stir it because it may quade, when it is almost seething put in some salt & a little rose water to turn it & so let it scald have a little bagg ready made like a jilly bagg, sharp at y<sup>e</sup> end, y<sup>e</sup> pour it into y<sup>e</sup> bagg, you must put it up twice or thrice y<sup>t</sup> y<sup>e</sup> whey may run cleane from it so let it hang then put it out of y<sup>e</sup> bagg into a dish: Season it with Sugar & Rosewater & a little Saffron, you must have a flat smooth stick, else it will rise in little knots.

### To make wafers my Lady Devenshires way.

Take good cream & fine flour, & mix y<sup>e</sup> like pancakes & beat y<sup>e</sup> well together, & season y<sup>e</sup> with loaf sugar, and Kiewat mace, Nutmegs & a little cloves finely beaten & seared, y<sup>e</sup> Irons must be heated on a soft fire & put in a spoonfull at a time, & w<sup>h</sup> y<sup>e</sup> wafer is brown, y<sup>e</sup> take it out of y<sup>e</sup> Iron, & whilst y<sup>e</sup> wafer is warme roll it up narrow at one end.

### The best Perfume to Burn.

Take a pound of Roses & beat y<sup>e</sup> as fine as may be & to this put 4 ounces of y<sup>e</sup> best Benjamin, y<sup>t</sup> hath steeped a day or 2 in rosewater. It must be finely beaten and seared, & mingle it with a q<sup>r</sup> of an ounce of musk and a very little Clove. Beat this with y<sup>e</sup> Roses h an hour at least, make y<sup>e</sup> into little cakes laying a Rose leaf on every side so let y<sup>e</sup> lye to dry upon papers or silver, a fowrnight before they be put up

### M<sup>r</sup>. Herberts China drink for a Cold.

Take of Sassaaparilla 3 ounces of China 2 ounces yellow Sanders halfe an ounce, Shavings of hartshorn & Ivory of each 3 drams Infuse these & boile y<sup>e</sup> in 4 quarts of running wat<sup>r</sup> gently till a quart of it be wasted, y<sup>e</sup> add maidens blood powdered ground Ivy Scabius, & Coltsfoot of each one handfull, Raisins stoned one handfull. Boile y<sup>e</sup> till y<sup>e</sup> 4<sup>th</sup> part be wasted, adding at y<sup>e</sup> latter part of boiling h an ounce of liquorice & 2 spoonfull of honey & a pint of whitewine boile it till there be no skum left, y<sup>e</sup> straine it & so keep it in a glass bottle, & drinke of it twice or thrice a day.



and lay it on a board & strow it thick with white salt, at night turn it and strow salt on y<sup>e</sup> other side the next morning wash it in cleane whey and wipe it dry with a cloth and lay it on a cloth to dry, turning it twice a day.

### To make a thin Cheese.

Take 2 Gallons of milk as it comes from the Cow & a quart of cream, a little fair water & 2 spoonfull of Runet mingle it together & let it stand till it be come. y<sup>e</sup> Runet y<sup>e</sup> Cards small & let it stand till it be settled. y<sup>e</sup> put it in a cloth & put it in y<sup>e</sup> Cheesef & set it in y<sup>e</sup> press & let it stand almost h an hour. y<sup>e</sup> turn it into a cloth halfe dry & set it into y<sup>e</sup> press againe. y<sup>e</sup> let it stand turning it in 5 fresh clothes halfe dry before night. & w<sup>h</sup> you goe to bed turn it into a dry cloth, & strow white salt on both sides of it & let it stand in press all night & in y<sup>e</sup> morning wash it in clear whey and wipe it dry, and let it lie on a cloth 3 dayes turning it & shifting y<sup>e</sup> cloth once a day. y<sup>e</sup> lay it in Rushes till it be ready to eat, shifting y<sup>e</sup> Rushes once in 2 dayes.

### To make Bean Cakes.

Take a pound of almonds, and blanch y<sup>m</sup> y<sup>e</sup> slice y<sup>m</sup> very thin. y<sup>e</sup> take one pound of sugar finely seared & y<sup>e</sup> whites of 2 new laid eggs well beaten, y<sup>t</sup> they will slice with your knife, mix all these well together, with a spoonfull or 2 of Rose water and a grain or two of musk. y<sup>e</sup> lay y<sup>m</sup> on papers, your oven being as hot as for manchet, well taken down w<sup>th</sup> an earthen pot of cold water for fear of burning & w<sup>h</sup> they are a little dry take y<sup>m</sup> out w<sup>th</sup> y<sup>e</sup> knife point as you like y<sup>m</sup> so throw on Bisket & carnat. w<sup>th</sup> a little fair sugar on y<sup>e</sup> top.

### To make violet Cakes.

Beat y<sup>e</sup> Gum & your Sugar first in a mortar, y<sup>e</sup> Gum being dissolved in Rose water, y<sup>e</sup> put in y<sup>e</sup> violets in leafe or juice, and so make it with seared sugar in a very thin mold, & so stowe it, so you may doe other flowers.

### To make clear Cakes.

You must take Rums & put y<sup>m</sup> in a silver can, and set y<sup>m</sup> on y<sup>e</sup> fire, or in a pan of water, & w<sup>h</sup> they are well warm crush y<sup>m</sup> y<sup>t</sup> y<sup>e</sup> liquor may come out y<sup>e</sup> better & still as you see liquor pour out till all be come from y<sup>e</sup> thick substance, y<sup>e</sup> make a Syrup of clarified sugar to y<sup>e</sup> height of a candy y<sup>e</sup> take it from y<sup>e</sup> fire, & mingle it w<sup>th</sup> y<sup>e</sup> liquor of Rums, y<sup>e</sup> having boxes for y<sup>t</sup> purpose poure y<sup>m</sup> in & so stowe y<sup>m</sup> a week or fortnight, or as you find y<sup>m</sup> of dryness, & so take y<sup>m</sup> out of y<sup>e</sup> boxes, & keep y<sup>m</sup> for y<sup>e</sup> use.

### The Lady Rutlands Receipt to make a Cake.

Take 6 pound of y<sup>e</sup> finest flower & 4 pound of good sugar, beat it and sear it, 4 nutmegs grated & pound of y<sup>e</sup> best Corander well pickt, well washed & very well dryed y<sup>e</sup> mix y<sup>e</sup> flour, sugar, nutmegs & Corander altogether. y<sup>e</sup> 2 pound of Sweet Baker cut in pieces & rubbed amongst y<sup>e</sup> other things, y<sup>e</sup> take a pint of very good cream & boile it & w<sup>h</sup> tis cold put it to y<sup>e</sup> rest. y<sup>e</sup> take 3 eggs whites & yolks, & beat y<sup>m</sup> well with a wine glass of sack y<sup>e</sup> take a quart of very good yeast, & beat y<sup>e</sup> eggs & y<sup>e</sup> put well together with y<sup>e</sup> Lard & put y<sup>m</sup> to y<sup>e</sup> heat.

of y<sup>e</sup> things & work y<sup>m</sup> well together w<sup>th</sup> y<sup>e</sup> hands, but not knead y<sup>m</sup>. y<sup>e</sup> take a clean cloth & warm it well & flour it and lay y<sup>e</sup> butt upon it & let it lye an hour to rise. w<sup>th</sup> y<sup>e</sup> butt it clean out of y<sup>e</sup> hole. y<sup>e</sup> hole well dried y<sup>e</sup> flour it & put in y<sup>e</sup> past & shake it up & down in y<sup>e</sup> hole till it be of a round lump. w<sup>th</sup> this is done, take a broad hoop, y<sup>e</sup> cover it round with paper and butter it well on y<sup>e</sup> inside. y<sup>e</sup> take a sheet of white brown paper, & cut y<sup>e</sup> fit for y<sup>e</sup> hoop and y<sup>e</sup> flour it and lay y<sup>e</sup> past on it & make it fit for y<sup>e</sup> hoop to go over it & so bake it. whilst y<sup>e</sup> past is in rising heat y<sup>e</sup> oven.

### To make a Cake.

Take a peck of Flour & 14 pound of Corand, wash y<sup>m</sup> & dry y<sup>m</sup> very clean, y<sup>e</sup> take 4 pound of Butter. Break it into y<sup>e</sup> flour, y<sup>e</sup> done take a quart of yest a quart of Creame halfe a pint of sack, 2 or 3 spoonfull of oil and make a pisset, take 24 eggs h of y<sup>e</sup> whites being taken away, y<sup>e</sup> mingle y<sup>m</sup> altogether in y<sup>e</sup> flour w<sup>th</sup> one ounce of Ginger, 2 ounces of nutmegs and one of Cinamon and make all up in a Cake, and set it 2 hours in y<sup>e</sup> oven. Remember y<sup>e</sup> after y<sup>e</sup> pisset be made y<sup>e</sup> yest must be put in by it selfe, & y<sup>e</sup> it must lye an hour by y<sup>e</sup> fire before it be put into y<sup>e</sup> oven, & after it is risen put a pound of Sugar to the 14 pound pounds of Corand.

### To make Corand Cakes.

Take a pound of clean washed Corand, put y<sup>m</sup> in a pan w<sup>th</sup> halfe a pint of rose water, & a y<sup>e</sup> of a pound of scalded Sugar, y<sup>e</sup> let y<sup>e</sup> steep all night & y<sup>e</sup> to a pound of fine flour h a pound of Sugar 3 whites of eggs & one yolk 3 spoonfull of Rosewater & spoonfull of good Cream, work all this together & in every Cake put a spoonfull of Corand w<sup>th</sup> some nutmeg. To lay y<sup>m</sup> in butter papers to bake y<sup>m</sup> y<sup>e</sup> oven being cool, yet so as to make y<sup>e</sup> Cream.

### To make a Seed Cake

Take of y<sup>e</sup> part of y<sup>e</sup> last cake but one before the fruit & Sugar be put in about 2 pound & a h or 3 pound when y<sup>e</sup> past is risen & ready to goe into y<sup>e</sup> oven put into this 3 pound a pound of Cardus Confecte so work y<sup>m</sup> up together, and put y<sup>m</sup> into y<sup>e</sup> oven with all speed, if you please you may add some beaten almonds to it, but it is accounted much whiesome w<sup>th</sup> out. y<sup>e</sup> oven must be quick but not scorching by any means, if you take of y<sup>e</sup> part of y<sup>e</sup> other Cake you must abate of y<sup>e</sup> Corand & Sugar answerable to y<sup>e</sup> you take out, or you mix 2 pound of flour by it selfe after this direction & it will be light & good.

### To make Almonds Cakes.

Take 2 pound of almonds, a pound of double refined Sugar finely beaten & searced beat y<sup>e</sup> almonds very fine w<sup>th</sup> Rose-water in a mortar, till there be no hardness in y<sup>m</sup>. Take y<sup>e</sup> yolke of 2 eggs & one white, beat y<sup>m</sup> h an hour then put in your Sugar & beat y<sup>m</sup> as long. w<sup>th</sup> this well mingled put in y<sup>e</sup> beaten almonds & stir y<sup>m</sup> well together & beat y<sup>m</sup> w<sup>th</sup> a spoon, till you see they be very well mixed, y<sup>e</sup> drop y<sup>m</sup> upon papers & set y<sup>m</sup> in an oven to dry, but let it not be too hot as to colour them.

### To make Mackerrooms or Almond Cakes

Take a pound of Almonds, let y<sup>m</sup> be steeped in fair water 4 dayes & 4 night, every of these dayes to be shifted in fair water, y<sup>e</sup> take y<sup>m</sup> fourth, & blanch y<sup>m</sup> in a basin of fair water, and wash y<sup>m</sup> very well in y<sup>e</sup> water, & y<sup>e</sup> put y<sup>m</sup> into y<sup>e</sup> weights, & for every pound of almonds you must have a pound of Sugar both white & well searced, as you can



get it you must remember to take y<sup>e</sup> almonds & ripe y<sup>e</sup> in a cloth before you weigh y<sup>e</sup> get you must not wipe y<sup>e</sup> too dry, y<sup>e</sup> you must take y<sup>e</sup> & cleave y<sup>e</sup> & put y<sup>e</sup> into y<sup>e</sup> mortar by h a dozen at once & bruse y<sup>e</sup> by little & little till you have in y<sup>e</sup> whole pound, knock y<sup>e</sup> in a place as cold as you can, for y<sup>e</sup> coldness will be a mean to keep it from swelling, you must take heed y<sup>e</sup> c. knocker doe not knock with all his force, but at leisure: they must be beaten till they will spread upon y<sup>e</sup> pestill like butter, y<sup>e</sup> you may take y<sup>e</sup> pestill, picking y<sup>e</sup> almonds on the end of it & wet y<sup>e</sup> end of y<sup>e</sup> pestill in Rose-water or blue milk, see beat y<sup>e</sup> againe halfe an hour, always wetting y<sup>e</sup> pestill as you feel y<sup>e</sup> grow stiff; y<sup>e</sup> you must take 3 spoonfull of rose-water & 2 grains of musk dissolved w<sup>th</sup> it & put in y<sup>e</sup> sugar & beat it a good while; y<sup>e</sup> put in y<sup>e</sup> water being dissolved w<sup>th</sup> musk, beat it half an hour ore you put any thing else in y<sup>e</sup> take 4 whites of eggs & pick off y<sup>e</sup> strings of y<sup>e</sup> & beat y<sup>e</sup> till they foam & put y<sup>e</sup> in 4 spoonfulls into y<sup>e</sup> almonds so beat on y<sup>e</sup> Almonds still until you put in all y<sup>e</sup> whites spacing one h spoonfull w<sup>th</sup> must be mingled w<sup>th</sup> as much milk y<sup>e</sup> you must keep y<sup>e</sup> y<sup>e</sup> you may glaze y<sup>e</sup> w<sup>th</sup> y<sup>e</sup> top being stroked w<sup>th</sup> a feather & w<sup>th</sup> you see there is neither grit of almonds nor sugar betwixt y<sup>e</sup> fingers, y<sup>e</sup> you may know they are beaten enough, y<sup>e</sup> take y<sup>e</sup> forth of y<sup>e</sup> mortar, & pour y<sup>e</sup> upon wafer by spoonfulls as much as you think fit but you must not put on too much, for they will rise & can over in the oven, then take a knife & spread y<sup>e</sup> as even as you can in the top & y<sup>e</sup> take y<sup>e</sup> feather being wet in milk & y<sup>e</sup> white of y<sup>e</sup> eggs & smooth it, & let y<sup>e</sup> be of a pretty sharp heat, take a white paper & put it in y<sup>e</sup> oven & if it brown it but a little & is very well, but if it do not brown it at all it is too cold & y<sup>e</sup> bread will be too doughy, so you must take great care in y<sup>e</sup> heating & keep y<sup>e</sup> Almonds beating y<sup>e</sup> whilst & as soon as you have made y<sup>e</sup> cakes ready set y<sup>e</sup> in y<sup>e</sup> oven as soon as you can and beare you watch y<sup>e</sup> with a candle to see how they rise, and as soon as you see y<sup>e</sup> eggs a little begin to brown they are enough though they seem not you feel

y<sup>e</sup> to be doughy, y<sup>e</sup> you must take y<sup>e</sup> & lay y<sup>e</sup> by one another till they be cold, y<sup>e</sup> lay y<sup>e</sup> on a ppe plate and set y<sup>e</sup> before a fire to harden, twill be a fortnight ore they be ready to eat, & y<sup>e</sup> longer you keep y<sup>e</sup> y<sup>e</sup> better they will be, you may put y<sup>e</sup> in a flat box near y<sup>e</sup> fire & it will keep y<sup>e</sup> very well.

### Another Receipt to make Almond Cakes.

Take 2 pound of Jordan Almonds, steep y<sup>e</sup> in cold water, & blanch y<sup>e</sup> & beat y<sup>e</sup> small putting in y<sup>e</sup> one spoonfull of rose-water, wherein 3 or 4 grains of musk hath been dissolved putting a spoonfull at once as you beat y<sup>e</sup> Almonds, take to it 2 pound & 3 q<sup>ts</sup> of y<sup>e</sup> finest steeed sugar, mix all these together in a deep bason, let y<sup>e</sup> upon coles till they be as hot as you can suffer y<sup>e</sup> finger therein, y<sup>e</sup> take y<sup>e</sup> whites of 5 new laid eggs beat y<sup>e</sup> till they froth, put to y<sup>e</sup> same whites 5 spoonfull of fine wheat flour, altogether y<sup>e</sup> heat then heat your oven as hot as for Pies or for manchetts & cool it againe till you can suffer y<sup>e</sup> hand therein, y<sup>e</sup> put y<sup>e</sup> made stiff by spoonfulls on fair paper so let y<sup>e</sup> bake leisurely till they be enough & take y<sup>e</sup> off from y<sup>e</sup> paper before they be cold with a knife.

### To make Chest bread

You must in the midst of a bushell of meal lay a dozen with a quart of yest & a quart of warm liquor & a little strong vinegar mix this & cover it very warm 24 hours & the next morning w<sup>th</sup> y<sup>e</sup> oven is almost hot put it together with 4 quarts of ale yest & as much liquor as will work fine & light with 4 handfull of salt & work it thus 3 q<sup>ts</sup> of an hour, so take it & make it into loafs and let it rise to y<sup>e</sup> full height covered warm, so bake it with a quick oven, the space of three hours.

### To stay Spiking of blood.

Let the party grinde drink of the juice of nettles and Mentane an equal quantity & with stay y<sup>e</sup> blood.

## To collar Beef

Take a flank of y<sup>e</sup> best & youngest beef you can get & cut it into 3 pieces, & put it into a pail of pump water & put 2 quarts of salt water to it & let it lye 4 dayes y<sup>e</sup> take it out, & take nutmegs, cloves & make a reasonable quantity & a little pepper beaten together, y<sup>e</sup> take a handful of sage and as much of y<sup>e</sup> youngest bay leaf shred very small, & put y<sup>e</sup> spices & y<sup>e</sup> together, & strew it betwixt every lair of beef, & so it is to be rolled up very close & kept close & fast w<sup>th</sup> as you lye it, y<sup>e</sup> put it in a pot w<sup>th</sup> 3 pints of claret, & a gallon of strong broth - either of mutton fresh beef, before you put y<sup>e</sup> beef into y<sup>e</sup> water take y<sup>e</sup> skin of y<sup>e</sup> inside, & w<sup>th</sup> you put y<sup>e</sup> beef into y<sup>e</sup> pot cover it w<sup>th</sup> y<sup>e</sup> skin, y<sup>e</sup> lay over y<sup>e</sup> skin 3 pounds of beef suet, y<sup>e</sup> pot must be very close pasted up, & let in y<sup>e</sup> oven w<sup>th</sup> brown bread, & let stand 10 hours, y<sup>e</sup> take it out of y<sup>e</sup> pot from y<sup>e</sup> liquor & keep it dry.

## To make a Collar of Beef.

Take y<sup>e</sup> thinnest end of a coast of Beef, bone it and lay it in pump water w<sup>th</sup> a little salt 3 dayes shifting it once every day, & y<sup>e</sup> day put a pint of claret wine to it, w<sup>th</sup> you take it out of y<sup>e</sup> water let it lye 2 or 3 hours draining y<sup>e</sup> cut almost to y<sup>e</sup> end in 3 slices, bruise a little anchovy & a very little allum mingle it w<sup>th</sup> wine, & therew<sup>th</sup> collar y<sup>e</sup> meat all over y<sup>e</sup> meat a dozen of blackonis & bone y<sup>e</sup> & lay y<sup>e</sup> to y<sup>e</sup> beef, w<sup>th</sup> must be seasoned w<sup>th</sup> cloves mace & pepper 2 handfull of salt a little sweet Marjoram & thyme w<sup>th</sup> you make it up roll y<sup>e</sup> in moist slice first & y<sup>e</sup> other 2 together upon it being very well seasoned every where bind it up hard w<sup>th</sup> Tape & put it into a stone pot somewhat bigger y<sup>e</sup> y<sup>e</sup> collar pouring upon it a pint of claret & a pint of white wine vinegar w<sup>th</sup> a sprig of Rosemary & a few bay leaf, y<sup>e</sup> bake it very well, ere it be quite cold take it out of y<sup>e</sup> pot, & you may keep it dry as long as you please.

## An excellent Jelly made of veal

Take a good knuckle of veal, & if you would have it a stiff Jelly, take 2 calves feet. Boil it very well till you think it will be a firm jelly, it must be boiled in a gallon of fair water, but be sure you wash it not in y<sup>e</sup> boiling, for y<sup>e</sup> it will not look clear, this done put it into a clean silver dish, y<sup>e</sup> beat y<sup>e</sup> whites of 4 or 5 eggs very well, & put in large mace, nutmegs & Cinamon as much as will relish it very well, & a race of ginger sliced, and as much leaf sugar as you think will sweeten it, y<sup>e</sup> set it over y<sup>e</sup> quick fire againe, & let it just boile y<sup>e</sup> put on y<sup>e</sup> juice of 4 Lemons & 2 or 3 oranges the kernels being taken out & set it over y<sup>e</sup> fire againe & let it boile up, y<sup>e</sup> take it off & run it through y<sup>e</sup> jelly Baggs till it looke clear, forget not to water your veal very well to soak out y<sup>e</sup> blood.

## To dress Plounders:

First flea y<sup>e</sup> black skins of y<sup>e</sup> y<sup>e</sup> save y<sup>e</sup> same Pick w<sup>th</sup> a knife thick & close but shallow lay y<sup>e</sup> in a dish, y<sup>e</sup> then good store of salt on y<sup>e</sup> & pour vinegar on y<sup>e</sup> w<sup>th</sup> must be boiling, let y<sup>e</sup> lye so 4 an hour & in the mean time set on some water to boile, & put into it a whole onion or 2 & a bundle of sweet hearts & garlick if you like it: w<sup>th</sup> it has boiled pour in some white wine, w<sup>th</sup> y<sup>e</sup> vinegar and salt w<sup>th</sup> y<sup>e</sup> fish lay in, w<sup>th</sup> it boile againe put in y<sup>e</sup> y<sup>e</sup> gett fish & so y<sup>e</sup> rest, in y<sup>e</sup> mean time scald a whole bunch of Barley, cut y<sup>e</sup> leaf off & mince it with some Capers, w<sup>th</sup> y<sup>e</sup> fishes are boiled, straine y<sup>e</sup> very well y<sup>e</sup> draw some thick butter, & mix some blackonis shred small w<sup>th</sup> you must dissolve in y<sup>e</sup> butter, y<sup>e</sup> take y<sup>e</sup> capers w<sup>th</sup> were minced & partly, & strain it over y<sup>e</sup> fish with a little shred nutmeg, & upon y<sup>e</sup> pour y<sup>e</sup> beaten butt all over y<sup>e</sup> fish.



## To dress a Pike.

First scour him clean w<sup>th</sup> a little salt, take out his entrails, y<sup>e</sup> cut y<sup>e</sup> in pieces & you think fit: strow upon him good store of salt, y<sup>e</sup> pour upon him good store of vinegar boiling in w<sup>th</sup> let him lye an hour, in y<sup>e</sup> mean time let one set on a kettell w<sup>th</sup> white wine and put in some hearts & an onion or 2 w<sup>th</sup> a nutmeg quartered & a little mace & a slice of Ginger & salt & w<sup>th</sup> y<sup>e</sup> fish is boiled take a little of y<sup>e</sup> liquor & dissolve in it Anchovies, y<sup>e</sup> lay in y<sup>e</sup> dish some sippets & pour some of y<sup>e</sup> liquor upon y<sup>e</sup> out of y<sup>e</sup> kettell y<sup>e</sup> take of y<sup>e</sup> liquor 3 or 4 Spoonfull in w<sup>th</sup> y<sup>e</sup> Anchovies were dissolved & w<sup>th</sup> it beat some thick butter & pour it on y<sup>e</sup> fish & if there be not good claret to drink w<sup>th</sup> it all this labours lost.

To make a sack posset w<sup>th</sup>out milk.

Take a pint of sack & 12 eggs. Break y<sup>e</sup> eggs into a basin & beat y<sup>e</sup> well together, y<sup>e</sup> put y<sup>e</sup> to y<sup>e</sup> sack & season it w<sup>th</sup> nutmeg & sugar so as will season a pint more, y<sup>e</sup> take a pint of ale & set it on y<sup>e</sup> fire & stir it well y<sup>e</sup> put in y<sup>e</sup> sack & eggs and keep y<sup>e</sup> stirring continually, w<sup>th</sup> it begins to thicken take it off y<sup>e</sup> fire & if you would have it strong of y<sup>e</sup> sack, y<sup>e</sup> set y<sup>e</sup> sack on y<sup>e</sup> fire & mingle your eggs w<sup>th</sup> y<sup>e</sup> Ale.

## To Boil a Capon.

First lard y<sup>e</sup> Capon with mutton and as much water as will cover it, and when it hath sod a good while take the bott of y<sup>e</sup> broth in a Tyskin and put into it Borage, Lettice & w<sup>th</sup> mace and verjuice, & so let it boil till the hearts be tender y<sup>e</sup> serve it up w<sup>th</sup> sippets.

## Another way to boil a capon.

Boil y<sup>e</sup> Capon w<sup>th</sup> Rosemary thyme & salt, y<sup>e</sup> take a little of the water, & seeds y<sup>e</sup> & straine it with a few almonds and a little white wine, y<sup>e</sup> put in spinage Borage longbe beefe and mace, so let it boil together & serve it up.

## To Butter loafe.

Take flour eggs yest & butter, sugar cloves, mace & saffron & salt work all these together & break y<sup>e</sup> dough often to make it short, & w<sup>th</sup> they are baked cut y<sup>e</sup> in y<sup>e</sup> middle & butter y<sup>e</sup>.

## To make a Pye of a leg of Pork.

Take a leg of pork & boil it almost as much as to eat & flea it whilst it is hot open it & take out y<sup>e</sup> bone, & slit y<sup>e</sup> lean of it like venison: y<sup>e</sup> beat 2 nutmegs a little cloves and mace & a little pepper, 2 haizes of Ginger, a Spoonfull of salt, season y<sup>e</sup> meat w<sup>th</sup> all this y<sup>e</sup> lay it on a table & strow a little sugar on it, and lay a board of good weight upon it all night, y<sup>e</sup> put it into past w<sup>th</sup> butter under & over it, so bake it, & eat it cold.

## To Boil Beef Hecke.

Take some slices of fresh beef cut y<sup>e</sup> & interlard y<sup>e</sup> w<sup>th</sup> fat, and so put this to stow between 2 dishes w<sup>th</sup> a little water, a Spoonfull of vinegar, a little pepper & salt, y<sup>e</sup> take a little thyme, Savory & Parsley, a pretty deal of parsley, keep all these together fine & put these to y<sup>e</sup> fire to stow often turning it y<sup>e</sup> serve it up in sippets.

### To boil a Goose.

Take a Goose & powder 2 dayes & nights. y<sup>e</sup> put a little pepper & salt in y<sup>e</sup> belly of it: so boild it tender y<sup>e</sup> take roots & Cabbage cut y<sup>e</sup> in thin slices and boild y<sup>e</sup> to make w<sup>th</sup> fair water, whiterwine & a little vinegar, a little nutmeg sliced m<sup>th</sup> they are boild enough put to it a little sweet Butter a very little sugar, so warm y<sup>e</sup> together, & pour y<sup>e</sup> sauce upon the Goose, & so serve it up.

### To make cold Past

To the quantity of flour y<sup>e</sup> will make 2 tarts. take 3 q<sup>t</sup> of a pound of butter & a handfull of sugar. Bruise it very fine, & 5 yolks of eggs. so work y<sup>e</sup> whilst it is dissolved, y<sup>e</sup> put to it a little cold water and work it very stiff so roll it very thin & m<sup>th</sup> 12 fill, close it & wash it over and let it be papered round as high as y<sup>e</sup> Past, so bake it w<sup>th</sup> a slow oven, it will be baked in 3 q<sup>t</sup> of an hour

### To make Antrools.

Take hogs guts clean washed & cut y<sup>e</sup> 3 q<sup>t</sup> of a yard long & let y<sup>e</sup> be turned round outwards and dry y<sup>e</sup> with a clean cloth so season y<sup>e</sup> w<sup>th</sup> nutmeg mace & Clove, sage pepper & salt, y<sup>e</sup> turn y<sup>e</sup> and draw y<sup>e</sup> one within another as they are in bigness, a hog guts will make but 2. tye y<sup>e</sup> at each end & in y<sup>e</sup> midst so boild y<sup>e</sup> 5 hours w<sup>th</sup> a pound of hogs lard, so prick y<sup>e</sup> w<sup>th</sup> a pin. for y<sup>e</sup> pickle take 2 quarts of Ale & a pint of sack & a pint of whiterwine vinegar and a pint of whiterwine, one handfull of salt with a Lemon & an orange slice a few bay leafe & rosemary, so pickle y<sup>e</sup> 5 dayes, heat y<sup>e</sup> in a dripping pan, & y<sup>e</sup> broil y<sup>e</sup> on top a little butter on y<sup>e</sup> so serve y<sup>e</sup> w<sup>th</sup> Mustard

### To stew a Ramp of beef.

You must stuff y<sup>e</sup> beef early w<sup>th</sup> spinage thyme and Parsley samfire, pepper salt & beef lard. so stuff it with onions, & 2 or 3 large blades of mace, take a pint of whiterwine vinegar & a pint of whiterwine, a bunch of sweet hearts, & at ten of y<sup>e</sup> clock slice parsnips and Carrots so let it stew till 12 of y<sup>e</sup> clock y<sup>e</sup> take y<sup>e</sup> top of and put it into Bruis & y<sup>e</sup> Ramp of beef in the dish your sauce for it is butter & vinegar, gravy of mutton and oyster liquor & juice of Almonds. Let this be very hot & put it to the Beef.

### To Boil Flounders.

They must be alive, flea y<sup>e</sup> & put y<sup>e</sup> into whiterwine vinegar. Let y<sup>e</sup> Liquor be seasoned with whiterwine salt & 2 or 3 onions & a few sweet hearts, so m<sup>th</sup> it boils put in y<sup>e</sup> vinegar & y<sup>e</sup> blood of y<sup>e</sup> fish & so boild y<sup>e</sup> very quick, serve y<sup>e</sup> up w<sup>th</sup> a little scalded Parsley, butter vinegar & y<sup>e</sup> juice of Lemon a little grob pepper. we send y<sup>e</sup> up very hot.

### To make a Salad of Smelts.

Take very new Smelts, wipe y<sup>e</sup> in a cloth & put y<sup>e</sup> in a biskin & thus whiterwine and a little vinegar, 2 Lemons, and whole pepper & a great deal of salt. w<sup>th</sup> you use y<sup>e</sup> you must cut y<sup>e</sup> heads of y<sup>e</sup> & take out y<sup>e</sup> Bones & take off the skins & serve y<sup>e</sup> up like Anchovies, only put some parsley and onions chopt small w<sup>th</sup> y<sup>e</sup> in y<sup>e</sup> dish & those with oyl and vinegar are to be eaten.



### To make Cracknels

Take a pound of flour, one pound of sugar & eggs y<sup>e</sup> whites being left out a q<sup>r</sup> of a pound of butter & a little rosewater a little pepper a spoonfull of Coriander seeds bruised y<sup>e</sup> work it up into a Past & roll it very thin, & cut it out by little round trenchers, turning up their edges, & nicking y<sup>e</sup> Trick y<sup>e</sup> full of holes & wash y<sup>e</sup> in beaten Eggs so bake them, y<sup>e</sup> oven not being very hot

### For a Shoulder of mutton.

Take some Sausage, Parsley & a little Thyme, one onion, chop y<sup>m</sup> small together, put a little nutmeg & salt, y<sup>e</sup> yolks of 2 eggs, stuff y<sup>e</sup> mutton with some of it, & fast it with wine & salt, Boil y<sup>e</sup> rest of y<sup>e</sup> stuff in wine & gravy, so serve it up.

### Brus for powderd venison.

Take a q<sup>t</sup> of white wine, as much of y<sup>e</sup> broth, & put 3 onions, 2 carrots cut in long pieces a bundle of thyme & Parsley 2 handfull of ... & seed & a little marjoram, a little whole pepper. Boil all these together y<sup>e</sup> lay y<sup>e</sup> meat on brown toast and pour this liquor on it.

### To fat young Sucklins

In some little place set a pan w<sup>th</sup> water and put y<sup>e</sup> ducks to it w<sup>th</sup> they are fat a week old. Let their meat be hardly meat, & whey curds mingled w<sup>th</sup> milk pretty thick & so often as it may never be sour neither must it stand by y<sup>e</sup> for y<sup>e</sup> they will be weary of it, sometimes ground mault for change.

### A fine Past.

Slice a few apples thin, put to them the yolks of 4 eggs mingled w<sup>th</sup> 4 or 5 spoonfull of cream & some sugar & a few barberries & some small marrow, y<sup>e</sup> make fine Past and butter a dish & lay y<sup>e</sup> fine Past in y<sup>e</sup> bottom & y<sup>e</sup> stuff on it & stick it w<sup>th</sup> great pieces of marrow cover it with a Cattel, so bake it, among y<sup>e</sup> apples you may put potatoes.

### To make Almond puddings

Take a pound of sweet almonds, blanch y<sup>m</sup> & beat y<sup>m</sup> as you would for a march Pane y<sup>e</sup> put y<sup>m</sup> into a fair Pan & pouring of cream to y<sup>m</sup> & a white penny loaf & a pound of sugar eight eggs (but 4 whites) mace & nutmeg at y<sup>e</sup> discretion & a little rose water, a pound of best Suet minced small, mingle all these well together & fill y<sup>m</sup> in galls & boil y<sup>m</sup>

### To season a Pigeon

Pye.  
With pepper Salt chapt hearts mace sliced lemon, capors, currants, in y<sup>e</sup> bottom butt when its drawn, put in a little claret wine and vinegar.

### To season a chardon tye.

Take a pound & halfe of Sait, cloves, mace nutmegs, Piper, thyme, Parsly, penny-royal, marjoram, winter savory, marygold flou<sup>r</sup>, a little Sugar & yolke of three hard eggs halfe a pound of raisins & a handfull of grated bread.

### To make a Gooseberry tart.

Take a pound of Gooseberries & 3 q<sup>ts</sup> of a pound of Sugar, a q<sup>rt</sup> of an ounce of whole Cinamon, & let it stand two hours in the oven.

### To make Sausages.

Take 3<sup>rd</sup> flesh of a leg of Pork, parboil it a little to a pound of flesh. Take a pound & halfe of best Sait, shred 3<sup>rd</sup> pork very fine, y<sup>e</sup> Sait great, mingle y<sup>e</sup> together & season it with piper, salt, cloves, nutmegs, mace & a little fennel seeds bruised a very little thyme, marjoram, penny-royal, winter savory, parsly, a good deal of Sage all chrest together, & put y<sup>e</sup> in small hoggs guts & let y<sup>e</sup> hang near y<sup>e</sup> fire to dry.

### To make Artichoke Sauce

Take 2 spoonfull of vinegar, & let it boile, put in halfe a pound of butter, & let it on a soft fire y<sup>e</sup> beat it with a spoon till it be melted and y<sup>e</sup> sauce thick, y<sup>e</sup> fire must be no more y<sup>e</sup> will keep the dish warm.

### To make a white Pot.

Take a pint of Cream, boile it with a little mace, & when its cold put in it 4 yolks of eggs and two whites well beaten & straine it together: y<sup>e</sup> put a young loaf in thin slices, & put into y<sup>e</sup> cream with the marrow of two bones a handfull of raisins, stoned & 2 dates sliced: season it with nutmeg, & salt, put it in a dish and let it stand in y<sup>e</sup> oven 2 hours.

### To make a Spinage or Carriot Salat.

Take a good handfull of spinage & wash it, y<sup>e</sup> set on some fair water, when it boile put in y<sup>e</sup> Spinage & scald it a little while; y<sup>e</sup> take it of & let it run through a Colander & press it between 2 trenchers, y<sup>e</sup> chop it fine & put it in a pipkin with sweet butter verjuice Sugar & corianders & y<sup>e</sup> be boiled enough, serve it with hard eggs cut in y<sup>e</sup> You may doe Carriots see, scald them tender & chop y<sup>e</sup> very fine & boile y<sup>e</sup> like your Spinage.

### To boile Partridges to eat Cold.

Take y<sup>e</sup> Partridge as to boile, put into the belly a prig of rosemary, thyme, whole mace, piper and salt and a few cloves. Take halfe water and halfe rhenish wine so much as will cover it. Boile it till it be tender, y<sup>e</sup> take it out and cover it & strow it with piper and salt and so let it stand between two dishes till it be cold, then serve it to the table with bay leaf, thus you boile Pullets or any fowl to eat cold.



### To Boil Olives of oval

Chop partly, thyme & yolks of eggs mingled together, spread the oval with it & roll it up w<sup>th</sup> a piece of marrow in the midst of it, boil them in white wine, mace, whole pepper, a bundle of herbs w<sup>th</sup> a little straw on it a hard eye chopt small grapes, Gooseberries or sliced Lemon.

### To Boil Sheep Trotters.

Boil y<sup>e</sup> trotters in fair wat<sup>r</sup> till they be tender y<sup>e</sup> take y<sup>e</sup> out & put y<sup>e</sup> in a dish w<sup>th</sup> y<sup>e</sup> yolks of 2 eggs well beaten together w<sup>th</sup> 6 spoonfull of verjuice 2 ounces of butter halfe a spoonfull of sugar a quart of a nutmeg sliced. Set y<sup>e</sup> on a soft fire & keep y<sup>e</sup> stirring & turning continually. y<sup>e</sup> put in a few Capers & let y<sup>e</sup> stand on y<sup>e</sup> fire till y<sup>e</sup> sauce be thick & look white so serve them with Lippets.

### To make a Sheep Pudding

Take as much Cream as blood & thicken it w<sup>th</sup> grated bread, put into it a good handfull of marjoram, thyme, winter savory, avens, leeks penny royal, fennel, Grants you must scith them more ordinary puddings of meal, neither must you boil them nor fry them, but warm them in water, You must season them with cloves and mace salt and sugar, and your herbs must be well chopt

### To make rice Puddings.

First boil y<sup>e</sup> rice in water, y<sup>e</sup> take 6 yolks of eggs & one white, mingle y<sup>e</sup> w<sup>th</sup> y<sup>e</sup> rice & a good deal

of marrow brused salt & a little cream; y<sup>e</sup> season it w<sup>th</sup> sugar, cinamon, nutmeg, cloves, & a little rose water, y<sup>e</sup> fill y<sup>e</sup> in y<sup>e</sup> last skins, and not too full. You must lap y<sup>e</sup> w<sup>th</sup> y<sup>e</sup> hand y<sup>e</sup> y<sup>e</sup> wind may goe forth & so tye y<sup>e</sup> & when they boil give every one a prick w<sup>th</sup> a pint to let y<sup>e</sup> wind forth.

### To salt Butter to keep & to make it fresh when You please.

When you have washt y<sup>e</sup> butter from y<sup>e</sup> milk clean make a brine of water & salt you may know w<sup>th</sup> us salt enough by putting an eye in it; if it sink it is too fresh, but if it swim, y<sup>e</sup> you may wash y<sup>e</sup> butter in it very well & so put it up, & w<sup>th</sup> you have need of it wash it in hot water till it be of y<sup>e</sup> temper you would have it & make it up into w<sup>th</sup> form You please. It is as good as new butter for any use.

### To make flummery.

Take a q<sup>t</sup> of a peck of great oatmeal, put it in fresh water from y<sup>e</sup> conduit in an earthen pot & let it lye above the oatmeal, a quart. Stir it about w<sup>th</sup> your hands two or three times a day, change the water once a day for five or six dayes together y<sup>e</sup> same quantity as at first, when you goe to make it, pour out y<sup>e</sup> water, strain it into an earthen pot and squeeze it w<sup>th</sup> your hands, and if it be too thick put a little water to it, keep it stirring, boil it so long as you think fit, I think a q<sup>t</sup> of an hour will serve, w<sup>th</sup> you leave put water to it, till you have occasion for it againe, It is to be eaten either w<sup>th</sup> sack white wine or milk.

### For a Scurvy.

Take alturn greece two drams made into fine powder & one ounce of sugar & if you please you may add 2 grains of musk put it into Rhet drink and drink it often.

### To make Pomander beads.

Take a q<sup>t</sup> of a pound of y<sup>e</sup> flow<sup>r</sup> of violets, y<sup>e</sup> whites being cut off & thereunto put 2 ounces of Benjamin & beat it together, y<sup>e</sup> make y<sup>m</sup> into beads & let y<sup>m</sup> to dry in a shady place out of y<sup>e</sup> sun.  
Also take a q<sup>t</sup> of a pound of musk roses & likewise put a q<sup>t</sup> of a pound of wall lillyflow<sup>r</sup> & a q<sup>t</sup> of a pound of damask rose leafs, y<sup>e</sup> whites being cut off & doe y<sup>m</sup> as before drying y<sup>m</sup> then beat y<sup>m</sup> all & scarce y<sup>m</sup> through a fine Sieve, y<sup>e</sup> take 3 ounces of Gum dragon: steep it in rose water & put to the powder, y<sup>e</sup> beat it in a mortar till it be past, then make it up in beads & anoint y<sup>m</sup> with a q<sup>t</sup> of an ounce of Amber & h a q<sup>t</sup> of Civit with one Spoonfull of rosewat<sup>r</sup> grind it in a mortar: keep it beating alwaies, because y<sup>e</sup> Amber will grow hard & doe anoint them and let them dry.

### To make a Spanish Pome.

Take of metha 9 ounces of Storax 3 ounces of Amber one q<sup>t</sup> of an ounce of musk 2 drams of Civit one q<sup>t</sup> of an ounce, of powder of roses one ounce or a little more of sweet flow<sup>r</sup> 2 halves of mace one dram of Citron rind dried & cut in small peeces one q<sup>t</sup> of an ounce, of Cinamon one dram beaten to powder of cloves one dram or something more. All these Ingredients being made up & put in Silver Pome it will last y<sup>e</sup> life, being used thus: setting y<sup>e</sup> Pome upon a hot fire being full of damask rose wat<sup>r</sup> or Orange flow<sup>r</sup> wat<sup>r</sup> till it smok & then remove it to a gentle heat only to keep it warm. If ever it be dry it is spoiled.

### To Candy Sweet Marjoram

Take of y<sup>e</sup> Sweet Marjoram being upon a stalk, y<sup>e</sup> take some sugar & boil it to a candy let y<sup>e</sup> Candy be a little thicker y<sup>e</sup> for other things, y<sup>e</sup> let it be in y<sup>e</sup> candy one night, y<sup>e</sup> take it out & lay it upon a glass plate to stowe it.

### To make Sweet Baggis

Take damask rose buds, w<sup>ch</sup> are hard & not blown, cut y<sup>e</sup> graine out as near to y<sup>e</sup> flow<sup>r</sup> as you can, y<sup>e</sup> sprinkle y<sup>e</sup> buds with rose water & angel wat<sup>r</sup> mingled together, y<sup>e</sup> take cloves w<sup>ch</sup> shall be boiled in rose wat<sup>r</sup> & Angel wat<sup>r</sup> in a saucer on a chaffing dish, besides either in another saucer or on a marble Stone mix some musk & Civit. y<sup>e</sup> you must take a clove so boiled & dip it in the mixture of y<sup>e</sup> musk & Civit striking betwixt 2 buds of y<sup>e</sup> roses pulling end to end: kind y<sup>m</sup> will together with thred & so they may be cool, y<sup>e</sup> cast all y<sup>e</sup> buds for a comodity into a Bag, w<sup>ch</sup> must y<sup>e</sup> gently be loved up least they take Air.

### To give y<sup>e</sup> scent of Starick Gloves.

Take to one pair a pennyworth of Ambergrace twelve grains of musk 6 grains of Civit all which you must grind together with oyl of jeshamin, then put all into an earthen or silver vessel upon a little fire till you see y<sup>e</sup> amber melted, y<sup>e</sup> with a sponge spread it all over y<sup>e</sup> gloves, and they shall be excellent. and to colour the said gloves add to y<sup>e</sup> mixture some Afer.

### To make clear Cakes of

#### Quinas white.

Take y<sup>e</sup> Quinas & put y<sup>m</sup> into a skellet of water, so let them boil a good while y<sup>e</sup> straine them, take to a pint of juice a pound of sugar and boil it to sugar againe, then put in y<sup>e</sup> juice & stir it while it is almost cold, then put it into glass plates and stowe it. thus you may make red clear Cakes only keep the skellet close covered



## To make strong Beer

There is required for making 2 hogsheds of strong Beer 20 mts of malt which contains 2 q<sup>r</sup> & a half 2 pecks of wheat 2 pecks of dried peas 2 pecks of dried oats y<sup>e</sup> wheat, oats & peas must be ground severall of y<sup>e</sup> mill. w<sup>h</sup> y<sup>e</sup> Brewer hath mashed his first liquor & stirred it very well up, y<sup>e</sup> he must put his wheat oats & peas upon y<sup>e</sup> top of y<sup>e</sup> malt fat and mix it about a q<sup>r</sup> of an hour after with y<sup>e</sup> malt very well, this must stand 4 hours on before it be let off, 6 pound of hops as little as can be for this proportion. y<sup>e</sup> best liquor must be boiled an hour at least put it very cool to Barn & give it time enough in y<sup>e</sup> fat, otherwise it will drink flat march & y<sup>e</sup> beginning of october is y<sup>e</sup> onely time to brew it in w<sup>h</sup> y<sup>e</sup> weather is neither very cold nor very hot, 3 hogsheds of small beer is as much as can be made to make it good.

## To make Aqua mirabilis

Take galangar cloves Subals ginger mace nutmegs Cardimons of each a dram Bruise all y<sup>e</sup> spices y<sup>e</sup> Aleo y<sup>m</sup> in 3 pints of whitewine & a pint of Aqua vita, adde thereto halfe pint of y<sup>e</sup> juce of juce of Salandine as much Spere mint as much Balm. Let this stand in an earthen pot all night close covered, y<sup>e</sup> put y<sup>m</sup> into a Still close luted w<sup>h</sup> rye dough, & Still it with a cool fire and mingle the strong & weak together, see put some Sugar candy in powder according to y<sup>e</sup> taste.

## To make Jely of Quince.

Take y<sup>e</sup> Quince & boil y<sup>m</sup> as you did for your dear Cakes of Quince, and straine y<sup>t</sup> then take a pound of Sugar to a pound of Liquor, y<sup>e</sup> boil y<sup>t</sup> together till it be enough, y<sup>e</sup> when its almost cold put it up into Boxes

## To collar veal.

Take 2 Brefts of veal, & bone y<sup>m</sup> then salt y<sup>m</sup> with Bay Salt one night y<sup>e</sup> take Sweet hearts, as these Thyme, Parsley, Sweet marjoram, winter Savory Sage Onions shred all these together, y<sup>e</sup> take spices, viddicut, pepper, cloves mace, nutmeg of each a reasonable quantity beaten y<sup>e</sup> take y<sup>e</sup> 2 brefts of veal, & lay y<sup>e</sup> thin Tied one upon another, make y<sup>m</sup> as you would doe for baking in a Pasty, y<sup>e</sup> take halfe a pound or more of Anchovies wipe y<sup>m</sup> very clean, & divide y<sup>m</sup> into halves and lay them all over y<sup>e</sup> veal, y<sup>e</sup> take a pound of y<sup>e</sup> best larding Bacon cut into thin slices & cover y<sup>e</sup> veal all over with y<sup>t</sup> y<sup>e</sup> strew on y<sup>e</sup> spices & hearts, then take one dove of Garlick, slice it thin into 3 or 4 Spoonfull of whitewine vinegar (upon y<sup>e</sup> veal) and after it hath lain one hour in y<sup>e</sup> vinegar, take out y<sup>e</sup> Garlick & sprinkle y<sup>e</sup> vinegar upon y<sup>e</sup> veal, then role up y<sup>e</sup> veal hard into a Collar and tye it up close with packthread, y<sup>e</sup> put it into an earthen pot, and put to it about a quart of Claret wine or whitewine with some salt in y<sup>e</sup> wine cover the pot over with thick dough and put it to bake with household bread, & when it is almost cold after it is drawn take it out of the liquor, and lay it dry, this being done keep it for y<sup>e</sup> use.

## A Chicken Pye

Season y<sup>e</sup> chickens with pepper salt & nutmeg, y<sup>e</sup> put dakes mace, Barberries and Linen seed, marrow and hard lettuce, Cringo knots and Gooseberries and artichoke bottoms, broiled, and Sweet Baker & when it is baked, liquor it with Butter verjuice or whitewine take y<sup>e</sup> yolks of 3 or 4 eggs and put into y<sup>e</sup> liquor to beat it up thick

## A Brooker Pye.

Take some Apples & cut them small and take a quince and put amongst them, and y<sup>e</sup> bake y<sup>m</sup> very well, y<sup>e</sup> take some rose walt butter & Sugar and put into your Pye when its baked.

### For neate tongues

Take some Pump water & Spanish Bay salt & put it together & when its dissolved put in your tongues & bacon to it, & let it lye 3 dayes in it. y<sup>e</sup> make a strong brine of Pump water and Spanish Bay salt and Salt Peter, & boile it well and a pound of y<sup>e</sup> brownest Sugar you can get. Let y<sup>e</sup> lye some 3 weekes, y<sup>e</sup> take y<sup>e</sup> & hang them up and smoke them with Sand dust.

### For Artichokes.

Pair y<sup>e</sup> and boile them well and wash them clean then boile some white wine and vinegar together, y<sup>e</sup> put a little Sugar into it, then put y<sup>e</sup> Artichokes into it and cover them up close.

### For Pickle oysters

Take y<sup>e</sup> largest oysters you can get, then wash them clean and pick pick y<sup>e</sup> clean & have some of y<sup>e</sup> oysters liquor some vinegar and a little whole pepper some bay leaf a little limbe peel or limon sliced so boile it well and let them stand in the liquor.

### A Trotter Lye.

Take some Apples & cut y<sup>e</sup> small & take a quince & put amongst them & then bake them very well, then take some Rosewater, butter and Sugar and put into y<sup>e</sup> lye when it is baked.

### A very proper Surge for y<sup>e</sup> Liver.

Take 14 penny worth of Rabarb sliced thin, y<sup>e</sup> boile it till it will straine out, y<sup>e</sup> boile it a pound of Corants and a pint of water till they be halfe boile, then put y<sup>e</sup> Rabarb into y<sup>e</sup> Corants and boile it till the juise be almost away y<sup>e</sup> put into it as much Cream of Tartar as will lye on a great & boile it a little altogether over a soft fire.

### A very good Gargarism for a Sore Throat

Take Plantane wat<sup>r</sup> hafe a pint red rose wat<sup>r</sup> a g<sup>t</sup> of a pint red rose leaf a small handful. Let y<sup>e</sup> boile together halfe a score walms, y<sup>e</sup> sharpen it with some vinegar and a little burnt alum, drain out y<sup>e</sup> liquor & put to it as much honey of roses as will make it sweet, y<sup>e</sup> clarify and keep it for y<sup>e</sup> use.

### Another excellent Recit for a Sore Throat.

Take one ounce of oyl of almonds put halfe an ounce of white Sugar Candy small beaten & let y<sup>e</sup> take of it often upon a liquorice Pick, if any wheals or heats break out y<sup>e</sup> amount y<sup>e</sup> same with y<sup>e</sup> above named oyl.

### To preserve cherries.

Take a pound of y<sup>e</sup> fairest cherries and cut them and put them one over another and lay them into a pound of Sugar as you doe them, then take them and tye them together y<sup>e</sup> put y<sup>e</sup> into a skillet and boile them as fast as you can untill you think they be enough, and doe put them up into a glass and keep them.



### For the fainting of the Heart

Take have a pint of red Rose water put to it a little Spoonfull of Quince kernels and a little Cinamon broken as much as you think fit may be for y<sup>e</sup> quantity, put it into a little close pot with a cover set it on a close fire it it may boil softly till halfe be boild away, y<sup>e</sup> drain it from the kernels and Cinamon and take of it warm two or 3 Spoonfulls and sweeten it with Sugar as you please to y<sup>e</sup> tast, You may take off it at any time of the day.

### To make all sorts of Cream

For the goosberry Cream make it thus, first scald y<sup>e</sup> goosberries, y<sup>e</sup> straine y<sup>e</sup> y<sup>e</sup> take cream & boile it, and when its almost cold, then put in as much of y<sup>e</sup> pulp as will make it pretty thick and as much Sugar as will sweeten it to y<sup>e</sup> tast & two or 3 Spoonfulls of rosewater.

### To make Codling Cream

Take y<sup>e</sup> Codlings and scald them and take the pulp of them, then take cream and boile it and when its almost cold put in as much pulp as will make it pretty thick and as much Sugar as will sweeten it, 2 or three Spoonfulls of Rosewater.

### To make Snow Cream

Take raw cream pretty thick, sweeten it with Sugar and put a little Rosewater, y<sup>e</sup> lade it with some little dish, till it froths, y<sup>e</sup> take of y<sup>e</sup> froth, & put into y<sup>e</sup> dish by Spoonfulls till you have enough.

### To make Barley Cream

Take French Barley, & boile it shifting the water 3 times, when it is soft draine it from the water, y<sup>e</sup> take Cream, and put in as much Barley as to make it pretty thick, then boile them together a pretty well, then take it off and sweeten it with Sugar and 3 Spoonfulls of Rosewater.

### To make Cream of Sack

Take a pint of Cream & boile it beat y<sup>e</sup> yolks of eggs and put in a little of y<sup>e</sup> Cream into y<sup>e</sup> eggs stirring y<sup>e</sup> till h<sup>e</sup> y<sup>e</sup> Cream be in, y<sup>e</sup> boile them together a little putting in 3 or 2 Spoonfulls of Rosewater and Sugar to sweeten it & a little Nutmeg, then take it off & put it into y<sup>e</sup> dish and w<sup>h</sup> its pretty cool put in 3 or 4 Spoonfulls of Sack stirring them all together.

### To make oyl of mandrakes

Take of mandrake apples such a quantity as will serve to steep in y<sup>e</sup> oyl you intend to make: first pound y<sup>e</sup> mandrakes in a mortar, y<sup>e</sup> put y<sup>e</sup> to steep in y<sup>e</sup> oyl, let y<sup>e</sup> stand 20 dayes in the sun changing y<sup>e</sup> mandrakes after y<sup>e</sup> 20 dayes twice more: y<sup>e</sup> boile it over a soft fire and strain it for y<sup>e</sup> use. Thus oyl both cool & stay all such payns & aches y<sup>e</sup> arise by a violent Inflammation and heat, & causes sleep being anointed on y<sup>e</sup> temples, and forehead.

### Syrup of Pumulatory

Take wormwood Endive & hore a handfull of each a little wild time: Boile y<sup>e</sup> in a quart of wa<sup>t</sup> till halfe be wasted y<sup>e</sup> strain y<sup>e</sup> & put to it a pint & h<sup>e</sup> of y<sup>e</sup> Juice of pumulatory & a pint of y<sup>e</sup> Juice of Rasclops, put in 4 pound of Sugar & boile it to a Syrup. It cleanses y<sup>e</sup> blood and skin miraculously.

A Receipt for y<sup>e</sup> Rickets approved  
By the Lady Sagnum.

A handfull of mugwort, motherwort, Liverwort  
& long wort, y<sup>e</sup> lungwort is y<sup>e</sup> Conslip of Je-  
rusalem of each a handfull. Chop it small &  
put it into a linen bagg & tye up in a middle  
sort of Beer, these 4 Herbs likewise gathered  
& chopped small and boild in oyl till it be very  
green anointing y<sup>e</sup> joynts at night y<sup>e</sup> back here  
& y<sup>e</sup> brest, Rubbing and Stroaking y<sup>e</sup> joynts  
morning & evening, y<sup>e</sup> child must drink no other  
drink till it be by y<sup>e</sup> grace of God very well.

An approved Receipt for a  
Consumption.

Take a pottle of y<sup>e</sup> Strawings of a red Cow a quart  
of muscadine a pound of Rallons pickt and Stoked a  
pound of y<sup>e</sup> best blue corants well pickt & rubb but  
not washd halfe a pound of English liquorice a q<sup>r</sup>  
of a pound of dakes shred, one ounce of Cinamon  
nutmegs sliced. Let these steep together 12 hours at  
the least before they be put into y<sup>e</sup> still close with p<sup>r</sup>st  
and so let them be distilled together. Let y<sup>e</sup> patient drink  
of this morning & evening a Spoonfull for 6 weeks or  
two months together, & sweetned with white Sugar Candy  
beaten to powder.

To Pickle barberries.

Take some water salt, and take the looke  
barberries and Stamp them all then put them  
all together.

To make Oyl of Mint

Take garden mint y<sup>e</sup> leafs only bruse y<sup>e</sup> and cut of y<sup>e</sup>  
with it so brused some Juice, y<sup>e</sup> put the other part y<sup>e</sup> is  
unstrained into y<sup>e</sup> oyl, and the Juice also after it. Let y<sup>e</sup>  
oyl be as much as you intend to make, and that must  
be as much as will thicken the oyl, let it in the sun seven  
dayes changing the mint eight times a day then boild it  
& straine it for your use. This oyl giveth strength to any  
part, that is grown weak being rubbed in upth y<sup>e</sup> part  
before the fire, especially your Stomach it will enliven &  
quicken it, if the concoction of it doe fail, so yt y<sup>e</sup> party  
refuse to eat their meat with 3 dressings and anointing his  
belly with this oyl, chiefly where y<sup>e</sup> ribs of y<sup>e</sup> brest be put  
in p<sup>r</sup>under and it will marvellously heat p<sup>r</sup>tem adding as naturall  
a heat to it as its own heat.

Syrup of Comfrey

Take of roots & branches of both y<sup>e</sup> greater & lesse comfrey  
of each 3 handfulls of red roses, Betony, plantane, Burnet  
Knotgrass otherwise called bloudwort, Celwort of each a handfull  
pound them all and strain out the Juice and boild it scumming it  
off. Boil it to 3 pints, adding 2 pound of Sugar and a halfe.  
the vertue of this is most excellent for a consumption and  
for avoiding any corruption or other fullings about y<sup>e</sup> lungs.

Syrup of Wormwood.

Take of wormwood halfe a pound of red roses halfe a q<sup>r</sup>  
of a pound or something more a little Spikenard, let these be  
Stamp and laid to stead 24 hours in a quart of y<sup>e</sup> best white  
wine with as much of y<sup>e</sup> Juice of Ruinard. Boil them to  
halfe over a fire, and with two pounds of Sugar afterwards boild  
them to a Syrup. It purgeth anything yt lyeth undigested in the  
Stomach and procureth an appetite, and it certaine that it hath  
a special vertue against the Kings Evil.



### For the Canker.

Take a pint of good white wine vinegar and a good handfull of y<sup>e</sup> green of y<sup>e</sup> Salte of a well & halfe a pint of honey and a lump of Alum as big as a small egg, a small handfull of white salt and as much Bay salt beaten in a mortar. Put all these together into a skillet or pipkin and let them boile till it look black and with this dress the Canker. This is a medicine that never failes.

### For the black and yellow Jaundie.

Take a good quantity of sheeps tricklings, new made and Angelico leaves of roots, steep them all night in a quart of strong beer and drink it in the morning for three mornings together.

### For a Felon.

Take bray salt stamp it small, mix it with the yolk of an egg and apply it to the Felon, repeat it diverse times and it perfectly heals y<sup>e</sup> same with speed, and draws out all the paine of the arm, and a strength the swelling if there be any, as it hath been often approved.

Decem<sup>br</sup> y<sup>e</sup> 3<sup>rd</sup>  
1698.

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## An excellent water for y<sup>e</sup> Eyes

Take a stone pot y<sup>t</sup> hath never been used; & to many ounces of Copperas, as y<sup>e</sup> pot will hold gallons of water: observe y<sup>t</sup> proportion, & when there is any snow to be had beat y<sup>e</sup> Copperas to powder, & y<sup>e</sup> pot being made clean, put 2 or 3 good handfulls of clean snow into it, & press it hard down w<sup>th</sup> y<sup>e</sup> hand, y<sup>n</sup> strow a little of y<sup>e</sup> Copperas powder upon it, y<sup>n</sup> put some more snow, & press it hard as before, y<sup>n</sup> staker a little more of y<sup>e</sup> powder upon it: so snow & powder till y<sup>e</sup> pot is full & y<sup>e</sup> powder spent, observing alwaies y<sup>t</sup> you staker but a little powder at y<sup>e</sup> bottome, and more towards y<sup>e</sup> top, cover it w<sup>th</sup> a clean cloth, and set it in a cellar, & when all y<sup>e</sup> snow & frosts are gone abroad, you shall have the snow in y<sup>e</sup> pot melted, then dispose of y<sup>e</sup> pot where you please, and when you have use for it pour some of it in a glass or bot through a clean cloth, and place it where it may not stand too hot nor freeze. It being dropt into y<sup>e</sup> eye takes away any Itch, Bin or Weib, Hum, or y<sup>e</sup> like: as also Rheums. If y<sup>e</sup> Rheum or Ail have been very long, y<sup>n</sup> you must take a peice of red Rose Cake of about 3 Inches broad & 4 long, & put 4, 5, or 6 Spoonfulls of this water into a little fruit dish & the said peice of Rose cake set it upon some Embers, and as the water heats y<sup>e</sup> Rose Cake will be spongy; now & then turn it & w<sup>n</sup> tis steeped take it from thence and bind it over y<sup>e</sup> Rheumatick Eye when the Patient is in bed from y<sup>e</sup> nose over y<sup>e</sup> Temples & in few dressings it will ease. The linen y<sup>t</sup> you use will be spild by it. This will also cure any Ringworm or Tetter.

## For the Jaundies.

Take 2 quarts of whitewine & 2 quarts of new milk, and the weight of 2 groats of saffron and threescore hoglice, then bruise them in a mortar, then strain y<sup>m</sup> into y<sup>e</sup> asperance, & still it over a soft fire

## To make a Marrow Custard.

Take a quart of sweet thick Cream, Boil it with a blade of mace & a nutmeg quartered, when it is well boiled put in 6 yolks of Eggs well beaten Season it with Rosewater and Sugar to your own liking, then have a deep dish ready with four slices of parchment in y<sup>e</sup> bottom, of your dish and a Row of Heats of y<sup>e</sup> Sun. Then pour into your dish a quarter of your Cream and lay a Row of marrow then put on one part of raisons and another part of Cream, then put marrow & raisons againe & assure y<sup>e</sup> last bread be cut into fine works strowed over with sliced Almonds as thin as possible you can cut them, and let not your oven be too hot, and let it stay no longer then till it rise, then take it out and scrape fine Sugar upon it and soe serve it up

## To make Rice White Tiddings

Take halfe a pound of Rice, wash it and pick it very clean, y<sup>e</sup> boil it till it be as thick as hasty Tiding then put it into a Bason and cover it close and let it stand till it be cold, put in a pound of corants well washed & dried & 3 penny loafs grated, 12 eggs leaving out 6 of y<sup>e</sup> whites, 2 nutmegs, 3 pintles of cream scalding hot. Sweeten it with Sugar and Amber-green & Salt as your tast directs you, 2 pound of y<sup>e</sup> best Beef kidney Suit shred as small as is possible or about y<sup>e</sup> same proportion in marrow y<sup>e</sup> put these into small Butts gals. 3 q<sup>t</sup>. of an hour will Boil y<sup>e</sup>.

## To make Almond Bisket.

Take a pound of y<sup>e</sup> Jordan almonds and lay y<sup>e</sup> in water 3 dayes & 3 nights shifting y<sup>e</sup> every day, then blanch y<sup>e</sup> into Rosewater, y<sup>e</sup> dry y<sup>e</sup> in a cloth and beat y<sup>e</sup> in a Stone mortar very fine, putting to y<sup>e</sup> now and y<sup>e</sup> a Spoonfull of Rosewater to keep y<sup>e</sup> from caking, then take a pound of Sugar finely beate & y<sup>e</sup> whites of 4 eggs & beat y<sup>e</sup> & take a q<sup>t</sup>. of a pound of y<sup>e</sup> finest flour and beat these altogether till they are all mingled, then butter y<sup>e</sup> plates & soe put y<sup>e</sup> into y<sup>e</sup> oven as fast as you can, scraping a little Sugar upon y<sup>e</sup> Soe You may make Maideroons only you must not put so much flour in.

## To make Quiddeny of Raspberries with whole Raspberries in it.

Take y<sup>e</sup> Raspberries & put y<sup>e</sup> into a pot as you did y<sup>e</sup> Plums. Let y<sup>e</sup> boil till they be enough; y<sup>e</sup> take the clear of it and to 2 pound of y<sup>e</sup> clear take a pound and halfe of Sugar. then let it Boil together till it come to a Jelly; but a little before it be enough put in 5 or 6 whole Raspberries, or as many as You please & let y<sup>e</sup> boil 3 or 4 walms in it, then put it up into bottles. Thus You may make Quiddeny of any other thing

## To dry Apples

Take of y<sup>e</sup> best Pippins before they be too mellow, y<sup>e</sup> lay them upon a board, then set them into the oven then flat them a little, soe put y<sup>e</sup> into y<sup>e</sup> oven 3 or four times, till you think they be dry enough.



## To dry Jares.

Take of the fairest Jares & pair them thin, then put them into a Pot and cover the Pot close with Past, some Claret wine being put into y<sup>e</sup> pot set them in the oven when they bake brown then take them out of the Liquor and lay them upon a Board; soe set them into the oven three or four times. Let not y<sup>e</sup> oven be too hot.

## To Candy Grapes

Take of the fairest Grapes & steepe them; to a pound of Grapes take have a pound of Sugar, & soe boile them up againe, then take them out of the Sugar and boile it to a thin Candy; soe put them into it and let them lye one night; then take them out and steepe them.

## To Candy Angelico

Take the stalks of Angelico, w<sup>ch</sup> be young y<sup>e</sup> cut y<sup>m</sup> in short slices in halfe, y<sup>m</sup> boile y<sup>m</sup> in fair water till they be tender. y<sup>m</sup> take y<sup>m</sup> out & dry y<sup>m</sup> in a cloth soe let y<sup>m</sup> lye upon y<sup>e</sup> table till they be dry; y<sup>m</sup> take some sugar, and boile it to a Candy, then put in the Angelico, & let it boile a while or two: y<sup>m</sup> take it off y<sup>e</sup> fire, & let it stand a day or 2 y<sup>m</sup> lay y<sup>m</sup> on a plate by one at once, soe steepe y<sup>m</sup>.

## To preserve wet Apricocks

Take of y<sup>e</sup> fairest Apricocks ere they be over ripe, & steepe y<sup>m</sup> in y<sup>e</sup> water very thin, & put y<sup>m</sup> into y<sup>e</sup> Sugar as y<sup>m</sup> pare y<sup>m</sup> y<sup>e</sup> water w<sup>ch</sup> a soft fire till they be boild enough, y<sup>m</sup> put y<sup>m</sup> up for y<sup>e</sup> use.

## A Drink for y<sup>e</sup> Kings Evil.

Take halfe a pound of Guaiacum & 6 Quarts of Spring water cut y<sup>e</sup> Guaiacum very thin, & infuse it in y<sup>e</sup> water till halfe be wasted. Let y<sup>e</sup> Patient drink a q<sup>t</sup> of a pint of this in y<sup>e</sup> morning fasting & y<sup>e</sup> same quantity at 4 a clock in the afternoon, soe let it be followed till y<sup>e</sup> cure be completed. But you must apply to y<sup>e</sup> sore houndstongue leafs boild in water very tender, & hang about y<sup>e</sup> child's neck some houndstongue roots cut into thin slices & put in a bagg.

Elder flower water good for the Kings Evil, or a Tuber or morpew, & y<sup>e</sup> like.

Take Elder flower when they are first ripe, & distill y<sup>m</sup> in a cold Still, Drink a q<sup>t</sup> of a pint of this water in y<sup>e</sup> morning fasting, & y<sup>e</sup> same quantity at 4 a clock in y<sup>e</sup> afternoon. You may sweeten it w<sup>th</sup> Sugar if you please.

## An excellent Poultice for y<sup>e</sup> Brist.

Take a large handfull of Holyock leafs & a good handfull of Violet leafs pickt cleane from y<sup>e</sup> stalks, boile y<sup>m</sup> in a little quantity of water till they be very tender y<sup>m</sup> take y<sup>m</sup> out from y<sup>e</sup> water, & shred y<sup>m</sup> very small, after y<sup>e</sup> melt in it a good peece of Sovereyn grease, & apply it hot to y<sup>e</sup> Brist; repeat it with fresh night & morning. This will break it if it be to be brook, & cure it. If it be not to be brook will disperse y<sup>e</sup> knots & all y<sup>e</sup> swelling as hath been proved by long experience.

Order to himself  
Book of Receipts







BOOK  
OF  
REVELATION  
1676

97629





I trouble you  
four we are  
clothes for  
last February  
down without  
for work  
in all 3 yards  
clothes on. If  
four sheets  
for we have  
its sum

able servant  
ed  
achel. Lloyd

to 10 ounces of ~~Cacaolet~~ nuts six of sugar 100  
drans of Cinnamon 3 of vionelles



eggs	-	-	-	-	0	-2	-6
bacon	2	pound	-	-	0	-1	-2
a letter	-	-	-	-	0	-0	-1
bacon	-	-	-	-	0	-0	-4
eggs	-	-	-	-	0	-1	-0
bacon	-	-	-	-	0	-0	-4
eggs	-	-	-	-	0	-1	-0
eggs	-	-	-	-	0	-1	-0
					<u>0</u>	<u>4</u>	<u>11</u>

Lord Harrington's Receipt for Making  
Small Beer

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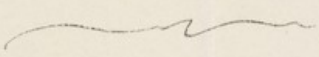
To three Strikes of Pale dried Malt  
put Forty Gallons of boiling water.  
When it has stood three hours  
let it off. Put it into your  
Copper with half a pound  
of hops: boil it one hour.  
then run it through a fine  
hair Sieve. When it is nearly  
Cold, add one quart of new  
Yeast. Let it ferment  
three days in the tub.  
Put it into small barrels  
and continue to fill them up  
with liquor as long as it will  
ferment. Then make it up  
close. It will be ready for



use in three weeks

Great care to be taken that the  
Tubs & barrels are well  
scalded & kept sweet & clean.

Malt liquor is not so good  
when brewed in hot weather



To Cure 2 Small Hams  
Take 2 Pound of Common Salt 2 ounce  
of Salt peter one Pound of Course sugar  
Rub it well in Lay them on a Table  
3 weeks Smoak them ten Days

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Receipt for yeast Boil one Pound  
of Potatoes to a Mash Rub them through  
a sieve when cold Add to it 2 Spoonfull of  
yeast one Spoonfull of sugar one Handfull  
of flour Let it stand 2 ours by the fire  
then Lay the Bread in a light sponge

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To Cure a round of beef Rub one Pound  
of salt Let it Lay 2 Days turn it over  
And Rub a rather Pound on Let it Lay  
A week or ten Days turn it over once in  
2 Days if a large round it will require  
four and a half <sup>boiling</sup> if small 3 ours



soufflé of Potatoe Flour (any perfume may be added)

Take one Pint of Cream let it boil, add six ounces of Sugar  
six table spoonful of Potatoe Flour four yolks of eggs  
mix the whole together and put a lining of butter the  
size of an egg Lemon peel chopped very fine put them  
into a stew pan over a charcoal fire, and stir them  
well about until they boil, let it stand until cold.  
After that put six yolks of eggs and mix well with  
the above, and if too stiff add two more eggs the  
white and the yolks take the white of four eggs well  
whipped and mix steadily with the paste put  
the whole into a silver Caserole into the Oven and  
Baked and be careful not to over bake, and send  
to table immediately! ~~~~~

For a cough, or irritation in the Throat -

2oz of White- Squirre Bark

3 drs of Liceweed

1 - Pound of Raisins. Boiled together in  
two quarts of Water, until reduced to one.  
And allowed to simmer over the fire  
for half an hour - A Wine Glass to be  
taken at a time



### Carrot Purie.

Take six Carrots, minced, four Turnips, six large Onions, three heads of Celery, four Leeks, put altogether into a stew pan with a piece of butter the size of an Egg, and be careful the ingredients do not take too much colour over the Stove; when the vegetables take a good brown, add a good Broth so as to cover the Vegetables about three Inches, and let them boil as slow as possible about two hours, after which pass them through a Tamponie, then put the Purie into a stew pan and let simmer on the corner of the Stove, to clarify, and be careful it is not too stiff, blanch a little Rice in some separate broth and add to the Purie when sent to Table.

## To Make Chicken Soup

Three hours before dinner, put on two chickens, in two quarts of water, let it stew with a small bunch as large as your finger of sweet mayweed, a bunch of parsley, of thyme and one blade of mace, and three pieces of ham three inches long, one onion - Shake your dumplings of one egg, a pint of cream and flour enough so that you can drop it into your soup - Put the dumplings in half an hour before you use it, and be sure the soup is boiling - Fifteen minutes before you send it up, take  $\frac{1}{2}$  a pint of cream well mixed with two large spoonfuls of flour, and a desert spoonful of butter, let the soup be boiling, and this is all the time - The chicken is cut up as if for frying and is now in the soup, taking out the bunches of herbs - This is a very good way of stewing chicken without the water, only enough to cook it in -



are home to get done - Put salt to your  
taste; when it is done put it in to molasses  
and turn it out as you want it -

### ... Cookies

Take one egg and a pint of flour, <sup>or a pint</sup>  
with - Beat the egg & milk together &  
thicken <sup>with</sup> the flour, a teaspoonful of salt, or  
to your taste, you must beat it for a  
quarter of an hour - Grease your griddle  
with lard, then drop your cakes on, and  
turn them - Butter and serve them  
up hot - Gummy Cake

Take a pint of flour, <sup>or</sup> twice make two cakes,  
a table spoonful of lard, and mix it  
all up with boiling water to a stiff dough,  
salt to your taste - Then put it on a clean  
and set it before the fire to bake, when one  
side is done turn the other, split it and  
butter it, then cut it across & send it hot  
to table -

### To Fry Chicken

Put it up as you would have it served at  
carved at table, and cut off the breast take  
the bone - wash it well, and dry it in a  
clean cloth, pepper it, & salt it - have some  
lard in your pan boiling hot, place  
the chicken well just as you are going  
to fry it, and fry it for a quarter of an  
hour - some one constantly shaking the  
pan while it is frying to prevent its  
burning - After the chicken is done,  
heat the fat again, and have a handful  
of parsley well dried & drop in hot fat,  
take it out in a minute, it must not go  
over the fire, and do not let the fat burn  
remain in the pan with the fat - Make  
the same of a pair of mutton, a dead parson  
joint of chopped parsley; pour out of the pan  
all the fat, but one table spoonful, bring the  
mutton in it, and let it brown for a few

minutes - In roasting it put the fried parsley  
over the chicken - The same in a roast -

### To Make Horney & Butir

Take a quart of homony, in two gallons of  
water, and keep the pot full during the boiling  
of the homony, until the water looks like a gruel,  
and keep it covered close - It must boil 12 hours -  
After you think it is boiled enough take  
it off and wash it well with a laddle,  
& season it with Butter & salt - When you  
add the water it must be hot water -  
When you finish it is done with hot lard  
take any thing else -

### To Boil Small homony

You must wash & pick the small homony  
then strain the water through a coarse  
sieve, what is not good will float; after you  
think it is perfectly clean, take the same  
water and put it on to boil - Take a quart  
of homony & a gallon of water - Put the  
homony & water in together, and stir it  
the whole time, if you do not it will burn  
the fire must not be too hot - It will take























