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& others

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JACOB (Elizabeth)

Physicall and chyrurgical receipts.
Cookery and preserves, (With later
additions)

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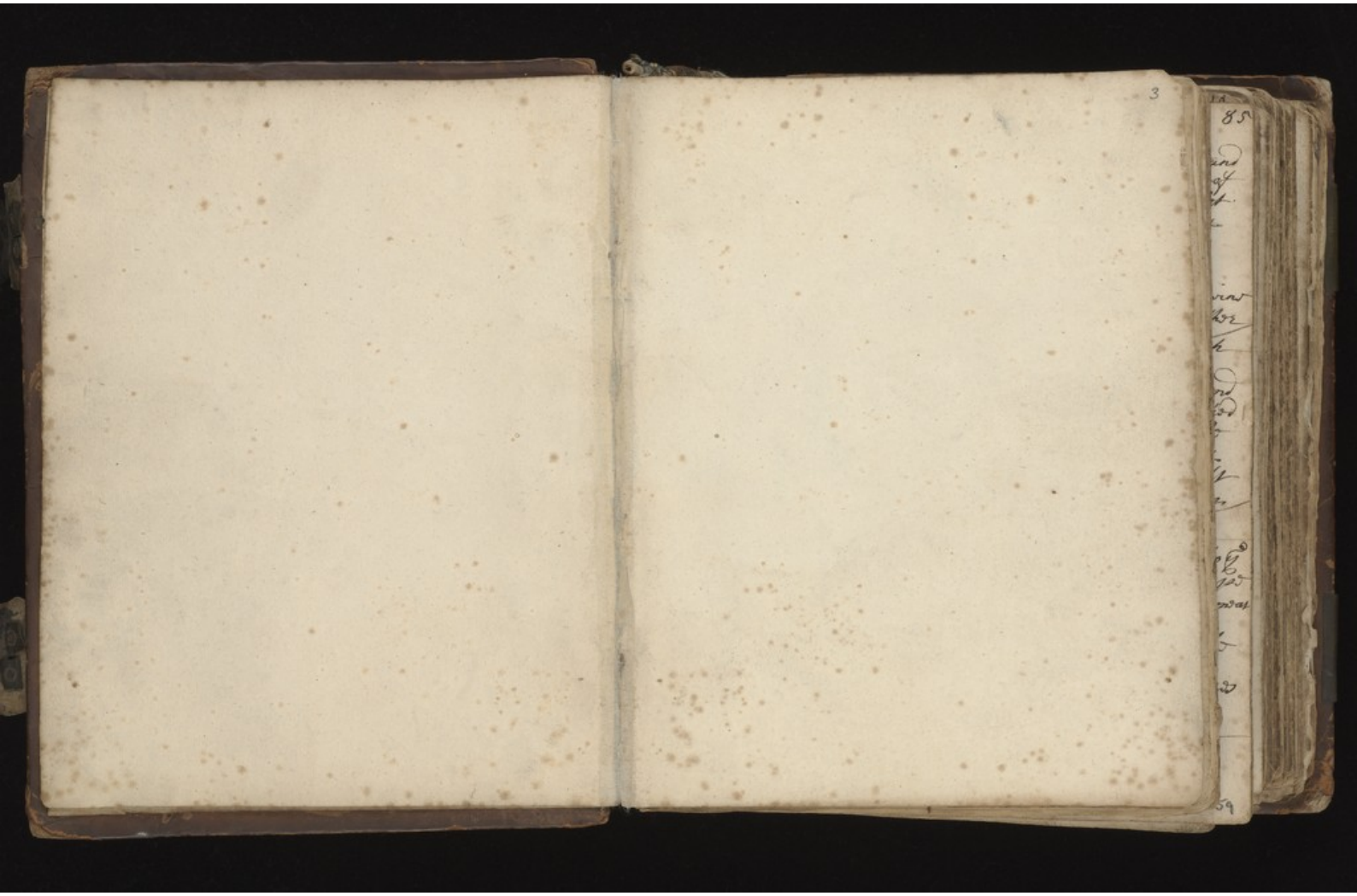

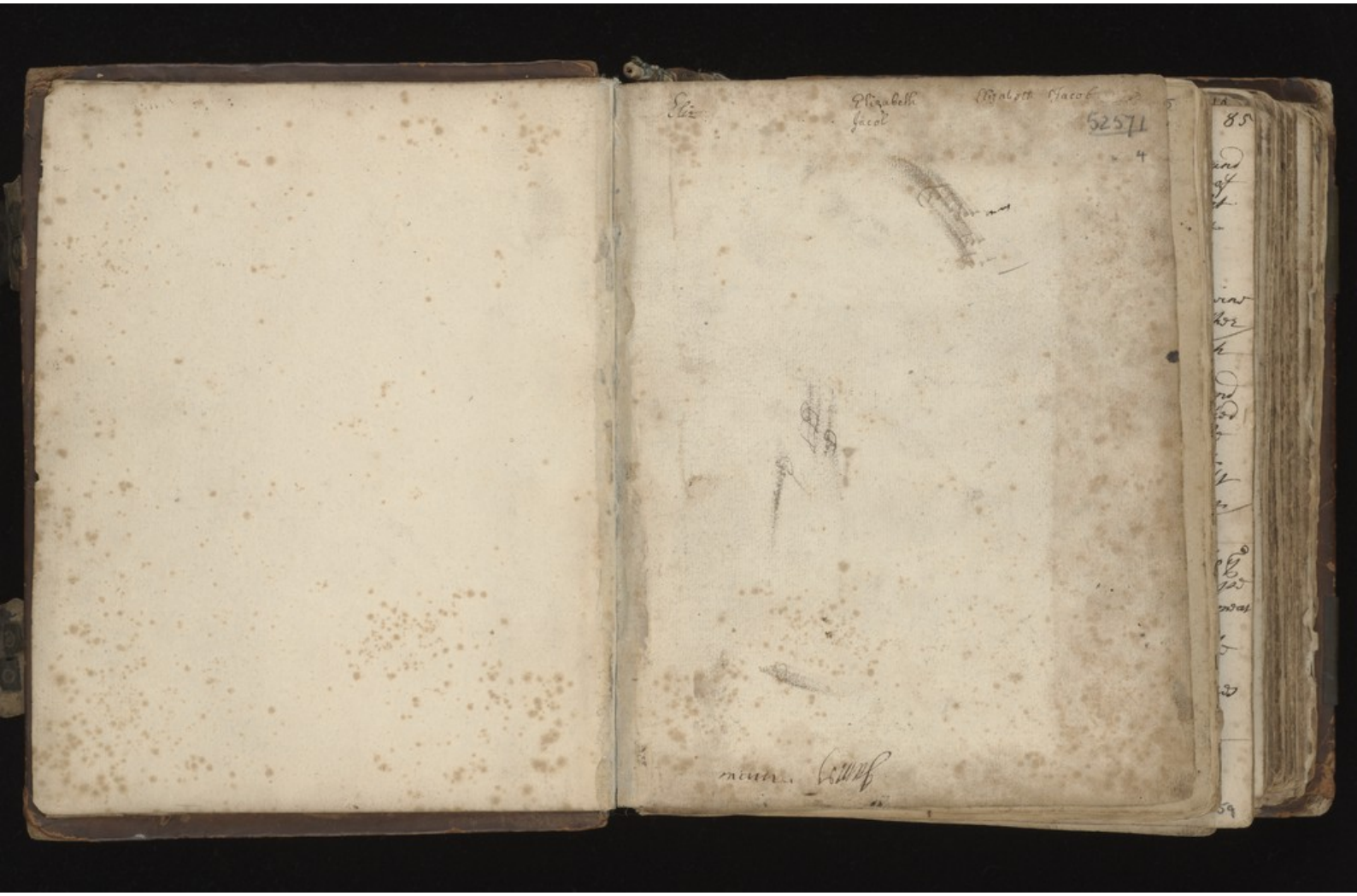

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Eliz 1654

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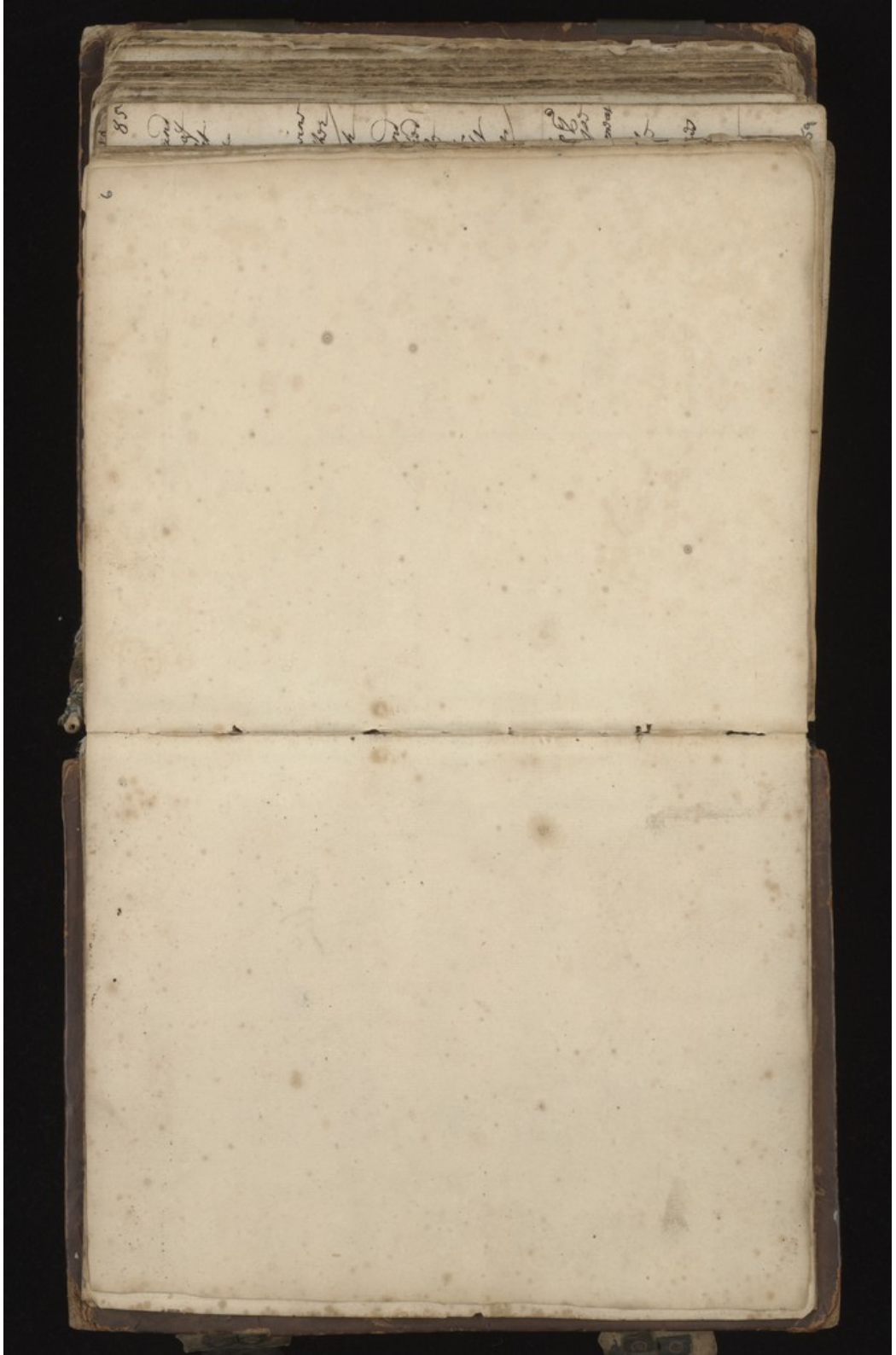

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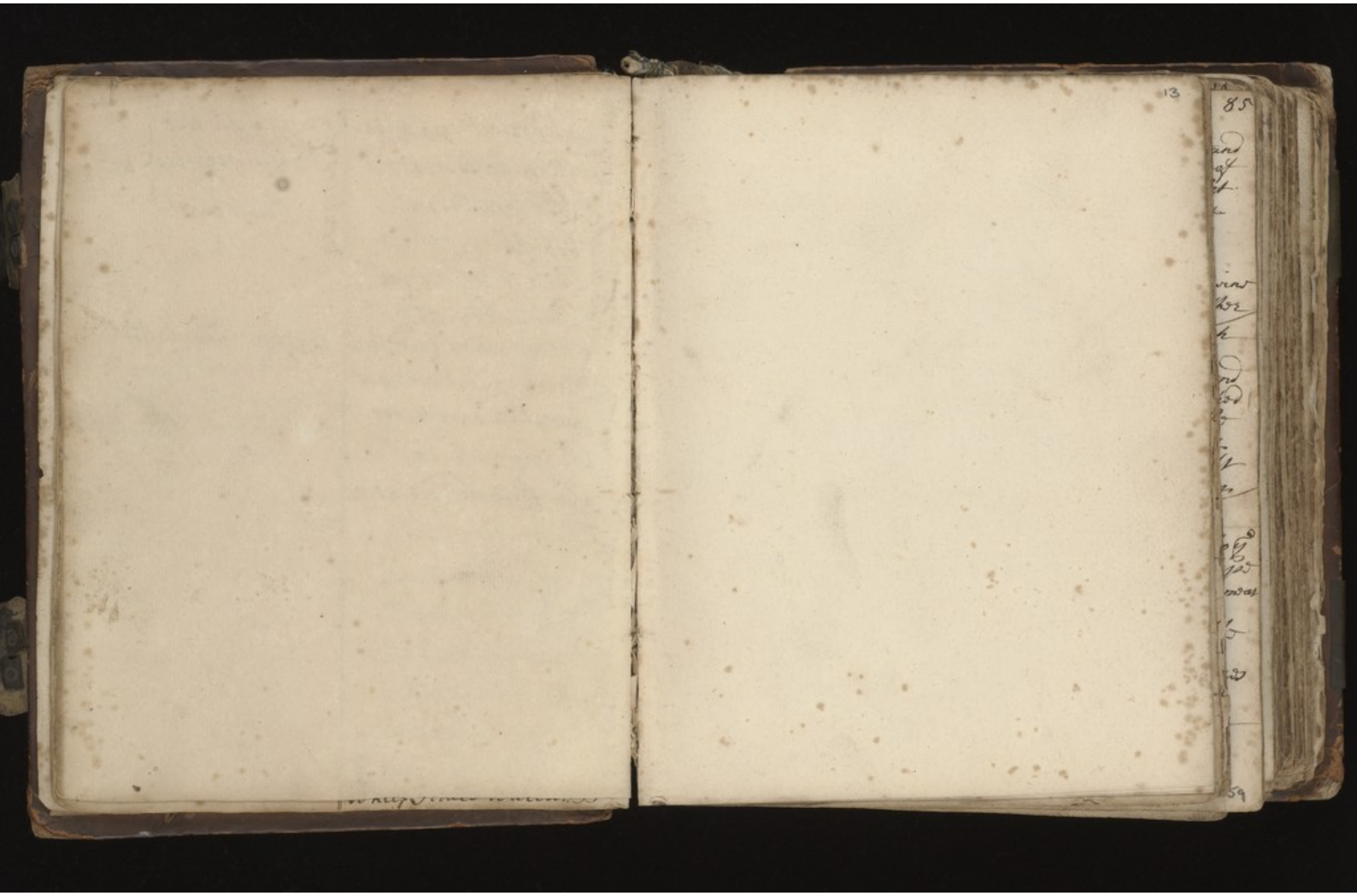

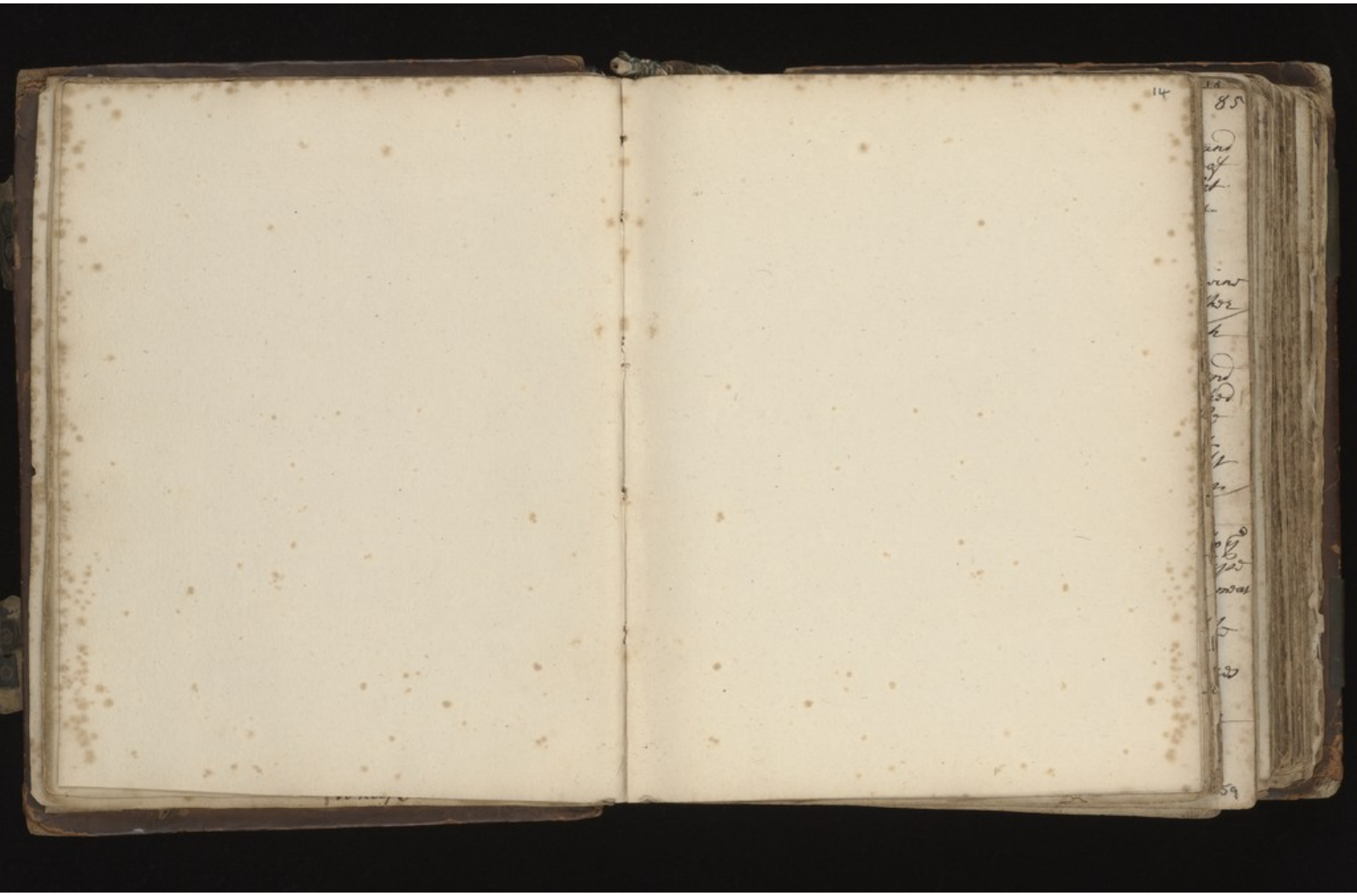

Mr Iohnsons cure for the Ricketts. /.

Take of the juyce of Scury grass four pennyworth, to every two spoonfulls of it add one spoonfull of Teane treacle, begin in February March Aprill and May takeing it nine daies in each moneth the spoonfulls in the morning fasting, and as much in the evening after asleepe, then in the begining of Iune take twenty black Snailes and balme leaves beate togeather, spread it on lambs leather and lay it all along the chine of the back, and Remove it every two daies this must be used at least three or four times.

Mr Snows Cure for Convulsion fitts,

Take a handfull of the greene leaves of foxglove as much of Pollipodium of the Oak boyle both togeather in a quart of spring water, till halfe consumed, and if you will you may sweeten it with double refined shuger or Shuger candy to your tast. /.

2. To a man or woman give two good Spoonfulls and let it be the first thinge in a morning, and the last thinge at night, and lett him or her take it for a weeke or ten daus, till he or she hath taken at least a pinte and lett them alwayes fast an hour or two before and after

To a Child give but a Spoonfull in the same manner, this is a most Exelent Receipt and to my knowledge hath cured severall Persons, and particularly two Servants of my owne. /.

× Dr. Newarkes Recipt agains Malencholly,

Take the juyce of Scurvy grass and clarifie it with whites of eggs, and make some ale possett drinke boile in it a handfull of Mother of time, a dragme of Angilico rootes put into the posset a dragme of Saffron halfe an Ounce of Corriander seede

Take nine spoonfulls of this possett drinke Six spoonfulls of the juyce of Scurvy grass Six spoonfulls of the juyce of Orang, and so sweeten it with a little Shuger and take it ffifteene Mornings

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The Possett Drinke /.

Take three pints of ale possett drinke and boile in it, first a spoonfull of Marshmallow rootes thin sliced and as much Liquorish scraped thin sliced; lett them boile a little time togeather then put in a spoonfull and somewhat more of Anniseeds, Sweete fennell, and Corriander seedes well bruised togeather, an handfull of Reasons of the Son stoned, and a good handfull of Hollihawkes leave a Pellitory of the wall, boile them altogeather, and when it is strained drinke every morning fasting, and at night when you go to bed, adding to every draught a peece of sweete butter, and sweeten every draught when you use it with some white suger candy. /.

× To make Lucutellas Balsam. /.

Take three pints of the best Oyle of Ollive, Eight ounces of Venice Turpintine Eight ounces of Bees wax two ounces Red Sanders, one ounce of true Naturall Balsam, one ounce of Oyle of St. Iohns wort a drame of Cocheneale, halfe a pint of Sack halfe a pint of Damask Rose water, have in readiness

a new well neaded Earthen pan that will hold a gallon which the night before be laid in water then cut the wax thin and put it therin then melt it over a chafing dish of coales, have the Oyle and Sack well beaten togeather put it to the wax and melt it againe but never lett it boile, then putt in the Turpentine which must first be beaten white in the Rose water changing the water two or three times and all the water drained out from it when it is melted againe putt in the Oyle of St. Johns — wort then stirr it well togeather and take it off the fire and sett it into a pale of water till it be quite cold when it is cold take it out of the water, and with a round stick make holes in it to lett out the Sack which being done turne the Balsam whole out of the pan, and if the wax be not very pure there will a setling at the bottom, that being taken off and the pan wiped put in the Balsam againe melt it and when it is alding hot (your Sanders and Cocheneale being both in very fine powder) strew them in stiring it all the while being off the fire then set it on againe and heat it well againe then take it off and stir it well till it is warne then put in the Naturall Balsam when it is well stired togeather give it another — heat upon the fire then sett it into a pan of cold — water and Continue stiring togeather till it be quite cold then put it up in pots for your use. /.

An Oyntment for a Scald head.

Take a quarter of a pound of Boares greese one Ounce of Camphir one Ounce of Quicksilver and kill it with the juyce of lemmons one ounce of the Oyle of baise four spoonfulls of white wine, two pennyworth of lintseed Oyle two ounces of Unguentum album two ounces of Pomatum one halfe pennyworth of the powder of Brimstone, Scrape or shave your Camphire very thin into all these and beate them altogeather for the space of halfe an — hour, and then cutt off the haire and annoint the — Scald place, You must wash the head with white wine and Sallett Oyle before you annoint itt. /.

For a Scald Head

Take two ounces of Black Rosen, two Ounces of white Rozen and spread it upon the fleshie side of Sheepes leather, and shift your Plaster once a day after the annoynting of the head untill it be well. /.

For the Canker. /.

Take the Innermost sole of a Shooe, and wash it verie cleane and drie it with a cleane cloath, and burne it in a cleere fire, and Rubb it to powder, then take an Ounce of Rue dried and an Ounce of Red Sage dryed, Ounce of Bramble brier leaves that grow nearest to the Earth, a good peece of the best Roach Allum, burne the Allum and Mix them all togeather, with halfe a Ounce of Scurvygrass dried, and so powder them, and take two Ounces of the Sirrup of homer Roses, and an Ounce of the Sirripp of Mulberries, and mix the powder with these Sirreps as Occasion shall Require, and Rubb the mouth with it, then after you have so Rubbed itt, putt some of the powder alone into the mouth. /.

For the Wormes

Take an hanfull of Savin, an hanfull of Bamsoot, an handfull of Wormwood, a handfull of unsetleekes, an handfull of Sothernwood, a handfull of lavender cotten, an handfull of feathorfew, an handfull of Sparmints, chop all these, and stamp all these togeather then take a pound and an halfe of May butter, clarified in the Sun till it be white, then take your hearbes and boile them in the butter on a soft fire till they are crips, then straine it out, and keepe it for you use, anoint the navle and the pitts of the stomach, three mornings and three nights at the full of the Moon or at the change of the Moone before the fire streaking it downward. /.

For a Burne. /.

Take housleeke, a handfull, red brambles, red sage, woodbine, Sinquefoile, the inerbarke of elder, boile and chopp all these togeather in as much bores greese as will serve, then straine them out and spread it upon a fine cloath, and as it melts renewe itt,

Lady Sherrards Plague Water

Take Rue, Agremony, Wormwood, Celendine, Red Sage, Beaume, Mugwort, Dragon, Pimpernell, feather few, Burnett, Sorrell, Tormentle, Scabious, Carduus, Bened, Bettony, Dittany, Marigold, of each halfe a pound Rosemary one pound Angelica leaves four ounces, three or four Enulacampane Rootes slipt, Pick all these and lett them dry on a boarde Twentie four houres then shred them small and putt them into a Vessell close covered, then add unto them three Gallons of the best White wine or Clarrett for a neede stirr it three times every day for Six daies togeather, for so long it must steepe in the wine, then still it by three or four parts in a Lembick or cold still you may put in brown May weede Scordium, Anise, Cowslipps, Gillyflowers, Borage, flowers, or any other Cordial flowers, dry, or you may put in Carraway and Coriander seedes of eace two Ounces, If the Plague come not out kindly mingle a little Mithridate in four or five spoonfulls of the strongest water, give the party it cold laying him warm for him to sweat after it, this you may give in the Small pox or Measles without Mithredate, except you have greate occasion, its good for a Surfett, In the Feaver give the smallest, the strongest is good in cold Agues, give it an hour or two before the fitt, you must sweat after itt

Also put a little Burnett or Smallage otherwise called March,

Snaile Water.

Take two handfulls of Angillico, two handfulls of smallidg a quart or two of Rosemary flowers, Beares foote, Agremony, Red dock rootes, the barke of Barburry tree, Woodsorrell, Bittoney of each two handfulls of Rue one handfull, of ffenigrick and Turmrick one ounce, well beaten then lay your Snailes and Wormes on the top of all these hearbes, poure in three gallons of stronge ale, and lett it stand two nights or longer put into it three ounces of Cloves beaten, Saffron the weight of Six pence, Six ounces of harts horne, you must not stir it after you have put in the harts horne when you drinke it, warm it with Shugar, and not stir two houres after, purge the Snailes and wormes with Salt, and wash them with beare, and when you haue so done beat them in a stone Morter, May is the best time to make this Water, it will last good but one yeare.

10 ℞ A Plaster for a Plague Sore

Take Lilly rootes bruised, Onions cutt, Wormwood, Nutmegg, Chicken weede, wild mallows with the roots, Sarrell, Cammomel, Mellolot flowers, boile all in the tappings of Strounge ale, adding thereto Leven till the hearbs are soft, First chopping them, then take Linseeds and Sinbreeke bruised, and Oatmeale, figgs cutt, boyle these in new milke till they are soft and thick, then take Sheepes Suett picked from the Skinns, mix all togeather and them in the Liquer the hearbes was boiled in, the quantity of all must be according to the quantity you make, and when you use it make it hott and in every applycation put a Spoonfull of Treatle halfe a Spoonfull of Linseed Oly, black Sope, and Mustard Seede bruise of each halfe a Spoonfull, then apply the Poultes, if the sore be broake lay neat to it a plaster of Melolet or Diaculum, the party ought to drink nothinge but what there is Formentell

11 Rootes boyled in, two or three times a day taking Aqua thiracladius distiled one Spoonfull at a time, But I wish you would be pleased to take as a Preservative, halfe a Spoonfull of the Spiritt of Harts horne in a Morning fasting in Small beere or in what you use to drinke. /.

℞ Aqua Mirabilis /.

Take three quartes of White wine and one of Aquavitæ, Juyce of Celendine on pint, Juyce of Balm halfe a pint, Juyce of Angelico halfe a pint, Melolett flowers one great handfull small Thread, Gibbs Setwell, Galingall, Graines, Nutmegg, Cloves, Ginger and Mace of each a graine, Cinimon a quarter of an ounce and as much Cardimum Seeds, bruise the Spices and Seeds and infuse them all night, the next day still them with a gentle fire, when the water begins to run small open the Still and fill it Sparemint upon the ingredents, and still it as long as there is any Strength in it. /.

22

A Cordiall for a Feaver. /. ×

Take a pint of Burridge water put into it the juice of six Oranges takeing the seedes out of them, and take the juyce of two Lemmons, two ounces of the Sirrip of Gelly-flowers, one ounce of the Sirrip of Lemmons, one ounce of Confectionall Cherries, one Spoonfull of the finest loafe Sugar in powder, then stopp the glass with all these in togeather shaking them well togeather, then every two hours lett the partie sick of a Feaver drink the quantitie of a little Sack glass, this is so high a Cordiall in the time of their greatest weakness, it matters not taking any thinge else. /.

A Posset drink for a Feaver. /. ×

Then lett the partie an hour after if he require beere take three pints of new milke then slice Eight pippins very thinn from the coare, put it into the milke before you sett the milke on, then sett them on the fire togeather, and when it boiles stir it, softly, then sett it off from the fire a while and strain it, when it is perfectly cold lett the partie sick of a Feaver drinke halfe a pint at a draught, if at night he thirst, then put a spoonfull of

the Sirrup of Gilliflowers into that last draught at night,

A Gargle for a sore Mouth. +

If his mouth be sore take some plantaine water halfe a pint, Sirrip of Mulberries an ounce, Sirrup of Cittern halfe an ounce, these three shake togeather and with a fine ragg wash his mouth tounge and throate, when his mouth is cleane lett him swallow a little of itt Lett the partie eat no food while the Feaver last but thinn water gruel boild two or three hours, then straine it, and a little salt, but no butter, a little sugar if they please, then when the Feaver is gon lett them drinke gellies or broathes. /.

× Mr. Rayes Receipt for the Stone. /.

Take one pound of Figgs, oue pound of Reasons of the Sun stoned or beaten in a Morter halfe a pound of deates two ounces of Liquerish two ounces of fennell seedes Colleander seedes and Caraway seedes two handfulls of maiden haire and two handfulls Coults foote, boile all these in four quarts of Springe water untill halfe be Consumed. /.

For the Dropsey. /

Take the Rootes of Fennell, the Rootes of Daneworth of each a good hanfull, Parsley rootes halfe a handfull, wash them and pick them well, and slice them into little peices, and put them into a new earthen pott, with five quarts of the best old Clarrett, lett it boile softly, untill the third part be consumed, and when cold, lett the sick person drink as much and as often as pleaseth, and at meales without drinking any other Liquer, for if this do not recover the sick person, it will not be cured, this Remedy will hurt any body, but hath a propperty to strengthen the liver. The quantity of this made three times over will do the Cure with Gods helpe if it will do it at all, takeing it as alredy mentioned. /.

Another for the Dropsey. /.

Take the Ashes of Broome two spoofulls which put into halfe a pint of Wine over night, Lett steepe untill next Morneing then drinke it, and if you can take downe the Ashes also. /.

An Excellent Dyet drink prescribed by Dr Buttler to be used three dayes together taken between Eight and Nine in the Morning and three or four in the Afternoon go wither you will so you keep warm. this may be taken thria in the yeare or as often as you can gett Green Scurvey grass. /.

Take Sarsaparilla three ounces, Polipodeum four ounces, Senna two ounces and an halfe, Egremony, and Maidenhaire of each two handfulls, Sweete Fennell seedes, Anniseedes, and Carraryay seedes of each six drames, Liquorish one ounce, greene scuruy grass one pound and an halfe Rubarb halfe an ounce, put these into a Linnen bagg, and Tun them up in four gallons of new beere, put a Stone into the bagg to cause it to sink, and the first two days squeze the bag that the juyce may go into the drink, the fourth day drink of it a good draught, it is a most Soveraigne Remedy against most diseases, especially against any infection or cold in the Stomach. /.

A Medicine for the Dropsie and Desease the Scurvey which hath had very good Success in some persons of quallity /.

Take Sea Scurvy grass halfe a bushell, Roman Wormwood, and common Wormwood of each two handfulls, Red sage three handfulls, Tops of Rosemary one handfull, pick them and wash them in small beare, then dry them with a Cloath, then bruise them in a Morter, after put them into a Jugg with two quarts of Sherry Sack and four quarts of Renish Wine, put into it halfe a pound of prepared Steele tyed in a Linnin bagg and of horsereadish rootes sliced, two handfull, Lett it stand five dayes, then as you drinke it straine it, and drinke a wineglass of it in the morning, and another a four in the afternoone. /.

Probatum est. /.

An Electuary for the Scurvey

Take Conserve of Scurvy grass two ounces, Conserves of Barberries one ounce, powder of Crabs eyes one dragme and an halfe, mix them all togeather, and take the quantitie of a Nuttmegg night and Morneing an Exelent Remedie. /.

A Powder for the black Jaundies

Take a platterfull of great Earthwormes, and wash them very cleane, then sprinkle them with Salt to scour themselves to death, then wash them very cleane againe, and lay them one by one in a platter, then sett them in an Ovon after the breade is drawn, and then lett them stand untill then be so dry that they may be powdred, then make them into very fine powder, and put it into a bladder, which you may keepe a whole yeare, when you would use it, take a spoonfull thereof in a good draught of bear or ale, puting therein a little powder of English Saffron, and a little iett powdered, and as much treacle as an haslenutt, and a rase of Turmrick grated, then warm it blood warm, so give it ye patient to drink, & lett him fast three hours after drin

16

A powder for the Wind

Take Burdock seeds two ounces, Anniseeds and Liquorice of each one ounce, make of all a fine powder and mix them with a little fine Shuger candy white, take a Dram at a time. /.

A Glister for the Colliquie

Take Roots of Lillies one ounce and halfe, Angellica one ounce, Flowers of Camomile and Melolett of each one handfull and an halfe, Leaves of Calamint, Warmwood, Hiur, Centory, & least, Southernwood of each one handfull, of Linseedes and Fenugreek seeds of each halfe an ounce, Nettle Comin and Anniseeds of each three Drames, bodd them in a sufficient quantity of fatt broath unto a pint, Add to the pint of decoction Benedicta, Saxatica, halfe an ounce, Oyle of Rue and Camomile of each one ounce, Fresh butter two ounces, Electuary of Bayberrys three dragmes, of Sale one dram, and one Yolk of an egg mix them all very well well together, And so Administer

19

The Countes of Pembrookes water for Stone

Take Marshmallos three handfulls, Parsly, Horsreadish rootes, Red fennell with the seedes, Spinage of each one handfull, new milk two quarts, cut the hearbs small and so distill them, The dose is seaven or Eight spoonfulls in four or five spoonfulls of rohit wine or Sider, three daies before, and three daies after the change of the moone, Morneings and afternoones, it is to be taken. /.

Mrs Prestones Receipt for the Stone

Take Saxifrage, Pellitory of the wall, Parsly rootes, horreds, Philopeaduda, of each one handfull, Fennell seedes one spoonefull, Sweete Milke one Gallon, So distill it, The dose is two, three, or four, spoonfulls, in a little rohite wine, Morneings and Afternoones. /.

For the Sandies

Take the inner bark of Barberry and Sedendine, of each one handfull, Turmerick halfe an ounce, Saffron one screpte, the shell of a new laid Egg beaten to powder, a few mens lice and wood lice, bolle all these in two quarts of new ale, till halfe be consumed, then add four or six ounces of Treatle Let them drin

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a draught of this Morning and Evening first and last, but especially before you wash your hands,

For the Yallow Jaundies

Take an Apple and cutt of the top, and take out the core, and fill it up againe with Saffron, and shaveing of Ivery, and stopp it close with the peice you cutt off, and roast it in the embers, and give it warme to the patient to eate, Six daies, Morning and Evening.

To draw Spirit of Citron

Take six Citrons and pare them, then cutt them open, and take out all the seedes, and put Rinds and Seedes togeather in a ston Morter and bruise them well, and putt them in a pottle of good Sack, soe lett it stand close covered four daies, Stiring it round once a day, then put it in a Lembeck, or Stillitory, and Add four quarts of Sack more, and sett it a stilling, Lett it drop upon white Shugar candy and Ambargrease, Paste up your Still very close when you draw your water,

For the Colliquie and Stone

Take two Cloves of Garlick in a stewed Prune, and take it each other day, it is to be taken in the morning fasting and some moderate exercise after it, Probatum est.

For Cornes on the Feet

Take the Rootes of white Lillies and Roast them And then stamped with Barrowes Greese which applyed thereto will weare them away, if it be applyed thereto three whole dayes togeather, Probatum est,

For Children that sounde thor haue Convultion fill

Take the Shells of snailes and wash them and dry them in a Cloath, then dry them in an Oven and beat them fine and serce them then to a dram of this powder put to it something less then halfe a dram of powder of Spearmint which must be first dried beat and Serced and the weight of two pence of the powder of a horse tooth, and the weight of two pence of the powder of Amber, then mingle these togeather and for a little Child you should give as much as a small nutt in a spoonfull of Spearmint water with a little shugar finely beat, lett the Child take this for nine morning togeather.

For a Pearl in the Eyes

Take Ivy and beat it small, put to the same woman milke, straine it through cloath and it will looke grene, and with a feather drop it into the eye evening and Morning, two or three times at a dressing, keeping the eye close and lye upright an hour after dressing. /.

A Cordial very Comforting

Take Six spoonfulls of Clarret Wine, Six spoonfulls of Red Rose water, two spoonfulls of Gilly flowers, one spoonfull of Cinnamon water, as much Alkarmes as a hazel nutt, mingle them togeather and put them in a glass, this is to be taken two spoonfulls at a time shakeing the glass. /.

Against the Scurvy

Take a peck of Scurvy grass, four handfulls of water Cresses, of Sage and water mint one handfull, pound these hearbs and put them into three gallons of working ale, if the disease be strong, add a few slices of horsreadish, drink a good draught of this in the morning, and another before Supper about two hours, but after two days drink it altogeather till it hath Cured ~ // ~ // ~ // ~ //

The Lady Herbarts Receipt for ye Stone

Take the outward skins of Beans when they are shelled and dryed in the Sun, and then beaten to fine powder, and take a spoonfull of this powder in white wine possett drinke. /.

A most excellent Oyntment for all manner of Paines in the Joynts or Limbs either Aches or Swellings of what Nature soever. /

Take Eighe pounde of Butter in May out of the Churme unwashed and without salt, and a pottle of great black snailes that are without the shells, put the butter first into a kettle and when it is melted, and ready to boyle then wipe the Snailes and putt them into the butter and so lett them boyle halfe an hour, stirring it well all the while, then take it off the fire and putt to it two handfulls of these hearbs following Rosemary, Balme Lavender, Cotten, Southernwoode, Costmary, Bugless, Elderleaves, and flowers, Camomile and the flowers, Brooklime, Burage, Sage, Burdockleaves, Heabigrass, Speermint, Wormwoode, Selfe heale, these must be geathered in the heat of the day and not washed at all butt shred very small then sett the butter againe on the fire, and put in all these hearbs, letting it boyle while it comes to an oyntment when the hearbs be halfe boyled put into it a little Porringer full of Cows dung, and another of Hens dunge both newly made and three quarters of a pound of Frankensence, two ounces of Nutmeggs sliced, two ounces of Mace, bruised when all these is boyled to a pretty thick oyntment straine it out as hard as can be through a course stronge Canvass and so lett it stand two or three daies, then take it cleare off from the dreggs in the bottom and then melt it againe on the fire whilst it be ready to boyle and skim of all the ffroath that rises on the topp, then power it into any pan or pott, and so keepe it for your use.

Mr Middletons Receipt for a Cold

Take six quarts of new ale, and putt it into a pipkin, putt to it two ounces of Rosemary, two ounces of Marsh malloes, two ounces of Hysop, two ounces of penny Royall, two ounces of Sage, add to these four ounces of prunes, four ounces of Raysons of the Sun stoned, four ounces of the best Currance and four ounces of Dates, two ounces of Liquorish, put all these into a pipkin and sett them by a gentle fire, and lett it boyle till you find there be a pint or more wasted, and drink of it at any time when you find your selfe a dry. /.

Sr Thomas Mannerings Receipt agt the Stone

Take of crude Antimony four ounces grosly beaten and tie it up in a linning bagg, and hang it in a barrell of small ale, containing four gallons, when it is tunned up, and lett it stand nine or ten dayes, it may be drank at meales or any other time, you may dry the Antimony and keepe it for another time, if any of it be wasted, you may add more to it, the vertue of it will not wast. /.

For a Rhume in the Eyes

Take a pottle of runing water and one handfull of Strawberry Leaves, one handfull of Violett leaves, as much red sage and as much of the topps of red ffennell, two sprigs of Rosemary, and one handfull of the buds of Woodbine, shread these into the water and boile them to halfe, then strain them, then putt a quart of pure whitwine to it, then put into it a piece of Allum halfe as bigg as a Walnutt and as much white Copperriss, and lett it boyle two or three walmes. /.

Dr Burgess approved Medicine against the Plague

Take three pints of Muscadine and boile therein a handfull of Sage and a handfull of Rue till a pint be wasted, then strain it and sett it over the fire againe, then putt to it two pennyworth of long pepper, halfe an ounce of ginger and a quarter of an ounce of nutmeggs, all beaten togeather then lett it boile a little and putt thereto three pennyworth of Treatle and a quarter of a pint of the best Angelico water you can possibly gett, take of it always warme both mornning and Evening, a spoonfull or two if you be already infected and sweat thereupon if not infected a spoonfull a day is sufficient halfe a spoonfull in the morning and halfe a spoonfull in the Evening, this is not only for the common plague which is called the Sickness but for the small pox, Measells and Sursitts and divers other diseases. /

Lady Dalbins Plague Water

Take Rue, Egrenony, Wormwood, Celendine, Angelica, Sage, Tormentill, Scabious, Bawme, Mugwort, Pimpernell, Spirmint, Scardium, Cardius, Benedictus, Dragons, Featherfew, Woodsorrel, Avens, Burnett, Motherwort, Galega, Marygold flowers, Borage flowers, Cowstip flowers, Pancy flowers of each of all these halfe a pound, of Rosemary one pound, a little roat of Enula compana, fennell seeds, Anny seeds, Coriander seedes, Cardimony seedes of each of these two ounces, shredde them small and infuse them in three gallons of Sack, lett the vessell be close stopped with past and after four and twentie hours at least, distill them in a

common Still, you may add of fine Mathridate four ounces, and of Andronica treacle six ounces, mixe these with the other when you are ready to distill them, out of three gallongs of Sack you may draw one gallon of the best water which will keepe long, then draw one quart which is called the middle water, then draw three pints which is the worst and will wax sower if it be kept long, So there is in all one gallon and an halfe and a pint, keepe the first by it selfe, and the next you draw mingle togeather. /.

For the Stone or Strangury

Take Marsh Mallorootes one ounce, Parsley and Fennell rootes halfe an ounce, Liquorish one ounce Raysons of the Sun 20 stoned, Anniseeds and Sweete fennell seedes bruised of each one spoonefull, boyle all these in two quarts of Possett drink made with a quart of Milk, a pint of Small Ale, a pint of White wine, boyle it till a pint be Consumed, Straine it out and take halfe a pint in the Morning, and halfe a pint at night Sweeten each draught with one ounce of Sirrup of Marshmallos. /.

For the Ricketts /.

Take three quarts of Postern Water, and three penny worth of Liverwortt, as much Harts-tongue of Rosemary tops, and Burrage topps of each a handfull, halfe a pound of Currents, a quarter of a pound of Blew figgs,

a quarter of a pound of Dates stoned two Nuttmeggs, a handfulls of Comfry flowers, boile all this till it is halfe consumed, then drink it in the Morning a quarter of a pint, and so at night.

A Cough of the Lunges /.

Take two ounces of Ellicompany roote in powder, and two ounces of Foxes Loungs in powder, and four ounces of White Shugar Candy in powder, and two grated Nutmeggs and Six pennyworth of Liquorish in powder, mix all togeather and take a Spoonfull of it in a glass of beare every morning fasting and fast an hour after. /. Probatum est /.

For a bruise wch causeth to spitt Blood /.

Take a pottle of Clarrett wine and sett it over the fire in the which putt one handfull of the inner barke of Elder, with one handfull of the inner barke of Ash, boyle them togeather until the wine is consumed to a quart, straine it and drinke a quarter of pint att a time every morning and every night,

For the Dropsey /.

Take Eight Broomes greene or dry, burne them upon a pavement cleane sprept, and when it is burnt to Ashes, take a pottle of White Wine put the Ashes into it then take one ounce of Sinoment or more and lett these steepe four and twentie hours then take a bag made of Cotten and straine it through till it be cleere, then drink a beere glass in the Morning and at three a Clocke in the Afternoone and at night if the Dropsey be deepe upon the party then drinke no other drinke. /. Probatum est. /.

For the Stone & Vlcer in the Bladder

Take halfe a pound of Liquorish, and a pint an a halfe of Juniper Berries, and an ounce of Bay Berries, Two

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ounces

of Parsley seede two ounces of Sweete Fennell seede, two ounces of Anny seedes, two ounes Coriander seede, two ounces of Gramwel seede four ounes of Marsh mellows the Rind with the pesth taken out, four ounes of Fennell Rootes and so much of Parsley rootes two ounces of good Ginger sliced all these to be bruised togeather and boiled in a gallon and an halfe of Pump or Well Water, to a gallon or less, and so to be strained out as the partie drinkes it and the partie to drinke no other Liquer till that be gone and so to renew it till the greife be eased which by the grace of God will be in ten daies time. /.

× An Exellent Water for a Canker, or Heate in the Face, or any other place, although it be St. Anthonys fire, /.

Take a Gallon of Smiths water, a handfull of Red Sage, two handfulls of Elder Leaves, or else the greene bark thereof, and halfe a pound of Allum, take all these and seeth them togeather, till one halfe be Consumed then put it into an Earthen pott or glass, and lett the patient wash his face or sore place when he goeth to bed, and by the next morning he shall find ease, but lett the patient use it five or six times togeather, this is good also to wash any sore mouth or any other Sore. /.

× To make a Sack Possett. /.

Take a quart of Creame boile it, then take eight eggs and beat them very well, then take eight Spoonfulls of Sack and eight Spoonfulls of ale and putt to your eggs, sweeten it very

Sweete then sett it on Coales untill it be hott, then take the creame when it boiles up and pour it into the bason to the eggs, when you have taken them off from the fire cover it very close and lett it stand a good while before you send it in, when you pour in the Creame you must hold it up stirring it the while. /.

× A Poultice to breake any inflamed Swelling

Take Fenny greeke a quantitie and somwhat a greater of lint seede beat them a part to powder them mingle, them togeather boile them in runing water if you can gett it if not in thames water till they come, to be a poultice take it off the fire and putt in a little fresh barrows grease which is to keepe the poultice from sticking on the soard. /.

When you have broake the swelling omitt not the continuance of your poultice till the Soare be well purged and the malignity drawn out thereof which you will know by the soares growing white Only as you apply your poultice after the Swelling is broake cover the crefice with Unguentum Populeon spread on lint which will keepe it cleame and coole the soare and when you find it in a healing condition then mingle a little Unguentum album with your Populeon which will by degrees heale and Dry up the Soare. /. The anguemtum Populeon is good to fetch the fire out of any burn or scald, The unguentum album is only a dryer: /.

An Exelent Plaister for the Stomach. /.

Take of Read lead eight ounces, of white lead, ffour beate them and Searce them then take one pinte of oyle, olive, ffive ounces of Castle Soape, Slice the soape very thinn, then boile the oyle and soape untill it be melted, then putt in the white and red lead, and so stirr them continually, and when it turns greene then dropp it on a cold Iron, and if it come of without sticking and will snap, and breake in sunder then take an ounce of oyle of bayes, two, or three ounces of Boggs greece stirr it well togeather with the stuffs, then take it off the ffire and dip cloathes to make Searcloath, and Make it up in rowles. The Vertues, This plaister being laid upon the Stomach procureth appetite, and taketh away paine being laid on the belley it healeth the Colliqne presently, it healeth all swelling and bruises, taketh away aches, ffellones taketh away any running humour, without breakenig the Skinn it is Exelent for any old Sprainse or Limbs that have beene out of Joynte. /.

To make a Searcloath. /.

Take a quarter of a pound of white Lead finly beaten and sifted one ounce and a quarter of white Series, so done, halfe a pint of good Sallet oyle, Sett your oyle on the fire till it be thorough hott then putt in your white lead stirring it with a Stick all the while it boiles, Lett it boile so long as you may count an hundred then putt in the Series, Still keepeing itt stirring, and so soone as itt begins to disolve take it off, Stirring itt till it be cold, and make it up into rowles, Butt make your Searcloath with a Strong charcoal fire. /.

For a Consumption. /.

Take a pint of fine Flower wet it with the juyce of Liquorwort, put to it one spoonfull of Shuger, just as will make it like a manchet, and so bake it, when it is thus prepared let the patient eat of it every morneing useing some moderate exercise after it, one houre after drinke halfe a pint of ale well warmed or boiled With a blade of mace, and

Sweeten it with Shugar, the Same you may eate and drinke at five a clock in the afternoone, if you please and eate no other Supper./.

For the Gatica./.

Take one pound of Figgs, one pound of Rasons of the Son stoned or beate in a Morter halfe a pound of dates, two ounces of Liquerish two ounces of Fennell Seedes, Collender Seedes, and Carroway Seedes, two handfulls of Maidenhaire, and two handfulls of Colts foote, boile all these in four quarts of Springe water in till halfe be consumed, and Sett the partie drinke morning and Evening, Take Rhoubarb in powder one dram, and two Scruples mixe it with one ounce of conserves of Damask Roses, take the quantity of one great Nutmegg every Morning, for as long as it doth last, fast after it two houres, then goe where you will./.

To make Treatle Water./.

Take Scordium two handfulls, and two ounces of London Treatle, and Still them together, then take halfe a handfull of Balme, and halfe a handfull of Rue, and halfe a handfull of young Walnutts Leaves, or three or four Walnutts, and halfe a handfull of Cardus, and halfe a handfull of Angelico, and a pint and an halfe of White Wine and halfe a pint of White Wine Vinigar, then Still all these togeather, with the first Water, and so you may keepe it for your use./.

A good Oyntment for Anguish, Swellings of Wounds, Bruises — Straines of Sinnews and veines — Cramps, Stitches, Toothach, Sciatica Burnings, or Scauldings either in man or Beast,

Take the Leaves of Red Sage and Rue, of each one Pound, younge Bayleaves Wormwood of each halfe a pound, geather these in the heat of the day but wash them not, cut them in Small peices, and

beate them in a Morter, then take a pound of Sheepe Suet, beat them till they be all of one couler, then put them all into a cleane bowle with a pint of the best oyle of olives, Steapt in a Earthen pot Seaven daies in Cowdounge then Sett it on a clear fire in a cleane pan and when it is halfe boiled put in four ounces of oyle of Spike so boyle it till the hearbs are crisp then strain it into Gallypotts. /.

For the Collicke. /.

Take Sivett and rubb your navle Therewith, and Champ Rosemary in your Mouth it giveth you case Straitway. /.

Another. /.

Take Broomseede, Groundcell seede, pursley seede, Allisander seede, Ashen Key seede, Lepthorne seede, Berries of Philipenchula dryed, Saxifrage dryed, Mousoary dryed, Gronibicke dryed, make all in fine powder, of each alike quantity, and drinke the Powder in White Wine. /.

For a Singuler Salve. /.

Take a quarter of a pound of pure Rosin, as much Burgumy pich two ounces of White Wax of Olibnum, halfe an ounce of Mastick, two ounces of Deeres or Sheepes Suit, of Camphire one dram make your gums into fine powder, and Serce or Soft it, melt all your other things togeather, Skim and cleare ye dross from them, then mix the powder wch them by little and little stirring it about, so boyle all togeather but not much, then lett it coole untill it be but warme, then put in your Camphire made into powder, and two ounces of good Uenus Turpentine by little and little stirring it well about, then pour all through a corse Canviss bag, into a quart of White Wine, in a great boule or bason, and soe worke it well whith your hands, and then make it into Rowles, and keepe it for your use, and the Wine after the other thinges are washed in it may be kept to wash any Sore. /.

36 ℞ For the Piles. ℔ (1)

Take one handfull of Elicompany leaves and one Roote, one handfull of housleeke, one handfull of Colewort leaves, one handfull of Merigolds leaves, Branches Stalks and all, one handfull of Pilewort, Put all these in a New Earthen Pipkin that contains about a Gallon, boile these in running Water to two quarters, Putt these into a Close Stoole and sitt over them as hott as you can. ℔

℞ For the Rheume in the Eyes. ℔

Take a bitt of White Copprice about the bignes of the top of your finger, boile it in a pint of runing water, till it be well wasted, and then wash the Temples with it. ℔

A Cordiall for a Feavor

Take a pint of Barrage water, put into it the joyce or Rype oranges, takeing the seedes of them, and take the juyce of two Lemmons, and two ounces of Sirrip Gillyflowers, one ounce of the Sirrup of Lemmons, one

To Cure the Itch + 34

Take A peny worth of the flower of Brimstone, A peny worth of Beaten Ginger, The like Quantity of Bay Salt, Dry the Bay Salt ouer the Fire till it is dry Enough to Beate to powder and beate it very Small and Search it and Boile them in A new Earthen pipkin with A Little Sweet Butter, Ouer A Slow fire till it turn to A Value, then Anoint the Joints Before the Fire morning and night

For A Cold

Take A Quart of the Best honey, one pound of Raisons of the Sun Stond, 2 ounces of Elicompaine Sliced thin, 6 pippins pared and Sliced Thin, put all this in A well glased pot and Bake it with 3 peny Bread, and when it comes hot out of the Oven Strain it out, and when you have Strain'd the Sirrup From it, pound it In A Stone morter, till it comes to A past, then take A Spoonfull of the Sirup morning and night, and Eat of the past 2 or 3 Times A Day

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A Vomitt

Take of Crocus Metalorum, or Vomitting wine one Ounce, the price is 6 pence Eat A good dinner and at Poure A Clock in the Afternoon Take it some minct meat and Eat, and An houre After Take it. you may drink Warm posset drink or if you are heard to Vomett Cardus boil'd In water or 2 houres sooner

The Lipp Salue

Take an Ounce of the best Beese wax, A Quarter and halfe Quarter of A pint of The best Sallet oyle Set it on the fire and keep it Stiring till it's melted. Eyther in A Siluer or Earthen porringer and when it is melted well put in some Orange flower water or any sweet water, add to it as the Quantity is, it is good to Anoint the lips for Chops and to make them red and Smooth, and doe them ouer night and next day wash it of with your Owne water. you may doe it any time of the day and

not wash it of

For Any Heat or Breaking out

Take an Ounce of Whit Beese wax and A Quarter and halfe Quarter of A pint of the best Sallet Oyle and when it is well melted together beat it vp wth white rose water and plantine water, and put it vp as you please into Gally pots, it's good for Tetters or an heat whatsoeuer

For A Boiale

Take A Comfrey root and Scrap it and put it vpon A piece of Sheeps leather on the fleshy Side and let In be prickt apply it and when it's broak you may put any other Salue to heale it

For The Kibbs

Beese wax and Sallet oyle melted and Spread on Cloth and diaculum plaister for the healing Them

For A Bruise

Take 6 penyworth of par:me:citty and 6 penyworth of Irish Slatt and A good lump of Lucatellus Balsome

to and A Little Suger mixt well together, you may drink Spruce Beare or mum

To make The Hands White and Smoth

Take 3 White Lilly roots wash and dry Them well and peele them, Take A pint of milk and boile it till it come to A poultice and Take A groats worth of the oyle of Tartar and put in after it comes of the fire, and keep it stiring till it is well mixt, and put it in to A gallipott box for your Use.

For The Hands

Take A pound of reasons of the Sun and Stone them and A pound of Bitter Almonds and blanch them and Beat them both together in A morter then take A pint of mustard Seed and beate and Sift it, Take The Crume of A peny loafe, and An Oxes gall and the white of an Egge or 2 and Beat it well then mix it all together and put it into Gallypots for your Use, it will Scoure and keep them very Smoth

Take The whites of 2 Egges and beate them very well and put to them A Little Sack and put them in A bottle and keep it for your Use it will Fetch of Tanne and keep the face Smooth

A very good Receipt For The Piles

Take fine white Chalk and mix it well with Fresh Butter and Spread it on Some fine Cloth, But not Callico, and Soe Apply it warm

An Excellent Receipt for The Piles

Take Chalk and Scrarp it very fine, and make 2 Little fine baggs and But it in A Fire Shouell and dry it and Apply it as Hot as Sufferable, let not your Cloth Be Callico

An Excellent receipt For the Tooth Ach

Take chalk and Scrape it and tye it up in A linnen Cloth and wet it in the best Wine vinegar and put it in A fire Shouell and when it is Through hot put it to the Tooth and it will Cure the Cold rhume

For An Ague in The face

Take whit Salt and put it In A Sinnen bagg and Dry it well In A fine Shouell and Hold it as hot to your face as can be Endured

For The Tooth Ach

Take A Lumpe of Loafe Suger and put in A Tobacco pipe and draw it as you would Tobacco, Raueing A hot Iron Continually in it

For The Tooth Ach

Take A little White peper powedrd and tye it Vp in A Cloth and wett it in Some of the Queen of Hungarys Water and Hold it in your mouth

For The pain In the Ear of ~~Theat~~ Teeth

Drop in A Little of the Queen of Hungarys into the Ear of the Side which the pain is of

For The Tooth Ach

Take Some fine Lint and Some Soft Sope and mix it well together and Rowle it vp and put into the hole of the Contrary Eare, it will draw Away the paine

For The Heart burning

Take as much milk as you think fitt. and boile it by it Selfe, and take Some Cleare water and boile it by it selfe then mix the water and milk together, and drank

For The Same

Powder of Crabbs Eye, and when Euer it Troubles you Take Some of it. keep it in your pocket for your vse

A Very good Receipt for A Stitch in the back

Take 3 peny worth of the best Crop Madda, you must beat it very fine and Sift it Through A fine Lawn Search and Take A Spoonfull and A halfe In A glass of white Wine, or Pent, night and morning, if it be not beate fine you may tye it vp in A fine Cloth and Set it to Steep ouer night, it will make A woman miscarry if they take not Care

For Sore Eyes

Take of whit rose water one pint, put into it A peny worth of the powder of Tully, and halfe an Ounce of whit Suger Candy beaten very fine and Searched, put these into A Quart glass Bottle and Shake them very well for an Houre or 2, the Oftner the better, drop it into the Eyes and Eye Still A while After it — Ointment of Tully is good for the Sor

× For Any Redness or Swelling in the Eyes

Take Some of the best Conserue of red roses and lay it to the Eyes at night, if you cannot keep it on Spread it on A fine Cloth

× × To Make Leeches fasten to Any place

Take warm milk and Suger and put to the place, if it is to the mouth after they are taken of Rub warm water in your mouth, if it is to Any other place, warm water and a Spoonge, and to Stop the bleeding, Bolearmoniack and the best white wine vinegar mixt together and put to the place

× To Make Unguentum Album Camphyratum

Take of Hogs suet 8 ounces, venice Ceruse, or white lead finely powdred 4 ounces, Camphire 2 drames put in an ounce of sweet oyle to the Camphire, and worke it or grind it on A Stone togather, then mix 4 ounces of oyle with the hogs ~~fat~~ Suet, and add all together, and make an Ointment of it

× For A Tickling Cough

Take White Suger Candy Beate very fine, and Snuff it up your nose like Snuff

× For kibbes or Chill Blaines

Diaculum spread upon cloth, will Coole them, and dry them, if they doe break, Take oyle and wax, and melt it, and if you please put in Some plantine, or rose water, and Beate with it, or you may take the fat of the kidneys of A Sine of mutton, melt it and dip the Cloths in, Soe Apply it, if the kibbes doe onely burn and Itch, doe it with Salt and vinegar or Brine, and let it dry in before the fire, and soe doe for halfe an houre, then put to them A plaister of diaculum and it will Cure them

× For Any Burn or Seald with gun powder

Take A pengworth of white lead, and as much of Linseed oyle, and Soe much oyle of Camphire, and mix it well together over the fire, Scrape the white lead you may add A pengworth of melilot oyntment, if you have not oyle of Camphire, it will doe without warm it and bath it in with A feather

× For A Consumption

Drink red cows milk, milkt on A Sprige of Spearmint and Sweeten it with Suger of roses, drink it twice A day hot from the Low

For A consumption or pain in the Buck

Take the hardest neats foot, and put it in a gallon of milk and boile it to 2 quarts, with A litle mace, you may Sweeten it with suger of roses if you please, or drink it without, if it's for the pain in the back, or any Strein in the back you must put in it Archangle flowers and Dsinglass, you may drink it 3 or 4 Times A day

A Water lambes woole for A cold

Take A piping and Cut the top of it, and take out the core and fill it up with white Suger Candy, or Brown, and then roast it, and when Enough put it in water, it's good for A Cold or Tickling Rhume

For A pain in the Head

When you make Coffee, Boile rosemary, and Sage if Troubled with the wind Caraway Seed: and Coriander Seed, and Soe drink it

For A cold or Stopage in the Stomach

Take A dish of Coffee and Sweeten it with white Suger Candy or Brown, and put A peece of Butter in, and drink it in the morning fasting

For The kings Euill

Take 3 Spoonfulls of Spring water, 3 Spoonfulls of Juice of water parsnips Sweetned Euery morning fasting

For The Same

Take Elder flower water Euery morning and Afternoone Sweeten it with Sirup of Elder

To make Unguentum

Take of the best Sweet oyle 9 ounces, Cerus washed in rose water, and diligently Searched 3 ounces, white wax 2 ounces: after the wax is melted in the oyle put in the Cerus, if you please you may add 2 drames of Camphire made into powder with A few drops of oyle of Sweet Almonds and it will be much better make it into an ointment and keep it for your use

For the face

Take A good lumpe of deares suet, you may have it at the drugesters, wash your face ouer night with almond milk, rub your face with the Suet after it. if you doe not wash your face in Almond milk, in the morning Take a peece of Scarlet Cloth, or Black Crap and rub your face it will plumpe the Skin and Smoth and keeps it from wrinkles

40

For The Hands

Wash your Hands with Almond past, and haue Some water in A Gallypot and put in Some Camphire, and wash it of with it, it will keep them Smooth, and free from redneſs, it's uery good for any redneſs in the face

For The Teeth

Take A Spoonfull or 2 of the Queen of Hungarys water, and About a pint of faire water, (according to the Quantity you make) wash your mouth morning and at night goeing to bed, it's good for the Scurucy or any Cankerouſs Humour

Another For the Same

Take A penyworth of Bole Armonick, a penyworth of Honey, and A halfe penyworth of burnt Allum, and A Spoonfull of Genegar and A little Dryed Sage and rub in it and mix it together and rub your Teeth and gumes with it uery often it good for the Horesard

For Slinging of Beeſe

Take and rub the place aſoon as it is done with a little honey or Runnet, or Hungary water, Hungary water is good for any Blast or to take down any Swelling, Apply'd with a peece of Flannen, to the place, Oyle of roſes, of Elder, and Camomill mixt with Hungary water is good for any Blast, or St. Anthonys fire, if it be St Anthonys fire. Bleed presently. Apply'd with Flannen

For An Ague

Take halfe A pint of Sack and the Quantity of 2 or 3 pipes of Tobaco Tyd in A fine Ragg, let it Simper ouer the fire, if they are weake people put leſs Tobaco in the Sack, Take it about an houre before the Fit Cometh. it will make them Vomet and purge

A Purge

Take an ounce of Sirup of Buckshorne, and as much of Sirup of Violets, if they are Stonge of Constitution They may Take more, Some Take Sirup of Suckory, and Sirup of Rhuberbe mixt with the Buckshorne

For One Thats Costiue in Body

Take an ounce of Oyle of Sweet Almonds new drawn, and an Ounce of Sirup of Violets, you may Take it at twice, it's uery good for To giue A Chile new born to Cleare the Stomach, halfe an Ounce of Each to be giuen at twice

To purge and Sweeten the Blood

Take as much Manna as you think fit. Eyther for A Child or old people, if they drink purging waters, let them take an Ounce or two in the first glaſs warm the waters to Dissolue it, and Strein it, and soe doe for as long as you think good

For The Vapours

Take 6 penyworth of Gargarum and Spread Spread it on leather, cut A hole for the Nauell and woole in it, and Apply it to the Nauell, And let it there till it drops of, and put another if need requires

For The Eyes

A plaister laid on the nape of the neck of Carranan is uery good To draw any Rhume

For An Ague in the Breast

Take A peece of Cotten and fry it in Aqua Vitæ, and Apply it hot to the Breast, and it will take it away

For the Face

Take 2 ounces of Biker Almonds, Blanch and beat them well, and 2 penyworth of Camphire to A quart of water, and halfe A pint of White wine, put it in A Bottle

For A pain In the Stomach

Wormwood Sage, made in Tea, and drink it, it's uery good for it Sweeten it with Suger

For The Rickets

Let them be Blooded often behind the Eares with Leeches and bathed with Spruce Beare in warm weather, and drink

50 Some inwardly, and now and then A glass of mum it's best taken in march

my Cozen Peireiualls

The Green leaues of Coriander boiled with the Crumes of Bread, or Barly meale, Consumes all hot Swellings and inflamations, and with beane meale, dissolued the kings Euill wens and hard lumps

Wounds & Vlcers

The leaues or roots of Herculus all heale (which is A larger leafe then Clowns all heale) Stamp'd with honey and brought to the form of an Vnguentum, or Salue, Cureth wounds and vulsers of great difficulty, and Couer'th bones that are naked without flesh

Against Biting of Mad Dogs

The Seed beate into a powder of Herculus all heale, or wound wort, and drank in woomwood wine is good Against poison the biting of madd dogs and stinging of all many of wild beasts

Take an ounce of beese wax, an ounce of rossin, an ounce of Franckin-sence, an ounce of oyle of rossin, An ounce of fresh pork suet, beate the rossin, Cut your wax, and Franckin-sence, boile them ouer A gentle fire, and Strain it out it is good for

look

How to make Emplastrum de Pluuito

Take of white lead 5 pound and beat it into fine powder, then Sereth it through A fine Serch, beese wax A pound, Slict into Thin Slices of oyle 3 pound dissolue your oyle and wax first then the powder, then boile it gently vp to A Salue, remember to put in halfe A Spoonfull of water and vinegar in the boiling

For A pain in the guts

Take the Seeds of Cardus and boile them in posset Ale and drink it

Another For The Same

Take of the newest Broom you Can get and boile it in posset drink or white wine and soe drink A good draught when you goe to Bed

A Powder for Sore Eyes

Take of double refin'd Suger in powder A little and of burnt Allum halfe as much as of the Suger, and of grated Turmerick, halfe as much as of the Allum, mix all these together and beate them into A fine powder, and Search it through A peece of Tissany, and with A Quill put into the Eye, feare it not it is A most safe and Excellent remedy, but if the Eye be Extreamly blood Shed'd then lay A rost'd pippin; the nape mixt with milk, and lay it to the Syde at night, and it will take Away the Inflamation and Cure it the Sooner, you may put this powder into red rose water, or Fenell water

For The Bloody Flux

make A rowle of linnen cloth as it were for A Suppositer, wett the Same in the best Aquæ vitæ, and let the party griued conuey it vp as you doe A Suppositer, and it will help in 2 or 3 or 4 times Taking of it

For The Dropsy

Take two handfulls of the Inward peele of Elder, beate it and lay it A soaking in A quart of milk boile it halfe Away, Strain it and drink A good draught in the morning fasting and fast 2 houres after, and take it Again at night and fast 2 houres as before, doe this 6 days together, it purgeth by vrine

A Plaister For wormes in Children

Take A large round peece of lether 2 penyworth of galbyam and Spread that first then Strew on A penyworth of Aloes - and then take A little Juice of wormwood and rue as much as will moisten the powder, if not to be gotten vse vinegar in the Steed of the Juice of the hearbs, prick the plaister warm it and lay it on, or you may vse bullocks Call Insteed of Juice

A Strengthning plaister

Take one penyrrorth of Conserue of roses and Spread that first vpon lether, then A penyworth of methirdate on that then A penyworth of disacordium vpon that, then A penyworth of saffron powder'd Strew'd on that, then lay it to the pit of the Stomach

To Stop Bleeding at the Nose

Take Clay and Temper it with vinegar, lay it to the Temples neck, or Fork'd

For A pain in the Side

Take A good peece of the bottom of A Brown loafe. and Toast it and Spread it with Tarr. and lay A fine ragg ouer it, and lay it to your Side

To make Anyseed water

Take A pound of Aniseeds. and rub them in A Clean Cloth then Bruise them in A Stone morter, put it to A pottle of Aqua Vitæ, halfe an ounce of nutmeggs, Halfe an ounce of ginger, then Steep it ouer night, Cast it close downe next day. Still it very gently in A Cold Still

A Pretious water for the Head Ache and for wind which is to Be made in the Beginning of may

Take A pottle of White wine, and A good handfull of Balme and Soe much of Brood Bettony, and As much of rosemary flowers as much of Cowslips flowers, put all in the wine, and Let them Stand 2 or 3 days, Stiring them thrice A day, then Take 2 ounces of methridate, mingle it with A little wine, and then mingle it with the rest then take halfe an Ounce of Cloues and As much of Cinament, which Being Bruised put to the rest. and past it that no Steam come out, let the fire Be Soft that it may not Burn, Keep it in glass Bottles, and Take A Spoonfull at A time when your Bre not well

To make Elder water

Pick A peck of Elderberys, put them in A pot, with A pint and A halfe of Ale yeast. let them Stand 9 days, Stiring them 2 or 3 times A day, then put in A quart of brandy and A quart of Stale march Beare, and Still them altogether in A quart Cold Still, drawing of 3 Bottles

For A Feaver Approu'd

Take A Quart of Spring water, A Quarturn of the best brandy and the Juice of 2 lemmons if little 3, mingle all these toge=ther. and Sweeten it with Suger as you like, and drink A draught of it when dry

For A Stopage of Urine

roast A turnip and lay it to the Belly

An Excellent medicine for A Sore Breast Approu'd

Take the Slip of an Elder Tree, Scrap of the out most rine, then take the green peele next it, and Stamp it with 4 or 5 leaues of night Shade, and if the Breast Burn, put the more leaues of night Shade to Coole it, when these are Beaten. Strain it out, then put the yolks of 2 new laid Egges, as much pure Honey from the Combe, as much wheaten flower as will make it thick Enough to Spread, if there Be ill flesh in the wound, Take Sage and Allum and Boile them in runing water, till the Straining of the Sage and Allum Be Seen in the water then wash the Sore well with this water, laying it in the hole, Soe lay on the plaister, Din lint in the water and Soe put it in the wound, dress it twice A day if the Breast Be Stife, Anoint it with neats foot Oyle, or oyls of roses it hath helpt them that have peeces fallen out very Bigg. This medicine is good for any other Sore

For The Scurvy

Take A Quart of White wine, and A Quart of Femitory Water, About halfe A peck of Scurvy gras. and 2 or 3 ounces of horse radice roots. Slic it very Thin, and A lemon cut in Slices, then put altogether in a pot, and Stop it Close, and Soe let it Stand 24 houres, then take About A Quarter of A pint at A time and Drink of it in the morning 2 or 3 houres Before you Eate or drink any thing Else, and Again about 4 A Clock in the Afternoone, Soe Continue till it is out. then put A quart of Each of the Ingredients let it Stand 24 houres, then drink it as Before

For The Consumption

Take A quart of milk water, Sackery water, red rose water of Each 3 Spoonfulls, 3 Spoonfulls of Strockings of milk, with A trumpe of fine loafe Suger, then take it luke warme in your Bed in the morning and Sleep after it. Continueng takeing it for A fortnight or 3 weeks or longer if Occasion

To make Sirup of Turnipps

Take Turnips and pare them and Still them, Then take Harts-horne 2 Scruples, as much Burnt Gueny, Saffron 12 graines, Amber greece 4 graines, then Bind the Saffron and Ambergreece together in A peece of Cobwebb lawne then take A pint of Turnipp water, and A pound of Suger, and Boile them together till it comes to a Sirup

A Clary water very Strengthing to meat & Drink

Take 10 large handfulls of Clary gathered in A dry day, 3 pound of raisons of the Sun stond, 4 ounces of Liquorish slitt of Anyseed 4 ounces bruised, The whites and Shells of 24 Egges, 12 may Serue, the Bottom of 3 peny white loaues put all these in 3 Gallons of Strong Beare, and let them Steep all night, distill all these in A limbeck, and draw of A gallon, Sweeten it to your Tast, and put it vp into Bottles, you may Add Saffron, Nutmegg and mary gold flowers

A most Excellent Thing to ripen A Boyle

Take Some Sorrell and rost it as you do A warden meting the paper and when it is Roasted Take Away the Strings, and Soe mingle it with a Little oyle of Lillys, and Soe Apply it twice A day vntill it is broak and then once a day will Serue! this being Applyed warm is very good Both to draw and also to heale A Boile.

A Purgeing Diet Drink good for the megrum, Headach and Scurvy

Take 6 drames of Senna Alexandria, 2 drames of polipodia of the Oak, 2 drames of Setanella, 2 drames of Sassafras wood 2 drames of Bay Berys hulled, 1 ounce of Anniseedy, 2 drames of Ash-keys, let all these be Bruised Severally and put it into A Bagg and put it into 3 or 4 pints of Strong Beare, or Ale will boyled and when it hath Stood 3 days, drink of it fasting for an houre or two after it, you may double the quantitys of all Equall and put it into A Little Vessell if you please

To make Oyle of Lillys

Gather the leaues and wipe them, the yellow being of you must put A great Quantity of them into A Wide mouthd glass it being almost full of Salet oyle, then Stop it close, and Set it in the Sun, if you haile Store of flowers, toward the latter End of the blowing of the Lillys, you may Strain out the first leaues and put in fresh, Soe let it be Sun'd all Summer, after the Same manner you must make oyle of roses and Cammomill flowers the Same way

A drink to be given to them that are in A great Dryth or very Hot & Feuourish it is best to be made between Christmas and Easter Season

Take A pottle of runing water and 8 faire pipins pare them pretty thick and put the parings into the water, let them be wiped, and put in A Blade of mace or Cinament, let it boile vp on A gentle fire and when it's Boiled halfe Away Strain it out and Sweeten it as you please, you may Squeese in the Juice of A lemon you must not let it be Thick

A Suet To Take Away the redness of the Skinn

Take 2 pound of Sheep Suet hot, when the Sheep is new killed, and put in as much white wine Vineger as will Cover it well. Let it Steep 24 houres, Shift it 4 times, then take the bloody Peices out of it, and ring it in linnen Cloths till it is dry, and then Beat it very well in A Stone morter, and take 10 Shells Snailes and feed them first with Salt to purge them, and then with halfe an ounce of white Suger Candy, Stech it or more if occasion, then Break the Shells of, and dry them with A Cloth till they are very dry, and put them into the Bottom of an Earthen pitcher that hath neuer bine vsed, but only Seasond then take 2 little Sived white Lilly roots, and one ounce of white Suger Candy, and halfe an ounce of parma Calli, and if you please A Quarter of an Ounce of Virgins wax, then tye them down in the pot, with A Saucer and A Cleath linnen Cloth, that noe Aire may come out, then put the pot in A Kettle of water, and as the water boileth away, fill it vp, and let it boile 12 houres at least, then let it Settle and put it into Sawcers, haueing A little rose water in the Bottom, and when they are cold, take them out and keep it all the yeare in roses

For A Bruise or Blow

Brandy is very good to wash A Bruised place with, Take Conserue of red roses and Spread vpon A cloth and lay vpon the place Bruised

For A Blow on the Eye

Take A Sop of white Bread that is Soakid in Boiling water or milk lay on the Eye side as warm as you can well indure it, nothing better for A bruise on the Eye at first hurling of it, it will take out the Blood Shod presently

To keep Any Distilld water or Dregges

Strain them through A peece of Scalet, and you may keep them very well

A receipt To kill lice

Take Indicockle berys from the Apothecarys, and beate them to powder and Strew Some in the Head that have the lice. 2 or 3 Times and that will kill them, They are like Bay berys

A Cordiall Watey

Take wallnuts before they are ripe, and Bruise Them, then Still them in an Ordinary Still with a Soft fire. Then take mulberys and Still them after, then take mulberys and Still them After. Then take An Equall quantity of Each of these waters and Sweeten it with Sirup of Cloues gillyflowers, or fine Suger, if not feuourish you neayl mix Cinament water, or Some Other Still Cordiall water with it

A water for The wind in the Stomach

Take halfe of Spearmint, and as much of Balme and Still These then take A Quarter of an Ounce of large mace, and rather more of Cloues Bruise these, and put them into A pint and A halfe of Strong Sack and Steep it, in the Sack with the Balm and mint, then put them into the Still with the Hearbes, past the Still, and distill it with A Soft fire and distill it with A Soft fire. Strain it, put Sume powder Suger ouer when the Hearbes be in you must put in the Sack, and then the Suger, when you find your Selfe ill. Drink A Spoonfull or two

A very good wormwod Water

Take of wormwood, of sage, of mint, of Balm of Each A like quantity, as much as to fill A pretty large Still, let them be well pickt and put into the Still, poure 3 Quarts of Brandy, and 2 of good Strong Beare, let it Steep all night pasting the Still, the next day draw of 5 Bottles, mix them altogether with A little fine Suger and keep it for your vse

A very good water for A paine in the Stomach

Take A gallon of Brandy and put it into A large wide mouthd glass then take of these Hearbes following, Take A pound of rue, of wormwood, of Carrots, Fetherfew, Angellico, mint, of Each A pound, Cut all these and put them to the Brandy all night, and Still it of next day in an Ordinary Still, posted down, with A Soft fire, it may be drunk with milk, or any hot distild waters, or A little in A Spoone with Suger

For to Open An ill healed wound

Take Honey the white of an Egge, as much of one as the Other, and Barly meale, Stamp all these together, till it be like an Ointment and with this twice A day Anoint the Sore, and it will open and heale the wound

To make Surfett milk water good for feuours Though infectine, or in Agues

Take wormwood, Balme, mint, and Cardus. But least of wormwood Enough to neare, or altogether fill the Still couer them with new milk Some lets it Steep all night, you may draw of 2 bottles or more if you please. it Consumption you may put A Quart or more of Snailes washd and bruised, as they doe for Snaile water, warm it a little and Sweeten it with Sirup of Cloue gilly flowers

For A Cold

Take Coppi water and Sweeten it with Suger Candy and drink A good draught when you goe to bed

Another for the Same.

Take A Spoonfull of Sirup of Hisop, and as much Sirup of Coltsfoot, take it upon A Liquorish Stick when you please, But more Especially when you goe to bee at night

For To Procure Sleep

Take of Sandinum halfe A grain and mix it with methridate, and make it into A pill, and giue it, and it will giue rest Take noe more without good Cause

For The milke Curdled in the Breast

Take A handfull of garden mints, boile them in Sallet oyle, with A little riuer water, when it is tender Apply it as hot as you can Suffer it this will help it

For A prick of A Needle or Thorn in A Joint

Take flower and Temper it in white wine, and boile Until it is Thick, then make A plaister theref and lay it to the Sore as hot as you can, and it healeth and Openeth the wound, and Closes it again

For The piles

Take Hoggs dung and Sweet Butter and Boile them together a good while, Soe Strain it out, Spread it upon Cloth when you vse it

Another for the Same.

Take A pint of Elderberys and halfe A pint of Lint-Seed oyle, Boile these till they come to A Salue, keep it for your vse, and when you vse it, Spread it on Cloth

For A cough

Take Sume running water and Sweeten it with fine Sugar, or white Suger Candy, and Soe let the party drink it when they goe to Bed

The Plague Water

Take Rue, Egrimony, wormwood, Celindine, Angellica, Sage, Tormentill, Scabious, Balme, mugwort, Pimpernell, Cardus Spermint, Scordium, Dragon, Fetherfew, wood Sorrell, Burnet, Auens motherwort, galega, of Each A handfull, The flowers of marygolds Burrage, Cowslip and Tancy of Each Halfe A pound of rosemary one pound, A Small root of Enulacampana, The Seeds of Fenell, Anyseed, Coriander, and Cardimum of Each 2 ounces Shred them Small and Infuse them in 33 gallons of Sack let the vessell be Close Stop'd with past, and After 24 houres at least distill it in a common Still, if you please to make it more cordiall add of fine methridate 4 ounces and of Andro=nica Treacle 6 ounces mix these with the other, when you are ready to distill them, you are to weigh the hearbes green, and Soe distill them, out of the 3 gallons of sack you may draw 1 gallon of the best water which will keep, then ~~call~~ draw one quart which is Called the midle water, Then draw 3 pints which is the worst and will wax Sowre if long Kept. Soe there is in all 1 gallon and halfe and ~~halfe~~ A pint, the first pint of Strong water keep by it selfe, and the Other mingle

Another For The Same

Take Rue, wormwood, mugwort, Burnet, Balme, Sallendine, Costmary Sage, Sorrell, Egrimony, pimpernell, marioram dragons marygold flowers, fetherfew, water Cresses, Cardus mugwort Auen Angelica of Each 2 handfulls, Campion roots, Costmary roots of Each one handfull, 2 good bigg roots of Angellica, Shred all the hearbes and Slice all the roots and lay them to Steep 9 days in in 3 gallons of Sack then distill them altogether, and keep the first and Second by them Selues, 2 or 3 Spoonfulls of this water taken at A time is very good Against all manner of pestilentiall Infections

A Suet mrs Duppers

Take the Caule hot out of the Sheeps belly, and pull out all the bloody Stringes, wash it often in Severall waters that day; then lay it in water for 9 days, often Shifting it, then put it in A Clean Cloth, and wring it between two, then beate it with A beetle A good while, then lay it 4 houres in warm milk then wringe it again hard, and lay it in red or white rose 9 water for 4 houres, then wringe it again very dry, then pick it from the Skin's; and to Every 8 pound of Suet, take A peck of marsh mallow roots, Scrape them and take out the pith, then take 3 good lilly roots, open them pick them and wash them very Clean, and dry them well, then beate the Suet and roots toge=ther in a Stone morter for an houre, then take Earthen milke pots, and put these things into them, and Close them up with past then put your pots into A kettle of water on the fire, and let the water boile, and let it Stand and melt for 3 houres, then Strain it out into little dishes, and let it Stand till the next day

For the Stone

Take A gallon of new milk, wild Time Saxifrage, pelitory of the wall, of Each A handfull, of parsley 2 handfulls, Philipendula's roots, marsh mallow roots of Each A handfull and 2 or 3 radice roots Slic'd and bruised, put all these into the milk, to Infuse A day and a night, and the next morning, distill altogether in an Ordinary Still, with A moderate fire, the best time for making it is about the latter End of may

For The Stone or Grauell mr Snow's

Take of Filipendula, or drop, pelitory of the wall well wash'd marsh mallow roots Clean'd and Slic'd 3 or 4 Jnckes boile all these in A quantity of plain posset drink Soe much Aboue A quart, as after the Ingredients are well boiled in it, there may still remain A quart; which being diuid'd into 3 Equall parts, is to be taken 3 mornings, consecutiuely, that is Every new and full moone, the day of the Change, and the days Just before and After, it may be Sweetned with A little Suger

An Excellent Scare Cloth

Take A pound of burgany pitch, A Quarter of A pound of Virgins wax, 2 ounces of franckinsence, melt all these together, and let them boile A little, then poure it into A pan of Cold water, then worke it with your hands into A rowle, and when you vse it Spread it vpon leather

The vertues of it

It's good Against the Tooth-acke being Apply'd to the Temples, it Cureth Agues and Abateth the burning heat of feauours, being Apply'd to the wrists, it's for the pain of the Side or back, or for any Ach or pain, being Apply'd, it draweth Away the Rhume of the Eyes, being Apply'd to the Neck

To make Aquæ mirabilis

Take Gallingall. Cuibs. Cardimony Seeds. melilot flowers. Clouer mace. Nutmeggs. Ginger of Each one dram weight, bruised; rosemary. borage. Buglos. Cowslip. mary gold flowers, of Each halfe A handfull one pint of the best Aquæ vitæ. 3 pints of whit-wine, or Sack, which you please, one pint of the Iuice of Sallendine, one pint of the Iuice of balme, put all these together into A glass Still, let them Stand all night uery close, next morning Still it, puting into the receiuer halfe A pound of white Suger Candy or double refin'd Suger finely beaten, you may draw from this two quarts, you must Set your Still uery fast with Hay and water in an Iron pot, and Soe keep the water in the pot gently boiling

An Excellent receipt for A Quinsey

Take Albumgrecom, oyle of roses, Saffron, and Hoggs lard, Stire them altogether ouer the fire, and Spread them upon A London brown paper, and Soe put About the neck and throat uery hot

Lipp Salue madam Tyrwhits

Take halfe an ounce of white Virgins wax, an ounce of Oyle of Bitter Almonds 3 peeces of parmasity, 10 drops of naturall Balsome, 2 Spoonfulls of rose water, or Orange flower water

Almond milk To wash the Face with Lozen Ler=

Take ~~[illegible]~~ halfe A pound of the best Pearle Barly boile it in A gallon and halfe of water till 2 quarts is Consum'd, then take it of and with A little of the liquor, beat A quarter of A pound of ~~[illegible]~~ bitter Almonds blancht and beat them in A Stone morter and with them halfe An ounce of Camphire, and when they are well beat put it in the liquor and when it is Cold haue 3 or 4 whites of Egges well beat and Soe, bottle, it

Hungary water, Sack white wine or brandy
Either of these you may Put in

To make Snaile Drink madm Tyr:

Take Snailes and Scoure them in 3 waters with A good Quantity of Sage and hauing Scour'd and pick them uery Clean, Take 30 of the Snailes, and put them into A Quart of new milk, Comfry and plantine, of Each halfe A handfull boile all these together till halfe be Consumed, then take Iuice of 2 Lemons, or as you like the Tast of it, halfe A pint of whit wine, Sweeten it with Suger Candy, and drink of this morning and at 4 A Clock in the Afternoon, it's uery restoratiue, and preserues from feauors and Consumptions

A Wash For The Face

Take A whit Chicken and gut it and Split it in the midle, and Steep it in water 3 days and Change the water Euery day, then put it into A pipkin, with 2 quarts of fountain water, and let it boile to 3 pints, Scume it well, take it and Straine it and put to it A quarter of A pint of fountain water, and as much plantain water, and as much bean flower water and the Iuice of 2 lemons, and A little Spirit of Sack

A uery sure medicine for A bruise or wrench if newly done

Take A handfull or 2 of Cammomile and Chop it uery Small, then put it into Skillet pretty full of new Cow's dung with A good peece of fresh butter and Soe let them boile well together. then Spread it on A double Cloth as broad as the place is, and as hot as the party Can Endure it, and while there is Occasion to use it Shift it hoice A day

For A Stitch or Griping

Take the dung of A Stone horse kept in the house, and put it in A frying pan, and Sprinkle it with whitwine to keep it from burning, Stire it well in the pan till it is uery hot, put it in A thin lining bag bigg Enough to Couer all the place where the pain is and Apply it as hot as the party Can Suffer it, and Shift it 2 or 3 times A day

To Stop Bleeding

Take Iuice of red Nettles and red wine together with A little Chalk Scrapt into it and drink warm, which beyond Expectation Stayeth Bleeding at the Nose

For the Inflamation of the liuer, clearing of the blood, tinpany of wind and water, or for A dry hot body to make it Soluable

Take 4 handfulls of Brown fenell, and 2 gallons of Spring water wash your fenell clean, and put it in, then take A pound and A halfe of Blew currance, prick and wash them clean beat them and put them into the fenell and Spring water, then boile them till they come to 3 quarts, or till the colour come to be A perfect claret, then Strain it into an Earthen pot and After drink A good draught therof in A morning to wit 3 times to Cleare the blood, and for the tinpany till the body become Small

For A Consumption or A Cold if it be for A Child newly born Anoint the Stomake only

Take ragwort one handfull wash and Swing it very dry Chop it and pound it then put it into an Earthen pipkin to A pint of Sallet oyle, and Set it vpon A Soft fire Stiring it Still for halfe an houre, take it of and Strain it in an Earthen pot, and therwith Anoint the party down Each side the Back Bone, the Soales of the feet, the palmes of the hands and the Stomach Every night for 9 nights together, then take halfe A peck of liuer wort pick and wash it very Clean, and dry it in the may Sun till it will beat to powder then beat it and Serch it through A fine Sive, and of the powder take Every morning After the Aforesaid 9 nights the quantity of 2 thimbles full in warm brosh Ale or Beare, But brosh is best A fortnight together, and fast two houres after it, then take halfe A peck of Brown Sage in may and dry it into powder in the Sun and beat and Sift it, and put it into A box, and take the like quantity therof Every night and morning for another fortnight After the 2nd of the Aforesaid fortnight, in cold Beare, or Ale, this powder is good Alsoe for the Cough, the ragwort beares A yellow flower which some people make Breomes on, and note that the first therof is good for the Consumption of the back, the 2d part for the Consumption of the liuer

To procure Sleep

Take poset drink and Boile in it Some nutmegg Slic'd when it is boiled take 3 Spoonfulls of the Sirup of Cowslips, and let the party drink it warm when they goe to bed it is most Excellent for one that is melancholy to procure Sleep

An Approued medicine for the falling of the fundament To Cure it

Take A handfull of red sage leaues or green, if you cannot get the other, dry it to powder and Searce it, take A little Vinegar, red or whit warm it very well, then take A Sear-cloth and dip it in the Vinegar, and Bath the Ill Affected person therwith, then Strue on the powder round About, and put it vp, See let the party goe to bed, or Sit Soft on A Narrow Scarlet Cloth, this will help with thrice taking

For the wind Collick or for any other windy Stopages any kind of way

Take an ounce of any seeds, Liquorish, Cuming seed, Sence of Each an ounce, Beat all these together to A powder, Search it and then put thurto whit suger Candy, and Brown Suger candy of Each an Ounce Beat them and mix them with the former, for your vse taking 2 Thimblefulls in the morning fasting, it may be likewise giuen to A woman that lyes in to purge her if there is cause

To make Oyle of Roses

Take to a pound of Oyle, 4 ounces of rose buds, Bruise them A Little and put them to the Oyle into Some glass that may be Close Stopt, Set them Stand 7 days in the Sun, then Boile them gently and Strain out the roses, and put fresh in Set it in the Sun 7 days more, then boile it Again, and doe the like the 3d time, then keep it for your vse, if you like you may leaue Some roses in it, that are full Blown vnbruised

To make Sirup of Hisop

Take to Every Quart of water, 2 ounces of Hisop, Infuse it and Seeth it vp to A Sirup with A pound of Suger

For A Plurisy

Take A good roasting pipin that will not soon roast, Ney=
=ther to lingring, Core it clean as you would doe A quince
then take of the finest and best Oblibanum that you can get
beat it reasonable small and fill the Apple within with the
powder of it, Soe let the Apple roast, and then take Away
the Skin, and mix it well together and let the party Eat
it, it is A most Soueraign medicine if taken in time

For The Piles

Take halfe A handfull of mullet, and halfe A handfull of Gillyflowers
leaues that beare A whit flower and the leafe is very like A plantine
leafe, on handfull of Sage chop all these together, then take as much
goates greese in quantity as you haue hearbes, Stamp them altogether
in A morter till it is A Salue like and Soe Anoint the party greeu'd and
Spread it Vpon A Cloth and lay it to the place twice A day, proud

For The Dropsy

Take rye past, make A pye of it, and put in A handfull of wormwood A
handfull of horehound, as much mugwort, Liuerwort, and harts=tongue
bake all these in [illegible] your pye, and when it is baked, break it into A
rundlet that will hold 5 gallons of Ale, when it workes the pye must
be broke in warm, and Soe let it Stand 4 or 5 days, drink of this Ale
Euery morning and at night going to bed, if you are dry, and Oftener
in the day if you please

To make Sirup of Scuruy=Grass

Take the Iuice of Scuruy grass and brooklime of Each A quart, Let them
Stand at least 24 houres and then poure of the cleare from the Settling
Soe that there is A bottle of cleare Iuice, then take 3 pound of fine Suger
and with A uery Slow fire, boile it to A Sirup

A most Approud medicine for the Head=Ach

Take Senæ leaues finely pickt 2 ounces, of Rhuberbe thin Slict the weight
of 8 pence, burage flowers the weight of 6 pence, Lignum Aloes finely Slict
the weight of 4 pence, put all these into A pint of good Sack or whit=wine
and let it Stand on the fire in A Scalding heat Close Stopt 4 houres then Strain
it into A glass, and take therof 4 or 5 Spoonfulls at one Time, luke warm
and put to it Suger to take Away the bitterness of the Test, then fast an
houre After it or more, and after that Eate Some warm broth and keep
warm for A day

The wound Drink

First gather your buds in may, or Sooner if you can as they come forth
and the hearbs as they be to be had, The buds are Oak buds, Hawthorne
buds, Bramble buds, These are the hearbes, Southern=wood, mugwort, wood
bettony, Dandelion, Sinkfoile, plantine, Sanacle, wormwood, Dasey roots
and leaues, ribwort, whit bottles, wood bine flowers, Auens, wild Angellico,
mints, Strawbery leaues, Scabious, Violet leaues, Comfrey, Agrimony, lay them
to dry in A close room from the Air, and turn them once A day, then put them
being dry into bags to keep all the yeare, and when you vse them, you
must take of all the kinds together the quantity of 3 handfulls and put them
into A quart of whit=wine and A pottle of cleare water from the Spring and
boile them together till the halfe be consum'd, then Strain the liquor from
them hearbes, then put to it A pint of the best honey and set it on the fire
again till the Scum doth rise and be thick, but let it not boile, then Scume
it uery clean and take it of the fire, and being cold put it into A glass bottle
let the party you giue it to, take 6 Spoonfulls of it at A time first in the
morning fasting, and fast 2 houres After it, and if it be A uery great sore, let
them drink soe much Again in the Afternoon at 4 A Clock, and if there be
any proud flesh in the sore, you must lay something to Eat it out, you
must not rent the sore, but search it with A tent for this drink will driue
it out, the hearbes must be laid ouer the sore or wound, A Searcloth
which is made of yellow wax, Sallet oyle, and red lead, this drink is not
for to be giuen to A woman with Child, for it may cause her to miscarry
the whit bottles growes in corn and are whit and yellow and growes many
on one Stalke

Cakes for The lunges or any Cold Stopage in the Breast

Take halfe a pound of liquorish Scrapt uery ~~thin~~ well, then Slice it
uery thin, and put it in A paper bagg soe dry it, pound and Searce it
as fine as you can, and take 4 ounces therof and put to it halfe A
pint of hisop water, then take 6 handfulls of the tops of hisop, 4 hand=
=fulls of Coltefoot, and one handfull of rosemary flowers, or in their Steed
halfe A handfull of rosemary Tops, beat all these hearbes uery Small in A
morter, and Strain out the Iuice and put it to the hisop water and
liquorish, and let all boile A while on A soft fire, then Strain it again
through A thin fine boulter, and put Into it being Strain'd 4 ounces
of brown suger candy being finely beaten and Searct, then let all boile
together Vpon A chaffin=dish of Coles but not to fast till it looks yel=
=lowish, alway Stiring it till it be thick, that you may make it
into Cakes

A diet drink for the grief in the breast

Take of Tamerish 6 handfulls, of Scurvy grass 5 handfulls of Sage 4 handfulls of water Cresses 3 handfulls of Brooklime 2 handfulls of Sea worm-wood 2 handfulls, all which tun into A Kinderkin of Strong drink, and soe drink A good draught of it Every morning fasting

Mr Roydons and Old Dr. Langhams Electuary of Life

Take of purify'd honey one gallon, of dates, parsnips, wardens, roots of Satirion Each 2 pound of Cinament, whit Amber, Long peper, Cloves, Juniper berys of Each one ounce of Lint-seed four Ounce of Callamus Aramaticus 2 ounces, of Saffron in the finest powder 2 drames and of Suger and rose water as much as is Sufficiant to make an Electuary, the manner how to make it boile the parsnipes and Satirion roots in water, dry and peele them, pound them then Strain them through A Cloth with whit wine Vinegar and rose water to get out the Substance, Stew your wardens in and Oven, pound your Lintseed into fine powder and Searce it Clarify your honey, Slit your dates and put them in After the rest hath boiled A good while, the virtue of this is good to Strengthen and restore often used by both it is onely Cordiall and not dangerous

For Convultion Fits

Take A Quarter of An ounce of Castorioum, A good handfull of rosemary Topes put them into A quart of Aqua Vitæ, and let it Infuse 24 houres, Then keep it for your use, give the grived, or 2 Spoonfulls of it when you see the fit Cometh Approv'd

For The Same

Take Black Cherry water, and the powder of Single pioney roots, mingle them together and give the party 3 or four Spoonfulls of it and 3 drops of black Cats blood before the fits Comes, this hath help't both Old and young

To Stop A Thin Rhume falling from the head upon the Lunges And Causeth A Cough

Take A new laid Egg, warm from the hen, take the white Cleare from the yolk put to the yolk as much flower of brimstone as will lye on A groat and A like Quantity of powder'd Suger Candy, and 3 drops of Aqua Vitæ Stire it well together and Eat it in the morning fasting, and fast 2 houres After it, then take at night, when you goe to bed the biggness of A nutmegg out of halfe an Ounce of Conserve of roses of the Oldest you Can get mixt with as much flower of brimstone ~~and~~ as will lye on A groat, and A like quantity of bole Armonack, made into fine powder, this two may be taken night and morning 9 days, or A part as you please there must be A Spoonfull of

the Sirup of hisop put to the Conserve when you mingle it with the powders

For A Consumption that Cometh with A Cough

Take 2 penyworth of good Ale, 2 penyworth of Suger Candy of liquorish 2 penyworth, A Spoonfull of liver wort, and as many rosemary flowers, or the tops of rosemary boile all the together and drink it first and last the cold being taken of, It is A most Excellent receipt

An Ointment for Any green wound or for Any place that is gangred

Take A Quart of Cream and boile therin A good handfull of the Inner'd Bark of Elder, that which is green and boile them together till it Comes to An Oyle and Anoint the place with it

To make Oyle of Charity

Take Cammomile, red sage, rosemary tops, Lavender, Isop tops Salendine Betony, Adders tongue, 2 leav'd plantine, of Each on handful Pick them clean and Chop A little bigger then for pot-hearbes, then put them into A quart of the best Sallet oyle, and Set them in the Sun in A glass 9 days, Stiring them well once A day, then put it out in to A large dish, Set it on A Chaffindish of Coles, and let it Simper there an houre together but not boile, Stire it Sometimes, then Strain it out as clean as you can from the hearbes, and put to it the Same quantity of the Same hearbes soe Chopt as before, and let them stand 9 days in the Sun, then let them Simper as before for an houre, and Strain them, then put to the ~~Oy~~ Oyle 9 handfulls of Valerian, and let that Simper an houre upon the Coales without boiling, then Strain it out and let it Settle, and poure the Cleare from the bottom and keep it for use, with the grounds you may make A Searcloth, melting yellow wax with it, this oyle is very good for any Strain, which must be Anointed with it warm, and well rub'd in, then lay A peece of the Searcloth on it, Anoint it Evening and morning, it's good Also for A bruise, and taken Inwardly Stopeth bleeding, being poured into Any green wound, it may be heal'd with any Ordinary Salve without tenting, this Oyle must be made About the midle of may

An Approv'd medicine for A loosness

Take the biggness of A small nut of London treacle, Conserve of rosemary, and Conserve of gilly flowers of Each as much, put to it the bigness of 2 nuts of Conserve of red roses, and let the party Eate it morning, Noon, and Night

An Approu'd medicine called the purging Ale to be taken Euery Spring and fall, from the first of Aprill to the End Therof, and from the midst of September to the midst of October

This Ale Vsed as Aforesaid will Cleanse the body of all Corrupt humours water and windy will purge and Cleanse the Stomach, liuer, lunges head, and Other parts of the body without Offence, Auoiding therwith much wind and water if any be in the body, reseruing to the body it's naturall Complexion of body and blood, making the Countenance Cherfull the body lightsome, and of much Alacrity and will purge noe longer than peccant and Superfluous humours doe Abound, it is good for the drop=sy, palsy, megrum or head Ach, for the foulness of the lungs the pains of the back and Stomach and diuers Other diseases not herein mention'd it may be taken of any old body, or Child without Offence, Take foure gallons of Ale wort the Strongest you can brew, and boile it till it Comes to 3 or ther abouts, let it be of the first runing, tun it vp with good Store of barm that it may work well, and Against you be ready to tun it vp, make A Canuas bag with A hazell Stick, that it may not goe within 3 Inches of the bottom of the barell or float on the top with the barm, the Ingredients to be put into the bagg are these, Senæ Alexandria 6 Ounces Anyseeds 2 ounces, right polipodium of the Oak, 6 ounces, bay=berys hub'd 2 ounces, Ash keys bruised 3 ounces, Sasafras wood 2 ounces and Rhuberb 2 drames, let all these be Stampt to powder, Saueing the Senæ which must be put in whole and when the Ale Aforesaid hath done working Stop it vp uery close leauing good Store of barm on the top, and After 3 or 4 days drinking therof Euery morning halfe A pint and Euery Euening 3 parts of halfe A pint begin the Course of phisick in the Euening that it might not trouble you in the night, in the morning take some warm broth, an houre before dinner and it will work the better, but in the Euening take it when you goe to bed, keep your selfe warm, during the whole terme, the more you Excersise the body, the more it will work with you, if this will not Cure the Above named griefes, leaue all medicines, prou'd

A plaister for the pain in the back or for one that is Subiect to miscarry

Take 4 ounces of whit lead, 8 ounces of whit Seris, 2 great Nutmeggs grated, halfe an ounce of Cloues and mace, A pint of Sallet Oyle, boile it it till it will roule vp betwixt your fingers, make it vp and keep it for your vse

For the plague and it is Alsoe good for the Small pox, measles, Surfetts and Other diseases

Take 3 pints of malmsey or muskadine, and boile ther in A handfull of sage and A handfull of Rue, vntill A pint be wasted, then Strain it and set it on the fire Again and put therto A penyworth of long peper halfe an ounce of ginger, A quarter of an ounce of nutmeggs, all beat=en together, and let it boile A little while and put therto 4 penyworth of methirdate, A penyworth of london treacle, A quarter of A pint of good Aqua Vitæ, or hot Angellico water which is much better, keep this as your life, take it Always both morning and Euening warm A Spoonfull or two if you be diseas'd ther vpon, if not A Spoonfull A day is Sufficient in all the plague time and vnder god Trust this for A Certain Cure for there was neither man or woman or Child that this deceiu'd, if the heart be not Clean mortify'd with it This is good for the Above nam'd

To Cure the morphew

Take inwardly in 3 Spoonfulls of white wine, one spoonfull of the Sirup of Elderberys, then make this water and wash where it Showes Take 2 new laid Egges and put them into halfe A pint of whit wine Vinegar, put to it halfe A lemmon par'd and Slict, then take as much powder of brimstone as will lye vpon 6 pence, tye it in A fine Cloth and put it to them and let it lye 4 or 5 days, and then the Shells will be Eaten of, then with A Small pin prick them but not to the yolks, and when they haue layn 9 days in all, put it altogether in A Cloth and let the water run from them, and keep it for vse

For A woman to Take Soone After She is brought to bed To preuent the After throwes

Take A handfull of Sweet margorum A handfull of mother of Time and put in A quart of the best Claret wine, and boile it till it Comes to A pint, and Sweeten it with Suger and drink A good draught when you are laid in bed

A Plaister for An Ague

Take red Corrall, bole, mastick, Olibanum of Each A dram, then take 4 penyworth of Venice Turpentine, then measure the powders Equal Equally with A 3 pence, and mix it to A Conuenient thickness, and Spread it vpon Alum leather and lay it vpon the wrists, 6 houres be=fore the fit Comes

A powder to Open the Stomack if it be Stopt or Troubled with wind

Take one ounce of liquorish, one Ounce of anyseed, and halfe an ounce of Elicompane roots, and halfe A quarter of an Ounce of white Irris roots, as much angellico roots as halfe A walnut, all these must be beaten together and finely Scarct, then put to them A quarter of A pound of loafe Suger and A nutmegg grated, and Soe keep it for your vse, and take Euery morning as much as will lye vpon A Shilling in A Cup of beare next your heart

To Distill Cherry Water

Take 6 pound of Cherryes, bruise them Stones and all, put them in A pot with A gallon of Claret wine, 4 ounces of Cinament, bruised one Ounce of Nutmeggs Slict one handfull and halfe of rosemary tops as much balme, let them Stand 2 nights and 2 days to Steep, then Still them in an Ordinary Still, and hang A little musk in the glass it drops in

To Stay A Loosness

Take a pint of red wine, halfe A pint of plantain water And A hand=full of red rose leaues, halfe A Spoonfull of Cloues, let all these In=gredients be infus'd vpon the fire together till the liquor be very Strong of tast of the Aforesaid things, you may take 6 Spoonfulls or more, as you find it in Operation, Euery morning fasting 2 houres After, likewise as much In the Afternoon at 4 A clock, to please the palate you may Sweeten it with Suger, if this be not Effectuall, you may Infuse Some of the Inward bark of Oake Slict like liquorish

A Poultice for A Swelling

Take A pint of flatten milk, One handfull of Oatmeale, and as much whit bread Crumbs, A handfull of Dile run by the ground Shread Small boille all these together, halfe A Quarter of an houre, then put A hand=full of red rose leaues, then let it boile A little while, take it of the fire and Spread it vpon A linnen Cloth, and drop Some Oyle of roses vpon it

To Take Away Cornes

Take vnslact lime, and bleak it in vinegar, then pare the Cornes put rose water to it and lay it on

To make A Green Ointment

Take rosemary tops, brown sage, lauender spike and Lauender Cotton Southern wood, woodbine, red bramble tops, Elder flowers and Elder buds, halfe A handfull of burrage and buglasse, fetherfew, Cammom=mile of Each A quarter of A handfull, Brooklime halfe A handfull A quarter of A pint of garden Snailes out of their Shelles, A pretty quan=tity of hens dung, and as much Cowes dung, Stamp all these together in A morter, then take A pound and A Quarter of may butter and boile them together, and when they are well boiled take them of and Strain them through A Strong Course Cloth, then set it on the fire again, and put A quarter of an Ounce of Beniamin, A Quarter of an Ounce of Storax halfe A Quarter of an Ounce of nutmeggs beaten, Gum dragon and gum Arabeck of Each halfe A quarter of an Ounce and A little Cloues beaten and let it boile very well Again

A Distill'd water of honey which Causeth the Haire that is fallen Away to grow Again

Take one part of honey and 6 parts of rain water, put all together in A barrell well pitcht and Stopt aboue that noe Aire at all may Come into it, Afterward set it out in the hottest weather that is in July, but out of all rain, and leaue it Soe About 40 days, but with prouiso as that you turn the barell Euery 8 days that it may work on all Sides of it, to make it more Effectuall and of greater virtue it will be good in Quince time to mix therwith the Juice of Quinces in such quantity as that there may be for Euery pound of honey, A quarter of A pound of Juice of Quinces, Some before they put the honey and water together into the barrell. Boile them together vpon A clear fire, or vpon Coales without Smoak, Scum the honey and boile it to perfection which gather by casting an Egg into it, which if it Swim aboue the honey is Sufficiently boiled, but if it Sink then it is not boiled Enough

For A Dry Cough

Take A porrenger of Capons grease, A gill of the best Annyseed water One penyworth of Orang flowers, one penyworth of Saffron, A Quarter of an Ounce of Large mace, 2 or 3 tops of Spermint, let these boile A Conuenient time, for want of Capens grease mutton Suet is good well wash'd in rose water

72 An Excellent Aprooved medicine to Cure Any Consumption

Take Scthony, Burnet, Colsfoot and red rose leaues of Each of them A hand full, 2 Comfrey roots Clean Scrapt and Slict. Boile them together in A gallon of Spring water, Vntill halfe Be Consum'd. then Strain it from the hearbes and roots, and put to it one pound of refined Suger. Boile it A little while, and take of it morning and Euenings first and last 6 Spoonfulls as warm as milk from the Cow till All Be taken

For A Cold

Take 2 ounces of Enula Campany 2 ounces of Liquorish, 2 ounces of Anyseed 2 ounces of Orris roots 2 ounces of brown Suger Candy Dry these well and Beat them in fine powder and searce it very fine and mingle it with fine honey, and Euery morning take the quantity of A walnut fasting and walk after it, if you like not this way then take Suger and Boile it to Candy height, and put in soe much of the powder as will make it pretty Thick and Boile it A little and drop it in A Cake

Dr: Boles Bag Ale to Cleanse the Blood Open Obstructions make good the liuer and Spleen

Take Sena 4 ounces, the Common dock roots, which are most yellow of A deep Colour Cut into Thin Slices 10 ounces, Oriander seeds prepard and Bruised 2 ounces, Sasafras 1 ounce yellow Saunders in Chips halfe an ounce Sprinkle and Bedew these in A plaister with the Juice of 6 Oranges, put them into A bagg one pound of raisons Cut the rind of one of the Oranges, cast this bagg into 6 gallons and of Ale and one of Small Ale wort, put Barm to it and set them work together A conuenient time as is vsuall take out the bag hang it in A vessell poure in the wort. Add 2 quarts of the Juice of Apples, set them ferment and work together again as is vsuall, After 2 or 3 days let them Begin with it, A pint Euery morning for A man or woman, less than halfe A pint for A Child more or less that 3 or 4 Stooles may be procured. doe Soe for 14 days together

A Salue for An Ague Sore or Old Sore

Take of pumpillion one penyworth, and one of Aqua Vitæ and grate an nutmeg and Boile them together till it Comes to A Salue the water of the following Salue is euery good to wash the Sore with

73 For Burning or Scalding or for Any Other Sore

Take halfe A pint of the best oyle you canget, and halfe A pound of Sheeps Suet, and A quarter of A pound of red lead as much Beese wax and Boile this together till the lead turn Black, then take one penyworth or two of Venice Turpentine and put in to it A peece of rosin as Bigg as A hasell nut, and Beat it very fine and put it in After it is taken off the fire, then poure it into Spring water, and keep it Stiring while it's on the fire after it's in the water, roule it vp in long Roules it is best with Oyle for Burnings or Scaldings, for Any Other Sore it is best with Sweet Butter Before it's salted

A Cordiall Electuary

Take Conserue of wood sorrill and of Burage of Each halfe an ounce the Species of diamargariton frigidum and Diarhodon abbatis of Each A dram and A halfe, both without musk and Ambergreece, Confectio Alkermus without musk and Ambergreece 2 drames with Syrup of Cloue gillyflowers A Sufficient quantity to make An Electuary

A Purge For the Wormes

Take 6 penyworth of Aloes, 4 penyworth of Saffron, and A quart of white wine and dissolue the Aloes in the wine, ouer A soft fire and rub in the Saffron then take halfe A pint in A morning 4 mornings together and take A good draught of Small Thin Broth An houre and A halfe After you haue taken it, Halfe the quantity for Children

A Plaister For The wormes

Take mirrh beaten to powder and Bath the pit of the Stomach with Aqua Vitæ. then Strow the powder of mirrh vpon the Stomach till the Skin Be couer'd then wett A peece of London paper in Aqua Vitæ and lay it vpon the mirrh, and A dry paper on the top of the wett, all the Aqua Vitæ must Be warm'd

For any Sore Eyes, or A pearle in the Eye, Except it's Bruised

Take halfe A handfull of Hemlock, and halfe A handfull of pearle grass as much Sole Almenack as A walnut made into powder, Shred the hearbs very Small and put as much honey as will make it Spread, then Spread it on A peece of leather, and lay it to the Contrary wrist

For A Bruised Eye

Take A handfull of red rose leaues, and two Sprigges of rosemary Boile them in A pint of Spring water and Boile it halfe an houre and bind it warm to the Eye

85

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74

For A Consumption

Take the powder of Amber as much as you can Stick upon A knife point, and Soe much Suger Candy in powder as much flower of Brimstone, put this into A new laid Egge, Stire them well together and Supp it of raw, this doe Every morning fasting

For Burning or Scalding

Take the fat of Bacon, and the Juice of daysys temper them together and Aneint the Burn, this never faileth

For A Swelling Eyther in the legges or Belly

Take Adders tongue, and Stamp it and Strain it and Sweet Butter before it be washed and Boile it well together, doe the Swelling with it

~~For a Consumption~~

~~Take a quarter of A pound of Hens, Hoofs, Shred them small and~~

For a Cough

Take Seven drops of tincture of Sulpher in a spoonfull of Syrup of Violets the last thing going to bed

For The wormes In Old or young

Take Sirup of peach Blossomes, and Sirup of Succory of Each A like quantity, Take it in the morning fasting, and keep your Chamber all day

To wash any Sore or Kill Any Tetter corper:

Take 2 quarts of Cleare water that Smiths queneches theyr Irons in, and Set it on the fire, and when it Boyles, have ready 2 ounces of Verdy-greese fine Beaten, 2 ounces of rock Allum 2 ounces of white Suger, put it in Seething, Stire it till halfe be Consumed, then Take it of, Stire it till it hath done Boyling, then let it Stand and when you have Occasion Use it Cold

75

An Approued Glister for A loosenes

Take plantine, Sheapherds purch pouch, red rose leaues of Each A handfull, Boile them in milk till A quarter be Consumed, and Add to A wine pint of it 2 yolks of Egges and giue it) when that is Come away giue Another

For A Stone

Take red nettles, Stamp them and Strain out the Juice (they being first washed) take the Quantity of 3 Spoonfulls of it in Some poset drink, or Ale 3 mornings, and After forbeare for 2 or 3 mornings, to preserue the Said Juice it to put the Best Sallet Oyle to it Approued

My Receipts

To make the Best Kirck Water To wash the face with

Take 4 pints of Claret wine, halfe A pound and 2 ounces of Tarter, Beat it and put it in the Wine, and Still it in A glass Still, draw of But 2 pints, fling the rest that remains out of the Still, then put the 2 pints you drew of in again, and A pint of Rhenish wine to it, then take 4 ounces of mirrh, and Beat it, and 2 ounces of Olibanum, Beat the Olibanum, and mingle it with the mirrh, and put it into the Still again

A Cure For Red Spots In The Face

Take A Lemmon, and Cut it, and pick out all the seeds, and then put into the Lemmon, a quantity of fine woole, picke, and rost it in the Embers, and then take the Sirup and Aneint it, and it will Cure you without faile, Every Evening

For A Rhumetison mrs buckeridges

Take lignum vitta, red Saunders, Sweet Senell Seeds, Ivory, yellow Sanders, of Each 3 ounces, Sasafras, Caraway seeds, and Coliander seeds of Each 2 ounces, China, Sarapirella of Each halfe A pound, Cutt the China and take all the rest of the Things, Except the Seeds, and bruise them and Steep them in 8 Quarts of faire water 48 houres, then Sett it on the fire, and let it Boile, till it be halfe wasted, and when it is taken of the fire, put in the Seeds, being bruised, and when it is Cold bottle it up, and drink noe other drink as long as it lasteth, probatum Est

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85

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X For A Rhumetison Which hath done great Cures

Take beners gall and neatsfoot Oyle, warm it in A new piphin, and Anoint the place grined, and rube it well in by the fire, at morning and Evening, and rape it up warm in flannen, and it will not only Cure but if the party be Subject to this distemper, they may have it Again, in Other places, but not Where This Ointment Comes

X Angellico water

Take very strong ale of three weeks old then take a good quanty of angellico & balme but more of angellico then of anther yerbe then take spare mint strawbery leaves wormwood horehound rose ~~water~~ mary time Isope harts tougne liver worte ~~[illegible]~~ succory ellicompany roots perley roots lavender cotton mercury roots sage maiden hare buglosse Endine ffennill roots anyseed Cyquarish of each ½ [illegible] your stilling pott must be little fuller then halfe full the first water is the best ye second must be still'd again

X A broth for such as are troubled with sharpe humors as blistering and such like

Take too Chickens and boyle them in faire water till they be anough then take them out and crush them between a couple of trenchers into the broth and season it with sugar and drinke thire of 2 or 3 days without any meat or drinke and this will help much

X To procure Dillevery

Take Dittony Verwayne & Isoppe of each much alike stamp straine it and drink it ale in Travill when a wooman is past all hope in travills take the weight of a scruple of quike silver and give it her to drinke

ffor such as stay long for after burthen fryd unsett leeks in butter and lay it to ye bottom of the belly to stay bleeding after child birth or stamp ffeatherfue and drink it

ffor the Collick

X Seeith: a: m: of hore hound stapt in oyle of Olive and apply to the belly

ffor the wind Collick and to cause as too le for old or young take [illegible] the Coare of a red Onyon and put in place thire of Bar=ers greace then lay on the top againe and roast it on the embers in a browne paper very soft then apply to the Navill ye same spred upon a linen cloath; or thus set to steep a quart of Carrett wine 24 howers dd: of ffenill reed a quarter of a pound of anniseed & dd a qr of a pound of Cinnamon seed put the seed in platt & pick them well and beat them into fine pou=der take a spunfull thire of in broth or with a draught of Mallmasey three or foure times

A pouder for the Stone

Take the seeds off Saxifiage parsley smallage grumwell and collyanders pouder of Nutt=mege of each alike quantity pound searce and mingle them well together then take thireof you may put a little Sugar use it fasting and take half a spunfull at once temperd with a little white wine

For ye Stone in ye Kidney

The pouder of Medlars drunke in white wine helpeth the same or doe thus take the barcke of the roots of firrs dry and pound them to pouder and drinke in white wine

Hee that hath the stone in Rains or blader let him observe these rules

he must abstaine from all wines sweet or sharpe white or red whatsoever from all kind of fruits espetially raw except pum=grannett and a fwe ripe proons with su=gar and Coriander seed prepared from all raw Yerbs salt meates souer or heavy of digestion all shellfish except Craufish & shrimps all sweet spices and above all things hard cheese which Ingenderth in very short time he must keepe his rains cold and thirefore to lye upon his back he must always keepe his belly loose

As by eating every day a little Cassia upon ye point of a knife or by some other meane other by suppossitory or glister its good for shuch As has this distemper to drinke a good draught of stale ale next his hart every morning

A strong Medicine for ye Strangury

Take a pinte of good aquavity and put a good m: of Ive leaves thirein keepe it close in some Vessell and the leaves of Ive will consum drinke three spunfulls therof at a time first and last now this strangury is caused by means of Vlcers in the blader or else apos=tume in the liver or raines which causes the Vrine to be sharpe and pricking and ever droping at the yard with great desier to piss but not able to doe the same for a remydy to this distemper doe this boyle in cleere ale possett ale or Chickin brothe with a good stick of Lyquarish scrapt and bruised sowthistle or milk thistle water creeses mar=gerum kneeholly wilde flax Iarmandor whith his flowers knott grass the roots of Phillipundulla alius dropworte of Saxifra and of couch grass the pouder of hares hare

 caried over

Burnt and drunke in white wine wher
in Redish roots were soven per cureth
Vrine incotinient but if the stoping
come of the Strangury you must then
put in a good quantity of sugar in ye
wine or else seeth with it a good stik
of Lyquarish scrapt and bruised

To Provoke Vrine

X Gallingall Todd in ale and applyd to
the bone above the yard provoketh Vrine
without ffaile

Cynamant water

X Steep in three quarts of Mallmasey 3 days
halfe a pound of Cinamon a quarter
of a pound of dates one ounce of ginger
one pound of sugar of long peper anny=
seeds & Coriander seed of each halfe an
ounce with a pinte of red roase water
afterwards still them in a Lymbecke

To Disgest Mallincholly

X Distill borrage Langabeife harts toung Callumint
bentore scabious time sope savory Comenders
mugworte rosemary the tenderest flowers of
woodebinde of each like quantity and drink
thire of first and last

X To Digest and clense the bload

Distill langabeife bourrage fumitorie scabious
tormintle roots and all rosemary pinpernell
Avens marjerum and balme and drink thire of
first and last.

To make water of wallnutts
called water of liffe

X Good for all dropsees pallsies being drunke with
wine fasting it is good for the Eys if you put
a drope thirein good for Conception if she
1 drinke one spunfull thire of in wine it is
good to make the face comley if you wash
thire with it drives all corruption forth out
of the body drunke moderately with wine itt
will kill wormes and preserve nature
Take first your Wallnutt in the beging of June
beate them in a morter then still them in a
still of lead and keepe the water by itt selfe
2 make a second water gathering your wallnutts
afortnight after midsomer and keepe
it by itselfe make a third water gathering
your wallnutts at midsummer or three days
after and keepe it by itselfe then take a pinte
3 of each and put all together and still it in a Stillatorie
of glass and keepe it close

A Pretious Water for all Deseases In the body:

Take Sentuarie and bray it and put it into strong alle and distill into water and put therein a quantity of ginger allsoe take annyseeds psey seeds and fennill and bray them all together and soe lett itt stand a day and a night and then distill the water withall the pouder and this is very good

To Make Blanch Pouder

Take halfe an ounce of Cinamon pound and searce it take one quartern of Sugar and three of ginger one qr of an ounce of saunders mingle them to gether soe have you a very good pouder

A good purge for the head

Seeth in a pottle of water to a quart of fennill budds in winter 4 roots pounded Isope & sage of each one handfull a sawcerfull of vinigar and three spunfulls of hony receave the fume and gargarise the mouth with part of the lyquar receive the fume or same thire of into the mouth and gargarise the mouth with part of itt

For the headach

Take a spunfull of vinigar and as much rosewater in a saucer and goeing to bed draw it up into the nosterills into your head probatum Est

Another

Take halfe a pound of nuttmeg and great it to 4 or 5 spunfulls of vinigar and put in a porringer & heate it then take a linnen cloath and wett it in the vinigar and lay it to both the temples round about his brow as hot as he can suffer it and another hot cloth upon it Use this twice or thrise and it helps

For Soere Eyes

The Yerbe gallitha being stilled and dropped into the Eye cureth the same & being drunche Allayeth the head Ache for such as be havie harted

Take a spunfull of aquavitie and as much of the Juce of Rew, and a little quantity of rosewater and some groess peper and drinke it fasting

Of the Stomach

Weakness and dibillitie of stomach comes of eating too much in quantity or quallity in such a case it is good to eate little and of light disgestion and to purge of stomach it is good in some cases before meate that you eate a little greene Ginger and annyseed and fennill seed or when you begin to eate first eate a bitte of toste dipt in soden wine but not to drinke the wine except itt be very little after meate now when you have great abundance of spittle and much desier to vomitte then take drams of hira picra with 2 or 3 ounces of wormewood water and after your meate to eate Corriander seed prepared but drink not after itt nor sleepe in the day

aried over

It is good allso to take once a weeke halfe an ounce and more of Mirabulous condite at 4 a clocke in the mor=ning but cast away the stone that is with in it but if thire be noe abundance of spittle but dry=ness of the mouth with Vomitage then tis good every morning to take Sirrope of Sorrell of roses or of Quinces with Endine or succory water or else Sodden water cooled and purge Stomach of Cotter and anoint your Stomach with cold oyles as oyle of roses or Quinces and make a plaster for your Stomache of red roses and saunders

Good for the Stomach

Take red rose leaves dried mint especially the red Cumm Sage worwoode Callamint gallingall nuttmeg in a sticke peper vinigar sugar and hunger to Vomite once a quarter and stand affter meate

A water to comforte and heale the Stomach

Take 2 gallians of strong ale put thire to a pound of annyseed and a pound of Lyquarish too pound of worme wood dryed Callamint too pound beat the annyseeds and Lyquarish then put all together into the ale and let it Infuse the hole night the next day distill them in a Lymbeck

For paines in the Stomach

take 2 or 3 spriggs of cammimoile and boile itt in possett drink and soe drink itt first and last

To Quench the heate of ye Stomach

Take a pinte of vinigar 2 handfulls of currence and let it boyle untill it come to a Sirrope then take it of and put it into a porringer and when you will use it halfe a spunfull of the currence and syrrope will squench the thirst at any time

For wind in ye Stomach

Take Cummin beat it and mingle it with red wine and drinke it last at night for three days together

The Stoping of the Lyver and cleance the Stomach an Milt

Take one pottle of running water and halfe a pound of red docks roots scraste pitched and cleane washed of Egrymony one good handfull of reasons of the Sunn well gelt boyle all these together till halfe be consumd then drinke a good draught thireof lukewarme first and last probatum

Of the Peach Tree

Take the leaves made im Plasters & laid to ye Naivill killeth worms the fruite being ripe is good for the Stomach being eaten before meat

Of the Quince

The Quince is binding it comforteth both the Stomach and liver and stopeith all fluxes

Of Southistle

The Sowthistle is binding both eaten and Used in plaister to the Stomach

86 × A Syrope to keepe one Soleable
take of Sorrell and Suckray of each one
handfull stamp and straine with halfe
a point of roase water and as much
spring water halfe a pound of sugar
and the pouder of too nuttmeggs and a
little mace boyle it till halfe be consumed
and use it as you please Take Violett
leaves greate Mallowes and burrage
Mercury and some seene, ffennill or ann=
=yseed put some sage to it seeth all there
in faire water and straine it drinke
6: oz: thire of fasting In the morning
and soe continue foure hours after from
meate or drinke

× A Pleasant drinke to keepe one Soleable
take Seeny Alexandria beaten into fine
powder one oz of ginger as much of ann=
=yseed beated to powder and all searced
8 oz: of sugar this will serve eight times
to be eaten with some good brothe made
with plumms or otherwise

To stwe pruance that shall
be soleable

× take one oz: of Seeny one penyworth of
annyseed as much of pruance 4 slices
of Lyquarish seeth a quart of runing water

first and put in your pruance a little while then
take them out and bind the Seeny annyseed and
Lyquarish all bruised in a linning cloth hard toget
=her and boile them in the said water till it be con
=sumed to a small quantity then straine the bundle
hard and boyle therin your pruance better and soe
every morning afterwards take one pruan or more
as you find it to worke

× For the Cough of the lunggs
Take a pottle of raine water and 3 handfulls of
Coleffoote boile it to a quart take it from the
fire and let it settle then take the cleerest of it
and put thereto a ~~[illegible]~~ pound of sugar and seeth
it to a sirrope then put to it a spunfull of wine
vinigar and take it first and last

For the Cough

× Take hole mace and be allways chewing and nibling
of it and it helpeth or do this take too pints of new
milke and put thire to a handfull of pennyroyall
crums of bread and a quantity of gross peper
lett it boile till halfe be consumed and eate
it all together with a spoone as a possett &
as hott as may be

60

× For paine in ye Throate
Take a white dogs turd dry it and pound it to pow
=der then take a spunfull of English hony put
in the powder and boile them both together
carred over

88] Till they be thike then spread it opon a linen
cloath and lay it to the side of the throate
or doe this take sage fennill roasmary and
hunysuckle leaves of these one handfull
then take hony and clarrefy it boile the
yerbs in springwater a quarter of an
houre then straine and put to ye water a
little allum and peper and boile it a
little more and soe gargle your throate
and wash your mouth thire with
Buragd decocte in hony and water healeth
the roughness & asperitie of ye throate

Another for the same

heate Sinkfoile in milk & with the milk
gargle the throate mintex boiled in milk
have the like force

For the Quinze

It is marvelous good to gag open your
mouth and soe to make the place of
the Impostume and soe to prick it with
a sharpe stick or doe thus beate well to
gether elder leaves bay salt and Cumin
lay it warme unto the greife in a linen
cloath twenty foure houers together
then change it

For the Eares

Repulas Albas the Juce of the leaves milke
warme put into the eares easeth the paine
in them

Paine in ye Eare

Make a plaster of aquavite and peper
and flower boile it together lay it to the
Eare very warme with a cloath

Burning

burning Ivie boyld with wine healeth greate
woonds that come by burning the leaves
boild in vinigar perfiteth the spleene ye
Juce purgeth the head and Ulcers of the Eare
The Juce of weake Robbin or Cukoe pint
cleanseth the Eyes the leaves of hartstoung
drunke in wine is good against the biting
of serpente

Tooth ach

Tooth ach comes by heate or cold if this
paine comes of cold then take Ivy berries
boild with winigar and gargarize the mouth
thire if this paine comes of heate any hott
cause then take and wash your mouth
and teeth and gunsms with the decoction
of henbane roote in wininigar and
Rosewater

90)

To Draw or plucke out a tooth without paine

Rubb the tooth with the powder of dride frogg the roote of speradge stampt and layd to the tooth that ackes with woole draweth the same out without paine soe will the gum of an Ive tree dried in powder

To fasten teeth

Chew three days together a good quantity of Pillotery roote of spaine it purgeth the head and fasteneth the teeth

Painefull breeding of teeth in young Childern

Annoynt the gumms with the braine of a hare or Conie Capons Greace and hony eaquall proportions or with any one of them it supplyeth the Gumms and scinues or els applye thireto fresh butter mixt with barley flower or else honie mixt with fine Powder of frankinscence and Lygar ish besides there it is good allsoe for the child to belabour his gums with a Red Courell or the first cast teeth of a Colt sett in silver

Tooth ache

Temper a little archinck with 3 times soe much boale armonacke and a little oyle of ollive and Vinigar and a little lint lay a little thereof opon the top of the tooth in such sorte that it touch noe more and hold a linnen cloath 3 or foure double soe that it may not towch the rest of the teeth and the begining it will somewhat rage but within too howers it will take away the tooth ache for ever

To make Teeth white

Take Oyle of spicke and Rubb the teeth thirewith and in too howers &c: if your teeth ar yellowe take sage stamp it a little thirewith as much salt then make powder therof and rubb the teeth morning & eavening

For the liver and drieness of hand

if the heate of the liver be great comeing of blood the Vrine will be red the vaines full the pulse hasty then lett him blowd in the right arme in the liver vaine and Use lettice sorrell purslin and hopps in his pottage and somtimes to drinke Endine water or strawbery water wherein hath beene soden liver wort you must forbeare wine and strong drinke and allsoe flesh for a time or at least wise seeth with it a little bittony and sorrell you must keepe your belly loose

For that which ought to follow see in page 112

x A Drinke to Cleare ye Eye Sight.

Take to every gall of Ale one handfull of eyebright & bettony together let two parts be eyebright. to every handfull put a little quantitie of large mace & sclicied nutmeg put all into a bag of boulter wth a clean stone or two to sink it near ye bottome so put it into your ale it will be fitt to drink according as your vessell is in bigness if it be but a little one a fortnight will make it stale enough. It is best to drink a draught of it in a morning and another in ye afternoone, but you may drink it wth safty either at meales or wn you please & continue it as long as you will If you like not this you may take 4 or 5 spoonsfull of ye distilled water of eyebright in a morning & wash ye eyes wth it

The right Eyebright is yt wch groweth on single stalkes near ye ground wth a whiteish flowar strip ye leaves & flowars together you may dry it twill keep all ye yeare gather it in May or June or when you can before hay time for then it has in it ith chiefest vertue

Put ye bag in to ye Ale wn you tunn it if it be too strong of eyebright you may mingle it wth other drink if you ~~pr~~ take ye distilled water put a little sugar in wn you drink it If you wash your eyes wth the water warme it first use it onely wn you goe to bed it is approved good

x A Cordial Water with Balme

Take a gall of wt wine & infuse in it 4 handsfull of balme being a little shread & 4 lemons being cutt thin rindes & all & let it infuse a day & a night yn still it in a Lymbeck & sweeten it wth ye Symp of gillyflowars & drink it a oft as you please

x To make Clarey Water

Take ye flowars of clarey pick ym clean from ye stalkes & being sprinkled well wth wt wine still ym in a cold still & to a pint of ye water ad 20 grains of Ambergreese this is ye best water in ye world

x Against making of Bloody ~~Water~~ Vrine

Take red holyhocks double or single distill ym in a Rose still & take ye water there of 4 or 5 spoonsfull in in a morning fasting you may mingle a little sugar wth it And take wts water Lillyes & make a conserve of ym as of red roses & eat of it ye quantitie of a wallnutt every night wn you goe to bed & drink your before menconed water every morning ye bottoms of ye Lillyes are to be cut as of off as ye red roses

To Keep Away moths madam Tyrwhitt's

Burne in the roome, or Chest, the hooses of Cowes, or Calves, and lay wallnutt leaves between the cloths

X To Make A Broth

Take A fittle peece of the raged End of A Neck of Veale, and 3 quarts of water, Boile the Veale in the water till the Scume riseth, then Scume it, and put in A little Salt and Soe Boile it, till the Veale is Boiled Enough Still Scuming it, then take out the Veale and put in A flake of mace, one handfull of Sorrell, one handfull of Charnile, and halfe A handfull of garden Seurvy grass, and halfe A handfull of white Indive, or Succory, and Boile them together, with A Spoonfull of Cappers Shread, and then Straine it Through A Sieve or Cloth

X A Medicine for the Cold or Cough

Take halfe A pint of Capers, and A Quarter of A pound of Raw Currance, and A pint of white wine, and A Stick of Liquorish, Sliced Thinn, and Small, put all together into A Skillet, or some other vessell, and let it Stand and Simper on the fire, one houre and A halfe, then take the quantity of A walnut, morning and Evening fasting, and fast after it

To keep Haire on, and Comforts the Braine

Take red rose Budds, and Clip away the whites, and some of the topps, then dry them well in A pewter Dish by the fire side, when they are very dry Sift them by to coole, and Sift them Stand all night, or one day, for if they be put up before they be through Dry Cold, they will be Spoiled, then put them in your glass, and Stop them very Close, and they will be for your Use all the yeare, this Heat and Scarce you may Strow it Upon the haire, and it will Stay it, Comeing off, and Comfort the Braine

X A Purge with Jallop given By Dr. Z

The dose of Jallop powder 24 graines, of Rhuberbe 10, of Cream Tarter 10, and for one of A Stronger Constitution, 30 graines of Jallop, and 20 of Rhaberbe, and 12 of Cream of Tarter, this to be taken In white wine posset drink, and drinke the same warm at Times after it

X For the Heads: ach

Sasperell 2 ounces, 2 ounces of Coliander seed, 2 ounces of Sweet Aniseeds, 2 ounces of English Liquorish, Sallt A pound of the best raisons of the Sun Stoned, put Shese all into A Thinn bagg tyed, Boile these in 3 gallons of water, and Boile it till it Comes to Almost A gallon, and then put in 2 ounces of Senna, and drink it as often as you please

X Rowles for the Shume

Take White Suger Candy 2 pound finely Beaten to powder, gumm dragon 6 Drames, or 3 Quarters of an ounce, of the Juice of Liquorish halfe an ounce, let the gum, and the Juice be dissolued into some rose water together, and when it is well dissolued, then Beate it well with this suger to A paste, and then put to it one drame of Syle of Aniseeds, which is halfe A Quarter of an Ounce, then Beate it well Again, and Soe worke it up into Small rowles and dry them in A stone Untill they Be hard, and Soe keep them for your Use

To get Spotts or pimples out of the Face

Take Camphire made into powder, mix it with white wine vinegar, and the Juice of Lemmons, Shake them altogether, and wash A linnen cloth in it, and dip the cloth Upon the Spots 2 or 3 nights, and mornings, and they will Banish

X A Purge for the Worms for Children

Take of the Best Senna one ounce, Rhuberbe Sliced halfe an ounce, wormseed A quarter of an ounce, Centry flowers halfe A handfull, Cream of Tarter A drame, Steep all these in 3 Quarters of A pint of Cardus water, and the Juice of one Lemmon, let these all Stand Close Couer Upon the Imbers, for the Space of 12 houres, then Straine it, and dissolue in it one ounce of Manna, and one ounce of Syrrup of Succory, with Rhuberbe, and one Spoonfull of mint water, mingle them together, and give unto the Children, In the morning fasting cold, and when it worketh well them, give them warme posset drink, let the Children take it, According to their Ages, 2, 3, 4, or 5 Spoonfulls A peece according as it work, you may Increase or decrease the quantity, or number of Spoonfulls, and give it them twice or Thrice, resting one day between each day of purgeing

X An Approued Cure for the yellow Jaundice

Take as much Saffron as will lye in A Spoone, not to presse it downe, then take A Lemmon, and Cutt of the topp, and take out as much of the Lemmon Last to put in the Saffron, and Soe put the topp on, and tye it Close, and rooke it Up in the Imbers, and when it is done Enough, Squeese as much of the Juice out as you can, and drink it in the morning fasting, doe this for 3 or 4 mornings together, the Same quantity every morning

X For the Goute A remedy

Take A large quantity of Ale or Beare, halfe A Bushell at least, Infuse them into 3 or 6 gallons at least of pippin Sider, for 2 or 3 Days, Untill they become Sweete, then Gather Strabine them or distill the Beerge and Sider together in A hott Limbeck, the first rming will be very strong, after more milde, you may draw them Again, the second Time, and mix them together to the making with the Sirrup of Elder, to what proportion you Best like, this will make it A perfect Claret wine in Colour, then Bottle it and it will keep A yeare, or two, 2 or 3 mornings A week drink the quantity of A wine glass thereof, and fast after 2 houres, you may forbeare drinking thereof for any time as you please, for you will find it will make you very Thirsty, by reason of the great drying quality thereof, and After drink it Again, when you drink not this, Take A dish of Coffee

X A Jelly for A Consumption

Take all the Feet of A Calfe, Skin of the haire, and Crack the Biggest bones, and put them into A pottle of new milke, with 2 Sprigs of rosemary, and A nutmegg quartered, Boile all these together till it Comes to A Jelly, then let it run Through A Cannis Bagg, then put A quarter of A pound of Blanch Almonds, with A little rose water, and Straine it through this to the Jelly and Sweeten it with Suger as you please, and let it melt over the fire, then put it into A Dish when it is cold, cutt it out, and Take of it as often as you please

X Sirrup of Snailes for one that is weake to Strengthen them

Take A Quart of the Blackest Shelled Snailes, and put them into A Deye Sorthen pott, or pann, and put to them some Small Sage, and cover them close for 2 days, and Shift them once A day, with fresh hearbes, Then take them out, and prick the Shells full of holes, and put them into A Thinn Bagg of Haire, or such like, and Strew upon them halfe A pound of fine Suger Candy beaten Small, and Hang them Up in the Bagg to dreine out, and put of that Sirrup, one, two, or three Spoonfulls, as you best like it into A draught of new milke, and drink it in the morning, and noone if you please

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X For A Straine, or for one that is Bursten, an Approv'd medicine

Take 2 quarts of Oaken budds, and as much of Ashen buddes, one quart of mapple budds the Inward peele of Elder, one pound and A halfe, 2 handfulls of bone sett, and the like of Knot grass, the like quantity of polipodia of the white Thorne, if you can gett it, if not then from the Oake, halfe A pint of knotted mudes, to these you must take one pound and A halfe of Deare suet, and the like quantity of mutton suet, shread, then you must put these in an Earthen pitcher, and stop it very close with paste, and put the pitcher, and stop it very close In A brass pott of water, and keep the Pott boiling 24 houres, then you must take it out, and straine it into some basen, and when it be cold, you may take it out, but you must keep it close, or Elce it will loose the strength, when you would Apply it, you must bath the strained place well with Aqua vitte, and when you have melted the Ointment you must chaffe it In with A warme hand, it will help A bursten Child

X To make A man sleepe

Take the red poppy, and cut the black of from them, then sift them, then beate them in A morter, with some sack, then straine it, and to A pint of sirup, put one pound of suger then boile it up while it ropes, with A quantity of sack for an Old ~~body~~, and for the middle Age with White wine, and for younger people with beare

X To kill A fellon Approv'd

Take A pound of boares greace, and halfe A pound of gray sope, 2 or 3 handfulls of South Cornewood, with A quantity of hazell nutts, then chop it small, with some of the boares water, and the grounds of the bladder put to it, then mingle all this well together, then put it up into the boares bladder then let it hang all the winter, neare the fire, after it is first made, then use it as you shall have need

X To Increase memory, the sight, to mitigate the paine in the head, and to Comfort the Stomach

Take bugloss, burrage, rosemary, the flowers of Each of them, 3 ounces, of Anyseeds, sweet fenell seeds Sulders montani ana one ounce, make all these in very fine powder, finely searced, one ounce of ginger searced, all these together, with rose, fenell and burrage water, and suger sufficiently to make A liquid Electuary, and put in A gally pott, this is to be taken in A morning fasting to the quantity of A nutmegg, and fast after it one houre

X For the Falling sickness, Approv'd

Take as much of the skull of A dead man, beaten to powder as A good spoone will hold, and give the patient 3 mornings fasting, in 2 or 3 spoonfulls of white wine, you must give A mans skull to A woman, and A womans to A man, it have helpen those that have had the mother is this kind

X For A Teauour

Take A good handfull of dry'd poppys, put them in 3 pints of runing water, sett it upon A soft fire, boile it to A Quart, Take 3 spoonfulls of it, and put into it the quantity of A pease of diascordium, or methidate, drink it blood warme

X Against the plague

Take Every morning fasting, A branch of rew, dipp'd in strong vinegar, shread it fine, with one wallnut, together, then put it into A figg, Eate it, and fast till dinner

X A Water for the Lunges, and the Coldness of the Stomach, Call'd Aqua mirabilis

Take gallingall, Cloues, quibibis, ginger, Cardimonium, mace, nutmeggs, and melilot of Each A drame (that halfe A quarter of an ounce) the Juice of Sallendine, halfe A pint, of Aqua vitta one pint, mix them all together, your spice being bruised, then put to them 3 pints of the best white wine, stire them altogether, and soe bett them stand all night, and then distill them in A limbeck with A Temperate fire — let it drop on suger Candy

X It's vertues

This water dissolues the swelling of the lunges, without any grinance, if the lunges be wounded, or perished, it mightyly helpeth them, and Comforteth them, it suffereth not the blood to putryfy, and he that useth this water shall never need to be blooded, It suffereth not the heart to Inflame, neither melancholy, nor Phlegmitigg humour to rise up, or have any dominion Above Nature, it alsoe Expelleth Rhume, and Addeth to the Stomach it reserueth youth, it nurisheth A good Colour, it keepeth the visage, and sharpens the memory it destroyeth the palsey in the loines, it will reuiue a man at the last, of all Artificiall waters it is the best, In the summer use once in the week to take one spoonfull fasting and in the winter two spoonfulls fasting

X To make an Excellent Cordiall powder, Called Gaskin Powder

Take of the seed, or rogges of Orient pearle, of red corrall of Crabbes Eyes, of harts horn of white Amber, Each of them A like quantity, beate them very small, In an Iron morter into very fine powder, take soe much of the tippes of Crabes clawes, the blackest of them as much of them as of all the rest, for it is the Chiefest Ingrediente, and wipe and pick them very cleane, and beate them into fine powder, that done, weigh them, and mix them very well together in A Cleane Iron morter, untill be all as one, then searce them altogether again, and soe with the Jelly, made with heartes horne, wherin you must Infuse some safer stone, make it like paste with Continuall beating, and then rowle them up balls smooth in the palme of your hands, and when they be dry put them into A box — This powder may usually be taken in small beare, or in any distilled water, as Cardus, or the like taking A spoonfull After to wash it downe — at one time you may take, 8, 10, or 12 graines, and in the height of Extreamity of sickness you may give 20 graines, at a time, and that Every 12 houres, for A Child, you may give it 8 graines According to discretion, when you give this powder, you must make it very fine — X The Effectes

It is good to prevent the small pox, it recovereth those that is falling into A Consumption it is Excellent against all burning feauours, it is good Against all sorts of poisoning it loues to master, and Exterpate the venumous disease of the plague, it helpes quotidian Tertian, and double Tertian's, it is Commended of all men that have used it

X For The Tooth=ache

Take ginger, liquor ish, pelitory of spaine, beat this very small to A fine powder, you must beat them A sunder, then mix them with an Equall quantity together, put it in A Quill, and blowe it up in the nostrill on that side the pain is

X To make The Black Salve to Cure the Gangreene

Take 4 ounces of beefe wax, A pint and A halfe of Sallet oyle, 4 ounces of lithirge of Silver, 4 ounces of lithirge of gold, 4 ounces of venis Terris, 3oz mucell of pentice Turpentine, put your oyll over A quick Charcole fire, then put in the oyle, and the wax, let them be hott with A gentle warme, then take the two red powders, and put them in leasurely little by little, all the while stireing it, with A stick from the bottom, when it Colours, put in the white powder, still stireing it, and after it hath boiled A little, that the Colour growes not black, then put in your Turpentine you shall know when it is Boiled Enough by dipping the Stick into cold water then the Stuff will be hard — The use of it — spreade it Thinn upon A lether as Broad as you would, to cover the wound or soare, it will cure all Cutts, all thrusts of Sword, or Bilding, of madd dogges, it will cure the gangreene, all Inflemations Burnings, Scaldings, Sore heads, Sore breasts, plague Biles, Carbuncles, and Cornes of the Toes — you must wash the Soare in lime water, Take A little kettle and 2 gallons of water heat it till it be ready to Boile, and take it of, and put in 20 lime Stones, and they will Disolve, then being cold, stire it up, and put it into A Bottle, and when you use it, it must be as hott, as may be endured dipp the cloth in the water, and lay over the Soare

X A Cooling drink In the Time of A feaver

Take mallow leaves, Violet leaves, of each halfe A handfull, Succory roots, parsley roots, fenell roots, the pith Taken out of each, of five raisons of the Sun stoned 2 ounces, Boile all these in A quart of runing water, till halfe A pint be wasted, then Straine them and put in the Juice of 3 lemmons, and 2 ounces of Syrup of vinegar, and one ounce of Syrup of violets, Give them often. A little of this to drink. The cold Being taken of

X A Water for the wind

Take A pound of wormwood, A pound of Cardus, A pound of Spermint, halfe A pound of red Sage, while they are green Chop them Some what grossly, Steep them in 2 Quarts of the best Sack 2 Days and 2 nights, in A pott Close Covered, from any fyre getting in, then Still them in an ordinary rose Still. The first glass of water will be Strongest, and be Used in Extremity, the other upon Any slight occasion of wind, or pain in the Stomach

X For Stoping of the liver

Take A pound of Currance, and plumpe them, and Grasse them through A Sieve with the back of A Spoone, then take 4 race of ginger grated, and one ounce of Saunderbe, and grate it, then Sift them both very fine, then Sett it in A dish upon A Soft fire, that it may Thicken, and put in Some pott, or Ale, and Every morning and At 4 A Clock, in the After noone, take what you please of it upon the point of A Knife

A Drink for A Consumption

X

Take 3 haneings of harts horne, A quarter of an ounce, Burrage A quarter of a handfull, raisons of the Sun stoned one ounce, Chinie roots halfe an ounce, Boile all this in the belly of A Chicking, and So give it often

X The Weapon Salve

Take the fatt of A hee beare, and boare hitherd in their brunst in the wilderness, of each 4 ounces, melt them leasurely upon A cole fire, and powre them upon Cleane water, and the oyle of the fatt will fall to the bottom, then take the upper most of the water, and Dry it, the other the fatt is the better, take about 40 wormes that come out of the ground, After A Raine in April, or may, at A new moone dryed in the Sun, and beaten to powder, A ounces of blood Stone beaten to powder, as much red Sandell 3 ounces, Wolfetrant, or kings heart beaten to powder 3 ounces, moss of A dead mans Skull 1 ounce, Then take the hoofe falls, and Sett them upon A cole fire, and melt them both together, then strew upon them the powders (mingled before together) and Stire them together, and let them be cold, and put them in A Close box of metall, the older they are the better — when you would heale with this Salve, you must take the weapon that hid the hurt, or another weapon that did not, and put it in the wound, and make the wound fresh bled, and if it be A thurst anoint the weapon very Thinn, from the point to the handle, if it be A Slowe from the Edge to the back, and then bind the weapon very Carefully that noe dust comes to it, nor the Salve be not rubbed of, and let it beleid up, when it is bound where it may be neither to hott, nor to cold, at any hand, bind noe linnen About the weapon that hath bine used About A womans body, nor he that compares with A woman, must neither Anoint the weapon, nor Come neare the Same, and if the wound be dangerous, lay the point, or Edge of the weapon towards the Sun rising, and alsoe if it be A great wound Anoint the weapon every 4 or 5 days, not to thick, nor to Thinn and bind it with new linnen cloth, that hath never been used About A woman — Take alsoe blood Stone, and sandell to try, whither the wound will heale or noe, Strew it on the weapon, and it will sweat, if it sweat water there is death, if blood noe danger — the wounded must keep A good diet, both for Eating and Drinking, and not keep the Company of women, nor Eate any windy meates, as hare flesh, Cheese, Bacon, Porke, or any fatty meat — the wound must be washed 3 times A day, with mares lye, with A feather, and Some linnen ragg dipp't in faire raning water, and all the filth washed out of the wound, then take A Cleane linnen cloth, and dipp't in faire water, then wringe the water out of it, and lay it upon the wound without puting in A Tent, for your wound never Soe deep, it will heale without any pain, or swelling, to the party — if you have neglected the washing of the wound, and it grow fivey through disordering of the body, then take the leaves of black thimble berry, and put them in boiling water and A little allum, and boile them together, and bind them upon the Sores, his linnen cloth which was upon the wound, and the parts shall find ease — if A man be shot with A bullet, then Soe the bullet, as the other weapons, if it be out with A knife, or other Instrument, then Anoint them Soe wide or deep, as they have bine in the body, and it will heale — if the bullet be not to be had, then take the Seaver, where with the bullet was put into the peece, and Anoint it Upward, 2 or 3 times well, and then Thurst it often into the gunn that the same might be well painted within, and then dry it as before, and take the gunn, and anoint it on the outside along as the bullett went into the peece where it lay, and then bind it as before — if A man be hurt and another run away with the weapon, then frame A peece of wood like the weapon, and renew the wound with the same, wipe of the blood, and Anoint the same

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100 Same as Afore said, it is all one, in the Same manner may A man heale old Soares, Some they how they will, if they be open Soares, Scrape the old Soare with A Clean Instrument of wood Vntill it Cleer, and then the Same as Afore Said — To Stop Bloode, Take the moss of A dead mans Skull, lay it vpon the wounde that bleedes, and it will pre= sently Stop it: is good to doe so be Sure you Anoint the weapon, nor must the patient haue the weapon, nor handle it Vntill he be whole for if he doe, he will find great Smart and paine

X Against the yellow Iaundes

Take of goose dung 2 ounces, cliners, otherwise called goose grose, A good handfull of the roots of Turmerick, halfe an ounce, of Saffron, A peny worth of Earth wormes dryed A drame, these to be put in A quart of white wine, let Stand all night neare the fire, in the morning straine the Same, and drink A draught, the powder of Earth wormes as much as will lye vpon A 3 pence, being put into it, in the morning when it is drunk, the Quart Serueing for 3 or 4 draughts

X Another For The Same

make A cleare posset with Ale, and A third part wormwood wine, and Boile in it, mary= gold flowers, and Shauings of Iuory, with Turmerick, and the Inner bark of barberys A drame of each, to A pint of posset, Colour it with A little Saffron, and Sweeten it with the Syrups of Opening roots, let the patient drink of it euery morning fasting halfe A pint and walke Immediately vpon it, for the Space of an houre, and let him drink alsoe the Same quantity at 4 of the Clock in the Afternoon, and walk as long as before

X For A Bruise Inwardly

Take of sanicle, of Iatious, of Burrage, of Selfe heale, of Each one handfull, of Comfrey roots 3 ounces, of Fenell seeds halfe A Spoonfull, of raisons of the Sonne one handfull, of Iuyjubes 20, of liquorish 3 quarters of an ounce, Boile them in 3 pints of water, to 2, and Sweeting the Same withe, let thase following hang in the decoction — Take of mummia halfe one dram, of Sperma Citae 2 Scruples, of Cinament bruised one drame, of honey of roses 2 ounces of Suger 3 ounces, tye them vp in A knott, in A linnen cloth, and hang it as Afore said in the decoction, this Drink Strank it, and thrice in A day, let the patient drink A quarter of A pint warme

X A Plaister Called Gratia Dei

Take the ounce of Bettony, vervaine, and pimpernell, of Each A pound, and A pound and A halfe of wax, Scalle A pound of rosin per robin, 3 ounces of frankinsence, and halfe A pound of small powder of coliphony, and halfe A pound of the sweetest sheeps Tallow, with A pint of Eastard, Boile all thase together in A pan till it be some what thick, then Cleanse it through A Cloth, and Set it again vpon the fire, and put therto 3 ounces of oyle, and all the powder Afore said, and let it boile A little while, and then Cast it into A pewter Dish, till it be cold, for make it vp in rowles, and put it in feather of parchment, it will keepe long, and is good for pushes and boiles

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X An Approued powder for Those that be Short Breathed, and good for The Sunges

Take fox lunges, and wash them in fare water, and lay them in vinegar one night, and dry them in an oven, when the bread is taken out, and beat them to powder, then take Liquorish, Anyseeds, Fenell seeds, Coriander seeds, all of like quantity, and beate them all into powder, and Searce them through A fine Searce, and mingle them with the powder of fox lunges, as you can Reede to Toast of, it must be at the least halfe as much of the fox lunges, as of all the powder besides, take it in the morning in your meat, or drink, or In the getinge, or at all the houres of the day, or at all the houres of the day, or at what time you will, the Sooner the better, and put Suger Candy to it, and that will take Away the Fast of the Sunges

X To make Melancholy Water

Take of wall gilly flowers 4 handfulls, of rose mary flowers 4 handfulls, of Damask rose leaues 6 handfulls, of Burrage flowers 4 handfulls, pinks or rather Clone Gilly flowers 6 handfulls, bugloss flowers 4 handfulls, marygold flowers 6 handefulls, Balme leaues 2 handfulls, Cina= mint grosly beaten halfe an ounce, 2 nutmegs, one ounce of anyseeds grosly bruised, 3 peny worth of Saffron, put all thase into A Close pott, with A pottle of Sack, let them Stand 3 or 4 dayes, After warde, distill them in A glass Still, or any other Cole Still, will Hoping the Still round about with past, you must put into the glass that Stands vnder the Still, 2 graines of musk in A fine cloth, and 6 ounces of white Suger Candy finely beaten, when all is distilled Sett it in hott water, that the suger may the better incorporate of this take 3 times A weeke, fasting, 2 Spoonfulls at A time, and at any other time when you find your selfe Sleepy heartied, it is Admirable good for women that are in Travell, let the fire be as coole as you Can

X For The Consumption, or any Inward Sloping

Take of maiden haire, maiden Rings, Harts tongue, Fixe wort, one handfull of Each, as much Sallendine, and St Johns wort, Then take to thase halfe A leave Turnipps wash them, and Slice them Take A pound of figges and Slice them, and 2 ounces of Anyseeds, 4 ounces of liquorish, 2 great handfulls of quick berys, but if you Cannot haue them of the Tree, Take soe many dry ones, you must put all thase things in an Earthen pott, Close couer with Some course dowe and put it in the Oven when you Bake browne bread, and when the bread is Baked, that you take out the pott you must Straine out the Juice hard in A fine Cloth, and Take out this Juice, being Strained, take as much of the Juice as of honey, both A like quantity, and boile them together Continually Seiming it as it doth rise, thus you must tell it boile vntill it be halfe boiled away, then powre in halfe as much Vervice as there is Turnipp water, or very neare as much, and let it boile vntill that quantity of Vervice be almost halfe boiled away, Continually Seameing of it (of this Sirup) must be taken night and morning

The Countess of Derbys Water For The Face

Take A quart of white wine, put to it A Quarter of an ounce of Sinnar: and the Juice of 4 lemmons Then blanch halfe A pound of After Almonds, Beate them very well, moistening them with A little of the wine, then Straine them into the bottle, then Scrape in A little Quantity of Sampbire, Last of all two leaues of gold and with A little of your wine break it well, then put it to the rest and Shake it well together, and keep it for your vse

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102) X Directions for A Child That has the Sickells

First purge the Child with Sirrop of Succory, made with Rhuberbe. the Apothecary will tell you how much, if you tell him the Age of the Child, give it in the morning fasting, and nothing after in 2 houres, but thinn Broth, keep the Child in A Chamber very warme all day and let it drink all day of it. the next day give it of the following drink, if you have lately purged your Child, then you shall not need to give this purge, but if it be above A weeke then purge it again

X A Drink for The Child

Rickotts

Take Coltsfoot, Cowslipes of Jerusalem, Succory, Speedwell, Jauicle, Hisop, pony royall, and maiden haire, that the Apothecary selles of Each halfe an handfull of Anyseeds A Spoonfull, and halfe bruised, figges sliced A dozen, raisons stoned 4 ounces, boile all these in 3 quarts of faire water in A gripkin 2 houres, then put in of liuer wort, and harts tongue of Each A little handfull clean washed and bruised, of liquorish scraped and bruised an ounce and A halfe, boile this with the other, halfe an houre. Straine it and sweeten it with Suger, give the Child A draught in the morning and Another in the Afternoone and Another last at night, all warme

X A Strowed Drink for The Rickets

Take Tamarish, the Inner bark of A young Ash not 2 yeare old, Agrimony, Jauicle, Speedwell, Succory, Coltsfoot, Liuerwort, cowslips of Jerusalem, maiden haire, Centory, Ceterach of Each 2 handfulls, boile it in 3 gallons of middle Ale wort, an houre and A halfe, Bruise the Ash bark, and boile it an houre before the other be put in, that it may have an houres boiling more than the Herbes then Straine it, and work it as Other drink, and Tunn it up, assoon as it is stand put in the Juice of 4 handfulls of Scurvy grass, and 2 handfulls of water Creases, then take A handfull and A halfe of liuerwort, as much hoofs Sengue, Cleane pitched, and bruised, and put into A Leather bagg, and A Stone to make it sinke, and hang it in the drink, at 5 days old let the Child drink of it at all times, if you can put into it, one handfull of Osmand royall roots, or Osmand Feorne roots, by some called Foe Feorne, and 2 handfulls of Succory roots, the roots must be boiled with the Ash barke, also note, that it is best to boile the barke, the Herbes and roots, in but 2 gallons of the wort, and when the things are boiled Enough, then Straine it, and when it is cold put as much more of the wort to it, as will make it in all 5 gallons, when it hath done working, let this be the Constant drink of the Child

X A medicine or Drink for the Sickells

Take A quart of small drink, and into it put A small handfull of liuerwort, halfe A handfull of maiden Hisop, halfe A handfull of wood Sorrell, A quarter of A pound of Currance, one handfull of raisons of the Sun stoned, put them altogether into A bagg, and after it is in, Mire it with A spoone often, and let it be the parties Continuall drink, Until recouery, and when the drink is spent, put more into the same Herbes, 2 or 3 times before you change it, and keep the party warme but

X An Ointment for the Rickets

Take tanners barke, first dry it, then beat it to powder, and seerce it, and when it is seerced, take hoggs liquor, and worke the powder in to it, Until it is pretty stiff with it, and of A brown Colour, when it is made Enoinl the Child before the fire, the Stomach and sides, you must Streak Cleane well with it, and behind the Eares, and the palmes of the hands, and the Ankles, and every Joint About it, change the linnen as little as you can, by noe meanes you must not keep the child to hott, Especially in head let it lye with as few clothes as you can Conueniently, Heat being an Enemy to this disease

X To keepe the Small pox from pitting in the face (103

Take a pint of white wine, one quarter of A pound of figges, Slice them small, and boile them Until the third part be consumed, and when the Small pox begin to dye, bath the face with this liquor, warme with A feather, then take the grease of an hogg, and put it upon A spit and roast it, and let it drop into rose water and that very well together, and Anoint the face after it is bathed and A little dryed in, doe this 2 or 3 times a day Until they fall off

X To make Lomatum

Take lambs tall, and lay them in water, till they are very white, then pull out all the redd stringes, and Cleane it in A Cloth, and beate it with A pestle till it be very soft, then threed it small, and put it into A gally pott with Rose Water, a little and Soe put it into A gally pott close couerd, and set it into A Kettel of water, till it is all dissolued, then Strayne it into A pewter dish set upon the coffin dish of coles with some faire water in it, beate it well in this faire water, till it is as soft as butter, often powreing the water from it, and putting fresh to it, still beating of it with A wooden spoone, or little ladle, let it stand in an Earthen bason, and beate it, and shift it every day, for 3 dayes together with fresh water, at last beat out the water cleane from it, and make it up in little Cakes like fritters, then put it up in A bigg gally pott, and put rose water to it, and let it lye for your use, when you will have any of it stiff for your use, put in A good quantity of white virgins wax, oyle of Tarter, your macida (and if you please majesty royall of pearle) which is very good

Sir This is your Letter

X For A Bruise or Bluesey

Take wild arck angle, A good handfull, of St Johns wort, and maiden hisop of Each as much, and of figges halfe A handfull slit in the middle, and filled with mustard seed, boile these in 2 quarts of good ale Until it hath halfe boiled away, of this drink Sweetned with with Suger, or honey, let the party take in the morning, or afternoone, About one quarter of A pint fasting in the morning, and if they be very ill in the Afternoon

X To make Coltsfoot Cakes for A Cold

Take halfe A pound of Coltsfoot cleane wiped, with A Cleane cloth, then Stripe the leaues from the Stringes, and Stamp and Straine them, then take A good pound of white powder Suger and dissolue it with 2 or 3 Spoonfulls of water, boile the Suger to A Candy height, then put to it the Juice of the Coltsfoot, then boile it A pretty while, then take halfe an ounce of anyseeds, as much liquorish, as much Orris, as much of Gum Dragon, all of these finely beaten, and put all these into the liquor, then boile it, with Continuall stiring, till it be fitt to drop for Cakes, then rub the plate with fresh butter, and drop them on, they must be dropt as they stand on the fire

X For The Tooth-ach

Take one ounce of Ointment of marsh mallows, and one penyworth of Saffron, and one spoonfull of Brandy, put all these together in A perringer, and all well together, rub on Ointment, then Aneint The Temples, and behind the Eares, and face, where the paine is, and rub it well, and by A warme fire

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For A dropsy and Other Distempers

Take a week of the newest, and ergest time, if you can have it out of the hill, it is the better throw it into 30 gallons of Spring water Stirring it till it is quite dissolued, then let it stand 48 hours, then very carefully poure it out, as cleare as you can into which put halfe A pound of Liquorish, so much of Annyseeds, one ounce of nutmegges, of raisons and Currance, of Each A like quantity, the roots and the seeds must be bruised, the fruits washed and dryed, it must stand till it look like high coloured beare, then draw it into bottles, every morning drink A quarter of A pint, before you take, A quarter of A pint before Supper and before you get to bed. If you like it, it is the better if you put some Syrup of violets in it when you drink it

A Black Salue very Good for any greene wound, or Ote, or Cutt

Take a pint of Sallet oyle, halfe A pound of white lead very finely beaten, 4 or 5 penny worth of mastike beaten very fine, halfe A quarter of pure rosin beaten fine, as much Sengamine halfe as much dry Balsome, like of Horace all finely beaten, as much Virgins wax as A walnut, boile all these together till they be Soe Stiff, that when it is cold, it will rowle upon A trencher which must be rubbed ouer with Sallet oyle

An Ointment for any Bruise, Straine or paine in the Joints

Take 2 handfulls of rosemary, halfe A handfull of deares tongue, as much hisop, halfe as much of Agrimony, Shread them all together, then take A pound of, west hogges greace, clarifyd, halfe A pound of rosin, small Beaten, and Seared, then boile the Herbes in the hoggs greace and rosin, till it be A perfect Ointment, then Streine it, the best time to make it in, is about the latter End of June, or the Beginning of July

An Excellent Medicine for The Stone

Take of Holly Berys, and put them into A new Earthen pott never used, Cover it up very close, then when they are dryed very well in the Ouen, beate them to powder, and take as much of that powder as will lye upon A Shilling, or 6 pence, and put it in A draught of Cleare posset Drink, and drink it in the morning fasting, and fast Some houres after, This doe 8 mornings before the full of the moone, and 2 mornings after the full of the moone, and 2 mornings before the new of the moone, and 2 mornings after the new of the moon

A Rare water for the Scurvy

Take of the leaues of sea, and garden Scurvy grass 6 pound, Stampe them and presse the Juice to which Add of the Juice of brooklime, and water cresses, of Each one pound, and A halfe, of white Bryony, 4 pound of horse radice 2 pound of winter yew roots, or Barke, halfe A pound Sommons of the rinds with the pulpe Slices, of nutmegges 4 ounces, let all these Stand Infused, and macerated for 3 days in 8 pound of the best white wine, then distill it in A cold Still, then take every morning A little wine glasse, or more as you see Occasion

To drink in the Small pox, or to prevent it when Feares

Take 2 quarts of Spring water, and A pound of figges, Slice the figges, and boile them in the water till neare 2 quarts be wasted, and drink A draught A little warme 2 or 3 times, or more in A day

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A Plaister to Cure the Gout, and Other Distempers

Take Stone pitch, rosin, and frankincense, of Each 2 pound, Sheeps Suet Rind one pound of Commin seeds halfe A pound, of Lodinum 4 ounces, of Cloues, mace, and Saffron of Each 2 ounces, Shread the Suet very Small, bruise the Gumes, and Spices very Small, and Let them be Sifted through A very fine Sieue, take the Gumes, first put them into A pipkin, that Seems to be much bigger then to hold all the Stones and Ingredients, Set in the Boiling they Should boile ouer, Stir them ouer the fire, let them melt Leasurely, and keep them all way Stiring, when those haue boiled A little, put in the Suet, let that alsoe be well melted, then Add the seeds, and Lodinum, Stire them and mixe them well together, at last add the Spices, and the Saffron, after which let them boile Some time, they must boile till taking Some of the plaister and droping of it upon A board, when the Same is cold it will not Stick to the board, this done Take it off the fire, let it Stand till it is of A fitt Temper to be handled, then with your hands Anointed with butter, make it up into rowles, and keep it in Oyled papers for your use

This plaister cures the gout, the Sciatica, it Strengthens the thigh, it prevents aching of cold, it takes all Aches, or paines in the limbes, or bones, if there be any old sore in any part of the body, that is difficult to be cured, by reason of any flux of humours to that part, this drawes away the humours from that part, and Causes the medicine Applyed to be Effectuall for the cure of the wound — this plaister must be spread upon the rough side of Sheep Skin, of A glouers dressing, well washed, that the Salt be all out, Spread it thick but not to close to the sides of the plaister, because it will runne about, Apply it to the hollow of the Soales of the feet, and weare A linnen Sock, it takes away paine, where ever haue it, and prevents paine

For The Scurvy

Take wormwood, Agrimony, Fematory, brooklime water cresses, Scobious, dandelion sage, and liuer wort, of Each halfe A handfull, boile them all in 3 gallons and A halfe of wort, to 3 gallons, when they are almost boiled Enough put in the bagg, and let it boile gently, A quarter of an houre, then take out the bagg, and all the hearbes, and work it up like other beare, when it has almost done working, put into the bunghole of the Vessell the Juice of A peck of Scurvy grass, then hang the bagg in the Vessell, when it is 3 days old drink it every morning and fasting, A good draught with A little Juice of Oranges put in it if you haue any, Take more or Less at any time According as it works

An Excellent receipt for the Scurvy and Dropsy

Take of smallage, brooklime, water cresses, garden cresses, Scabious, Charistengue, nettle and Elder buds, or topps, of Each 2 handfulls, of Scurvy grass 4 handfulls, of liuer roots Sliced thinn one handfull, of liuer wort 2 handfulls, bruise all these and A little in A Stone morter, then put it into A linnen bagg, wash them not, but pick them cleane from withered leaues, and dust, then take 4 gallons of Strong Ale, and put the bagg of hearbes into it, and After 3 days drink of it, as often as you please, if you put in the Juice of one Orange when you drink it, or one spoonfull of the water, which you find in Oysters, at morning and night take A toast, Toasted very dry and brown, and drink not after it for one hours Space, you may add to the Ingredience, Some pine toppes, and blew flower delices roote Sliced thinn

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A Cordiall water good for any Infectious Disease, as the plague
burning Feauour, Spotts, or mingled, or to remoue any Infectious matter
from the Stomach, Especially after A Surfett, and may be safely giuen to
A woman with Child, in poysion of the mother, or in any other Case of
Nessity, as also to Children Troubled with Convultion fits

Take of sage, Sallentine, rosemary, the wormwood, rose-a-dells, mugwort, pimpernell
Dragons, Babiens, Tarimony, Saline, Scabium, Cardus benedictus, Gillony flowers and
leaues, marygold flowers and leaues, St: John Wort flowers and toppes, Centhiny flowers
and toppes, of each of these A good handfull, then take roots of gellastites, or Butter B
the roots of tormentill, Angellico, Sticompane, Gentian, pimly Zedoary, Sinnes ish cerspad
Cleane, and Sliced thinn, of Each of them 3 quarters of an ounce, you may wash the hearbes
then shake them in A Cloth till they be dry, then shread the hearbes into 6 quarts of the best
white wine, keeping them altogether in an Earthen pott well leaded, and see let them re-
=main 2 days, and 2 nights, Stiring the hearbes, roots, and wine together, once Each day
then distill all these in an Ordinary Still, not in A limbeck, with A soft fire, Cooleing the
Liquor often with wett clothes, wringe out of cold water, reserving about 3 pints of the
first drawing by it selfe, and of the second drawing A quart, and About A pint of the third
and last running, in seuer all glasses, and stop them close up — you may close your
Still rounds about with past, mingled with Smale wine vinegar, and whites of Eggs,
and powder of Bole almanick. Let any of the Herbes breath forth, and remember
that the fire doe not out till it be distilled

A Soare Medicine for The Aque

Take a quarter of A pint of whit wine, and A quarter of A pint of red rose water. Infuse
in this oder A soft fire of Ambers, one Dramme of Diascordium, and 4 Drames of Venice
Treacle, until it be throughly dissolued, then set it by till it be cold, then put in 3 Dropes
of Spirit of vitriall, and let the party drink halfe of this, one houre before the fitt Comes, this
will open it selfe, and of the second drawing A quart, and About A pint of the third
and last running, in seuer all glasses, and stop them close up — you may close your
Still rounds about with past, mingled with Smale wine vinegar, and whites of Eggs,
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of Spirit of vitriall, and let the party drink halfe of this, one houre before the fitt Comes, this will
well open it, if able, or get into bed well warmed, then Indeauour to Sweat till the fitt be
ouer, and they may drink A good draught of Small beare well warmed with sugar if they
please, one houre after the taking the medicine

For The Dropsy and Scurvy

Take 3 handfulls of garden Scurvy grass, 2 handfulls of [illegible] of limes
One of red sage, one of Rue, 2 handfulls of green [illegible] horse radice root Sliced, one
pound of raisons of the Sun Stoned, Bruise all these in A Morter, and put them into A boulting ong
and them into 3 gallons of small Ale working, Till 3 or [illegible]s, you may drink it fasting and
soe continue it for your Constant drink at meales, or [illegible] other times, as you please

A poset to Incrient the plague when doubtfull to be [illegible] good when Infected

make A Cleare pose of Ale, then take 2 thimbles full of [illegible] brew it well, and
Small, then take 2 handfulls of the weed called pimpernell, [illegible] flowers, boile these
together well, then giue the party A good draught of it, let them [illegible] Bed, and so Kept
in A sweat for A reasonable time

To stop A Loosenes

Take the yolk of a new laid Egg, whole not broke, and put it into 3 or 4 spoonfulls of white
any sea water, and drink it up

An Excellent plaister for wind paines or Aches

Take of pure beese wax, about halfe an ounce, more or less, and neare the quantity of fresh
butter, Scrape the wax very Thinn, and melt it in A brass Ladle, or such like, and then
put your butter to it, and onely melt them together, and with A knife beat it of the fire
till it is cold, as to spread upon new leather, then take the quantity, or Bigness
of A large nut megg, of the gum Caranna, and work it well with your finger and Thumb
like soft wax, often wetting your finger and Thumbe with your Spettle in the working
of it, or else it will stick to your fingers, then when it is wrought soft, you must with
your Thumbe or knife, spread it all ouer the plaister of wax and butter, onely on the
topp, not mingle them together, and see apply it, as you haue occasion of paines
to the Stomach it helpes to digest, and it will last long, to spread it ouer with A knife, as
it falls of, and lay it to Again

X

Almost Sourraigne remedy for A Soare Breast, or Any Other Swelling

Take A pint of the Juice of groundsill, and mix therwith 7 or 8 spoonfulls of wheaten flower, and stire
them together, then take the yolkes of 2 or 3 Eggs, and beate them up very well, and put them in, then
boile all together till it be very thick poultice, when you haue taken it off the fire, put 2 or 3 spoon-
fulls of raw Honey, and stire it together, and lay some of it on A cloth, as hott to the breast, as the
party can suffer it, renew it Euery morning, and Euening, this will Gather it some it, or if broken
lay onely this poultice to it, and it will Draw and heale it, See you Apply nothing Else, this hath
done much, and doth done rare cures

For The Swelling of the Goute

Take 3 ounces of the best raisons of the sun, Stone them, and one ounce of the best Opium, and
Abeate halfe A Spoonfull of the finest wheat flower, beat them in A Stone morter to A past, Adding soe
much white wine Vinegar of the best, as will bring it to past, then spreed it upon A fine linnen
cloth, and lay it to the place most swelled, on that linnen cloth lay another, and on that A white flan-
=nen, and when the first plaister is dry, lay on fresh as at first

A medicine for The Wormes

Take 2 ounces of the best Currence, and pick them very cleane, and rubb them in A cloth, then
wash them well in halfe A pint of the best Sack, and Dash them out in A fine lawne, or Tiffany rage,
and put them into A Stone morter, and mingle with it one Drame of powder of Shatterbe, and one
Dramme of Orange pele pared Cleane from the white, and Dryed very Dry, and then Beate and Searce it
then beate all these very well to A past, then Euery full, and Change, giue the child 9 or 11 pelles
fine pilles, according to discretion, 3 mornings fasting, the day before the full and Change, and
fast one houre after

For Deafeness

Take 2 cloues of garlick, and prick them full of holes, and soy them in oyle of bitter Almonds, and
Sweet together, and let them lye, and soake up as much of it as they will, and then put them in their
Eare, and take some black woole, and dipp it in oyle which the garlick lay in, and stop it into their
Eare, doe this 3 days together, and renew it Euery 24 houres

For the Canker in the mouth

Take A holly bough, and burn in the flame, and shake it ouer A pewter dish, and with those Ashes mixe
the powder of burnt Allum, and Blowe it into the mouth, twice or thrice in A day

A Surfett water

Take a gallon of the best Aqua vitta, and put to it A peck, and A halfe, of red poppys leaues, which growes Amongst wheat, let it Stand 2 days and 2 nights, Stiring it twice Euery day, then Straine it hard out, put halfe A peck of Clipt gilly flowers, then let it Stand as before, then Straine it, then put in A pound of white Suger Candy, A pound of raisons of the sun Stoned, A quarter of A pound of Blew figges Sliced, and A quarter of A pound of dates Stond, the whites Scrapt out, and Sliced, halfe an ounce of the best English liquorish Scrapt, and Sliced thinn, of sweet fenell seed, Any=seed, Caraway seed, Coriander seed of Each halfe an ounce, bruise them in A morter, put them into the water, Stire them well About, keeping all Still Close Couer'd, Stire it once A day for A month, then Straine it, and bottle it, after the Indregients being put into A Still with Ale or wine, lee's, will make A pretty water drept Upon Suger

For The wormes an Approued receipt

Take worm seed bruised one ounce, Turmerich one ounce finely beaten, and scarct, 2 peny of long peper, put these into halfe A pound of Jeane Treacle, Inwardly first and last, morning and Euening goeing to bed, and riseing the biggness the biggness of A nutmegg, Outwardly add A quarter of A pound of boares greate, and make A long plaister from the Throat to below the nauell for old and young

A rare medicine for the Cold

Take halfe A pound of honey, and sett it ouer the fire, and Clarify it, then take 2 ounces of fresh butter, and 2 ounces of ~~fre~~ arowne Suger Candy beaten small, to A fine powder, and one large nutmegg, and melt the butter, and mingle all these well together, then beate them 2 houres in A gally pott, or what you please, and take of it often

For The paine or Hitch In the side

Take A pint of white wine, and Steep in it as much new stone horse dunge, as the white wine will Couer, and let it Stand if you haue Time 4 houres, then Straine it out into A quart of milke, and sett it on the fire, and let it boile, and when the Curd riseth take it of, and drink this possett at 3 draughts as there is Occasion

An Excellent and Approued medicine to cure the Scurvy, and good Also

For weake Children in the Rickets

Take of pine toppes one peck, and Cutt them in two, and boile them in 2 gallons of small beare, or Ale, till it be almost all boiled away, then boile them in A gallon of Strong Ale, or beare till they be boiled halfe away, then poure the drink from the toppes, and keep it for your vse, drink of it Euery morning one wine Glass fasting

A drink for The Scurvy

Take 3 gallons of good Beare brewed without hoppes, Then take Scurvy grass, brooklime, red sage Elder toppes, of Each 2 handfulls, then Stamp them, and put them in A linnen bagg, Soe let it Steep in your beare whilst it is working, and drink of it Euery morning fasting, or if you drink of it Continually when you are A dry, it will Effect ~~the~~ Cure the sooner

An Oyle good for Any pain or Ach

Take a pint of black Sluge snailes, and A good handfull of bay salt, put all these in A linnen bagg and tye it up, and hang it neare the fire, and sett A dish or pott under it to catch the Oyle, and Anoint the place

For The Gripings and Loossness

Take one pint of white Anyseed water, and mix with it halfe an Ounce of the powder of rhu=berbe, or Slice it, and Steep it some days, and take Euery morning 3 Spoonfulls of it, and if Occasion be take 3 in the Afternoone, to A Child giue one Spoonfull, and to A middle sort 2 Spoonfulls

For The W.s Whites

Take 2 ounces of Venice turpendine well washed in rose water, and plantain, then put it into something to boile, and put to it 2 drames of dragons blood, finely powder'd, and 2 or 3 drames of bole Armoniack finely powder'd, boile it till it be thick Enough to make up, in to pills, and soe take 3 or 4 in the morning and Euening

A Drink for the Scurvy

Take the Juice of fematory, dandelion, brooklime, water Cresses, winter Cresses, and Scurvy grass, of Each halfe A pint Clarify them, put in halfe A pound of suger, and let them stand A little, then preserue them for your vse, drink A wine glass of it, Euery morning with 2 Spoonfulls of white wine, and one of the Juice of Oranges

Water to Drink In A feauour

Take 2 drames of vitriall at 6 pence 3 drames, and 4 quarts of Spring water, and one ounce of red rose leaues, let your water be ready to boile, then put in your rose leaues in, and take it of the fire, then Sprinkle your vitriall into assoon as it is of, and sweeten it with double refined suger, let it not Stand in the Shillet, for it will Test of brass

A Surfett Water, or good for the wind

Take A quart of aqua vitta, and Steep in it, A quarter of A peck of red field poppys 3 or 4 days, Stiring them morning, and night, with A Spoon, then Straine it out, and put to it A quarter of A pound of loafe suger, and halfe an ounce of aniseeds bruised, and A few cloues and some raisons of the sun Stoned, keep all these together close stoped, and drink of this, as you haue Occasion

For The wormes

Take one pint of whit wine vinegar, and halfe A pound of honey, and halfe an ounce of the best worm seed clean pick'd, and beaten small, and boile all these together, in A bigg shillet, that it may boile A pace, till it be wasted to halfe A pint, and not Scume it, then take 3 Spoonfulls fasting, for 3 mornings together

For an Ague

Take Sorrell Stamp it, then Straine it, and put the Juice into A Cupp — Use it thus — Take A pint of the said Juice, put into it as begg as A wallnut of refined Suger, that soe the Sharpness may be taken off, and an houre before the fill Comes you must goe to bed, and drink it, then Couer your selfe very well, that you may haue A breathing sweat, and if the ~~[illegible]~~ fill Comes the second time, Take the same quantity to be sure to take it the Third Time, obserue that when the fill is upon you, that you must forbeare any kind of drink, but if you cannot forbeare, you may well your Tongue with A linnen ragg Tipt in water and vinegar, or else take A little peece of an Orang that will Assuage the Thirst

For The Stone

Take dubble refin'd suger, and beat it small, and put it into new milke, and drink it when you please

For the Scurvy

Take halfe a peche of scurvy grass, as much water cresses, one handfull of brooklime, halfe A pound of raisons of the Sun stoned, and boile it in 8 quarts of Ale, till it comes to 3 pints then straine it, and put in 2 ounces of Suger Cendy, and as much Turmerick as will lye on A 3 pence, and then boile it A walme or two, and soe drink at morning and Euening blood warme

Another For the Same

Take scabious, plantaine, Water cresses, bettony, of Each one handfull, and as much salt scurvy grass, as of all the rest in quantity, wash them cleane, and dash the water from them in A Cleane cloth, and stamp them in A bowle, and when they are well beaten, put to them 4 quarts of Ale, or beare, and then straine it into A close bottle, then bruise 3 or 4 cornes of long peper, and put it into the bottle, and drink of it Every day 3 or 4 times in A day stire the bottle before you drink

For A Stitch or Bruise

Take stonehorse dunge, at the soile is best, steep it in as much Ale, as will cover it, then let it stand 24 houres, then still it, and give the quantity of A quarter of A pint to A man, and soe According to your discretion, to A Child, and let them sweat After it if they can

To Dry Up Rhume

Take 2 ounces of sassafras roots, and steep them 24 houres in 8 quarts of water close Co=uer'd, then boile them close couer'd till halfe is consumed, then straine it, and drink A draught morning and Euening, warme or cold, It is good to dry up Rhume, and for many other things, to take it grated as much as will lye upon A 6 pence, mingled with conserue of roses and swallow it downe

An Eye Water

Take A pottle of may dew gather'd of barly Cleane, the may dew very well in the Sun, to A pottle of the Clearest, A quarter of an ounce of white Copperas, and A quarter of an ounce of Calcin'd white salt, boile these till halfe be consumed, then poure it into A glass, and keep it close stoped for your use — To Calcin the salt thus — wrap white salt in well brown paper and roast it in Embers, till it is black, then take the foresaid weight, and beat the Copperas and well together

A Poultice for an Inflamed Soare

Take 2 spoonfulls of ale yeast, and 2 whites of Eggs new laid, 2 spoonfulls of fine Searced flower, A quarter of an ounce of red lead, and A good quantity of hogg suet, shread small, mingle all these well together, and soe lay it upon the soare twice A day

A Poultice to dissolue A Sore or swelling

Take A pint of milke, and halfe an ounce of fenegreek seed, and halfe an ounce of lint seed beate together, and one peny worth of fine bole almoniack, one good handfull of mallow leaues and boile all these up, with crumbes of white bread, and when it is boiled add one ounce of oyle of roses, and Apply it hott

For The Tooth-ach

Take A plaister of Caranna, and lay it upon the bone in the nape of the neck, and lay plaister of hack me tack to the temples, or the plaister of Caranna below the nape of the neck

For The head Ach, or any Rhume In the head

Take 3 ounces of turpendine, and 3 ounces of beniamine, and 4 ounces of Tarr pitch and 4 ounces of rosin, boile them all in A pipkin, untill it be pretty thick, and soe keep it, it is Approued medicine, spread it upon black veluet, or Taffaty, and lay it to the Temples

Plaister for the feet In A feauour

Take Tarr, burgany pitch, of Each of them an Equall quantity, mell them together take it from the fire, and stire in of the flower of brimstone, neare the quantity of both the other to make it thick like salue, then spread it upon lambes leather, and lay it to the soales of the feet

Against Inward Bleeding by Bruise

Stamp blood wort, knot grass, daysey roots, leaues and flowers, of plantine, of Each halfe A handfull, then boile them in whit wine, till the Third part be consumed, then stryne them, and drink first and last

For A voiding of Blood, if it Bleed Inwardly Bloody flux

Take the Juice of nipp, and drink it, take yarrow stamp it, and lay it to the wound and drink the Juice therof

Almond milke

Take of strawberys, violet, and sinkefoile leaues, of Each one handfull, A crust of white bread, raisons of the sun stoned one handfull, boile all these in A pottle of running water, till neare halfe be wasted, then straine it into A vessell, then take blanched Almonds, beaten very small, then poure on them, one pint of the decoction boiling hott, stire them well together then straine it out, and put to it sume red rose water, and soe much suger, as will make it pleasant to the tast

To make Plague Water

Take of pimpernell, scabious, Tormentill sliced or bruised, the roots, and wood Bettony of Each A pound, still them with strong beare in A fimbeck, you may draw 3 pints of one stilling, after it is stilled, put some Treacle into your water, and mix them together, and when you use the water stire it Againe that the treacle may mix with the water — if the plague soare chance to be stricken in, then give the party twice A day the quantity of A bigg hazell nutt of conserue of the flowers of filly com valey — The use — the party that is not Infected may use A spoonfull Every morning fasting for prevention, the party Infected to use 3 or 4 spoonfulls at once, Every 3 or 4 houres

A Possell for the Infected

make A Cleare possell, take of the card, and afterwards boile it with the leaues, and Halkes of pimpernell, Bettony, scabious, and Tormentill with some of the roots of Tormentill sliced — when they take any broth, let them boile some of Each of these hearbes, with many gold flowers in it — let the party Infected take heed of cold, for these things are to Expell the poison, and to procure sweat, but force it not with multitude of cloths, for feare of the party's fainting, keep them in the same Temper, that they used to doe people in the small pox, by all moones keep them from the Aire

To Wash point

Take your point, and sowe a tape all the foot of it, and lay it on a table, and sope it very well and let it lye in cold water 24 houres, shifting the water every 6 houres, then lay the point upon a board, and sope it very well on both sides, and rowle the right side out, and lye it in a fine cloth, and put it in cold water, and set it on a slowe fire till it boile, and shift it still with cold water as soon as it begines to colour till the water comes cleare from it, then take it out by the cloth, and hang it a drying, till it be almost dry, then take a cloth and sowse them the points, then take a peece of flannen, and put it twixt your point, and the cloth, and pin the point very streight upon it, then turn the other part of the flannen over it, and pin it streight, then take lime Cleane water, and powre upon it, then take a sponge and dry it very well, then make some white starch, and boile it halfe an houre, and when it is milke warme lay it very thick upon it, then take the sponge, and wipe it very well, and squeese the sponge as soon as it is well, till you get the starch out of it, then take the sponge, and wash it very well, and rub it well with it, then set your point to dry in the sunn, then take it from the flannen, and pick it the flannen maker it look like new

Heat In the liver, Mr. Paris

X

If your heat come of choller, the urine will be cleare, and yellow, you shall find great Thirst without appetite, causing great burning in your body, your belly Brown, and your face yellow, for this drink 14 days, 3 houres before meat, 3 before bed, Take 3 ounces of Endive, succory, and Sorrell water, mixt together, and so drink it, if this you make not drink fasting, a good draught of the liquor following mixt together, Take a pound of rose water, a quarter of a pound of Endive water, and 2 ounces of sirrop, Add thereto 2 ounces of vingar, if you would find for great thirst between meales, then put thereto 2 parts of well water, if your liver be soft throw flegmatine matter, the urine will be waste, and out of colour, the face pale, the mouth watery, and heavy nes about the liver, for this you must use to drink good wine and take Spices, especially ginger, graines of paradice, annyseeds and fenek seed, and use with your pottage hott herbs, as sege, Hisop, Time, and marjoram, if this prevaile not, then take a purgation to purge the same

To Comfort the liver

X

make a plaister of saunders, and lay upon the right side where the liver lyeth, and the same will well comfort it, use this often, for melancholi quinzy, folliam, the decoction of it healeth the vlcerations of the mouth, and is good for the hinder and liver — papaver cornutum the root decoct helpeth the diseases of the liver. The leaves and flowers doth mervelously cleanse vlcers and sores, it is hott in the fourth degree.

For The Spleene

X

Beat together in a morter new wheat, beane, and Annyseeds of Each much alike, then temper it over the fire, with vinegar, till it be like a plaister lay it warme going to bed on the side of the spleene (which is the left side) in a linnen bagg 2 handfulls long, and one handfull broadsin the morning take it off, and wash the other side with your owne Urine, use it Again, use it 3 or 4 nights

A Drinke for the Spleene

X

Seath well in whey hartstongue, hopp leaves, Burrage, Lemitory flowers, with parsley roots then clarify it with whites of Eggs, and Straine it, Drink thereof Every morning, for a month together it will help your Spleene, and cleanse your blood, and comfort your Spirit very well

For Unguentum, or the flower of All Salues

Take a pound of rosen, a pound of per rosen, a quarter of a pound of frankensence, a quarter of a pound of virgins wax, 1 ounce of mastick, a quarter of a pound of Cleare Sheat, 2 drames of lampshire, melt that which may be melted, and make powder of that which may be beaten to powder, and searce your powder with a fine searce, and take a bottell of 4 gallons or some what more, and put therin a gallon of water, and some what more and set it over the fire, and when the water is almost blood warm, put all these things into the water, and stire them by little and little together ouer a slow fire, and when it is well and throughly melten, stire it cleare, and Strayne it through a Cannas bagg, more like a Spearce of bagg, narrow be neath, and wide above, and stirre these Ingredience from the water, and so put them both into the seid bagg, and let it run into a bottle of good white wine, and wringe them out of the bagg with 2 sticks in Either side, and when you have so done, then let it coole till it be not worse than luke warm, for hotter will spoile all the stuffe, then put thereto a quarter of a pound of Turpentine, by little and little, droping it ouer, Ever more stiring it with a stick as you put it in, till it be all through cold, and then take it out and lay it upon a smooth Table boare, and make it into rowles and lay it upon papers, and so keep it and use it as need it, it will be kept for the space of 20 yeares in Effect and Strength

The Vertues

It is good for old sores, wounds Old, or new, for the head Ach, and all singing in the Eares, or sore Eyes, a plaister behind Each Eare, one cutt like a heart with the small point upward, Best to touch the bone in the neck, for the kings Evill you must purge and Bleed before you use the plaister to the Eanches or Soares, if there be deep holes, you must use no Tents, melt the Salue, and drop it into the holes, then lay the plaister to, at first you must change it Every 12 houres, and as it mendes Every 24 houres till it be well, after this manner you must use it for all other Swellings and Sores, for the Scurvy, and Extream pain in the Stomach, Take 3 pills of it wraped in a wafer when you goe to bed, 2 or 3 times a week, likewise if you feare any Impostheume Inwardly, Purge out of this pills which hath bine prouded when you make your plaister mell it in any Earthen thing, then spread it on a Seare cloth Every Breath and length with a knife, for the gout, Sprains, Ach, Spleen, is to be laid thin plaister if it be swelled beyond the swelling, if pain beyond the paine, if you feare a heat plurisy to the neck upon the veines which comes from the head, it is good for the boiling in the head and in the Eares, and In Cheeches for Sinews that be shrunk, Started or sprung, for to draw out a Thorn or broken bone out of the flesh, or any corruption in the wounde, for the Setting of a mood Edge, it roteth and healeth all manner of Botches without wounds, for the Bloud sin, it is good against the pestilent botch, a plaister being made upon a linnen cloth, and laid upon the Seare, for festerings or fistulaes, for the Canker, for the disease called noli me tangiere, it draweth out all Evles in the veines, it is good for them that are Excevith or heady, This noble Salue amongst all others is most cleansing and well sounding the flesh that it healeth more inwerd then any other in a month, it will suffer noe Corruption in a wounde, & many Evills else to be Ingendred therin for these diseases above writen, it is the most soueraigh medicine that Every was found, as in Experience it hath bine many Times full well proued by madam Falconbridge

A Salue or Ointment for a Bruise in any part of mans body

Take the Juice of wall wort, and may Sallet, and boile them together upon a Chaffing dish with coles till the Sallet be consumed, then let it be cold, and keep it for Anoint Bruised Soares with all, for it is special good, by the Abone named

For The Convultion Fitts and mother

Take Black Cherry water, Syrup of mint water, piony water of Each of these one pint boille A pint of Syrup of Black Cherryes. A quarter of A pint of Syrup of Black Berryes. A quarter of A pound of Ordinary Treacle, put all these together into A great glass bottle, and Shake them well together, and then Stop the bottle close up for your use. A powder — Take halfe an ounce of nutmegge grated, halfe an ounce of single piony berryes, halfe an ounce of single piony roots A Quarter of an ounce of Bilony, A Quarter of an ounce of rosemary, halfe an ounce of white sugar Candy beate very small, the Others dry all Severally, and make into fine powder, then mix them well together. Take as much of the powder as will lye upon A Sixpence in A Spoone of the water Every morning fasting, and A 4 of the Clock in the afternoon, and presently After A quarter of A pint of that water, then walk or use Some Exercize presently after. Thus you must doe Until you have taken all the powder, and if you want water in the bottle, you must renew it Again — prepare A bagg of the powder of single piony roots to be worne Against the pit of the Stomach and change it once A month

For the Scurvy and dropsey

Take Centry, wormwood, Barimeny, gout weed of Each of Each halfe A handfull put them in A Skillett to 3 pints of water, boile them till halfe the water be consumed, then Strain it from the liquor, and put to it, one pint of white wine, let it Stand then over the fire till it is ready to boile, then take 3 good handfulls of Scurvy grass, and put it in any farthen Syphon, and powre the liquor that was Strained from the other herbes upon the Scurvy grass, and keep the syphon close, and let it Stand Until it is cold, and drink 3 times A day, viz gill at A time, that is to say morning at 8 Oclock in the Afternoon, and at night

For The Stone

Take of the Inward Kernell of Athen keys, grumwell, and parsly seeds, of Each one dram and A halfe, of purslane seed A dram, powder of the roote of sweet garden flagg 2 drames Species Diatrite one Scruple, Juniper berrys bruised and dryed A Dramme, beat all these together and make A fine powder, and Take A Scruple of the powder Either in Syrup of Althea made up in Electuary, or In A draught of wine, in the morning fasting — Dr Graham Esq

A Salve To heale all manner of Soares madam Falconbridge's

Take of Celerion, of sage, of bramble leaves, of Each of them A like quantity, and bread every of them by them selves, and then weigh them, See that Every of them may weigh A quarter of A pounds weight, and then take A quarter of A pound of sweet Butter, A quarter of A pound of sweet wax, halfe A pound of roseen, and beat them small, and boile all these together and straine them, and make A Salve therof, and this is perfect good to draw and heale

A Black Joint

Take 2 ounces of red lead, as much of the oyle of roses, 1 ounce of Beese wax, as much of Beefe lard, halfe an ounce of Roseen, let these A heat Over A gentle fire, till they be Dissolved, then sprinkle the red lead into them, and keep them stiring till they be boiled Black, which done, powre the same into cold water, and with your hands work it into A roule and See how it — To Stop Bleeding

A Toad dryed in the sunn, and hanged About the neck So low that it touch the breast on the left side neare the heart, Commonly Stayeth all kind of bleeding of wounds, Blood or mouth

The Sweden Plaister madam Falconbridges

Take 2 quarts of the best oyle, 1 pound of red lead, 1 pound of white lead, 12 ounces of Castile Soape, mixe all these together in an Earthen pott well glazed, and when see well mixt that the Soape comes Upwards, then set it on A small fire of Charcole, still renewing the fire An hour and A halfe, Stiring it all that while with an Iron bar red hot: be turned into A gray, and Stive it Still Until the matter be turned into the Colour of oyle and some what darker, then drop A little of it on A wooden Trencher, and if it doe not cleave unto the Trencher, or your fingers: then it is Enough, then powre your plaister upon an old board, and knoeing Anointed your hands with oyle, Cut your Sugre cloths about 5 fingers broad if you would have any, and dipp them in it, and when they begin to be cold, Smooth them upon A Cleane Table with A Thick Stone, and make the rest into rowles for Salues and keep it for your use it will last 50 yeares

The Vertues

It is good for the gout, being laid to the Stomach prepareth Appetite, being laid to the belly it takes away the paine and helps the Collick, Applyed to The reines, it is good Against the Bloody flux, it is good against the running of the reines, the heat of the Kydneys, and Strengthens the back, it Asswageth the Swelling of the Spleen, and Expelleth wind that Causeth wind, it healeth all Swellings and Bruises, it takes away Aches, it breaketh all tetters, Boyles, or Impostumes, take healeth them, it driveth away running humours not breaking the Skin, it healeth the piles being Apply'd laid to the stone, it is good for the Headache, Applyed as before it is good for the Eyes, it healeth any Sciatica, it helpeth any old paine in the legges or Armes by Applying Searcloth, it Cleanseth the bone, and Cureth Old Soares or Ulcers

A Poultice for A Soare Breast

Take A good handfull of mallowes, woodbine, groundsill, and brooklime, red bramble buds or leaves, and hollyhock leaves, and bryony buds, Take the youngest of these buds for they are the best, you must boile all these in water, and when they are boiled tender you must Take them out, and Chop them, and put them out into the same water again, Thicken it with barly meale, or small Oatmeale, and when it is thick Enough for A poultice, then add to the quantity of A walnut of fresh Liquor, This poultice is good to ease, or to gather any hard swelling to A head, it is good for Any an old Swelling, if you are subject to Swelling, then drink Stilled Ethern water, and it will help you

An Excellent Searcloth for the Spleen or whites Swellings and Aches

Take A pound and A quarter of deare suet, as much wax, and as much Olibanum, Roseen and Frankincense of Each one pound, mastick and Camphire finely beaten of Each one ounce, best Turpentine one quarter of A pound, melt all but the Camphire and Turpentine then powre all into white wine A pint, and work it with your hands in the wine till it be yellow, then make it up in rowles for your use, when all the other things are melted then stive in the Camphire and Turpentine, and Powre all in the wine

Speech Suddenly lost

Drink the Juice of Southernwood and primerose, and it presently helpeth Under God

For A Bruise be the same Inward or outward

Take a pound of burgany pitch, halfe A pound of ishill virgin wax, A quarter of A pound of Frankensence finely beaten, boile all these together and when they be all throughly melted weare it into A bason of faire water, then make it vp in rowles and lap them in faire paper, and keep them for your vse, and when you vse it then spread it on the fleshy side of lambe skin leather, or fullers, and lay it on the bruise or bruised part, and although it be Inward it will helpe the same, and when your bruise is well it will come off it selfe, if other wise very hardly

A Balsome

Take A pint of the best sallet oyle and A pound of Venice Turpentine finely washed put them in A glass containing 3 pints and stirr them well together very often, then take A handfull of the flowers of Cowslipes, put them to it, and set it in the Sun, then take A handfull of the flowers of St. Johns wort, and A handfull of Tenecr Croppes of Agrimony, and put them all in, then let it stand all Summer till michelmass time, Then strayne all the hearbes out, then put the Oyle into the Glasse, reneuing it euery Spring for 5 yeares together, you may vse only the first yeere, but it is not in fullforce till the 5th yeare be Expired, then keep it vp Close, and it will last 20 or 30 yeares

The vertues of Rose water

Rose water drank with Sugar will Asswage all Quill heats, and Feauers, if you drink it with Celendine and fether few and sugar, it destroyeth all manner of Sumners, if drank with the Juice of Southernwood, and Fenell seed it destroyeth the Cough and all Gulls in the breast, and Quencheth all heats in the Stomach, if drank with the Juice of mints, Hisop, and liquorish and Sugar, it Destroyes the Tisicke, if you wash it with white Copperas and wash your Teth, it will Destroy the paine and webb, if drank fasting it will make A sweet breath, Cleareth the Eye sight, and Comforteth nature, if you Anoint the Temples of your head, it Easeth the Head Ach

A Salue for Any Wound

Take halfe A pound of the best rosen, beaten very small, and A quarter of A pound of mutton Suett Tryed, put them into A Skillett and heat them, till it be melted then put them into A great deep bowle of cold water, and when it have Stood A while, then work it well with your Hands till it Come to A whitish Colour

A Corse water to be vsed with the Aforesaid Salue

Take A quart of Running water, of plantaine, Woodbine leaues, red sage, and of rosemary of Each A handfull, boile all these together, Till halfe be Consumed, then straine out the hearbes, and put in an ounce of burnt Allom Fryed very fine, and wash the wound with it as you see cause madam Falconbridge

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A Plaister for the Spleen

Take of the Compound plaister of mellilott 3 ounces, of Ammoniacum and Gagagenum, and Asapanax, or Sellinm of Each 3 drames, dissolued in vinegar the plaister and gums

For A Dropsey

Take Cambegie in powder 2 drames, Safron one drome in fine Powder, Gossiba one drome, make vp with Diascordium in A mash, the longer it is made before it is taken it worketh the better, then take 3 pills see bigg as Pease made of the mash in the morning fasting and bee yo self drink when it worketh, doe thus vntill it Purgeth and fast 2 houres after Taking it

To Prevent it: Comeing again. Take your Sprige Drink, Which Cleanseth the Stomach, Clarifie and Purgeth the Bloud, and Rectifyeth the liuer

To make it take of the Rhuberbe Thinn sliced one ounce, Oriental Senna 2 ounces, Cream of Tartor in fine powder 3 drames, Sweet fenell seeds, and Caroway seeds of Each halfe an ounce, yellow Saunders 2 drames, Wilcompany roots, and liquorish of Each 6 drames, garden Sewray grass leaues in number 40 let these be all Cut small and bruised and diuided in 6 parts, to be put into 6 bottles of ale, well Hyred, with A Spoonfull or two of Juice of Oranges in it, and let it stand 3 days, and then take morning and Euening A good draught, and fast 2 houres, and take it A week or 10 days together

A Receipt for The Quill, and to Cure A Consumption, Called All Flower Water

Take the All flower water make thus. Take 3 quarts of new cow dung Just made in A fresh pasture in may betimes in the morning, and put it into A Still, and put to Each Still of Any seeds and of Carduus seeds of Each 1 ounce, renew it ouer again vntill you haue 5 quarts — Take the peale of 4 oxe backs and blanch the thinn of, and put the pulpe into 2 quarts onely of the All flower water —— Take bramble leaues, Violet leaues, Strawberry leaues, Hisop, Sage, Fether few, Sinkfoyle, Bugloss, all heale, Avens, fenell seeds, Egrimony, plantaine, Sellemons seale, fine finger grass, Silver Buds, of Each of these A good handfull, and distill these by them selues, which should yeild 4 Quarts of water — Take of Cleany wrought Ox Gall, of hearts horne, of Ivorie Brittle wood rasped of Each A ounces, steep them in A pint of Each and one Quart of the hearbe water, and steep them 6 days then distill them — Take 4 quarts of knayles with their shells on their backes, and put them into an Earthen pott, with A Quarter of A pound of Brown sugar candy, and let them stand 24 houres, then crack the shells, and take out the black guts, wash them in Each, one from them in A mortar, put to them A pint of Each and A quart of all flower water, and distill them. The All flower water, and the hearbe water must be Stilled ouer again, with those things that are to be put in them, by them selues —— and when they are all distilled thus by themselues put them altogether into an Earthen pott, and mix them, and Cast your glass bottles 24 houres in your Still that is not thine Pott worm to neale Matts to keep the water in, and it will keep 7 yeeres good —— when it is vsed for A man: Take halfe A pint in the morning fasting, A Quarter of A pint in the afternoon, and A Quarter of A pint the last thing at night or Sleep, as the patients Stomach can beare it, with loafe Sugar, or sugar Candy, and for A Child A less quantity as you think fit, you must Cutt off your Still before you put in your cowdunge, Shells, and Peale like it will burn.

For An Ache in the Limbes or Withered Armes or legs

Take a pint of Spanish Oyle, as much neats foot oyle, and boile them together, till they be A Salue and Anoint the place that is defective, and Chafe it well in before the fire, then take of the brown paper, as that which came Pine next it, and lip it in the Salue, then lay it to the place that is opened or withered, and wrap it vp warme, this must be done, morning and Euening, and if the Arme or legg be verry Small, then sweep it in A Quill Cattle Skinn, this hath recouered both Withered armes, and Aches. madam Falconbridge.

For A Consumption

Take a pint and A halfe of the Juice of ground Ivy, or Alehoufe, put it into an Earth en pott over the fire vntill it Curdle, then Straine it, then put into it 3 ounces of Comfrey roots, halfe A handfull of maiden haire, halfe A handfull of dryd red roses halfe A handfull of Colts foote, A dramme of Saffron, Steep all these in the Juice A day and A night in A Close Earthen pott, vpon hott Embers, Butfet it not boile, then put in A Quarter of A pound of whit sugar Candy Beaten very fine, to the Juice After the hearbs is strayned out, and Stire it in the Juice, vntill it Cometh to A Sirup, then Bottle it for your vse, Take 2 or 3 Spoonfulls Every day at 8 and 10 A Clock in the morning, and 2 and 4 A Clock in the Afternoon, probatum est

Another Water for the Consumption

Take halfe A peck of Snailes, Steep them in 3 quarts of new milk all night, then put them into A pound of raisons of the Sun Stoned, 2 ounces of Schenorish, of Balme, mint, and Penniroll Rifed of each A handfull, put all these into A Still and Still it with A Clearefine Sack after Bottle it vp, and Take 6 Spoonfulls at the former howres and Sweeten it with Sugar to your Taft, this water was Taken with the Other Sometimes one, and Some times the Other

A Perfect Water

Take A quart of Brandy, and A peck of field poppys, and pick them from the Hathes, and Steep them in the Brandy 9 dayes, and Lett them lie in the Sun, Cover them Close, and Straine them out, and put into it halfe an ounce of Nutmegges, and halfe an ounce of large mace, and halfe an ounce of Cinamond, and 2 ounces of Dates, and A ounces of Sugar Candy, Let all these Stand 9 dayes more in Steep, and gett them in the Sun, then Straine them out, and put the Water in Bottles, and Stop it close

For an Inueterate Cough

Take 3 ounces of Conserue of red roses, and halfe an ounce of Syrup of poppys, and mingle them together, with the flower of brimstone, and make it into Electuary, as thick as the Conserue was at first, and then take at Night as much as A great Walnut 3 nights together, and if the Cough doth Continue for beare 3 nights, and take other 3 nights, probatum est

For the yellow and Black Jaunders

Take Earth wormes, and slit them, and wash them with the Slime with water, and dry in an Oven the wormes, and powder them, and take as much of the powder as will lye on A Grenes, and put it into A little draught of whit wine, and drink it Every morning and fast 3 howres after it

Cock Broth

Take a Cock Chicken and fley it and then Break the bones, and take A knuckle of Veale and break the bones and wash it very well, and take A blade or two of mace 20 whole pepper cornes, 1 ounce of hartshorne, 2 parsley roots, 1 finch rood, and 2 burrage roots wash them cleane, and take out the peath from them and throw it away, and take pretty store of marygolls flowers, and put them all into an Earthen pipkin filled with water, and boile them well together and after Straine the Broth and Take, if you will have it sweet, put in some rayfons of the Sun Stoned Rif Sharps 20 or 30 prunes

Take Lauender cotton, Spike, Knot grass, ribwort, Balme, Valerian, rosemary toppes, wood bine toppes, vine stringes tutsan, plaintain, walnut Tree Leaues, Toppes of young Bayes, Hisop, Violit Leaues, Sage of Vertue, fine roman wormwood, of Each one handfull, 20 quick Swallows and Beate them altogether in A great morter with Camomile and red roses, 2 handfulls, and put to them A quart of neatsfoot oyle, or may Butter, and grinde them all well together with 2 ounces of cloues Beaten, then put them altogether in an Earthen pott, and Stop it very close that nor aire come into it, and Sett it 9 days in A Seller, or Cole place, then open your pott and put into it halfe A pound of whit of yellow wax cutt very small, and put A pint of Oyle, or Butter, then Set your pott close Stoped into A pann of water, and let it boile 6 or 8 howres, and then straine it — This oyle is Exceeding Soueraigne for any broken bones, Bones out of Joint, or any pain or griefe Either in the Joint or sinewes

The Nature of Waters

As Sage water is good for all Rhumes and collicks — redice water is good for the Stone — Angelica water is good for Infection — Callendine water is good for Sore Eyes, Vine water for Scalings — Rose water and Eye Bright water for dimme Sights — rosemary water for Fistules — Treacle water for mouth Cankers — Water of Cloues for paine in the Stomach — Saxifrage water for gravell and hard Urine — and Alum water for old Vulcers — But those waters that are good for the Smoking the Linne and keeping the face Delicate and amiable are Those which are distilled from Beane flowers, from Strawberyes, from Vine Leaues, from Goats milk, from Ewes milke, from the whites of Eggs, from the flowers of Lillies, from Dragons, from calues feet, from Brane, or from the yelkes of Eggs, Any of which will last A yeare or better

A Jelly Broth for A Consumption

Take 3 quarts of water, 4 Calues feet, and 6 Trotters, Boiled in A pipkin close Couer'd, till 2 quarts be boiled away, then take out the Trotters, and Calues feet, and put in 2 Spoonfulls of great Oatmeale, 3 blades of large mace, one handfull of Balme halfe A handfull of mint of Sauoury, Comfrey roots Scraped cleane, cut as thinn as A great, Boyle halfe A pint till them limper euer A gentle fire, close Stopt, vntill almost one halfe of the liquor be consumed, then Straine it, and take halfe A pint morning and Euening

For Women In Trauaile

Let her drink Hisop with hott water, or Ale, or sloe Drink in cold, or Else Century Stamped alone and drank with Ale or wine, and She Shall be deliuer'd Although the child be dead: dipp A linnen Cloth in the Juice of parsley, and put it into the mouth of the matrix, for the delivery of A dead child and After burthen alsoe: Take Segrne Stamped and laid on plaister wise vpon the feet, Causeth Childbirth Quick or Dead, womens milke Drank is very good also for one that is in Trauaile

For The After Burthen

Take A handfull of red mint bruise them, and Straine them into the grounds of good Ale, and give her to drink Immediatly after her delivery

For A Cough

Take 2 ounces of the best brown suger Candy and put it into A dry bladder, then tye it up, and hang it in A boson of clean water, and it will be dissolved, then take it out of the Bladder, and put it into A pint of the best hisop water, and add to it 2 ounces of the best conserve of roses, then simper them over A slow fire About A Quarter of an houre, till it be very cleare takeing of the scume, and when it is cold put it up into A bottle, and when the cough comes, let the party grieved take 2 or 3 Spoonfulls at A time

For The Stone

Topps of marsh mallows with roots, pimpernell, all the Saxifrages: Bishops weed: Sea rattle grass, pelitory of the wall, Beane codds of each 2 handfulls, The roots of parsley, smallage, philipendula, sea holly, rest harrow, horse radish, all washed and cut in thinn slices of each 3 ounces, winter Cherrys, Red Cicers of each 2 ounces, the seeds of cromwell, Burdock, Water millions and parsley, the kernells of Cherry stones of each bruised 3 ounces, Hawthorne berrys bruised one pound, all marcrated in 4 quarts of whit wine 24 houres By the fire side, add 4 quarts of new milke and still it of, the dose is 4 ounces, with 2 ounces of sirup of marsh mallows first in the morning and last at night, with A scruple of the powder of Salprunella, Purge twice A weeke the doze is of Diapruna Salutivum, Cassia Fistula, newly Entracted of each halfe an ounce

X For the Spleen

Take A handfull of new made stone horse dunge, and Break it into A Quart of whit wine and sett it over the fire in A new pipkin close stoped, and put into it of parsley and Cowcumbers seeds of each 1 drame, and of Caraway seeds 2 drames, and simper them over the fire untill halfe the wine is wasted, then break the horse dunge with your hand and Straine it all out in A bason, then take 4 ounces and put in it 1 ounce of Buckshorne of sirup of succory and rhuberbe 4 drames, of sirup of hartstongue 3 drames, and 10 dropes of oyle of Aniseeds, Take it in the ~~Morrow~~ morning, use posset drink in the working of it

X A Plaister for The Spleen

Take of sagapenum: Apopanox: ammoniacum of each 3 drames dissolved in vinegar, and boiled to the Consumption of the vinegar, then add to the Compound plaister of mellilote 3 ounces, then put to soe much of the Oyle of the barke of Cappers as will mollify the gumes, stiring it well that it burn not, then spread it and Apply it to your side

X A Drink for The Spleen

Take of wild Carret seed 2 ounces, the Seeds of garden Cresses, Rochett: Rape: Lovage water million of each 3 drames, all grosely bruised and decoct in 2 quarts of whit wine to the halfe or better, wherin steele hath bine quenched 9 times, then straine the dose, which is A quarter of A pint, with one ounce of the sirup of mugwort, and of marsh mallows one ounce, and of sirup of Elderberys one ounce and A halfe

Sirupps of the Rinds of Orranges and lemmons for the Stomach, Braine, and Breath

Take the Rinds while they be new and fresh one pound, 5 pints of runing water, boile it to 3 pints, then strain it, and with A pound of suger boile it to the height of A sirup, 4 graines of muske

Take one pound and A halfe of Turpentine washed 9 times in foire water and After that one time in rose water, then take 12 ounces of the Best wine, and A quart of the best Sallet Oyle, and 2 ounces of Red Saunders, these are common for an Open sore, but if it be gout Add to the same 12 ounces more of Turpentine, and 3 ounces of Flora Sulphuris, if the sore be hot and deep Cover it with Unguentum Nutritum, which is the White plaister

For A Consumption or Dropsey

Take a pint of Succory water, an ounce of Rhuberbe sliced, an ounce of Senna and A little handfull of Succory leaves, and infuse all these in A little pipkin with A close cover let them stand ready to boile but not boile, let them stand the hott 24 houres then straine them, and put to that liquor 4 ounces of sirup of roses, and an Ounce of sirup of violets, and take 7 Spoonfulls Every morning at 4 A clock, and sleep after it an houre or two, and then drink A little posset drink or warme broth if you doe not purge Enough take more, 4 or 5 stooles A day is Enough, take it every day as long as it lasts

X For A Sore Breast

Take 4 ounces of Lapis carmanie heat it red hott in the fire 9 times, and Every time quench it in A pint of White wine then take 2 ounces of Lapis cultisin an Earthen pincipall heat that red hott, and Quench it 3 times in red rose water when that is done beate the powders together, and put the wine and the rose water together and the powder to it, then keep it 9 days and shake it twice A day, then use it, this water is good also for the Eyes, and the Kings Evill

For Vometting or Spitting of blood

Take A handfull of lung wort and halfe A handfull of Olegater moss in A quart of posset drink, untill it cometh to A pint, and let the party drink of it, as often as their stomachs serves betwint Every meale, you may renew it over again if you please

Another for the Same

Take after the first drink, one ounce of the best powder of crocus matris, made up into drames, and take 3 rowled up into old conserve of red roses, Each pill as bigg as bullets as they may be swallow'd, one dram in Each pill, soe take 3 drames in the morning, and 3 at bed ward if this will not doe then Take the following

For the Same

Take A handfull of lung wort, A handfull of Olegater moss, A Quarter of A pound of liquorish and A quarter of A pound of Ellicompane roots, dry these 4 Things in an Oven, and Compound them together with suger Candy, and take of this Powder

If the party hath A Cough or Cold Then

Take A pint of white wine vinegar, A pint of mint of water, halfe A pound of loafe suger the best, halfe A pound of brown suger Candy, boile these in A new Earthen pipkin, untill it cometh to A sirup, and take it with A liquorish stick, as often as the party pleases

For Paine In the Bladder

Stamp with water, or whit wine, smallage, parsley and Fenell, and Drink therof

For A Hectiue Feauour

Take A quart of new milke turne it with A Quart of Ale, then put into the possett drink of Vnsett hisop, mint, and Balme of Each halfe A handfull, of rosemary flowers as much as will lye bttween your 3 fingers, if they cannot be gett, then halfe A hand=full of rosemary toppes, and marygold flowers, Cowslipes flowers, and Cammomile flowers, as much as you can take vp in 3 fingers, simper the possett drink with the flowers and hearbes, vntill A pint is wasted in boiling Away, Straine it and take A draught Going to bed ward, and first in the morning, with some Orrange Juice squeesed in, and sweeten it with suger

A Small Cordiall Water

Take 2 quarts of sack, the peele of A good lemmon, of Anyseeds bruised 2 ounces then put it into A still and fill vp the still with balme, and mint, but let there be most of balme. let it be still, with A cleare fire, the bottle it vp for your vse, and when you vse it sweeten it Eyther with Gillyflowers or violets Strup, which is most propper for the distemper it is taken for

A Preservatiue Against The Plague

Take A Quarter of Old Ale, and After it hath risen vpon the fire, and hath bine scum'd put therinto Aristolochia, longa, Angellica, and Sellaine, of Each halfe A handfull and boile them well therin, then Straine it through A cleane cloth, and dissolue there in A drame of the best mithirdate, as much Iuory finely powder'd and Searc'd, and 6 spoonfulls of dragon water, then put it vp in A close glass, and Every morning fasting take 5 spoonfulls therof, and After Bitte or Chaw in your mouth, the dry'd roots of Angell=ica, or smell as on A Nosegay to the Tassell End of A Ship rope

For the Plurasy

To prevent it before it come, vse the Exercise of ringing, or stretch your Armes vpwards soe that they may beare the weight of your body, and haueing caught A plurasy, feeling the gripes, stitches, and paines therof, presently be let blood then take the hearbe Althea, or hollyhock, and Boyle it with Vinegar and lintseed till it be A thickness fitt for A plaister, then spread it vpon Allum leather, plaister wise, and soe lay it to the side that is grieued, and it will help

For the Sax

Take the seeds of the wood rose, or Bryer rose, beate it to powder, and mix A drame therof with an ounce of the conserue of Roes, and Eate it, and this will in A short Space bind and make the belly hard

For Costiueness

Take annyseeds, fenell, lintseed, and the powder of piony, of Each halfe an ounce, and boile them in A quart of whit wine, then drink A good draught therof, and it will make you goe to stoole orderly

For Wormes

Take Aloes cicketrine as much as halfe an hazell nut, strap it in the pape of A roasted apple, and soe swallow it in the manner of A pill, fasting in the morning, or Else mix it with 3 or 4 spoonfulls of muskadine, and this is good for Eyther man or child if they are not to weake

To Increase A Womans Milk

Take good store of coleworte and boile them in possett ale, and see drink this Every meale

For Any Burning, Oyle of Egges

Take 6 new laid Egges, and roast them very hard, and take out the yolkes, therof, and put them into an Earthen pott, and sett it ouer the fire, on hott Em=bers, and then whilst the Egges look black, stire them with A Slice, till they come to an Oyle, which Oyle take and Clarify it, and put it into A glass by it selfe, and there with Annoint any burning, and it will cure

For Priny parts Burn'd

Take the Ashes of A fine linnen cloth A good quantity, put it into the Aboue=named Oyle of Egges, and Anoint the sore member therewith, which will cure

For A Scald

Take sallet oyle, and snow water beat them together, and soe vse it, and it is good for any scald, or Burning

A Poultice for A Sore Breast In Women

when they are swelled, or Else Inflamed, Take violet leaues, and cutt them small and seeth them in milk, or runing water, with wheat brane, or wheat breed crumbes, then lay it to the sore, as hott as the party can Endure it

For A Stitch

Take an old Accorne, and grate it like A nutmegg, into A pint of old Ale, and drink it of, and this is good for A stitch in the side or Else where

For Swellings in the legges and Feet

Take A good quantity, as A handfull of water Cresses, and shread them small, and put them in an Earthen pott, and put thereto, Thick wine lees, and wheat brane, and sheeps suett, of Each of them A like quantity, and let them boile to=gether, vntill they be thick, then take A linnen cloth, and bind it all about the sore or swelling, as hott as the party grieued can Endure it, and let it remaine on A whole night, and A day without remoueing, and when you take it away lay to A fresh plaister, hott as before, and it will take Away both pain, and swelling, Other surgeons for this paine, or griefe, take honey, and Beare, and heate them together, and there with bath the swelling, both morning, and Euening

For The Tooth Ache

Take spearmint, and bruise it, and then put it into the halfe of Nut shell, and lay it to the middle finger on the same side, the middle Joint between the fingers, this must be done 24 houres if possible, and when the blister is rison doe not wash that hand till it be well Again, this done thus, or in the hole vnder the Eare will cure the toothache

For The Eyes

Take Wood of Aloes, storax, sassafras Bark, Amber, of Each 2 drames, Cutt bettony, rosemary flowers, of Each an Ounce, Tobaccoe halfe an ounce, mix these and smoak them as Tobaccoe

To Kill A Corne In 24 houres

Take A Sharp pen knife and pare your cornes as neare as you can: then take A blacke Naile, and cutt him in Inneer the long way gutts and all, and when you goe to bed lay the one halfe to your Toe, and Bind it fast, and when you Awake Again, lay the Other halfe thereto, and in the morning you Shall See him come forth like A Jelly, madam Falconbridge

For The Spleen

Take A pint of white wine, and halfe A pint of sack, and Steep in it A handfull of Tammaris, and halfe A handfull of wormwood, and an Ounce of Juniper berys, drink one glass in the morning, and Another in the After Noone

To make Smooth Hands

Take Almonds, and Beate them to oyle, then take whole cloues, and put them both together into A glass, and set in the sun 4 or 6 days, then Straine it, and with the same Annoint yr hands every night when you goe to bed, and otherwise when you have Convenient leasure

For The yellow Saunders

Take Sheeps Dunge new made, and put it into A cupp of Beare or Ale, and close the Cupp fast, and let it Stand all night, and in the morning Take A draught of it

Aptness to Conception

Let the woman Drink mugwort Steeped in wine, or Else the powder thereof mix with her Wine

For A Canker or Any Sore mouth

Take Cherrill, and Beate it to A Salue with old Ale, and Allum water, and Soe Annoint the Sore there with

Against Drunkennes

If you would not be drunk, take the Powder of Bettony, and colewort, mixt together, and Eate as much of this as will lye upon A 6 pence in the morning fasting, and it helps

To Quicken the Witt

If you would quicken your witt and memory, Take Sinoberate which is gathered in June or July, and Beat it in A Cleane morter, Let them Drink the Juice thereof with warme water, and you will find the Benefitt

To make Wash Balls

Take Storax of both kinds, Benjamine, Calamus Aromaticus, Saffronum, of Each A like, and dray them to powder, with Cloues and Roses, then Beate them all with A Sufficient Quantity of Sope, till it be Stiffe, then with your hand work it like past, and make round Balls thereof

A Preserue from Infection

Take A pint of new milke, and cutt 2 cloues of garlick verry small, put it into the milke and drink it morning fasting

Another

Take A Sprigg of Rew, or Rearse of grace, and Shread it, and put it into A Cup or two, and Soe Take it Every morning fasting, This Vnder good will help the body from Infection, and purifieth the blood

To Remoue the Infection from the heart

Take pimpernell, and seeth it in Ale posset drink till it taste Strong of it, and Soe Drink this often

Zitriall Roman Vitriall that Excellent powder of Sr Kehelm Digbys that will cure any wound by the blood, though the wound Be not Seen

The Antidote is composed in Venice with all Diligence, and care By Francis Asseli Apothecary at the Signe of the Paradice at Rialto upon the Rialto Sand in the presence, and Before the most Illustrious Magestrates of the Ole Justice, and the most Exallent Colledge of Doctors And of Apothecarys, and Other Deputys for the same, the faculty: And rare Vertues of the Venice Treacle, of Which are as followeth for the Good of all people

The Treacle amongst all the other prerogatiues hath vertue to preserue from the plague, and from any other Contagious Sickness, keeping the Body Chearfull and in health — it is good against the passions of the heart, or heart Aching, removing thence melancholy, Consumeing the putrify'd humours of the Body, Expelling Every vnwholsome superfluity of the same, keeping it wholesome, and Strengthens it admirable — it cures the very plague, and other pestilentiall Diseases — it is good against all bitings of all sorts of venomous Creatures, Especially of Serpents, and mad dogges, and other sorts both of the land or water, Taken Inwardly, and Applyd to the wound on the Outside — It preserues from poisons taken before, or when there is suspition, and Especially after the poison is discouered, in which case the sick person must Endeauour to vomit, often taking the said Treacle Inwardly — it helpes very much those that from an Inward and Vnknown Disease, consumes away as if they were poisond — it is singular remedy Against all Agues, procuring the Trembling tipour, and cures that continue long, Taking this Treacle 3 or 4 times before the fitt begin — it cures the Quartane Ague given in the vniuersall State of the fitt, but not in the begining the matter, and cause being raw — it preserues from pestilent and malignant agues, and cures them — it Expells the wind from the Stomack, Stops Sticking of Blood taken by the person grieued Inwardly, — it Expells Flegme from the Stomach, it is good Against the pain in the Entralls, griping of the guts, the paine in the reines occasioned from Vlcers, the Stone, it cures the Dropsy, and The Yellow in the begining of the fitt — it Strengthens the Eye Sight, and is Excellent good for all Infirmall Diseases of the head, Falling Sickness, Apoplexy, palsey, Stopes the flux, and Rheume, procuring Sleep — it is good Against the paine in the Breast, Cough and Cattars — it comforts Admirable the heart, preuents the Burning, and qhaking thereof — it cures All Indispositions of the Stomach, as Extream hunger or loathingness and Strengthens the Vital parts — it Kills all sorts of Vermin or wormes, Expells them out of the body, and hinders their Ingenderings — it cures the Leprosy, Scab often by the patient — it prouokes womens flowers, and the stoped flux of the Emerodes, and what is wonderfull it Equally restraines the Ouer much flux of the same, comforting nature weakned by both Indispositions — it prouokes the After birth, and it helps to bring forth Dead Children, it hath many more Vertues which are rare, that for Brevity sake I doe not write, it being A most rare, and reall medicine, and well known By all the world, it Agrees to all Ages, Above 7 yeares, and to all Constitutions, and may be given at, or in any season

The Dose

To young and those of Strong constitutions the weight of 2 or 3 Scruples alone, or in wine, or Aqua mulsa, or other liquor — the aged people one dramm, and the same weight to be given for poisons, and the plague

X For A miscarryage

Take 9 spoonfulls of the Iuice of Clary, the whites of 2 Egges well beaten, A pint of Ale, boile it and shime it, put 2 or 3 spoonfulls of cold ale to the Egges, A little sliced nutmegg A little suger to sweeten it, put the clary to the Ale when it is scumed, then brew it all together, and drink A Quarter of A pint at a time in the morning fasting

For The Rickells

Take figges, and raisons of the sun of Each one pound, liquorish 2 ounces, anyseeds and Coriander seeds of Each one ounce, Hisop, liner wort, and maiden haire of Each 2 handfulls, 4 handfulls of Coltsfoot, 4 pengwort of foxfearn roots — The Drink = stone the raisons, Quarter the figges, slice the liquorish, then divide 3 pengworth of the foxfearn roots with all the Ingredients into 4 parts, then boile one part in 2 quarts of spring water, till one quart be consumed, then streine it and sweeten with broken suger Candy, and let the child drink of it as oft as it will, for the powder, fry the other pengworth of the fox fearn roots with some Anyseeds, then divide 3 parts of the fox fearne roots, with one part of Anyseeds, Beat them to powder, and give the child as much as will lye on A great Every morning fasting, In beare or any other Spoone meate

X Red Cherry Water

Take 4 pound of Cherrys the stones being out, and 12 cloues A little bruised rosemary halfe A handfull, Balme 2 handfulls, 2 or 3 sprigges of Spermint, cinament bruised 2 ounces, 2 nutmeggs sliced Infuss them in 5 pints of Sack all night close cover'd, then distill it with A soft fire, when you take this water, mix 6 spoonfulls with 2 spoonfulls of Sirup of Gillyflowers, take this when you goe to bed, or in your bed, This is good for the passion of the heart, to make one sleep and Against melancholy

For A Consumption

Take 2 ounces of Ellicompane roots in powder, 2 ounces of fox lunges in powder 2 grated nutmeggs, 4 ounces of white suger candy in powder, 6 pengworth of Liquor=ish powder, mix them all together, Every morning, Take A spoonfull in A glass of beare, and fast an houre after

For The Timpany, Dropsy and Scurvy

Take the bottomes of 2 green broomes, 3 handfulls of Century, and 6 stiches of Juniper such as you buy at the Chandlers, let these be cutt small, and dry'd in A Oven, then heate the Oven, and after it's cleane, let all be burnt to Ashes, the said Ashes to be Infus=ed in A crock or vessell of About 2 gallons and halfe of Ale, and after 3 days drink it you must prouide one vessell under Another, that it may be your onely drink

For A Pearle in the Eye

Take the Iuice of green dayzys, to one spoonfull of it 9 dropes of A sheeps gall, and Annoint the place, and close up the Eye as you goe to bed

Another for The Same

Take some scuttle shell, the fine powder of it, and as much loafe suger, mixt up with some English honey, soe with the stalke of an Iuy leaffe, drop it on the pearle of the Eye, and close it up

Take 3 handfulls of long plantaine, and 2 handfulls of round plantaine, 3 handfulls of house leeke, and A pound of may butter, and boile them up to an Ointment, and Anoint the place with A feather

A Seare cloth to cure Straines, cornes, paines of the back, any swellings what=soever, sore breasts, sore legges,

Take halfe A pound of beese wax, halfe A pound of red lead, and A pint of sallet oyle then boile the beese wax, and the oyle together, till it be melted, then take it of the fire, and shake in by degree's A little, and A little at A time the red lead, that it may not all fall in at once, and the while keep it Continually stiring, and if it come to A sad collour dipp in the cloths, and if it come out stiff it is Enough, or make it up in rowles to keep for your use, let this be made on A Char=cole fire, but if it should not be Enough, you must sell it on the fire Again, and be carefull it Catch not on fire, which is the reason for A Char=cole fire, and give it A walme or two, till it be of A sad colour, then take it of Again, and with A spoone take up A spoon=full of it, and let it drop into cold water, and if it come up hard, it is Enough, then dipp in your cloths, or make it up in rowles as Above writen, or if you drop some of it on cold Iron, and it break it is Enough

A preservative Against the plague, poison, or for The Consumption

Take cardus benedictus, Angelica, dragon, rosemary, wormwood, bettony, scabious, mugwort, Balme, pimpernell, and fumitory of Each halfe A pound, steep all these in A gallon of whitwine 24 houres, stiring them twice A day, this done wringe out the hearbes, and still them in A stillatory, then take the wine, and fill it in A limbeck, and drink therof as need requires

For Those that haue A Badd Swallow, and Cannot Disgest

Take A good handfull of groundsill, washed, and dry'd in A cloth, then take A pint of the best whit=wine, and put the groundsill into the wine, simpering it ouer the fire till it consume to halfe A pint, then straine it, and put one ounce and A halfe of sirup of gillyflowers in it After, take A spoonfull at night, and 2 in the morning After this, take A little Oatmeale cawdle, water Grewell, or any kind of broth Else, soe it be in the morning, about an houre after you drank it, — and this is A rare good Thing to use at any time of the yeare, for such as are fainty, or such as haue A badd disgestion, and cannot well swallow

For The Itch

Take one ounce of brimstone, at 3 times, 3 mornings together boiled in milke, then take 6 pengworth of the oyle of liquid Amber, and 6 pengworth of balsum, deperu, mixt together, heated it A spoone or sawcer, over A Candle, after this take A feather, and Anoint the Joints

For Swelling in the leggs 80

boile well in A Quart of water, chickweed, mallows, and groundsill, of Each one handfull, violet leaves, halfe A handfull, thicken it with barly meale, and lay it on warme

For A white swelling

Take an ounce of sope, or castle sope, and A quartern of brandy boiled together is good for Any white swelling

To make Balme the healer of all Soares

Take A Quarter of A pound of frankensence, 3 ounces of Olibanum, A Quarter of A pound of bole armoniack, an ounce of Galbanum, an ounce of Scralaminta, an ounce of mastick, an ounce of Mirrh, A Quarter of a pound of Thrpendine, an ounce of Verdigreese, and to all these gumes A pottle of the best oyle

For The Rickatts

Anoint the Joints of the child with neatsfoot oyle, then take A handfull of rosemary topps as much redfenell, as much Southern wood, and as much fox fearne roots scraped Cleane, boile all these in 2 quarts of spring water, untill the one halfe be boiled away, then sweeten it with suger Candy, or white suger, and let the child drink nothing Else

For an Ache, or paine In the Shoulder

Take figges, and raisons of the sunn of Each A like Quantity, and halfe as much musterd seed, and beate them very small, grind them with the best vinegar, In A paire of musterd Querns, that done spread it upon A lambes skinn, and lay it to the Ache, probatum Est

To Stop A Looseness

Take A Spoonfull of Sallet Oyle, and as much double refined suger as the oyle will dissolue, 2 pen ſworth of Cinament powder, and take it Eyther night, morning, or any other time, upon the point of A knife, and besure you doe not drink within 3 or 4 houres after it probatum Est

For The Green Sickness

Boile in A quart of strong Ale, till it be consumed, unsett Time, unsett Hisop, the white of unsett leekes, of Each one handfull, white stone pitch, the Quantity of A walnut, drink it first and last, and use to walke untill you sweat 2d: boile in red wine, rosemary toppes, and whole mace, and drink it fasting, and walke well upon it — 3d Take 3 Ivy berys In powder, drink it in A draught of the water of peny royall fasting

To know whether one be with Child

Cause her to make water in A brassen vessell over night, and put therin a very bright needle, take it up the next morning, if she be with Child it will be full of red spots, if she be not, it will be black, or rusty

For Conception

Seeth the fish Called A Trout in goats milke, and give it the party to drink when she goes to bed

To Expell A Dead Child

Drink bettony, Rew, and Hisop, in warme water, 2d misle doe that growth in A peare or Crab tree, stampe and strained, and give it in A womans cawdle

To procure delivery

Take the powder of bays leaves and put upon hott coales, and sitt over it — 2d. Take A Quantity of saffron, and as much Cummin, beate them to powder and drink them in warme wine — 3d. Take A draught of womans milke from the breast warme, — 4th Take dictamum being boiled in whit wine, or water, straind and drank, doth cause speedy delivery, Although the child be dead, or Turned in her wombe

For The Emrodes

The Emrodes come by reason of much melancholy blood contain'd in the liver, it is known for that the veines of the fundament will break forth and bleed, now to help this doe thus, roast A great Apple first cutt out the coare, and put in A little cappons grease, with A little powder of saffron, and then Apply it to the griefe very hott between A linnen cloth

To Stay the Bleeding of the Piles

Take of the hoofes of A stone horse the paringes therof, and take as much frankensence, and cast them upon A Chaffin dish of coales in A close stoole, and sitt over them, and receive the fume therof into the fundament, this is most sovereign remedy, now the blind piles are not seen but felt Inwardly most grievous

For To make A Glister

Take a pint of milke as it comes from the cow, and sett it over the fire, and put therin A great handfull of mallows stalkes and all, Cleane washed, and dryed, in A cloth, and let them boile till they be tender, then straine them through A fine cloth and put therin A peece of sweet butter, and the yolke of an Egge, strained with the liquor, and being blood warme, Administer the same to the patient

A Glister very good for The head

Take of mallows, violett leaves, and cammomile, of Each A handfull, boile them In A Quart of water till halfe be consumed, then add halfe A Spoonfull of salt, and straine it, then take 8 spoonfulls of raw honey, and 20 of sallet oyle, make all blood warme and use it Every second day, probatum Est

For Costiveness in weak Persons

poure out the white of a new laid Egge, keeping the yolke, mingle A nutmegg therewith beaten to powder, and soe drink it — 2d: seeth in possett Ale, mallows mercury, great raisons the stones pickt out, of Each one handfull, with A spoonfull of Anyseeds, till halfe be consumed, this done take it of the fire, and put therto A peece of sweet butter — 3d: seeth in water, or rather in chicken broth, or mutton, A good while, one handfull of violets, and Another of raisons stoned, then straine, and put therto the yolke of an Egge, and drink it

For The Collick and Stone

Take oranges sliced and boiled with currance, and suger, like to A sirup, and drink 6 spoonfulls therof in A pint of Ale, fasting then chew it, and swallow it, if you can, if not spite it out — 2d: take the stone that is in the gall of an old one, pound it to powder, and drink it in white wine fasting.

To Break the Stone, Which never faileth

Take roots of red nettles, wash them cleane, and bray them small, lay them in redd wine 12 houres, give 6 spoonfulls therof at A time to the party, let them rest 3 houres on A bed, then give them 12 spoonfulls, and 3 houres after 20 and forthwith he shall make water, and deliver the stone

For A Burning

Take Charity, and Cumfrey, and make an Ointment with may butter

For The Stone or granell

Take the roots of thorne bake dry them faire. and make powder of them, and take therof 2 peny waight, and put therto 2 spoonfulls of water of raisons and drink it Every day, and Every night, and it will help by gods blessing but if it be A great Stone, Take A spoonfull of water of stone crop, 2 spoonfulls of the water of raisons, and 2 peny weight, of the Afore said powder of thorn bake mix'd together, and use this medicine 3 or 4 times, and you shall haue helpe by gods grace

A Speciall medicine for The Stone, Collick, Dropsy, Strangury, and Jaunders Observable is This

Take of Sennæ halfe an ounce, ginger, Annyseeds, mace, Nettleseed, Jeatt, Saffron, of Each 2 peny weight, Coraways, fenell: seed and spiknard, of Each A peny weight and 3 peny weight of Cinament, make all in powder, and drink therof halfe A spoonfull at once in possett Ale, or pottage,

For one that Cannot make their Vrine by reason of granell or carnosity

Take of the Juice of radice roots, of the beards of small leeches, which dryed make to fine powder, gineing A drame at A time in Eyther, Ale, Wine, or Beare, Every morning fasting

To make one make Vrine that Cannot

Take an onion rosting it with butter, after apply it as hott as the patient may abide it, at the root of the yard, which soe worne causeth him to Vrine presently or this — Take the skinn of the maw of A henn, which dryed to powder, and of this gine to the patient to drink in Ale, Beare, or wine

How to make A Sear-cloth

Take A pint of the best sallet, halfe A pound the best red lead refined upon the painters stone, and 2 ounces of Beeses wax, 2 ounces of Vnwashed butter, put your lead into the oyle, and let it boile till it begin's to change it's colour the wax shaned and sliced very thinn, and the butter Clarify'd first, and when you haue strained the butter and wax through A cloth, then poure them into the oyle and the lead, remembring the oyle and the lead wamble and boile A little before you put it in, this done slacken the fire, and dipp your cloths in, and harge them up where the sun Cannot come to them

For Sore Lippes

Seeth togather rose water, Virgin, or Vnwrought wax, and deare suett, with A little oyle of Almonds, let it first coole, then Anoint the Seare, Instead of the oyle, you may put in A Peece of A very red Apple rosted softly, stiring it well together before the anointing, it is very good Alsoe to wash them with plantain water wherin Allum was sodden, or Elee with plantain water, and barly water mix'd together

For the yellow Jaunders

first day take A vomitt, next day this drink, Take 2 peny worth of Saffron Turmerick the weight of A great, and the Inner barke of the barberys Tree sett them all to steep in A draught of good white wine 5 or 6 houres, luke warme, the Saffron must be made into powder, and the turmerick sliced into small peeces, and then steep it soe long in the wine, then straine it, and drink it warme, and soe continue it 3 or 4 mornings and walke after it

Another For The Same

Take A good quantity of the Inner rinde of the barbary tree, boile it in posset alle, drink therof 3 or 4 mornings fasting, and walke

Another

Take A quart of white wine, and boile A peny worth of sennæ therin, and as much Saffron, take 30 Earth wormes slice and scoure them cleane, and boile them in wine from A quart to A pint, then let it run through A cloth and drinke therof Every morning fasting

Another

Strawbery leaues with their roots boiled in broth, drank fasting certain days will cure one of the yellow Jaunders

For The Black Jaunders

Take A gallon of Ale, A pint of honey, 2 handfulls of red nettles, 1 or 2 peny worth of Saffron, boile them in the Ale, it being first skimmed, then straine it well, and After drink A good draught therof Every morning for the space of 14 days

Another For The Same

Take Hartichock leaues, stamp, straine, and drink them in beare, and this is very good

A Good Diett Drink for Cleanseing of the Blood, To Preserue the Liver and alsoe is A little purging

Take a quarter of an ounce of Rhuberbe, and dry it well between white papers before the fire, A quarter of A pound of the best blew Nathalegoe currance, well washed, rubb'd, and dry'd, beaten small, or stamp in A wooden morter, then put the rhubearb and Currance into A Quart of Ale, and let it stand 48 houres in A close bottle, this done straine it, and drink almost A pint of it Every morning fasting, and as you drink add the same quantity of Ale, for it will beare 2 quarts and A halfe of Ale very well

For The Wind Collick

Drink holly-berrys stampt and strained in Ale, or Else this, seeth A handfull of horehound stampt in oyle Oline, and Apply it to the belly

A Speciall Drink to purify the bleed, Consumption, and all Other Diseases

Take 8 gallons of wort, boile therin guacum 2 pound, cortex halfe A pound sassapetilla 4 ounces, liquorish 4 ounces, Annyseeds 2 ounces, all these being bruised, and boiled till halfe be consumed, then take it of the fire, and when it is cold straine it, and put yeast upon it, and make drink therof, and use it for 15 days or longer, probatum est — during which time let your diet be moderate, Eate but one meale A day, and that roast meate, on fish days onely poached Egges, at night Eate nothing but raisons of the sonn, and fine manched drink of this drink fasting in the morning with your meat, and at all other times when you are dry

A Water for A Consumption

Take 3 pints of new milke, one pint of red wine 24 yolkes of new Egges, mix them with the milke and wine, and still all in A Stillatory with A soaking fire take A spoonfull therof once A day in broth, or drink, and within one month it cureth any consumption, mingle well together 30 yolkes of new laid Egges with rose water A quart, womens milke, goates milke, or Ewes milke A quart still them, and drink therof first, and last, with A Cake of manus Christi, made After this manner, Boile 4 ounces of rose water, 6 ounces of fine suger, beaten into fine powder, till it be thick, put into the same Corrall, and Amber of Each one drame, and A little pearle

A Good Restoratiue After

Take the yolkes of 2 new laid Egges steeped in vinegar 6 houres, then take A pint of muskadine, and 4 dates fine picked, and make A Cawdell therof

For the Consumption

Take A new laid Egge, and roast it rare dissolue manus Christi therin, and Eate it morning and Euening

For An Ague

Take the yolke of A new laid Egge and beat it well with bay salt, and spread it upon A peece of new dowlass, bind this to the hand wristes an houre before the fitt Comes, take the skinn of the Egge, and bind it to the little finger of the left hand, Take fetherfew and bruise it between 2 new Briches and Apply that at the same time at the bending of the Armes and to the Arme pitts, and when the fitt is upon the party, take 2 handfulls of smallage, and boile it in A Quart of Clarett, untill it comes to A pint, sweeten it with suger, and give them to drink, they drinking nothing Else while the fitt is upon them probatum est

Balme Water

Take 4 gallons of strong Ale that is old, 4 pound of balme striped from the stalkes washed and dryed in A Cleane cloth, halfe A pound of liquorish cleane scraped as much Annyseeds both bruised together, steep all 12 houres, then still them in A limbeck, take A Quart at the first runing, soe much at the second till it run cleare which will be neare Another Quart, you keep it with A soft fire

For A Scalded hand

noe sooner are you hurt but goe Immediately to the kennell, and Apply the durt in it, to your hand, and you will find Ease

A Diet Drink

Take Sarsaparilla 2 ounces, Lignum Guaicum halfe A pound, sassafrass one Ounce liquorish bruised 2 ounces, hermodactibum one Ounce and A halfe, Raisons stoned 2 ounces and A halfe, Annyseeds halfe an ounce, maidenhaire halfe A handfull boile all these in 10 quarts of Conduit water untill it comes to 5 quarts, After straine it, and drink A pint Euery morning, at 4 A clock in the Afternoone, and the last thing at night — you may Add halfe the things, and put to the second decoction, and soe boile them to the same Quantity

For The Rickets In Children

First when the moone is 8 days old, give the Child A little Ale or Beare, steep'd with Rhubarbe all night, as will give 3 or 4 stooles A day, for 4 or 5 days together, and After cutt or slitt the Eares, After give this following drink

The Drink for it

Take A pottle of water, halfe A pound of the best Currance, 2 handfulls of Raisons of the sun stoned, A spoonfull of Annyseeds, as much liquorish, 12 harts tongues leaues, the Black string in the middle taken out, and A handfull of liuer wort, boile these together till halfe be consumed, sweeten it with A penyworth of browne suger Candy, After straine it out, and give it the Child to drink Then

The Ointment For it

Take rosemary, fetherfew, spike, Hisop, Time, southern wood, maiden haire, bay leaues, penyroyall, of Each one handfull, cutt them very small, and boile them in A pound of unwashed butter, and afterwards straine it, and keep it for your use, as Above, remember all soe to put in all pottage or grewell the Child Eates A peece of an Olmond root

A Water used by Dr Stevens For all Diseases

Take A Gallon of good Gascoigne wine, ginger, gallingall, Nutmegg, Canella, graines of paradise, Annyseeds, fenell seeds, and Caraway seeds of Each A drame Add thartofage, Time, red roses, mints, Cinament, pelitory, rosemary, wilde marjorum, Organy, or penyroyall, wild time, Cammomill, Lauender, and Auens of Each A handfull, bruise the spice small, and stamp the hearbes, put all into the fore said wine, with A Quantity of fine muske, and let it soe continue for 12 houres, during which time, stire it often, and still it in A limbeck, and keep the first, and second waters by themselues

The Vertues of Waters

Good for disgestion, the water of red mints, — the water of woodbine good for the Collica passio, — the water of borrage good for the heart, or pestilence — the water of sorrell, Endiue, or sowthisle any of these good for the heates of the liuer, Back or stomach, — the water of Femetory, or Elders, both purify the skinn — the water of fenell good for the Eyes, — the Water of Bugloss, good for A burning feauour — the water of Camphire, is good to stop blood Inwardly, any bruise, or sun Burning

For Comeing Forth of the Fundament

Anoint the place with deare, or sheep suet melted against the fire in A cloth, and sitt vpon warme cloth, or clouts — A good handfull of Rew, and A handfull of red Nettles sodd in whitewine in an Earthen pott, vntill halfe be consumed, drink the wine, but lay the hearbes to the fundament very warme, remembering to bray the hearbes very small before you vse them

To draw vp the Fundament

Take the topps of firses, whether they be green or old, A handfull, and boile them in 3 Quarts of water, and being well boiled, take the water, and bath it, and put it vp into the body, then warme A red cloth, and put it to the place, and this will help in 2 or 3 times vseing, vnder god, if it should swell, then you may Apply to the place, rosemary leaves stampt, plaisterwise, with warme cloutes

Things Ill for The Stomach

Milke, honey, Bread not well baked, Raw flesh, stinking sauours, heauyness, thoughts great Exercise straight after meate, All fryd meates, Butter, all Inward parts of meats to Eate Afore hunger, and alsoe to Eate diuersitys of meats, at one meale

A Purge for The Stomach

Take an Apple, then take out the coare, take 6 seeds of spurge, and blanch, then bruise and put them into the Apple, with A little ginger, and powder of Cinament, it being roasted well, then Eate it fasting, or when you goe to bed

For The Pluresy

Take the pissle of an harte dry it, and pound it to powder, and drink it with the distilled water of Cardus benedictus — alsoe if you are In great Danger, Take halfe an ounce of the dust, or shauings of A boares Tuske, boile it in barly water, and soe drink it be some what warme, it is A present remedy

To Cause one that is sick to sweat

Take dry Cummin, and beate it to powder, mix it with oyle Oliue, and boares greace fry them togather, then straine, and put it in boxes, and Anoint the patient Against A Fiar-cole fire, vnder the feet, and In the hands, After lay them to bed, and Cover them warme,

For One that sweats to much

Take Lintseed, and lettice, stamp them together, and lay it to the stomach, and vse it till you are well

For The Stich

Take the powder of Cinament in possett Ale, and drink therof as hott as may be suffred

Another for the same

Take Beets, spurge, and mallows, of Each one handfull, seeth them in Ale, and straine the hearbs when they be sodden, and make possett Ale of the liquor, and soe drink it

To Cause Vrine

boile one handfull of hollyberys in A pint of good Ale, till halfe be consumed, then straine it, and put therto A little butter, and soe take 5 or 6 spoonfulls, and drink therof

For A Surfett

Take A handfull of rosemary to A pint of Ale, 6 cloues, 12 peper cornes, grossly bruised boile them together till the rosemary change colour, put therto A little suger and put therto A little suger, and put the drink from the stuffe, and vse it

2d: put to A pint of Aqua vitæ, being grossly 2 ounces of Cinament, one ounce of ginger, 2 ounces of cloues, 2 graines, A peny Nutmegg, shake it once A day for 9 days, take therof A spoonfull to A pint of beare, or Ale, remember you pound your spices grossly, — Giue the party A draught of water as warme as milke from the Cow, with 2 spoonfulls of sallett oyle, if it work not quickly, let them halfe it, with A feather, but if it pass the stomach giue them A draught of burned sack fasting, with as much treacle as A hazell Nutt, with suger, let them keep their bed for 4 houres and sweat, as their strength will permit, and In their sweat, let them drink Clarifyd Oyle, with A little mace, wherin alsoe dissolue, some suger, this maketh perfect Disgesture

For A Stinking Breath

Take A handfull of Cummin beaten, and seeth it with wine, from A pottle to A Quart and drink therof soe hott as may be suffred, halfe A draught, first in the morning and last at night for 25 days togather that being done, make A new supply

To Sweat At Night when you goe to Bed

Take of mithirdate A drame and A halfe, and Incline your selfe to sweat at night, but goe not to bed on A full stomach, and be carefull you take not cold

To make A Glass of Gargarisme

Take 2 handfulls of red rose leaues, A spoonfull of french Barly, and boile these in A pint and A halfe of water, till they come to A pint, then straine it, and put to it, 2 ounces of sirup of mulberys, one drame of Lapis prunella, and one ounce of verjuice, this is A rare good water to coole and represse the heate of the liuer

To Cause Sleep

Dies salomonis, being stilled put in A little of it, into A possett of Ale, and After drink it, causes sleep, or the leaues therof boiled in possett Ale, doth the like

To Stench Bleeding at the Nose

Chew the root of A Nettle, but swallow it not downe, and it helpeth much — Take A spider, and bruise it in A linnen cloth, smell to it but not touch the nose therwith and it helpeth

Damaske Water

Take rosewater, and put it into A stillatory, with rose leaues, lauender, muske bruised and Camphire and distill it

Sweet Water

Take bay leaues, lauender flowers, Fenell, rosemary, Roses, cloues, pomander, put all these together in A still, and fill the stillatory water, and soe let it still

A Speciall powder for A Windy Stomach

Take A quarter of A pound of suger, of Serwall, or Cinament one ounce, of gallingall one ounce, of cloues A quarter of an ounce, pound all these togather, and vse with flesh or fruits

For the Headach

Chew the roots of pelitory 3 days, and it shall purge the head, and take away the paine

To make Pomander

Take Lapdamam an ounce, Storax, calamint and Storax liquid, of Each halfe an ounce Nutmeggs, mace, of Each one peny weight, wax 2 ounces, muske 4 peny weight, and as much of Ambergreece

A medicine for The Jaunders

make possett ale of A quart of milk after the curd is taken cleare of, boile 2 or 3 cloues and some Cinament in it, to take A way the fast, then take it of the fire, and Slice castle sope of the biggness of A large wallnut into it, and Stire it about till it be throughly dissolued, drink halfe A pint in the morning Warme fasting in the After noon the same Quantity, and going to Bed also

An Other Infallible one by Report

Take A quart of whitwine, and Infuse in it 2 or 3 Spoonfulls of the Juice of Sallen=dine, and A little saffron, let them be Infused in A bottle 2 days together, Shake the bottle, and drink neare A Quarter of A pint in the morning fasting, Thus it vomitts proceed in A weeks time it eures

To make Oyle of Cream For Burnings

Take 2 handfulls of Elder, one handfull of Rew, A handfull of hisop, boile all these together in A quantity of cream till they boile to an Oyle, and as that rises take it of

For A Pain in the Ankle of the Legg

Take one penyworth of oyle of Cammomile, and A penyworth of Oyle of St. Johns=wort, and Anoint the grieued place

For Griping In the Body

Salt burned put into A linnen bagg, and Apply it hett unto the body doth cease the same, or thus take the Rinf done, and boile in vinegar and water, doth dissolue the body

For Any heat In the Body

Take rosemary and vinegar, with fenell bruised therin, let the party hold it in their hand, and smell to it

make A verjuice possett, and apply the curds of it to A sore legg, A sore Arme, or hand, for it is Excellent good for such A Thing

X To make A strengthing Cawdle Madam Tyrwhitt's

Boile A sett of calues feet in 5 Quarts of water, to mash, Straine them, and grate A peny, loafe in it, let it boile A little, then put in A quart of white wine, and A pint of sack, soe boile it A good while, beate the yolkes of 6 Egges, and make A Cawdle, and Sweeten it to your Tast

X Lipp Salue

Take halfe an ounce of white virgins wax, an Ounce of Oyle of bitter Almonds, 3 peny=worth of parmacitta, 10 dropes of Naturall Ballsume, 2 Spoonfulls of rose water or Orange Flower Water

X An Ointment to cleare the face from the small pox mad^m. Jadys

Take oyle of almonds one ounce, and 6 peny worth of sparmacitta, and 4 penyworth of white rose water, sett part of your rose water in A porringer, Upon A Chassin=dish of coales before the fire, then take A peece of fall rusty bacon, and hold it to the fire that the fall may drop into the rose water, then take the oyle, and the parmacitta, and put to it, and soe beat it up to A very white thinn Ointment, you may doe it with the Backe of A Siluer spoone, what rose water you left out, you must put in by little, and little, it will beate the Better, and be the whiter, you must use this Ointment with A feather, Just as they beginn to dry, and soe continue it till they be all shelled of, and then use it onely night, and morning, to take Away the redness, be sure keep the face from Aire

X For The Rhumatisme Mrs. Buckeridge's

Put balls of stone horse dunge into an Earthen pott, poure in them as much hott possett drink (the curd taken of) as will some what more, than couer them, couer the pott, and let it stand before the fire 2 or 3 houres, giue the party Affected some what above A Quarter of A pint of this drank with A Spoonfull of Sirup of poppys, first in the morning, and last at night, it will sweat and purge, Giue them A Spoonfull of beare 2 or 3 times A day with as much powder of Crabbes Eyes as will lye on A sixpence in Each spoonfull — if this drink worke to much, Omitt it for A day or two, it is to be taken for 8 or 10 days, as Occasion may be, Abstaine from flesh, and what Euer is strong, and may feed the disease, The possett drink is to be made of milk and ale

X For The Riseing of the Lights mrs. Page's

This distemper is occasion'd by the wind getting into the midd rieffe, or that part which is like the honey Combe Tripe, the wind being gott into that part, raiseth up the lights, which some times come by great colds, for cure of which, Take the quantity of 3 broad peeces of old gold, and let A melting goldsmith, cast them into 3 pills, and take one of these pills when Euer there is Occasion, that is, when you haue the riseing of the lights, and when they are passed through you, reserue them Again, and take them on the like Occasion, if is found the onely remedy

To Sweaten and coole the Blood, Which is much Better than Majesty of pearle

X

Take an oyster shell, and warme it by degree's, for that will keep it from leaping, let it lye and burne in the fire, then peele of all the ruffe out side, and preserue onely the white Inside, take that, and powder it, and take halfe A drame, or as much of it, as will lye on A Sixpence, and drink it in A glass of whitwine, in the morning fasting

X For to keep The Body Solable

Take pill rudee, and Extract Rudee of Each halfe A drame, mix it well together, and now and then take when there is Occasion, this will leave the body loose, but by noe meanes purge with Rhuberbe, if you are Inclining to be costive for that leaves the body bound, when this is mix'd together, you may make A drame into 6 pills, and take one at night goeing to bed, and drink A draught of warme beare in the morning, and Eate and drink what you will after, and goe about abroad for your Occasions for old people, or young Children, make A drame into 8 pills

X For The Hiccock

It was the Advice of Aphisitian to one that had A great fitt of sickness, when he had the hiccock, and was very weake, he bud them take as many Dill seeds as A Thimble will hold, or there abouts, Eye them up in A thinn rage, and soe smell to them, And this helped him of his hiccock, and he recover'd to be perfectly well

Lime Water For The Quill or Dropsey, madam French's

X By the Lady Fairfax

Take A pound and A halfe of Unslacked lime, let it stand 2 houres in one gallon of faire Spring water, and put into it English liquorish but before, you put in the liquorish, Take it of with A fleeting dish, then put in your liquorish, Sassafras Sliced Annyseeds, of Each A Quarter of A pound, mace A quarter of an ounce, Blew carrance one pound beaten, let all these be Infused in the same water all night, then Straine the liquor, and keep it in A glass bottles, This drink must be taken in the morning fasting, the Quantity of halfe A pint, for A man or woman, and A quarter of A pint for A child, fast one houre after it, take as much one houre before Supper, with A Spoonfull of Sirup of violets, warme it, and walke one houre after it

X The Vertues of the lime Water

This is most Excellent against all manner of Obstructions, all kind of Ulcers, both In ward and outward, being drank as before directed, it is good Against the Stone, Eyther in the bladder, or the kidneys, it cleanseth and Encreaseth Blood, it Strengthens Na=ture, and dryeth up superfluous humours in the body, it is admirable Against the collick, Palsey, Consumption, dropsey, Running Quell; Kings Quill, and wormes, if you use it for the Quill, leave out the Sirup of violets; it must be drank A fort=night at least, more if Occasion be

X To make Juice of Liquorish

Take gum Tragacanth Steep it in rose water, Colts foot, and hisop water, of Each A like Quantity, untill the gum be dissolved, then take of fine suger candy, and liquorish pow=der A like quantity, mingle them well together, and with the Aforesaid Gum, make therof A paste and forme it as you please, add to this, musk, and Amber=greece as much as you please

X A Drink to Cleare the Eye Sight

Take to Every gallon of Ale, one handfull of Eye Bright, and Bettony together, let 2 parts be Eye bright, to Every handfull put A little Quantity of large mace, and sliced nutmegg, put all into A Bagg of boulter, with A cleane Stone or two to sink it, weare the bottom, soe put it into your Ale, it will be fitt to drink, ac=cording as your vessell is in Biggness, if it be but A little one, A fortnight will make it Stale Enough, it is best to drink A draught of it in A morning, and A=nother in the Afternoon, But you may drink it very safely Eyther at meales, or when you please, and Continue it as long as you will, if you like not this you may take 4 or 5 Spoonfulls of the distill'd water of Eye Bright, in A morning and wash your Eyes with it if you please — The right Eye Bright is that which groweth on single Stalkes, neare the ground, with A whitish flower, stripe the leaves and flowers together, you may dry it, and it will keep all the yeare, gather it in may or June, or when you can before hay Time, for then it is in the chiefest vertue, put the Bagg into the Ale when you tun it, if it be to strong of the Eye bright, you may mingle with it Other drink, if you take the distill'd put A little suger to it, when you drink it, if you wash your Eyes with the water, warme it first, and use it onely, when you goe to bed, it is Ap=proved good

X A Distill'd Water For A Consumption

Take 4 Snailes and let them lye in faire water 2 houres, then take them out, and bruise them shells and all lightly, then put them into A pale of water, and wash them in 2 or 3 waters, till the shells come of, then put them into A cleane cloth and hang them up till the water be dreined from them, the put them into A gallon of red cows milke, and let them boile an houre, then put them into A Still, and with them put in A little handfull of Speremint, and of Egrimony, and liver wort, the like quantity, and when you drink it Sweeten it with white suger candy, Take of it 6 Spoonfulls, first, and last,

X For the Bitting of A madd Dogg, for man or Beast if it be taken Before Nine days, my receipts,

Take 4 quarts of strong Ale or Beare, one pound of the Best Treacle, one handfull of Raw, 2 Spoonfulls of Tinn finely grated, one handfull of sage, 2 or 3 heads of Garlick, Stew this in an Earthen pott for 24 houres, by A soft fire, take of this the first day 3 Spoonfulls, the 2d: day 5 Spoonfulls, the 3d day 9 Spoonfulls, then take some of it at the full of the moon, and Change, for 2 or 3 months after

X Good Against Bleeding

To stanch Excess of bleeding at the nose, or any other place, take A linnen cloth and wett it very well in cold water, then clap the cloth soe wett to the prime members of man, or woman, and it will stop the Blood presently

To make Sirrup of Elderburys

Take of them a good quantity, and put them into an Earthen pott, then put the pott into a pott or kettle of water, then boile the water, and they will stew in the pott, untill they be very Tender and soft, then take them of, and straine them through a cloth, and then take the Sirrup, and put as much Suger as will make it sweet, then boile it together, untill it be a Sirrup, — It is good against the paine in the Stomach, and against the wind in the Stomach, or Burning heat in the Stomach and good for many other paines in that kind

Sneesing powder to purge the head

Take halfe an ounce of ordinary Tobacco, and of cloues About 12, one Nutmegg Saxafrage as much as of cloues. A little mustered seeds, a handfull of betany, beate them all in a morter, when they are dry, and Sift it through a fine Scarlet, and take onely once at night of it, and it will doe you a great deale of good

For shrunke Sinews

Take fine soft white sope, and the best Aquavitte, and beate them together, untill it become a fine Salve, then rube the places, that is shrunke often, and it will bring it Easy, and well Again, by gods Assistance, and all the Sinews will be Stretched to their former place again

To Take out Spotes out of Cloth, and Stuffe

Take Castle sope, and dipp it in luke warm water a little, and then rubb the Spotd place with it, as a marke, dipp it in the fore said water again, and then rubb the place with sope and the warme wather, and then take a good Onion, and cutt it the crose way through the middle, and then take it, and rubb with the warme water and Onion, and then wash it out, when you have done, let it dry in the Sunn, and it will take out the Spots

A medicine to stop the Toothach

Take ginger pounded, or grated, and put a little on the Back of your hand, and Sneese up, as you doe Snuffe, put it into the Nostrill, on the contrary side, that doth paine you, and it will ease it presently

Another For the Same

Take the root of plantain leafe, and wash it very cleane, and then make it fit for to put into your Eare, if it be to Bigg, make it smaller, and put into that Eare that the toath doth paine you, and let it lye in untill the next day, then pull it out, and it will be all black, and then Apply another if your paine be not quite gone

For Sore Eyes

Take the largest Snailes that you can get, being in her house, and stop the house with your finger, then take a great pinn, and prick it through the Shell, or house, upon one side, there will a water come forth, which water you may drop into a glasse, or Else and with it bath your Eyes, and it will coole them

A Cordiall

Take pearles that are indifferent great, which are not round, which you shall have at the Jewellers very reasonable, for they are not to fall By reason they bee not round, then put as many as you think fit, into a wine glass, then put the cleare Juice of a lemmon into the glass, then cover the glass close for 8 or 9 houres, then they will become very ragged, then rubb them with your fingers untill the Juice become white, and a little thick, then test it, and if it be Sweet powre it out into another glass, and soe put more Juice, as the rest, and doe as you did before, untill they be all dissolved, and sweet, put all the Juices together and let it remaine untill it become as have as a Stone, and then take a little of it scraped with a knife in a little white wine — it will Expell any poyson when you have drank it, or any paine at the heart, or revive one that is dying, and make him come to himself for a little time, it will take away the red Spots, and pimples, that is used to be on the faces of many people, Being put on at night, when you doe goe to bed, being dissolved in a little wine and bath them with it, and it will take it all Away

For The Stone

Take one ounce of the oyle of sweet Almonds, or more if the boy be strong, and the same quantity of white suger candy beaten to a fine poulder, then put them into a great glass of Rhenish wine, then put into it the Juice of halfe a good lemmon, or more, then After taking a glister, you must drink the wine with the Ingredients, and it will cause drink presently, and give you Ease

For The Collick

Take as much Vnicorne horne and shave it into a powder, as the head of a great pin, and put that in a Spoonfull of whit wine, or beare, being warme, and drink it up, then drink a little glass of warme wine, or beare, with suger after it, and it will cure you, take at any time in the day

Another for the Same

Take the dry rine of an Orange, and grate it to a powder, all the the out side, for it is most bitter, and red, the quantity of halfe a Spoonfull, and a little Thimblefull of fruitmegg grated, and put it into wine warme, and drink it up, then you may take a little suger in a little wine after it, to sweeten your mouth, this you may take at any time of the day or Night,

For The Gravell

Take mathorne 6 drames in the morning, and at night soe much in Rhenish wine, or white wine warme, and it will dissolue the gravell Speedily, you may use it as often as you have cause

For Bloud Shead Eyes

Take the purest honey clarified, and drop one drop into the Eye, that is Bloud Shead, and it will heale it

To cure Soares, Take Roman vitriall, and vse it as folleweth

If Eyther, man, horse, or any sencible creature be hurt, wounded, or galld and alsoe to stanch, or stop blood, take A little quantity of the blood, or putrefaction that cometh out of the wound, and put A little of your powder vpon it, and wrape them in A cleane linnen cloth, and leaue it in some place where it shall, neither haue to much heat, nor any wett at all, let not the wound alsoe be wett, nor kept to hott, but kept in A good Temper, wrap vp in clean linnen, and washed now and then with white wine, or some of the water you may make of your vitriall of rome, the water must be made — puting A little water into A pewter dish, and leaueing your vitriall, or secrett them untill the water growth blew, the which water is very good for A Canker, or any putrify'd flesh, the said water is very good for any soare Eyes, bathing them in the morning with it, alsoe to make your tobacco, take sweet, your secrett being rubbed on your Tongue

To make New Beare, or any Other that is Troubled Cleare

Take Isinglasse, and put it into A pottle of beare, A Quarter of A pound, and boile it till it be dissolued into A perfect liquor, then when it is in A temper to put it into the barrell, and then stire it altogether, and then stop it close, and it will make it as cleare as may be in 2 or 3 days — you may take the tope, and the bottom of A brown loafe of 4 peny price, and Toast it at the fire, very dry, and hott, and put it into the barrell, and in 24 houres it will be cleare, and stale.

To Dissolue Ising: Glass

Take the Isingglass and beat it with A hammer, as thin as you can, then put it on the fire in A little water, till it be hott, and it will dissolue it

For A Cold or Cough

Take ounce of liquorish pound'd, an ounce of Anyseeds pound'd, and halfe an ounce of fox lunges pound'd, and A quarter of an ounce of Elikompane, pound'd, and put them altogether, then put the same weight of them in brown suger candy, pound'd, and then mingle them altogether, soe that they will be 5 ounces, and A halfe in all, then take on the point of A knife, morning and Euening, or as often as you desire, it is an Excellent remedy for any cough

An Other for A Cough

Take the English pippin, or the pome de granett, and pare them, then slice them then put white suger Candy, and put A laine of sliced Aples, and A laine of the Suger and soe doe them as you doe pickled herrings, then put them in A cold place, between two platers, 2 or 3 days, and then, take the sirup that comes from the suger and the Aples, soe take A quantity of it morning and Euening. Each is good, but both are Extraordinary for any cough of the lunges

For A Pearle in the Eye

Take brown fenell roots, and pound them, and straine them, soe put A little honey to the Juice, and mingle it together, and soe vse it

To Quite your selfe of Lice

Take A peece of the linnen cloth, which the goldsmiths doth wipe the guilt plate, when he doth Guild it, and plate it vnder your Arme pitts, and in the pitt of your neck, and that will cleare you, of them all presently, for they cannot guild, but thay must vse quick silver, and that is that, which doth destroy them

For The yellow Jaunders

Take Sallendine and pound it, then put it in strong beare, to steep one night then straine it through A linnen cloth, and drink it fasting, 3 mornings together, it must be A good handfull of Sallendine, to A pint of beare

To Cure Chillblaines

Take Green wax, and put it on A black peece of fustian, as A plaister, and it will cure them

For A Hoarsness, mr. Robert's

Take oyle of sweet Almonds new drawn 2 ounces, the same quantity of white suger candy, Canary, and sirup of vinegar of each 4 spoonfulls, Take of this night and morning 2 spoonfulls, and shake it well

For A Wrench in the Backe that you Find hurte.

Take an ounce of the purest turpendine, and with an ounce of liquorish finely powder'd mix it on A cleane board till it be well mixed, then make them vp into pills, and diuide them into 3 parts, and all A like, to take 3 seneral mornings, keep warme, and the other 3 mornings Take the following 3 doses, haue three good large nutmeggs, and with A needle prick them full of holes, and rape each one in A little wett browne paper, and another again ouer that, and close them vp in warme Embers not to hott nor to cold, the next day make them into powder, and the same quantity of white suger, diuide it into 3 parts To take three mornings as before

Surfeitt Water

madm Roberts

Take 2 pound of Poppies, a quarter of a pound of figgs sliced, a quarter of a pound of Raison of the Sun stoned, 2 ounces of Liquorish sliced thin, 1 ounce of Annyseeds. 1 gallon of Brandy, put all these together let them stand a fortnight or 3 weekes. then strain it out and add to it 1 pint of old Malligoe sack an ounce of perfumed, or not perfumed which you please put it into bottles.

Milk Water. Mat.ⁿ Roberts

Take Carduus. Goats rue, Meadow sweet each Six handfulls, Mint, Wormwood, each 5 handfulls, rue 4 handsfull, Angellico 2 handfulls. Whey 3 Gallons infuse them 24 hours, then disstill them.

Surfeit Water

Take 2 pound of Raisons 1 pound of figgs half a pound of Dates a quarter of an ounce of Saffron half a dozen bunches of merigold flowers, 1 bunch of balm 1 bunch of Mint half an ounce of Mace a quarter of an ounce of Cloves bruised, Sweet anniseeds Juniper berryes & Cardimams of each an Ounce 1 bunch of Notted Marjorum 1 handfull of red sage, 3 rasos of ginger.

For the Stone in the Kidneys

Boyle a pint of Ale and Skim it well then put a little Syrrup of Marsh Mallows and a penny worth of Brandy and drink it as hott as you can either Morning or at Night.

To Clense the Blood Corent Berriway

Take Scurveygrass half a peck the like of Watercresses brooklime and Jumitory put it into 3 gallons of Ale and 1 Gallon of Small beer before you put your herbs into your vessel bruise them if you would have it purge put in 2 ounces of Sena and a quarter of a pound of Monks Rhubarb let it Stand 6 daies before you draw it off it then drink half a pinte or a pinte morning and Evening.

Juice of Alehoof drank in beere is very to clense the blood.

A Drink for the Small Pox Measels Heavor or thirstiness

Take half a pinte of Sack a quarter of a good large lemon or half a Smallone Squeezd into the Sack then put the sack into 3 pints of Milk Just boyling up. let it Stand for the Curd to harden and strain it and drink a draught when you please if you put in no lemon a quarter of a pinte of Sack to a pinte of Milk.

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Take a quart of Milipedes or hogglices & bruise them 1 handfull of Wormwood one handfull of Wormwood 1 handfull of Rue 1 handfull of red Sage, beat all these in A Mortar very well, put them into a bagg with the Milipedes, put them into 4 gallons of Small Ale, let it stand 3 or 4 daies, then make it your constant drink.

To Make Speritt of Elder

Spiritt of Benjamin

Take A Quarter of a pound of Storax, Tow Ounces off Benjamin, 6 Grains of Musk, A Quarter of an Ounce of Dragons Blood, 10 Cloves, Bruse these in a Morter And putt them Into 4 Quarts of Spirit of Wine: & Shake it Well togeather, And Lett it Stand 2 Dayes And then you may Use it.

To Make Aramarebels.

Take 5 Quarts of ye Juice of Cellandine & 20 quarts of the Best Brandy, 2 ounces & halfe of Cloves, 2 ounces & halfe of Mace, 2 ounces & halfe of Nuttmegs, 2 ounces & halfe of Ginger, 3 ounces of Cardimum Seeds, 3 ounces of Gellingall Roots, 2 ounces & halfe of Cubeb Seeds, 2 ounces & halfe of Mellett flowers, All this must be brused In A Morter, & Mixed wth Brandy ye Juices, & steep it All night, before Stilled. = To this must be put 2 pound and halfe of fine Sugar, & a Quarter an Ounce of Saffron, If you would have it of an Amber Couller tye ye Saffron to the Worm In A Ragg.

To make oyle of Broome Good for an Ache & or Bruse Ether taken Inwardly or Applyed Outwardly.

Take Broome Blossomes pickled & put them Into as much fresh Butter Clarified as will Cover them, Stirr them & putt them as often as you can Into the Oven after Bread till Elder flowers Come, then put the same Quantity of flowers Into it, & Lett it bee Strained from the first flowers when these goe in Cept ye same Same time In Stoping as the former wch is 3 weeks being putt Alsoe Into the Oven.

To make Balme Wine

Take 6 quarts of Spring water, 14 pound off Sugar, boyle it well & Clarify it with whites of Eggs, & put it boyling Hott over 2 pound of Topps off Balme, & when it is fitt to put yest, to lett it worke; & when it is Old put it in a Vessell Hearbs & all, And lett it stand 2 months then Bottle it.

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If you haue a mind to make any Coullers take what Quanty you please: for Red Squeeze thro a bitt of Clean Cloth a Little Cocheneal: for yellow a Little Safforn, wash your Jelly Bagg out In Cold water, Be sure Lett not Smoke Come near it, & y^t it be very Dry when you Run your Jelly, & do not Shake your bagg ~~hang it on~~ as you pour it In for it will be apt to stop. When you vse your hang it on a plate, or Spit wth ye mouth open. — " — " —

To make Jelly

Take a pound off Harts horn put it In a Clean pot wth 6 Quarts off Watter & Lett it boyle over a Gentle ffire till it Comes to a Jelly If ye Harts horn is Good, you may boyle 2 Qquarts away so y^t you will haue 4 Quarts of Jelly, take out a Little in a Spoon to Cool When you find it hang on your Spoon it is Enough Take care to to make it a Little Stronger in ye Summer than ye winter. Boyl your Stocke of Thus, The night before you vse it, Next morning Take it vp & Leaue ye Grounds, but you must Remember to strain It from ye Harts horn when it is hot, then put it into A Clean Brass Dish Cold If you haue 4 Quarts of it put to it a Bottle of Rhenish Wine beat vp ye whites of 8 Eggs to a ffroth & put To it likewise 12 Cloues, 2 blads of mace, as big as you ffinger of Cinnamon, These Ingredients being mixed Cold in a Tinned Brass Dish or Little pott, Sett your stock over a Clear fire stiring it wth a Clean Ladle & pour it In as If you were Cooleing any thing to mix ye whites of your Eggs well wth your Jelly so after It has boyld vp 2 or 3 minutes put to it ye Juice of 6 or 8 lemons But you must Remember when you put In your Wine, to put In halfe a pound of Loaf Sugar, you may Sweetten it or Sharpen It according to your Discretion & pallat of ye Eater, Lett it boyle vp 2 minits after you put In your Lemmon Juice, & when you see it ffinely Curled & of a pure white Colour, haue your Swan Skin Jelly Bag hang on a Clean Dish or Sawce pan then pour ye Jelly softly Into it wth your Ladle. The first Quart or 2 that Runs thro put it back Into your Jelly Bag softly till ~~ye Jelly~~ you find your Jelly is as Clear as Rock water, If in winter time, you had best Lett your Jelly run by ye ffire. For

For In the Cold, It will be apt to stop In ye Running. So you may ffitt vp your Jelly Glasses or China fitt for your vse.

This Jelly Is to be Observed before you make ye Blamage

To Make A Lemon Pudding

Take 10 Eggs and leave out halfe ye Whites, halfe A Pound of Butter melted, and halfe a pound of Sugar, one Large Lemon, or 2 Small ones, & grate off all the Peel into it, And the Juce of ye Lemon must be put In Last of all, When it is all mixte Together, Take Some of the Whites of the Eggs & one Egg more, & Some Butter & make Cold Past To put over the Pudding And Bake it.

To Make Rhenish Wine Creame

Put over ye fire a pint of Wine a Stick of Cinamon and halfe a pound of Sugar, While it is Boyling take 7 Yolkes & Whites of Eggs put them well Together with a Whisk till your Wine is Hasty Cinamon in them & your Eggs to ye Syrup, Stirr it very fast with ye whisk till it Comes to ye Thickness y^t you may Lift it on ye point of a Knife; but be sure you Let it not curdle And to it ye Juice of a Lemon & orange flower water, & pour In your Dish & garnish it with Citron Sugar or Biskett & Serve it up.

To Stew Golden Pippins or Apples.

Cut ye Eyes of your pippins & Cut them In two, Cut out ye Core & head, Place them In a Sayer pan with ye Cut Sides Down in a English Quart of Water ye bignes of an Egg of Sugar a peece of a Rine of Lemon Cut In Small threads, about 2 Inches long each by as your fingers of Cynamen Cover it Down with A Sheet of writting paper Close to your Lyquor Let it simber over a Gentle fire 2 Hours very Tender, Serve them hott or Cold for A Plate or Little Dish you must Squeese ye Skins of before you Stew them. If it a right Golden Pippin they will be as Whole after they are Stewed as before & very Tender as Leg Layed y^m Handsomely on a Plate with a Spoon, Lay betwixt each of y^m a Slice of Cut Lemon, Cast pour over as much of ye Syrop as ye Plate will Conkly Hold Scrape a Little Sugar and Strew on them, & pour the Syrop over them.

For Second Course or Supper

To make Blamange

Blanch off a pound of Almonds In Scalding Water throw them as fine as Past In a Marble Mortar or Stone Mortar as you grind them put to them now & then a Spoonfull of your aforesaid Jelly to keep them from Oyling When they are very fine put them into a Clean Sawce pan with a Quart or 2 pints of your aforesaid Jelly warme it over ye fire till it is Scalding Hott breaking your Almonds well with ye Jelly with a Silver or Wooden Ladle then take it off & strain it thro' A Woollen Strainer or Sarsy napkin Into a Dish, Rubbing ye Almonds as hard as you can with ye Ladle; pour backe your Jelly on your Almonds 3 or 4 times till you find your Blamange is almost of thicke as Creame otherwise it will be apt to part when it is Cold & Almonds Swimming on ye Top & Jelly falling to ye Bottome & if you do not Cool Well 'tis a Token y^t your Almonds was not beat well or not often Enough strained. This Done you fill up your Jelly glasses to Fill or of your Dish or Cold Plate for Second Course: Likewise 2 Glasses of each sort in ye Vacancies of your Plate y^t white opposite to one Another & so ye other, or with those 2 Jellys you may make A Dish for Second Course by themselves. I have ascribed this because ye mixing ye Ingredients Cold for your playn Jelly above said, I think is better then putting your Eggs into your Stocke after it boyls. ye way of mixing ye Ingredients Cold is not comonly Known, You may make ye playn Jelly aforesaid In Case of Necessity of 2 Yang of Calves Feet. In Buying of your Hartshorn you must take Care Because there is a great Cheat in it for Some Scrape Bones instead of Harts Horn & then it will not be for fine nor make such a great Quantity as aforesaid. Those 2 are proper for ye Second Sort or Supper and Some Use it for a Desart. You may Raise ye Quantity with Half the Ingredients according to your occation, If ye Later Course you may Use a Little Musk In ye Running of your Jelly Tye it in a Rag & Strain into your Jelly Bagg. But most Quallity Loves it plain.

Observe ye next Jelly you make this Blamange

To Dress A ffowle

Take A Quarter of Veall A Quarter of a pint off Oysters Take 3 oysters & put a mongst your veale ye Yolke of 3 Eggs & Crumbs of Bread tosted before ye ffire & a Spoonfull of Sweet hearbs shreed Small, & put to it pepper & Salt to your Tast & halfe a nuttmegg, Beat all in a morter to a past, the take A Scuer & mke holes betwixt ye flesh & ye Boan & Stuff it wth this meat ffor Sauce, Take a pound of Beefe Stakes beat them And a Quarter of a pound of Butter, an Oynion & Sweet hearbs a bundle & burn them in ye Pann before you put in your Beefe take halfe a pint of water & put to it, & halfe halfe a Spoonfull off burnt flour & A good bigd glass of white wine, If it be ffor Boyled ffowle put 3 Spoonfulls of Creame to Turn ye Coulter, & ffor Roast Lett it be Brown as before. /

To Rague A Breast of Veall /

Take a Quarter of a pound of ffresh Butter as much Bacon putt it Into a Stewing pan till ye Bacon is Brown then take it out & Clean your pann & put About a pint & halfe of Gravy in, And ye Boney Side of ye Veall Downward then let it stew halfe an Hour & then Turn ye meat side Downward & Lett it stew halfe an Hour more: Then take it Up, & In your Liquor putt ye Juice of 2 Lemons & ye Yolke of 2 Eggs, half a Nuttmegg And a Glass of white wine & ye ffirst meat as above Except Oyster fryed, & put about it & ye Bacon. /

To make Lemon Wine

Take 3 Gallons of water, & when it is scalding hott put in 7 pound of ye ffinest powder Sugar, & ye Rinds of 2 ffresh Lemmons, then Lett it Boyle 3 Quarters off An Hour, Keeping it Skumd, then have in Readinesse halfe A Dozen Large Lemmons or 8 Small ones, pare & Slice them takeing out all ye Seeds Then put them Into a Tubb And but 2 of ye Peells wth out you Like it Bitter, Cover it Up Closse while it is Cold Ennuffe to sett it a working then pour it Clean from ye Lemons, & sett it a working as you doe Cowslip wine but Leave Rome Enoufe In Your Vessell to put In A Quart of Brandy when It have done working, & when it have Stood A ffourtnight then Bottle it off: ye water measure by a Ale pint.

To Pickle Young Umballs of Elder ffowers

Gather them when they be Small wth ye stalke on, picking off ye Leaus from them, then put them Closs down in a pott & Boyle A Strong Pickle of Salt and water strong Enouffe to bear an Egg pour Enoufe Unto them as to Cover them, & then Lett them Stand 48 hours Closse Covered then pour ye Liquor Clean ffrom them, then Lett them stand in ye Sun to Dry, or by ye ffire, then make a Pickle of white wine Vinnegar & a Blade of mace & Some Long pepper, & Some Cynamon, pepper & a Race or two of Ginger when your Pickle is boyld a Little pour it Upon as Before then lett them stand a weeke Closse Covered, And then Green them As your other Pickle. /

To pott a Leg of Mutton

Take a leg of Mutton and Skin it and Cut all the fatt and Sinues from it Then take all the leane and cut it Small and chop it and after it is done very Small Season it with Pepper Salt Jamaica Spice and a little Nutmegg Then take your Pott and lay a layer of Butter at the bottom then put in half your Meat than a little more butter and then the rest of your Meat with more Butter on the top and when it comes from the Oven take the Meat out and let all the Gravy drain from it and when it is almost cold put it down in your Pott very close and cover it with melted Butter Take care you do not put in toomuch Butter because it will make your Meat eat Greasie. The same way you may doe an Oxe Cheeke

To make Red Sauce for a Neck of Mutton

Take a Little Sparemint thyme thyme & Sorrel & Anchoves mince all these very Small then Take a pound of Sweet Butter 2 Spoonsfull of Vinegar 2 Spoonsfull of Cymon water 4 Spoonsfull of Gravy put these to the Butter and sett it on the fire and draw it up to a Thick Sauce before you take it from the fire throw in your Herbs & Anchoves which is to be minced as the Butter is Melting with the Juice of half a Lemon half a French Roll

thinn Sliced & put into the Sauce as it is taking from the fire cover it a little untill the Mutton is taken up the bread is to be broken Slightly into the Sauce after the Herbs and the Anchoves are put in it is to stay so long upon the fire as but the bread is to have a little roarme the other half of the Lemon must be cut like dice to be put in at Last

You may put in what Quantity of Butter you please the Cymon as you put into the Sauce must be Sliced and Steeped in cold water till the Strength of it be out. none of the Cymons: onely two Spoonfulls of the water the Cymons was steeped in: if you have not very good fresh butter: wash your salt butter it will do you may if you pleas leake out your time

A receit to make Rateffee Cream

Take 4 small Lorill Leaues: or 3 Large ones: to a quart of cream: boil it up quick: for a quarter of an hour take 3 eggs to thicken it: onely ye yolks well beat: then sweaten it to your pallate: put it to your cups: or glasses: take the leaues out before you thicken or sweatten it

To make Jocolate Cream

Take a quarter of a pound of Jocolate: to a quart of cream: boyl your cream: then either grate or scrape your Jocolate: and boil it up together and thicken it with 3 eggs: whites and yolks; well beaten: then sweaten it to your tast: and milled or plain put into your cups or glasses as you please:

To draw gravy for saucy for fish or Scotch collops or any made dish

Take a pound of gravy beefe cut it thin & beat it with a knife and put it into a stew pan with a little piece of butter a little sweet hearbs, a little onyon or shallott and some flower, so let it stew till the meat is all dry then put some strong broth so much as you shall want, to make your sauce this you put to supp to make it look: ny coloured

To Stew Crawfish./

Pull off the Tayles and peel them, And gett out as much of Inside of the Bodyes as you Can: then take the Shells and wash them Cleane in faire water & pound them Small, and wash them out wth white wine or any other Lyquor you like, And Put Anchovies; nuttmegg & Lemon peele according to your Tast, And put ye Tayles into that Lyquor, & Stew them a little while; And then thicken it up wth Butter & Serve it in wth Sippets./

To make Crawfish Soupe./

Take Beefe and Slice it, & make Strong Broth wth Turnops & Carrotts Slided and Boyld In It wth an Oynion & Spice According to your Tast, then Straine it off & take the Tayles of your Crawfish and peel them and ye Bodyes when washed wth watter & pound ym well, & wash out wth white wine, & Squis out the Juice, & put it Into the Strong Broth wth the Tayles: and Lett it Stew a Little softly over a Gentle fire; And Shred some Green Spinage Into ye Soup & Serve it up with a Duck Rosted In the middle of the Dish or a whole ffrench manchett well tosted hard, You may add a Bunch of Sweet herbs in ye boyling of ye Broth, & If it be not thick enough you may beat 3 or 4 yolks of Eggs, & thicken it wth some Square pollets of Manchett well Tosted as you doe Into Comon broth, Scupe all ye Crumb out of ye ffrench Rolls; you may thicken it with the Body of Lobsters./

To Hash A Calves Head

Lett ye head be Boyled but not to much: Take halfe of it & Cutt to peeces as you doe other Hashes then put it Into some Gravy or Strong Broath, which must be Stewed before wth a few Cloves, mace & white pepper wth a Little Nuttmegg & a Bunch of Sweet herbs then Strayn out your Anchovy wth a Little Juice of Lemons. Lett ye other halfe of ye Head be broyled Brown & Laid in ye Dish with some Slices of broyled Bacon, & ye Brains fryed Brown wth some Oysters fryed alsoe; You may Stew some Oysters in part of ye Gravy wth a Glasse of Clarett or white wine, And thicken it up wth Butter & ye yolkes of 2 Eggs And power over your meat & Serve it up, Lay your Slices of Bacon with the Brains & Cutt Hash on ye Top of your hash wth some fryed parsley./

To Make An Oatemeall Pudding

Take A Pint of ye ffinest Oatemeall to A Quart of milke. Sett it over ye fire and keep it Stirring Till it Grows Thicke, then take halfe a pound of Suett Shread Small, and halfe a pound of Currants Clean Pickt & washed, And 3 Spoonfulls of Sugar a little Rosewater water mix them altogeather, & Season it wth a Little Salt, Then Butter your pann & put it In, & Sett it in the Oven = You may If you please put in a Little Grated Nuttmegg & Some Orange & Lemon peele, or their Chips Canded wth some Cittron, Straw it all over wth White Sugar when you Serve it up. You may put in some of the Sweet meats into ye Pudding = or Slised Into ye Baking of it./

To Pickle Mushrooms
Oxford way

Take ye Buttons and wash them Clean with a Bitt of Flannen Boil them in milk & water a Quarter of an Hour then have ready your Pickle with Cloves Mace & Pepper Spread them thinn on a Cloath to Cool If you doe the flaps they must be Peeled outside and in you must Either Stop them Close in a Bottle or putt them in a Pott with Mutton Sewit over them

To Stew Mushrooms

They must be done the Same way rubed with a bitt of Flannen you must Stew them in their own Liquor wth Nuttmeg and one Onion & a Little Sweet herbs and Some Salt when ye Liquor is almost Stewed dry then you must add whitewine or Vinegar wth a Piece of Butter then Shake them Together. You may Put in a Little Cloves & Mace and a Little Pepper

To Keep French Beans

Take ffrench Beans very Young & String them, Take Pump Water & put in as Much Comon Salt as will make it soe Stronger as to bear an Egg then boyle it a Quarter of an hour then putt it in a great Earthen pan & Lett it stand till next morning then putt In your Beans in covering them over wth a board very Close then Sett them upon Brick & there Lett them stand till you have occation to use them, then take ye Green ones ye Swim a top and throw them away & wash ye others before you use them.

To make Allamode Beefe.

Take part of a Buttocke of Beefe, Cut it in Large Slices lett ym be of a Equall Thicknesse halfe an Inch at Least, Dry it in a Linnen Cloth then press it hard for 2 Hours, then Lard it pritty thicke wth ye best of Bacon, dipt in your Seasoning as you draw it In wch must be, Pepper, Salt, cloves & Mace, Season your Meat to your Tast high or Low, then Lay it in your Stew pann & between Every Slice a bay Leafe You may Rub you pan wth a Clove of Garlicke or a Shallott before your meat be Laid In, then take a Quarter of a pint of water stew it over a gentle ffire, It must be stewed very Leasurely, keeping your pan Close Covered.

To make White Meade

Take one Gallon of Honey, 6 Gallons of water in wch water you must steepall night 20 or 30 Pippins being pared & Sliced thinn & when you Boyle it up Straine out your Pippins & put in your Honey wth ye whites of 10 Eggs being well beaten wch is to Clarify ye Honey then Sett it over a Clear ffire & keep it sterring till it be Ready to boyle, and when you have taken of the Scum Clear, Add to it 6 nuttmeggs Sliced & one Dozen of Bay Leaves & keep it boyleing one hour, & then take it off, when Cold work it up wth Ale yeast as you doe other Drinke, only spread your yeast on a Toast, If you pleas you may putt in a Spoonfull or 2 Brandy in each Bottle.

A Sooup

Take a Legg or 2 of Beefe; or some other Beefe to mix wth it
Boyle them over a gentle fire, scum it very well then season
it wth Pepper & Salt a bunch of sweet herbs, some spice
proportionable to ye Quantity you intend to make when
it has boyled 5 or 6 Hours you may strain it off, of this
Broth you may make Gravy wth some beefe in a Sawspan
over a gentle fire, till it is almost burnt, then put in some
of the broth & let it boyle halfe an hour then take french
Bread & steep it wth your broth & put your gravy to it, to
this you may add any herbs in season, as Sellery, Sorrell the
Pulp of young Pease or old Turnips Carrots or ye like, or a
Cabbage halfe Caddled to mix wth your broth & gravy, soe ye
you may make severall Sooups wth yt stocke, it will keep in
winter 2 or 3 Dayes, If you have not french Bread you may
make use of ye Lightest you have; To ye Sooup you may Add
as Occation serves Beefe Pallats boyld tender & minced
forced meat balls made of veale or ye Lean of Pulletts Boyld
Chickens mixt wth Beefe Sutt or Marrow beaten in a Morter
or chopt very small, seasoned wth pepper, salt, Cloves, & mace
wth a ffew sweet herbs minced wth 2 or 3 Eggs according
to ye Quantity you make; allsoe you may Add to your Broth
Boyle Mutton Pullett or other flesh meat you may
Putt Jelly to Thicken it. / (or ma Jelly to thicken it.)

Naple Biskets

Take 10 Eggs & beat them very well togeather, then put to
them a pound & a Quarter of the best powder Sugar, & stirr
them well togeather, then put In 6 Graines of Muske
steep'd in Rosewater, then put in a Little sacke about 4 or 5
Spoonfulls then put in one pound of flower & stirr it well togeather
of Quarter of an Hour, then fill your frames wth a Spoon
halfe full & Soe bake them; After they are baked dye them
upon A peece of Paper in the Oven, to make them Break Short./

To pickle french wa[lnuts]

Take french walnutts the largest (if to be had) & cover them with
water, shift them morning & evening into fresh water for 17 days
successively, the last 5 days add 2 handfulls of salt or more at each
shifting according to your quantity the day befor your last shifting
make your pickle thus, to 200 of nutts put an handfull of salt
½ lb pepper, ½ lb mustard seed, a whole head of garlick ½ lb ginger slicd
the best wine vinegar more then will cover them
if you think fit you may boyle the pickle up about a month
after the nutts are put into it, & power the same on the nutts
then tye them down close, this is a good way, but if you doe not
boyle your pickle your nutts will be much greener & better to thi[s] day

An Other to Pickle Walnutts./

Take your Walnuts about ye midle of July and put them
Into water, and sett them on ye fire tell they be scalding
Hott, & shift them 3 times, and lett them boyle ye Last time
Then take wine vinegar, & Cloves, mace, whole pepper,
And long pepper, Boyl it togeather wth a Handfull of Dill,
Then take your walnuts when Cold, putt Into your Pot salt
Att ye Bottom, & between Every Laying of Nutts, you must
salt & a little Cloves, & mace, pepper & Dill, And a Clove or 2
of Garlicke, Soe You must doe till your pott is full, If your
pott Holds 3 Hundred of Nutts, you must put In 3 Quarters
of a pint of Mustard, & when your Pickle is Cold, putt it to ye
Nutts, & then Tye them up Close for 2 months before you Eat them

To Stew A Carp

Take as much Lyquor as will Cover your Carp In a Stew Pan & Lett your Liquor be water & Clarrett Wine Each A Like Quantity wth 2 or 3 Spoonfulls of Vinegar, a little Salt A Bunch of Sweett herbs wth an oynion, or Shallott, or 2 & the Bloud of the Carpe, If you Can have it, A little whole pepper, & a blade or 2 of Mace, & a Couple of Cloves, Lett your Ingrediants boyle Up, then put In your Carpe And keep it ~~[illegible]~~ Stewing, being Close Cowred, for halfe an hour, & yt will doe it, Then take ye Lyquor from your Carp, & Add to it a Coupple of Ancovise wth a few Oysters, & Shrimps, If you Can gett them, wth a Little Lemon peell; Lett it Just Stew to Disolve ye Anchoves, then Thicke it Up, wth the Yolke of an Egge, & Butter, Soe Serve it In, hawing Ether, Gudgeons, or Smelts, Well ffryed Laid Round wth oysters & Shrimps A Little more Clarrett to ye Sauce, You may Add Gravy, If you please./

To Make a Pillowe

Take a ffoule & a Peece of Porke, boyle them In 6 quarts off water, till they are Enough, then take them Up, & boyle A Quart of Rice in their Liquor, wth a few Corns of whole Pepper & Cloves, & a little Onion, when you find your Rice boyld Dry, Put your ffoule & Porke In Againe to heat wth a peece of Butter./

To Pickle Wallnuts./

Take ye walnuts & wipe them wth a Cloth & put them In a Pott, & Cover them wth bear Vinigar, Lett them Stand 3 weeks, then take out ye Nutts, & wipe them Clean, & put to them ye best Vinegar, wth Some Garlick Shallott, whole pepper, Mace Ginger, & Stop them Up Close, This by Mrs Glover./

To Stew A Carp

Take the Bloud of the Carp or Tench & a Little Vinegar, And a Little Gravy & Clarrett a Sprigg of Time, & a bitt of Lemon peele & a Little Anchovy Lyquor, Stew it Alltogeather a Quarter off an Hour then take it off & put a peece of Butter to it, & thicken it Up, & Soe Serve it Up, Remember to add Jamaca Spice and Oynion to the other Ingrediants./

To Dry Geese

Take 2 ounces of Salt peter, beat it very Small & Rubb ye Goose very Well wth it & Lett it Lye 2 Dayes then take a Quarter of A pound of Brown Sugar & Rubb ye Goose very well wth it & Lett it Lye 2 dayes more, Then take as much Common Salt as you thinke will Salt it, make as Hott as you Can bear it, & Rub it well all over it. It must Lye in a Tray or Something yt ye Lyquor may be over as much as Can be, Lett Hang Up to Dry, after Layn in Salt 10 Dayes.

To Make a Terren

Take A peece of Buttocke of Beeffe, a peece of ye ffianke or a Shine a peece of ffillett or a Nuckle, And a peece of Necke of Veall sett ym on over night make Strong Broth of it, when it is Cold Skim off ye ffatt In this you may putt any ffoule except Duck, when you put In the ffoule, put in Some Pallets parboyld & Cut Small, peall them while hott, 4 Sweet breads boyld Cutt Small 2 Duzen of Cock combs, Blanch A Quarter of a pound of Spistalia new brocke: Spinage Sellery & Endive take Some of the Spinage & put it In a haire Seeve, pour a Quart or pint of Cream to ye Quantity of broth pour it through ye Seeve Upon the Spinage, Sparragrasse Cutt Small put in it, & peas If there bee any — you may put in Sume of the meate Into ye Broth wth ye ffowle.

To make Elder Berry Wine Mrs Hooker

Take 20 lb of malaga Raisons pickt and rub'd clean not wash'd, shred them small and steep them in five gallons of water ten days, then pass the liquor through a hair Seive have in reddiness six pints of juice of Elder Berries boil'd in a glazed pipkin as you make jelly of currance in a kettle of water, put it cold into the liquor and stir it well together then tun it into a Vesel and let it stand six weeks or two months in a warm place, then bottle it, and it will keep a year after it is bottled, note yt the berrys must be nicely ripe, but not rotten, and gathered dry and when the liquor is mixt it must not be put in a cellar or cold place nor too hot, and if it be cold weather put a blanket or straw about the Vesel that it may duely ferment,

To Make An Almond Pudding

Take A Quart of Creame, make it Scalding hott then take 15 Eggs, Yolks & whits & beat them very well & put them to the Cream, wth Some Suggar & 4 maple biskets, grate them, And Put to ye Cream, wth a Quarter of a pound of allmond Paist, Dissolve it In ye Cream, Then Put it Altogeather wth a Little Beaten Cloves, & mace, then Simmer it over a Moderate Char=cole fire till it Comes pritty Thicke, Then put it Into your Dish, first Lineing ye Dish wth puffe Past, & then bake it./

As For Almond Puddings, They are of ye Same Ingredients wth the Pudding, only ye little wooden Dishes, they must be Buttered, & put in ye pudding, then take a Little Spinage & stamp it, & take a Little pudding in a thing by it Selfe, & put ye Green to it, as much as will Green it, Then Take a 2 penny Stayle Loafe & Cut 2 Slices Round ye Loafe, & put them Edge wayes Into the Dish, Soe as to Divide ye pudding Into 4 Quarters, So make 2 Quarters white, & 2 Green, & bake them in a Moderate Oven, Then make a Lear of Butter, a little Sack & Sugar to Serve them up, haueing turn'd ye bottoms upwards out of ye Dish.

Mrs Coxs Way to Make Elder Wine = Take 10 Gallons of Spring water, & 30 pound of Raysons of ye Sun, And 10 pound of Smyrna Raysons = Note yt Raysons of ye Sun & Malaga Raysons, need not be Washed, only Smyrna Raysons, must be washt Rubed & Dryed, All are to be Shreed & put Into ye watter, Then take 10 Quarts of the Juice of Elder Berryes Infused over ye fire as you doe for Syrup of Gilliflowers or Elders & Strained, Then mix it Alltogeather Stirring it 2 or 3 times a Day for 10 Dayes togeather, And when it has stood 7 dayes In ye Tubb, put in Some Yeast to make it worke, & when it has stood ye Time of 10 Dayes, Then Strain & Squeese it as Apples for Syder, In A Presse, Then putt it Into a Caske & Lett it Stand 8:10 or 12: week, Closs Stopt up, Then Bottle it, & to Every Bottle putt A Knobb of Loafe Sugar. /In Page 325. Is ye Same Receipts./

The Long Bisket

Take three quarters of a pound of fine flower a pound of double refined sugar both finely Sifted seven eggs but three of the whites beat them well with a wisk till they froth then mix them all together and keep beating of them with a wooden spoon till they are ready to drop with a spoon then relish it with what you please as Orange flower water or lemon peel grated then drop them upon slike paper drawing it along with your spoon to make them long grate some sugar over them just as you put them into the Oven bake them in a prittly quick Oven and when they rise a little browne about the edges they are enough a soon as you draw them take of the papers with a knife

To Candy Rasberries or Goosberries

Take their weight in Sugar wet it with water let it boil and skim it then put in your rasberries and let them boil apace till the be tender which will be presently then take them off and let them stand two or three days in the Syrrup then lay them out to dry and as they dry dust a little Sugar, so you may do gooseberries

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A Pint of Milk and a pint of water save some out then boyl it and grate as much gingerbread as you think will thicken it and mix in the cold milk and water and let it boyl up and stir it well and beat two or three eggs well and put them in when it boils as you do a Custard

To make sweet Water

Take of sweet Margerum and all manner of sweet herbs and flowers that is used to make sweet water of: add to them the juice of Cypress and Gallingal and Orris beaten the peels of Orang and Lemons cloves and Cinnamon bruised mingle these with the herbs and flowers and steep them two hours in Sack and rose water and still them with a soft fire add Sugar and Benjuate to it if you like it. A Pint of Sack as much of Rose water will yeild a quart of good water, and some small if you may make use off

To pot A Tongues

Cut of the Roots, and run a knife in at the great end rub it with salt Petre and bay salt, use to every four Tongues three Ounces of salt pertre and a quart of bay salt a little white salt let them lye five or six days drye them with a cloth and rub them with pepper and mace bake them in pump water and some of the brine that comes from them with houshold bread, when they come out of the Oven blanch and rub them with Spice again, put them in an earthen pot and cover them with clarified butter,

Lemon Brandy

Peel eight lemons very thin and steep them four and twenty hours in a quart of Brandy then take half a pound of fine Sugar and half a pint of fair water boild and scum'd clean till it be a clear Sirrup then put it into the Brandy boiling hot run it two or three times through a gelley bag let it stand till it be cold and then bottle it up,—

Take three Gallons of water to which add six pound of six penny Sugar boyl it a hour then scum it, and take a peck of Cowslip flowers and bruise three parts of them in a Stone Mortar and put them into an Earthen Pott, and put the liquor to them boyling hot, and let them stand three or four hours close covered, then strain through a Seive squeesing the flowers, then put it into a Vessell sett it to work with some yeast, and when it hath done workeing put in the remainder of the flowers and stop it up, let it stand about three weeks then bottle it off for your Use.—

To Make Goosberry Wine

Take three pound of Goosberrys One pound of Sugar and Quart of cold water stamp your Goosberrys then put your water to them and let them stand twelve hours then strain them as you do sider and put the Sugar to it and stir it till the Sugar be melted then tun it into a Vessel and let it stand fourteen days with a paper over the bunghole then stop it up and let it stand a Month then draw it of into another Vessel then put into the quantity of a ferkin 10 pound of Sugar more and stir it till tis dissolved stop it close and let it stand 3 Months then put it into bottles, some make it with six penny Sugar

To collar a flank of Beef

Take a flank of Beef, & make a strong brine of pump water & gale and an ounce of Saltpeter beaten & mixt with your salt, with which make your brine, let it allmost in the water, then put in your beef and let it lie for four dayes, then take it out and dry it in a coorse cloth then have ready what pepper, cloves, mace, nutmegs, and these following herbs, Sage, Parsley, Time, & Winter Savory a good Quantity, shred them finely & throw your Spices and herbs all over the Beef then Rowl it up hard as possibly you can and have ready a Strong canvas cloth that will fit the collar and draw it as tite as ever you are able then put it into a pan fit for that purpose & bake it. put in a quart of Clarett wine & if that does not cover it fill it up with water.

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To make an Almond Pudding

Take a Quart of Cream, make it Scalding hot & take fifteen Eggs, Yolks & whites and beat them very well & put them to your Cream with some Sugar and four Naple bisketts grate them & put to your cream with ½ ℔ of Almonds paste dissolve it in the Cream then put it all together with a little beaten cloves & mace then Simmer it over a moderate charcoal fire till it comes to be pretty thick, then put it into your dish first lining the dish with puff paste then bake it.

As for the almond puddings they are of the same ingredients with the pudding only, the little wooden dishes, they must be buttered, and put in the ℔ pudding, then take a little Spirmago & stampit, & take a little pudding in a thing by it Selfe & put the green to it as much as will green it, then take a two penny Stale loaf & cut two Slices round the loaf & put them edgeways into the dish to put to divide the pudding into 4 quarters, So make 2 of a Slice white & 2 green then put them on a Coverplate; & bake them in a thodd at coven, then make a Sawce of butter, a little salt & Sugar, & serve them up, having laid the coloured upwards out of the dish.

Note y^t In those Under Receipts for Elder wine y^t ye Raisons of the Sun or malaga Raisons ought not to be washt but Smyrna Raisons must be washt Dryed & Rubbed when — It have stood 7 Dayes in ye Tubb put in Jomes Cask to make it work & then wash it Stood ye time of 10 dayes then Strain & Squese it before it put in ye Cask^s. And then stop it up Close till you bottle it.

Elder Wine Mrs Cox.

Take ten pound of Raisons of the sun and slitt them one by one and ten pound of smirna or mallaga Raisons which you please shred very small, put to them five gallons of spring water add to every gallon of water put one quart of the juice of Elder Berries. the Elder Berries should be infused then let it stand ten days stirring it two or three times a day then put it up in a cask, and let it stand ten weeks, then bottle it up, and put in each bottle a small knob of loaf sugar.

Another y^e Mrs Cox = Take 10 gallons of Spring Water = 30 pound of Raysons of y^e Sun, & 10 pound of Smyrna Rayson, Wash, Dry, & Shread them & put them into y^e water Then Take 10 quarts of y^e Juice of Elder Berrys, Infuse do over the fire as you doe for Syrup of Gilliflowers or Elders, & Strain then mix it altogether, Stirring it 2 or 3 times a Day for 10 Dayes together, then put it into a Casks. And Let it stand 8, 10 or 12 weeks & Then Strain & Squese it as Apples for Sydar In A Press. And Bottle it, And to Every Bottle put a Knob of Loafe Sugar / Elder Wine from Mrs Cox. Ready ye 15 of this Loafe /

To Coller Beeff

Take a peice of the flanck and take outt the bones, Leave the out side skin whole then take some bay salt and other salt and 3 penniworth of salt-peter rubb your Beeff with the salt [illegible] first beat your bay salt and Your other [illegible] then take some Jamaica peper and some [illegible] and shake it over the Beeff and lett it [illegible] this pickle for 4 days but turn it every [illegible] take some sweet hearbs and some beaten [illegible] and mace and shake it within side your [illegible] then take and Role it up very tite with [illegible] with out side then put it in a pott and let [illegible] covered with pump water and put it in the [illegible]

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To Pott A Hare

Take a hare and take outt every bone and beat it very well 1 pennyworth of salt peter and a little bay salt mixt togather a little white beaten peper Jamaica peper cloves and mace mix them all togather and season the meat putt it into a pott and cover it with a pound of butter then putt it into the oven when it comes out beat it with half a pound of butter then putt it again into the pott and seal it with butter

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To make Scoth Collops

Cut some slices very thin of a fillett of Veal and beat them very well lard them with Bacon take a few Cloves some beaten pepper and mace with a few sweet herbs and season your meat pretty well then fry them in Butter, putt half a pint of Gravy and a Gill of white wine and a bunch of sweet herbs and an Onion stuck with Cloves then toss them all togather in a stew pan then take 3 Anchovies 2 Yolks of Eggs and a peice of Butter and a little parsly shread very small and thicken it up with these things at last then shake over it a few force-meat balls and Dish it upp

To pickle Mushroomes.

Take them so soon as they are gathered, pluck of their stalkes & peels them then into spring water, & when you have so done take them out and put them into a Skillet with Salt, mace, cloves, sliced, Nutemegs, whole Ginger, Pepper, and bay leaves, Let them boyl in their own Liquor gently untill they be very tender, then take them out and when they are cold put them into white wine Vinegar and keep them for your Use

To make Elder wine

Take 20 pound of Mallaga Raisons shred them small steep them in five gallons of Running water ten dayes then strain the liquor, through a hair Sieve then have ready six quarts of elder juice and when it is finely strained, boyled, & scummed, & cold then put it into your liquor of Raisons & stir it well together then put it into a Vessell, & let it stand 6 or 8 weeks then bottle it, it will keep a year, your berries must not be rotten ripe, if the cellar be cold you must put a Blanket over the barrell

To Coller Beeff

Take a peice of the flanch and take outt the bones, Leave the out side skin whole then take some bay salt and other salt and 3 penniworth of salt-peter rubb your Beeff with the salt-peter first beat your bay salt and Your other salt togather then take some Jamaica peper and some other peper and shake it over the Beeff and lett it Lie in this pickle for 4 days but turn it every day then take some sweet hearbs and some beaten Cloves and mace and shake it within side your beeff then take and Role it up very tite with the bones with out side then put it in a pott and lett it covered with pump water and put it in the Oven

To Pott A Hare

Take a hare and take outt every bone and beat it very well 1 pennyworth of salt peter and a little bay salt mixt togather a little white beaten peper Jamaica peper cloves and mace mix them all togather and season the meat putt it into a pott and cover it with a pound of butter then putt it into the oven when it comes out beat it with half a pound of butter then putt it again into the pott and seal it with butter

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If must begin with is & my mother Jane & writ [illegible]

[illegible] hle Mushroomes.

Take them so soon as they are gathered, pluck of their stalkes & peels, throw them into spring water, & when you have so done take them out and put them into a Skillet with Salt, mace, cloves, sliced, Nutmegs, whole Ginger, Pepper, and bay leaves, Let them boyl in their own Liquor gently untill they be very tender, then take them out and when they are cold put them into white wine Vinegar and keep them for your Use

To make Elder wine

Take 20 pound of Mallaga Raisons shred them small steep them in five gallons of Running water ten dayes then strain the liquor through a hair Sieve then have ready six quarts of elder juice and when it is finely strained, boyled, & scummed, & cold then put it into your liquor of Raisons & stir it well together then put it into a Vessell, & let it stand 6 or 8 weeks then bottle it, it will keep a year, your berries must not be rotten rice, if the cellar be cold you must put a Blanket over the barrell

To Pickle Turnips and Red Cabidge

Pare them and cutt them into thinn slices betwixt every slice grosse peper and a little Mace or Nuttmegg beaten small lay them in a Gallipott then pour in asmutch [redacted] white wine as will couver itt then lay Cm up for Your use and putt in some salt: they will keep the longer if you boyle the vinegar sometime, / thus You must pickle Red Cabbidge cutt it in little long slices like harts-horn if You have red vinegar do it in That

Garlick veal

Take a Fillet of veale cutt it in 3 peices stick somthing into the udder and fry it in a pan it is best without butter take white wine ~~[illegible]~~ water, Onion, a Clove of Garlick a butch of sweet herbs some whole pepper Nuttmeg Mace make all these warm in the pan with the Liquor before you putt in the meat so lett it stew untill it is tender then take out the meat & thicken the sawce with flower the white of an Egg a little anchovie and putt on the Meat

A Rump of Beeff backt

Take a rump of beefe bone and beat it season it with pepper and salt as venison cutt a Sherlot in thin peices and stuff it up and down lay it in a pan pour on them sheep or calves blood enough to cover it lett it stand all night in the morning pour out the greatest part of the blood and putt to it Gravy made with the bones lett it backe till tis soak'd, when it is enough cover it with a paste take up as mutch fatt as You can, and dish it up with Gravy Only

Beeffe Stakes

Take the steaks of a Rump of beefe without any fatt beat them well season them on both sides with greated bread, salt, pepper, Cloves, mace, and shred time, small, have ready the frying pan with 2 spoonfulls of Gravy fry them over a soft fire shaking them Continuallly when Enough lay them in a hott dish then add to the Gravy some whitewine a sherlot and 2 anchovies shread well when they boyle putt in a peices of butter and Grout in a little Nuttmeg, and shake all well togather

To make Jelley of Rasberries Currans or Plumbs.

Put your fruite into a pott being infused in a kittle of water and so boyle it about an houre or till the Juice runs from the fruite then straine them but not squeese them through a Sieve some put a quartar of a pinte of fair water to a Quart of fruite in the infuseing and to every pinte of this liquor put a pound of fine Sugar wett they sugar with a little fair water then boyle it gently till it is sugar agen then put in the Juice and let it scald a little while but not boyle then take it off letting it stand a quarter of an houre and put it into your Glasses the next day sett into your stove.

for Jelley of red Rasberries put some white Rasberries amongst em twill be the clearer so will Jelley of Currans if you put Goosberries ~~an~~ into ye infusing

How to make Elder wine

Mrs Cox

Take 5 Gallons of spring water and 20 pounds of Raysons of the sun stone and shread them and put them to the water then putt 5 quarts of the Juce of Elder Berries ye putt all togather in to an Earthen pott stirring itt 2 or 3 times a day, lett it stand 10 days then straine it and putt it in a Caske and lett it stand 8 weeks then Bottle it of and putt into every Bottle a Nobb of Lofe Sugar, ye Elder Berries should be infused and then strain'd and putt into the Spring water

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To make a Whipt Sillabub

Take a pint of Cream a quarter of a pint of sack a qwartan of sugar ye take a good switch or Rod out of a white whiske and beat them togather till it froth then take that of and switch it again untill it is all frothed againe then serve it up in Your sillabab Glasses

A Sack Possett

Take the yolks and whites of 18 Eggs beat till they be mixed together then put them upon a Chaffing dish of toles and beat them with a birth rod your birth must be stript besure to stir yor Eggs all the time they are on the Coals and when they begin to warm put to you half a pound of loaf Sugar by little and litt stirring it still as you put all things in your Eggs after you haue put in your Sugar then put in a pinte and half of Sack by Spoonfulls and stirr all together till they be scalding hott then lett 3 pintes of Cream be ready boyling and take your bason of the Coles when the Eggs are scalding hott & set the bason on the ground then pour your Cream into it and cover it with a Dish made hott and sett it upon a very slow fire in ye bottome of the Chafing dish for half a quarter of an hour this is a very good possett [illegible] mad^m Shrawleys [illegible]

[illegible]

If you make it with milk put in 2 Naples biscakes [illegible] & half a pinte of Sack besure not to sett it on a too fierce fire

A Sweet Water Mad^m Glover

Take sweet Maudlin, Sweet Bazil, Stachadus, Tyme Marjorum, Mint hysop, Savoury, Rosemary Lavender tops, Muscovy damask rose leaves Pinkes of each one handfull after you haue put them all into a Rose Still & distilled twice, Put into the wat^r a grain of Musk or Civit in a little bag, stop it close and it will last 7 yeares if you would haue it very good then take the water that was distilled and put it in the Still agen with a little Benjamin, Storax a few Cloves and a little Cinamon let them be all bruised togather and put into the water and still it agen then put it into a bottle if you please you may add a little Civit // If it be used for the Face you must add snail wat^r & spirit of Benjamin.

The best Rosewater Mad^m Glover

Take damask roses beat but not too small put them into a great well glazed Crock lay a handfull of white salt at the bottom & then a lay of roses 3 fingers thick then strew some salt thin, so fill your Crock as you gett roses tye it up close, & keep it till Alhollandtide or Christmas, then still it in a cold Still, this water will ~~keep~~ goe as far again as any other water & keep much better. Save all the Stillings of the Roses in a Crock by themselves and boyle them at any time in a perfuming pann with fair water and twice smell as well as any perfumed water need doe you may put a little orange peel, Cloves & bay leaves in your perfume if you please when you boyle it

Conserve of Tansey

Cor. Percival

To a pound of Tansey put 3 pound of Sugar beat it in a Morter till as small as possible to beat it putting in the Sugar by degrees if you put it up to make Tansies you may put 1 or 2 pound of Sugar to a pound of Tanzey.

For all bitter things you must double the quantity of Sugar or however put in more.

Orange Water

Cor. Percival

Take a Gallon of Sack or brandy and a quarter of a pound of Peeling of Oranges as much water as other liquor in the Limbick you may infuse ye Peeling a week before you Still it let it drop into the bottle upon half a pound of Loaf Sugar to a gallon of Brandey. for any Cordial water you Still in a limbeck either herbs or other Cordial Water put in as much fair Water as other Liquor it will

will run Longer and strong then without fair Water

To Still a Sweet Water

Cor. Percival

Take lemon peels orange peels rosemary tops or flowers lavender flowers sweet marjorum lemon thine if you have any of each a like quantity if you still them in a Limbeck beat them assunder or together as you gell them with salt in a Morter and you may keep it 3 Monthes before you Still it as long as it will run sweet or you may Still them asunder without bruising if you bruise them put them cross in an earthen pott and set it by

To Make Spirit of Elder

Cor. Percival

Take Elderberries ripe and bruise them to a pork of berries put in a pint of good Ale yest and Stir them every day for 7 or 8 daies then put in ale or Water into the Limbeck a gallon of Water to a gallon of berries draw it as long as it will run strong you may Still any Cordial Water out of this liquor good for pains in the Limbs.

mad^m Strawley

An Ordinary Cake

Take half a peck of ffine ffloweer and dry
itt well then rub in 2 pound of butter season
it with Mace Cloves and Cinnamon put in
some Sack and rosewater of each a quarter
of a pinte and some Milk or Cream wch you
please then set it before the fire 3 quart of an
hour to rise let 3 pounds of ~~Sugar~~ Currance
be wash'd and picked very cleane & and set
before the ffire to dry and be made very hott
Lett 2 pound of Raysons be cutt very small
then work the Raysons and Currance into
your Cake let your Oven be ready and put
it in besure to put in a pinte of good ale
yest mixt with a little of your milk or Cream
which you put in, You must run it through
a Sewe let your milk be warm put in 12 eggs
6 whites a pound and half of Suger — put in
a little salt & brandy

To make a Cake Cozen Perceval

Take half a peck of fine ffloweer 3
pound of Currance a pound of Stond raysons
chop'd a quarter of an Ounce of Cloves two
Nutmegs gingar half a pound of Sugar half
a pound of butter milk and water 12 Eggs
above half a pinte of Ale yest beate 4 Eggs
and milk together mixt it and let it lye
3 quarters of an hour or an hour before you
set it in bake it in a Pan or hoop you may
put in Salt rosewater or brandy

Cozen Perceval

Conserve of Wormwood or Rue

To one pound of rue or wormwood take
3 pound of Sugar beat the Sugar by degrees
into the Wormwood or Rue then when it
is well beaten together put it up in a Pott
for a Month or two then beat it well again
if to keep

The Wormwood have cured dropseies very bad
Rue for a pain in the Stomach

To make Hartshorn Jelly.

Take a gallon of water and five ounces of Hartshorn put together into an Earthen Pott and Baked with Houshold bread & it will Jelly when it is bakd and Sett it a Settling and pour of the Clear then let it settle agen and pour the Clear agen than boyle it up with Sugar.

remember before you bake it to put in ~~som~~ a little Mace.

An English Ham to make or Order

Take ordinary white Salt, Some Petre Salt, some Salt Petre, a greater ~~Largon~~ Quantity of the ordinary wt Salt then of the other two, let your Ham of Porke lay 3 weeke or a Month then take out of the Salt wipeing it dry with a Clean Cloth then dip it in Hoggs Blood cold then hang it in a Stove where they dry Bacon.

A Ragoo

Take 2 Sweet breads of Veal half a pint of larg Oystars with their liquor Cutt the Sweet breads in pieces the bigness of the Oystars then put to them asmuch Grabey and Clarret as will cover them one blade of Mace 3 or 4 Cloves a Slice or two Nutmeg a Sprig of thyme a little piece of butter put altogether in a Stew Pan let it Stew over a gentle fire. then Serve it up wth barberries and Sliced lemon.

To Make Sage Wine Mrs Cox

To halfe a Peck of Sage putt 4 pound of Malligoes pickt then stoned, and shread the reasons and Sage togather and putt a gallon of boyling water to it in an Earthen pott stiring of it sometimes keep it close covered 5 days, then straine it of and putt it into a vessell for above 2 months then bottle it of

cover them close turn them often and Stewd
3 or 4 hours till they look Red and are enough
then Strow your Dish with Sugar & Serve it.

To make Lemon Cream mad^m Dean

Take the Juice of 2 Lemons let the rine of one
Steep in the Juice all night then add a quarter of
a pinte of fair water beaten with the whites of
4 Eggs and one of the Yolks Strain all through a
Strainer then have ready half a pound of double
Refined Sugar well with a quarter of a pinte of
water and the white of one Egg beaten to Clarifie it
when it is sound and Clear put the Juice of your
Lemon and Eggs to it keeping it Stirring till it is of
a good thickness like Cream and then put it into your
Cups or Glasses to Cool. The Same way may be mad[e] Orange Creams

To make Puff Paist. Mad^m Deane

661 Take half a quartan of the finest Sort of flour
wet it with one Egg make it into Paist with milk
then take a pound and quartez of fresh Butter and
rool out your Paist Spot it with Butter Shake a little
flower o^r your Drudger then fold it over & roul it out
agen and so you must do 5 times beware you roul it but
one way You should Rub a little pice of butter in your
flower before you make it into Paist and you may put 2 Eggs
in it.

White puff Paist mad^m Dean

Rub a quarter of a pound of butter with 2 pound
of fflower put in the whites of 3 Eggs whipt to froth
make it into a paist with milke and roul it out and
Spot it 5 times with Butter a pound and a quarter
will be enough. You must make it but just as you
are going to bak it.

To make Pees Soope. Mad^m Deane

Take 2 quarts of Strong broth the fflower of
a pinte of Pease 2 Ox palates 2 Sheeps Tongues
boiled tender blanched and Cutt in Slices 2 Balls
of forcet meat set it over the ffire Season it with
Mace Pepper and Sale let it boyle a quarter of
an hour put in a handfull of Spinage and Sorrel
a little Spere mint and half a pound of Butter
let it Stand like it is thick and Serve it with
bread Toasted and cut like Dice.

Mad^m Danvaß

To make White Mead ye best

Take to three Gallons of water 4 pounds and a half of Honey Gingar and Cinnamon a quarter of an ounce Sweet Marjorum and Sweet Bryar of each 6 sprigs boyle and Scum your Honey well before you put in your Spice; and herbs, boyle a quarter of this Liquor away which you must allow at first Then set it by til 'tis cold the next day put in some thin brown Tosts spred with new Ale yest on both sides let it stand 2 or 3 daies covered with a Cloth then strain it into a sweet vessel and to every 3 gallons put an ounce of Citern one quart of rennish wine stop the vessel close and let it stand six weekes then bottle it & let it stand 6 weekes longer before you begin to drink it is as good as any Rennish.

A smaller Mead to drink presently

To 3 gallons of water take 3 pound of Honey the same quantity of Spice and Herbs as to the other above Let it be finely Scumd and well boyled then strain it into an Earthen pott when tis cold put to it Tosts as before let it stand one day then Barrell it and let it stand 3 daies then bottle it and in a week more you may drink it. these are both very good of the kind.

Mr Percival

White Hoggs Puddings

Take a quart of Milk put in as much grated bread as will make it the thickness of a bread Pudding put to it grated Nutmeg Sugar and Rose water to your Liking with 2 or 3 Eggs and about 3 quarters of a pound of Beefe Kidney Suite finely shread

When your water boyles put your Puddings in let them boyle for half a quarter of an hour then take them out and when they are cold put them in agen letting them boyle as long as before.

You are not to cover your Pott least you break your Puddings.

To Butter Quinces

Mr Percival

When you have scalded peel your Quince and scrape the Pulph of into a Pewter Dish with a little of the liquor stew them with a little Sugar and when enough put a good piece of butter so serve it in you may put in some Pippins.

To Stew Pares or Apples

Mr Percival

Take pares or Apples pair and slitt them and to every half stick a Clove put 'em into a stew pan or deep pewter Dish with some Sugar and water

To make Elder Wine Madm Dean

To every Gallon of Liquor add half a pound of sliced ginger, one ounce of Cloves, two ounces of Nutmegs, two ounces of Cinnamon, one ounce of Mace, and two pounds of 5d Sugar. let it work 24 hours in the Tun with yeast and after put it into a vessel Let it stand in a ~~ve~~ Month before you draw it off then bottle it putting into each bottle a piece of Loaf Suger.

Then take the Juice of Elderberryes and press them or squeeze them otherwise and to the quantyty of Elder Juice put half the quantity of water to the same boyle them together with the Spice above mentioned put into a bag let it boyle about an hour. When it is boyled with the Spice in the Copper you must take the bag out till it hath done working in the Tun Then put the bag of Spice into the vessel when it is tund up

To be tund up when cold as beere is.

~~[illegible]~~

~~Take a pinte of Spring water put into it the yallow Rine of a larg Lemon let it stand two hours then take the Juice of the same lemon & strain it through a clean thin flannel Bagg and beat it with the yelks of four Eggs and a quarter of double Refined Sugar when your water is boyling hott thicken it With this Mixture as you would doe a Caudle stirring it constantly till tis as thick as cream then run it again through the Bagg and stir it till tis almost cold so let it stand for your use~~

~~Orange Cream is made the same way~~

A La mode Beefe Mr Danvass

Take a fatt young Round of Beefe salt it with Bay salt petre one whole week turning it often then water it one Night in Pump water and hang it up to drain then stuff it with the Marrow of 3 marrow bones and put it into a Pan that fits it and to it a quart of Clarret Bake it with brown Bread, when tis drawn take it out of the Liquor and keep it for your use.

To make a Sillybub.

Mad^m Carey

Take half a pinte of ale and half a pint of Cyder sweeten it according to your liking slice a little Juice of Lemon or Lemon peel or a Sprig of Rossmary if the Milk is not milked from the Cow you must warm it a little and if you please you may put in a Spoonful of Sack or Brandy.

If you have no Cyder you may vse whitewine or stale beer.

To Pickle Cucombers.

Mad^m Carey

Take them and wipe them with a Cloth and spread them upon a Table for an hour to dry; then take an Earthen Pott and put in the bottom of it a little Dill then strow in some Girkings and upon the Strow some long Pepper some Jamaica Pepper and some Malabar pepper some Mace a few Cloves and a good deal of Slitt Gingar lay your Cucombers, and strow your Spice till you vsed what you intend, then take as much vinegar as will cover them and boyle it with salt to your taste, then put it boyling hott over then and keep them close from Air; put into then a bitt of Roch Allum. You must let yor Cowcumbers stand in this Pickle a fatnight then give you Cowcumbers a boyle up in this pickle the same way to do French beans

To make Codling Cream.

Mad^m Carey

Let your Codlings be thorrowly codled then take all the white Pulp and beat it with a Whisk till tis a froath then take the whites of Eggs and beat them with a little Rose water and as they froath take it off and put it into the Coodlings beat them well together with sugar to your Tast do not let your sugar be very brown.

To make Cowslip Wine.

Mad^m Dean

Take a peck of clipt Cowslips or half picked to them put 18 or 19 quarts of Spring water and 8 lb of Sugar first boyle your water and suger together then putt it into your Cowslips boyling hott it must boyle two hours before you put it in letting it stand till it be cold then put 4 Lemons pared into it being squeezed with 2 Spoons full of Yeast let it stand working for 3 daies then put it into a Cask and let it stand 3 daies with a Cloth on it; then stop it down with Clay and let it stand a Month and when it is perfectly fine bottle it off. if you please you may make it with Malligo reasons the best that you can get

To 18 Gallons 32 of sugar a Bushall of flowers one dozen and half of Lemon you may put a gallon or two of the strongest white wine if you pleas.

A Goosberry Custard. Mrs Carey

Scald and wash them with sugar but not too sweet Then take a quart of Milk and boile and take 6 eggs leave out 2 of the whites beat them very well and put to 'em some sugar then strain them and put to 'em some Rose water and Nutmegg to your liking and when the milk is half cold put some first to the Eggs then altogether set it over a slow fire keep it stirring till 'tis thick then let it stand to be half cold and so must the Goosberries be half cold then stir them very well together and then put them into little cups or dishes.

A Goosberrie Fool Mad.m Carey

Scald them pretty much and rub them through a course seive then take to every quart of Goosberries the yolks of 5 Eggs beat very well with sugar enough to sweeten y.e fool then strain them to the Goosberries & then put in some rose water and set it over a slow fire and keep it stirring till 'tis thick put in Nutmegg if your please.

To make a Custerd. Mr Percival

Take a quart of Cream or Milk and four Eggs very well beaten strain them into the Milk or Cream put to them a little sliced Nutmegg & some salt and sweeten it to your liking than fill your Dishes or Crusts with it. If you make it with Creame you must have out one of the whites of the Eggs if with Milk put in all. you may bake it on the fire as the other Custerd or bake it.

To make a Custerd on the ffire

Take a quart of Milk or Cream boyle it with a little sliced Nutmegg, beat 5 Eggs very well and strain them put to them some cold Milk or Cream when the Milk is boyled take it off the ffire and put a little of it to the Eggs and put altogether into the boyled Milk or Cream with two or three Spoonfull of Sack or Rose water then set it over a gentle fire and keep it stirring till it grow thick then powre it into your Dishes you cool it in.

Mr Percival

Sage Wine mr Buckeridg

to be made in May, June or September.

Take 3 pecks of Sage, the stalkes being pulled off and 25 lb of Mallago or Alicant Rayson, stamp or shred em both small. To which Take 7 Gallons of spring water, boyle it to six gallons: and when it is cold put in the Sage and Raysons, Let it stand six Dayes, stirring it every day then press it as you press Apples for Syder, strain it through a thick flannell twice and then put it into a vessel, which must be fild to the Top and it will work of it self. when it has done working, stop it up, and about 3 Months (if it be clear) bottle it.

A Rice Pudding

madm Carey

Take five pints of Milk, and half a pound of Rice washed and picked put it into the Milk letting it boyle till 'tis pretty thick than put in a quarter of a pound of butter with some Cinamon letting it boyle till the Rice be soft and thick than put it into your dish and grate in some Nutmegg put in some Rose water and sweeten it pretty sweet, then send it to the Oven. less then an hour bakes it.

To pickle Oysters, Madm Cary

Wash then very clean and strain ye liquor then put to them some Mace some sliced Nutmeg some whole pepper that's that I call'd Malliber and some Jemaica pepper a few cloves some little Oynions those they call Michaelmas Oniyons you must peel and put them in whole and a pretty deal of Lemon peel and some Salt if they want it put all these to your Oysters and set them over a slow fire letting them stew till they are enough but not hard then take 'em out of the liquor letting them stand a part till they are cold Then put them together agen and Pot them but take out the lemon peel & the Oynions if the potts have wide Tops then pour over some Mutton Suet otherwise cork them and pitch them besure when the Oyster liquor is quite cold that you put some white wine Winegar and some of the best whitewine before you pot them up but that must be according to your Tast or the quantity you doe.

To salt a Gamon of Bacon to eat like Westphallia

Take a quart of bay salt & a quart of Ordinary salt & an Ounce of Salt petre beaten finely in a morter put all theese in a Skillett and when it is scalding hott put a pound of the coursest sugar in then cram the hole of the knuckle as full as it will hold put it into a wooden Tray and put the remaining liquor upon your bacon and let it lay 3 dayes and never stir it and after that it must be turned every day for the space of 3 weekes and then it must be well dryed and keep it for use.

Syrrup of Gilly flowers Mr Brewal

Take to a pinte of ~~boyling hott~~ cold water a pound of Gilly flowers Set them stand close covered 24 hours then strain it out and to a pinte of Liquor put a pound of fine sugar boyle it with a few Cloves tyed up in a rag to a Syrrup & while it is boyleing keep it stirring that it may look fine.

Let ye bag of Cloves lye in the Syrrup all ye year

To Pott Porke Mad.m Prewett

Take the skin off then cut and slash ye lean and put the seasoning between every slash and take the bones clean out then put it into your Pott you design to bake it in and put the skines over it set it into the oven after the bread is drawn letting it stand all night then take it out and press all the gravey out and put it in the Pott you design to keep it in and be sure it is quite cold cover it with butter you must press the Porke when it is in ye Pott you design to keep it and save the gravy from it & if you please you may put in a sprig or Rosmary or a few bay Leaves when you put it into ye Oven.

To Salt Porke Mad.m Danvers

Take a Side of Porke Cut it in to pieces lay it single and throw a small quantity of salt all about it let it lay so all night, in the Morning rub it all over with a good quantity of salt and so lay it into your Tubb as close as may be stopping all the holes with salt & lay the salt indifferently thick between Layer & Layer and so all the way till the Tubb be full and throw salt upon the top to and take care no wind come at it, the salt that is commonly used is coarse gray and fine white mixt together.

Mad^m Bean

To make a Pease or Sparagrasse Soope

Take a bloody piece of ~~Mutton~~ Beefe, ye Scrag end of a Neck of Mutton and a knuckle of veal more or less according to what you will bestow or the quantity you will make put in a little more water then will cover your Meat add a Crust or two of bread to thicken it, and some whole pepper an Oynion or 2 and Salt according to your Tast, Let these boyle gently till your broath is very strong when it is almost enough put in a bunch of Sweet Herbs as you do into other broath, and when it tasts pretty well pour out of it as much as ~~ever~~ you design to send to Table, and haue ready some boyled green pease and beat leaves or some tops of Sparagrass and beat leaves or if you please you may put in all three, they must besure to be boyled to look green and pretty Crisp then give them Just a Scald in your Soope and so serve it with a new french role in ye middle.

Md^s Wife

To dry Cherries ye Portugal way

Take 4 pound of Cherries, & half a pound of Sugar, put all into a flat earthen dish put it in an Oven after the bread is taken out, let it stand half

half an hour then take them out pour the liquor from the Cherries put the Cherries into a clean dish or plate and set it into the Oven again to dry.

to dry in a Stove is better.

the liquor that comes from the Cherries boyle up with a pinte of whitewine & bottle it for your vse

Md^s Carey

To Salt any Piece of Beefe except a buttock

Make your pot boyle then put in your Meat and let it boyle half an hour or more according to the largness of the piece of Beefe let it boyle till you think it hott through and all the pores are open then take it up and Rub it all over with Salt and put salt in every Cleft let the salt lye pretty thick about it and so wrap a Cloth close about it into somthing that you may keep it close Covered & hott and when it ~~is~~ has stood about an hour that the salt is gon pretty well in, then put it into the pott and let it boyle till 'tis enough besure the Pott boyles before you put it in. the second time it will ask the same boyleing as it doth at another time besure not to boyle any roots in the pott for if you do they will be so salt you cannot eat them.

To Make a Peas or Sparagrass Soupe

Take a Bloody peece of beefe, the Scrag End of A Neck of Mutton & a Knuckle of Veall more or Less as you will bestow or the Quantity you will make put in a Little more water then will Cover your meat, & put in a Crust or two of Bread to thicken it, put in some whole pepper an oynion or 2 and salt all according to relish, Lett these boyle gently till your broth is very strong when it is allmost Enough put in a Bunch of Sweett herbs as you doe Into other broth, & when it tasts pritty well, pour out of it what you designe to send to table, & have Ready boyld some Green pease and beat Leaves = or some tops of Sparrow grass & beat Leaves or If you please you may put in all three, they must be sure to be boyled to Looke Green & pritty Crisp then give them Dust or Scald in your Soupe, & soe serve it with A New ffrench Role in the middle. / # # # # #

[illegible]

Make your Pot boyle then put in your meat and Lett it boyle halfe an hour or more according to the Largness of the peece of beefe Lett it boyle till you thinke its hot through & all the pores are open then take it up & Rub it all over wth salt & putt salt in Every Cleft Lett the Salt lye pritty thicke about it & soe wrap a Cloth Closs about it into some thing that you may keep it Closs Covered & hott And when it has stood about an hour that the salt is gon pretty well in then put it into the pott & Lett it boyle till its Enough besure the pott boyles when you putt it in, the Second time it will aske the same boyleing

~~Boyleing as it doth att an other time besure nott boyle any Roots in the pott for if you doe they will bee soe salt you Cannot eat them. / # # # # #~~

How to Salt A Gammon of Bacon to Eat Like Westphalia

Take a Quart of bay Salt, and A quart of Ordinary Salt: & an Ounce of Salt peter Beaten finely in a Morter. Putt all these in a Skillett and when it is Scaulding Hott putt A Pound of ye Coursest Sugar in: yn Cramm ye Hole of ye Knuckle as full as it well hold: putt it into wooden tray; & putt yt remaing Liquor upon ye Bacon & Let it Lye 3 Days & neaver stir it: & affter yt it must be turned very day: for ye Space of 3 weeks: & yn it must be well dryd & keep it for use

To make Mince Pyes. Mad^m Carey

Take a large fat Neats Tongue parboile it and take of the hard outside then take 2 pound of the Choicest of it put to it ~~one pound~~ two pound and half of the best biefe Kidney Suet two pound and a quarter of the best Currence half a pound of Reasons of the sun stoned and minced very fine 6 of the best largest Pippens either Scrape them or Mince them till they are a perfect Pulph put in a quarter of a pound of dates Sliced of Orang Lemon and Citron peel of each a quarter of a pound two whole Nutmegs 3 drams of Mace 2 of Cinamon and 1 of Cloves you must dry your Spice before the fire then beat it and Sift it you must put in 1 or 2 larg Maligo lemons the peel must be grated Amongst the Sweettmeats that is all the yallow of it and the Juice must be squeesed among the sack and rose water put in 6 penye worth of ambergrees and let it be brused among the Spice you must put in Salt, Sugar, Sack and rose water according to yor tast the Tongue must be Chopt as fine as is possible the Suet must be shread very fine and Sifted through a

a Course haire Sive you may put in great lumps of marrow but then less suet will serve. you may slice all your Sweetmeats thin but do not cut the pieces too Small if you do not put in Juice of Lemons put in 3 quarters of a pint of Verruce

Mad^m Carey. To make Plum Porridge.

Take a good Leg of beef and a piece of the bloody end of a Neck of Beef boyle it to rags season it with salt and a bunch of Sweet herbs as you do other broath then strain it and put in your Spice which must be Cloves Mace and Cinamon according to yor Taste or the quantity you make but let there be most Cinamon. then put in your Plums reysons of the Sunn Currens and pruants if it be full of fruite tis the richer but thats as you like or will bestow when your fruite is pretty well boyled put in a good deal of tent the more you put in the richer it will be but that is as you will bestowe you must thicken your porridge with grated bread & put it in when you put in your Spice Sweeten it to your taste.

The Dutch biscake is very good to thicken the broath you must beat it fine and put it in instead of grated bread I think it does better.

turning red then wipe of the Salt & flower it and
bast it that it may come to table with a white
froath oiit when tis above red tis enough

As the Lobster roasts there will come out
a gravy and as soon as you perceive it to run
you must set something to catch it. Then take
some that gravey which is indeed the body of
the Lobster & put to it a good Anchovey and
the juice of a Lemon let the Anchovey dessolve
in a spoonfull or 2 of water & train it before
you put in your gravey: it may be the lemon
may make the Sauce too Sower but that must
be ordered to your Tast then you must shake
it up with somuch butter as may make the
sauce thick you must put it in Cups and set
it about the lobster for if you put it in the dish
the Shell would lick it up.

To butter a Crab. Mad^m Carey

When you boyle your Crab put in a
good handfull of Salt into the water and
when it boyles put in your Crab and when
it looks red tis enough then take it out and
break a hole in the top of the Shell very lazy
and

and take all the meat out of the body & Claws
and the long sprigs which grow to the body which
you must break off but when you crack the Claws
you much not break them from the body but take care
to leave the outside fair and hanging to the Shell
and when you have pickt out all you can you must
mince it very fine and put that into a Sauce pan with
what you take out of the body and put to them a
little lemon peel grated a little grated Nutmeg some
beaten pepper Salt & Juice of lemon a penyworth
of Clarett stew all these over a fire till the raw
rawness of the Clarrit be gon and when you put
in the butter it must be more or less as you like it
shake all together & put it into the body of the Shell
again but not into the Claivse for the body will
hold it and so bring it to the Table

Sometimes I have given the Crab a pint of
Clarrit to drink whilst alive before tis put into
the water to boyle and it will suck it every drop
up which some will think the best way but then
I put none into the Stewing but you may do which
you please if it drinks the Clarrit you must put it
into something that will just hold it and so pour the
Claret into it and in an hour it will have sucked
it up.

think convenient to make into Dowe adding a quarter of a pound of brown Sugar, and if you like Annyseeds. make up you Dowe into round rowls a bout 4 Inches long and an ounce wait in each roul. when you put them into the Oven you must lay them on a peel having as many peels or boards as will hold all close together and Shove them all off at once Stop the Oven close, as soon as you smell them take them out cut them in Sunder put them into the oven again till they are very dry

Lime Cakes. m^r Page

Take half a peck of fflower one Nutmeg a quarter of an ounce of cloves one race of gingar beat the Spice well together then take one dram of Saffron 2 Spoonsfull of good ale yest half a pinte of water than mix the water with the saffron and yest in the middle of the flowar then take a quarter of a pound of currence mix them the flower and Spice well together and 3 pound of fresh butter melted very

very thick as you do for sauce, and half a pound of brown sugar mix it very well with the other Ingredients put in your butter make up your Dowe into cakes.

To Butter a Crab Mad^m Huntress

Take a Crab when it is boyled take out all the Meat & put it into a Sauce pan with a little gravey Whitewine alspice & Nuttneg a little bit of Anchovey Let it just stew then beat it up with a little butter & put it into ye Shell again Set your shell before the fire or put it into scaloing hott water that it may be warm for the meat to be put into it. If you please you may put some Crumes of bread but twill be better without it because twill be like a pudding being ye Belly is moist

To Roast a Lobster. Mad^m Huntr

Take & tye it to the Spit lay it down to a pretty quick fire flower and bast it very well than Strow a good deal of Salt & let it lye till almost enough which you may know by its turning

mad^m Huntress

To Stew a Carp

Take a liveing Carp knock it on the head open the belly brake not the gall pour in A little vinigar wash out ye blood Scrape of the Scales put some clarret to the vinigar and blood and a little water as much as will well cover the Carp cut an Oymon in two and put to it a race of gingar sliced a Nutmeg cut, some whole pepper a bundle of sweet herbs 3 or 4 Anchovies let this boyle & Rub your Carp allover with salt and put it in cover him close letting him stew a quarter of an hour, with a little butter boyle the liver Spawn Milt, the liquor the Carp is boiled in after you haue taken out the herbs you may make the Sauce it being beaten up with a little thick butter garnish your Dish wth Lemons & grated bread.

To make Birch wine M^d Page

To every Gallon of liquor take 2 pounds of Sugar and beat the white of an Egg very well and when the Sugar is desolved in your liquor being ouer a Gentle fire put in the white of

of your egg keeping it Stirring till it boyles taking off the Scume as it riseth till it be Clear Than ad to it a little lemon peel 4 Cloves with a Race or two of gingar and a few bay leaves letting it boyle an houre or two and take it off ye fire and Coole it as you do Wort, when you think it coole enough to set a Working; make a toast of household bread after you haue Spread it thick with ale yeast put it into and cover your liquor vp to work when it hath worked to a good head Tun it into your Vessell when it has done working put in it 2 egg shells and Stop it vp close as you do other liquor. It may stand a Month or 6 weeks before you bottle it, if you you put into each bottle 2 or 3 spoons full of sugar 'twill drink much better or brandy if you would haue it very fine, so be halt an ounce of Alling glass boyl with it

To make Butch Biscakes. M^d Page

Take a quart of milk 1 pound of butter when you haue melted it thick put it to the ~~butter~~ Milk after you haue warmed it a little Then take one dram of Saffron about ye quantity of a race of gingar finely poudered 2 eggs well beaten and as much yest and flowar as you think

Smelts lay them about the dishead in the Dish
stick the Oysters on the bones of your fish stick
them all over the head pour the sawes on it
garnish your dish with Oranges lemons and
barberries

Mad^m Huntress To Bake a Calves head

Take a fair Calves head half boyle it then
take out the bones and season it with pepper
salt cloves Mace and Nutmeg very high
lard it with Bacon and a little lemon Peel
Then have a Coffin larg enough not very high
nor very thick, make it foursquare, lay on
(some thinn pieces of Bacon) a top and bottom
put butter into the pye when tis baked and
Cold fill it with Clarified butter / to be eaten Cold

Mad^m Huntress To make Polonian Sausages

Take the Fillitt of a hogg chop them very
small with a handfull of red Sage season it
hott with gingar pepper and a little salt then
put it into a great Sheeps gut let it lye thre
nights in Brine than boyle it, and hang it up
in a Chimney where a fire is usually kept

Mad^m Huntress To Bake a Neats tongue

Parboyle your tongue then cut out the
Meat at the root end as far as you can
not cracking it, take the meat you cut out
mingle it with parsley and Sweet herbs all
shred all very small and mingled well together
season it with gingar Cloves Mace pepper
salt a little grated bread and a little sugar
worke it up together with the yolks of 3 eggs
season your tongue inside and outside w^th
your seasoning put your meat into your
tongue again, and what remains make
into balls. than make your paist into the
ffashon of a tongue and lay the tongue &
balls in put to them lemon and Dates
shred and butter on the top when it is
baked put a good quantity of venison
Sauce boyled up thick so put it into your
Pye when tis done serve it up

To Roast a Calves head

mad^m. Kuntress

After you haue taken out the Eyes the tongue and the Brains wash it very well lard the head with Bacon and Lemon peels Stuff it either with Raw or Pickled Oysters. boyle the tongue and brains, when they are enough peel and Stuff the tongue with Sawsage Meat than take the brains some Sage, Parsley, Sweet herbs and Sawsage Meat shread these Small mix them well together with a little Pepper salt & Nutmeg when you haue Mix them all well together fill the place the Brains came out with it put the tongue again into the head tye it together wth Tape on the Spitt than take a pound of Sausages tye them round about the head & let them roast together, ffor Sawce take some Clarret Oyster liquor and Oystars and some gravey and some Mushroons if you haue them a good handfuel of Capers shread and an Anchovey boyle them together till the Anchovey be dissolved. when the head is enough draw it from the spitt take out the brains and Mix them in the sawse beat them up with a little thicke butter putting in a little juice of

Lemon or Vinigar to make it shape lay the head after you haue taken the tongue out in a dish slitt the tongue lay it on both sides the head pour the Sawce on't garnish it with Lemon and barberries

mad^m. Kuntress

To Boyle a Codds head

Take some Water put Vinigar in it to make it sharp and some Salt and a bundle of sweet herbs - let it boyle and after you haue cut it a pretty way beyond the finnes wash it well and put your fish into the boyling liquor let it boyle till tis enough than take some Clarret, gravey and a Shallott shread a pinte of Oystars a pinte of shrimps some Cockles and Musslles two anchoves some Oyster Liquor and half a Lemon Minced put all these into the Wine and gravey and half a pound of the best fresh butter let them boyle thicken it with the yolkes of Eggs than lay it the head in a dish set it on a Chaffing dish of coals till there comes no water out than fry some soals very well and Spitchcock some Eeles fry some

Mad^m Huntress

To hash a Calves head.

Take a large Calves head half boyle it & take it up than take half of the head and ye tongue hash it and put some gravy & strong broath to it, Put the fother half head into ye pott to boyle till tis enough put some Mushroons and Cockles and oysters & Mustles let them be Pickled or ~~w~~ raw a bundle of Sweet herb when it is stewd almost enough shred some Samphair and Capers and a little Mangoe than take a quarter of a pinte of whitewine some Gravey a little of the liquor from the Meat some Nutmegg Cloves & Mace a good Anchovey the bones being taken out and ye yolkes of 3 eggs beaten all very well together with a little viniger tor Juice of Lemons or verjuice to sharpen it. than take and tye the brains in a Cloth and boyle them cut them into pieces. with an egg a little ffloweer and Milk make it into a battar put into salt and Nutmeg beat them well together than dip the brains and Oisters fry them Crisp in lard, Carbonade the half head and wth the yolk of an egg wett it alover grate some bread

on it broile it over a Clear ffire as it broyles baste it with butter dredge it with Crumes of white ~~[illegible]~~ bread Than take the whitewine gravey Eggs and Seasoning with a quarter of a pound of butter put all into the stew pan to the hashed Meat shake and stir it till it be thick poure it into the dish lay the broyled head upon it and the brains upon that garnish it wth lemons and Oranges.

Mad^m Huntress

To Roast a Lobster

When you haue tyed your Lobster on ye Spitt keep it basting till tis roasted with Water Salt and vinigar when tis enough take itt from the Spitt. than take all the Meat out of the Body of the Lobster preserving ye Lobster whole put it into some Whitewine gravey a little Anchovey and a little Mace stew these altogether beat it up with some butter. than splitt the tail and break the Clawes but not to part them from the body pour the Sawce on it garnish your Dish wth Samphier & Lemon Peel

Marrow Pastyes

Mad.m huntress

Boyle one Marrow bone or more according to the quantity you make, when they are boyled take out the marrow cut it into little Pieces Than beat an egg put to it a little Salt a little nutmegg and a little Thyme shread smal put them together grate some bread rowl your pieces of Marrow in the Ingredients abovesd first then rowl them in grated bread put them into paste in Shape of a pastyes wt butter or lard

To Pickle Radishes

Mad.m huntress

Take Radishes wash them very clean cut off the small tailes let them Just boyle in water and salt and take them off the fire lett them stand till next day. Than take some good whitewine vinigar gingar whole Pepper and a little dill and Salt so lett it boyle when it boyles take it off when it is cold take the Radishes out of the tother pickle and put them into this so keep them for your Use

To Pickle Radish Pods

Mad.m huntress

Take Radish pods before they are too big some vinigar water and baysalt and common salt put in a piece of Allum let it boyle poure it to the pods cover them close up so let them stand till next day take them with the liquor put them into a Skillett keeping them close covered let them be ready to boyle but not boyle take them off keeping them close covered do thus till they are green to your liking tis the steem makes them grein than take some whitewine vinigar a good deal of whole ginger whole pepper Jamaica spice a bitt of Allum about the bigness of a Nutmegg boyle it pretty well but not in any thing as tasts of Brass. when tis cold take your Podds drein them well from the liquor so put them into the Pickle for your Use

You may do Cowcumbers the same way

Wintersavory beat altogether in a Stone Mortar
work them up with an egg flowar your hands
and make them into balls and some long like
sausages fry them in butter till they look brown
put them into the Soope let them boyle than take
Spinnage & beets boyle the herbs in butter after you
haue cut them but not too small take them from
the butter put them into the broath Scum the fat
clean off the broath take out the Meat and bay
leaves than take a Pullett or any roasted Meat
put it into the broath season your broath with
Salt Jamaica Spice and other spices to ast some
sippitts of bread put into your dish grate some
Nutmeg upon them take the pullett or Meat
out of the Broath put it into your dish and
pour the Soope upon it garnish it wth grated bread

Madm Kimbrass To dry Neats tongues sheep or hogs tongues

Salt your tongues wth Salt Petre bay salt
and comon salt mixt together rub the Salt
very well in remember to turn them afften
when you feel them hard they are salted
enough. boyle them in pump water till

912 they

they are tender take a Crust of bread burn it
to a coal and beat it small rub the tongues all
over with it while they are hott the next day
hang them up in your kitchen not to near the fire
they will keep good a quarter of a year vse them
when you please.

Madm Kimbrass To make Veal Puffs

Take a kidney of a line of Veal after tis
boyled with the fat shread both together very
small season it with Nutmegg Cinamon & Salt
Jamaica Spice and lemon Peel shread fine
and some sugar and Currance a little Sack a
little Juice of Lemons or Verjuice mix them very
well together than make cold Paiste rowl it out
in several parcells put your meat into them
make them up into the shape of Pastyes fry them
in butter but butter is better

Madm Kimbrass To make Apple Pastyes

Pare, Cutt into quarters and Coare your apples
boyle them in Water till they are tender take them
out & Marsh and Season them with lemon Peele
Cinamon and Sugar so make them into Pasties
& fry them in butter when they are dish throw Sugar on em

Neats foot Brawn — Madm Kuntress

Boyle 4 neats feet very tender take out all the bones season it with salt than roul them up in a Cloth very hard tying the Cloth at both ends put them into ye liquor again letting them have a boyle or two then take them out letting them lye till next day when they are through Cold take it out of the cloth but besure you donot break or tear them asunder Than take water and Salt as much as will cover it and 2 or 3 handfulls of brann boyl it and strein it when it is cold put in your Collar

Pease Soope 10th Meat — Madm Kuntress

Take 3 or 4 pieces of any sort Meat as many pease as you think convenient put them into water letting ithem boyle to Mash when they are enough strein them, and take some Spinnage Mint Cornsallad and sorrel cut them but not too small ad some Mary gold: flowers, Than take some forc't Meat made of Pork season it well with a little Sage rosemary pepper salt and Jamaica Spice beat these very

very well in a stone Mortar with an egg bealen work them up your hands being flowered into round balls no biggar then pease, and take half a pound of butter boyle it, as it put in your balls when it boyles and your herbs letting them boyle pretty well when you have streined your soope put it to the balls and herbs. being thus altogether season it with Salt Pepper and Jamaica Spice Toast some Sippitts of bread poure you soop upon them in a Dish garnished with grated Bread

Brown Pottage — Madm Kuntress

Take a piece of beife and some other sorts of Meat boyle it to a strong broath put in a quarter of a pinte of Clarret. than take a Stew pann put in 3. or 4. slices of beife sell it over a Chaffing dish of Coals so fry it in butter with bayleaves in it till it is brown and the butter looks black put the strong broath into the Meat and Butter stir and boyle them together. Than take some Pallates boyle them very tender cut them into pretty long pieces put them into the broath, make some Balls of ffored Meat with veal some suet with pepper Salt Nutmeg Thyme sweetmarjorum winter

 and underneath it so Close it up and bake it,

mad.m Huntress

A Fricasey of Tripe

Take of lean single tripe cut in long pieces about the length of ones finger and some strong broath put the tripe into it stew it till it is very tender when it is enough take some of ye liquor and some Whitewine a little Wintersavory Thyme and Parsley shread small with the yolks of 3 eggs boylt hard and a few Capers put these into the liquor and Whitewine cut small some lemon peel some vinigar to sharpen it than break in the yolks of 3 eggs and a good piece of butter pour all these to the Tripe the rest to the Liquor shaking it together till it is pretty thick so pour it into the Dish being Garnished with Lemons and Oranges

mad.m Huntress

Scotch Scollops

Cut a fillet of veal into little thinn Slices beat them and hack them with the back of your knife and lard them with Bacon. Than take some of the lean Meat beat it with some Suett Sweet Marjorum Winter Savory Thyme and Parsley till its very Small in a Stone Mortar season

season it to your tast with Pepper Salt Nutmeg and Jamaica Spice and half an egg beaten, flower your hands and make it into balls. With a little butter fry it brown. than take the Collops season them with Salt Nutmeg & Jamaica Spice with a little piece of butter fry them brown. Than take a pretty quantity of gravey, Clarret, some Pickle vinigar to give it a quick taste with some of the aforesaid sweet herbs an Anchovey some Nutmeg grated some Oysters or Mushrooms or Cockles or Pickled Mustles or a little Mangoe all these being shred small and put into your gravey with 2 yolks of eggs beaten. and ibte a good piece of butter fry little pieces of bacon Than make clean your Pan and put in your Collops and balls with ye gravy & other Engredients keeping them Shaking and Stirring for fear of Curdling than pour 'em into your Dish and take the fatt part of the Fillett and lard it with Lemon Peel and Thime fry it till it is enough and brown. than take some Oysters dip them in Batter made with flowar and Eggs fry them brown lay the fatt in the midle of the dish with the Collops about it squeez a little Lemon on't garnish your dish with Lemon and Oranges

Madm Kuntress

A Raggooe of any sort of ffowl

Half roast them when you haue taken them from the Spitt take all the flesh from ye breast bone leaving all the legs and the Pinnions of ye wings on. shread all the Meat you haue taken off very small with 2 Anchovies a little sweet marjorum Winter savory Thime and a bout a quarter of A pound of Suet season it with Nutmeg and other Spice to your Tast, and with one egg beat very well work it up than lay it upon the fowl in the manner or fasion as before when you haue laid it all on with the yolks of 2 eggs well beaten your ffowl all over grating some white bread over it than set your ffoul before the fire to broile or into an Oven to brown as it stands before the fire baste it with butter

ffor Sauce take some Pallates boyl them very tender peel them and cut them into long Pieces a bout the length of ones ffingar than take some Lambstones and sweet breads cut in little pieces and fried brown than stew them a while in some strong broath Anchovies & Clarret with the Pallates relish it with vinigar with the yolks of 2 eggs thicken it put in a piece of butter ye bignes of an egg wn your Pallats are stewd enough take em up shread a little Samphare & Capers garnish yo dish with oranges and Lemons

Madm Kuntress

Veal Alamode

Take a larg Fillett of veal cut the fatt & the bone a way Than take good thick pieces of Bacon long enough to go quite through and as big as 3 of your ffingers and some Wintersavory Thime and Sweet marjorum with parsley shred small season them with Nutmegg pepper and Jamaica Spice & salt roul the pieces of Bacon in ye herbs Season the veal with the foresaid Spices draw it as thick as you can with Bacon remember to Season and draw it over Night ye next day take some strong broath & Clarret as much as will cover the Meat season the broath with 3 or 4. Shallotts and ye foresaid Spices. skure it up very hard put it into this broath stew it till it is tender take it out of the broath. than take some butter fry it till it burn. than take the veal put it into the pan fry it till tis black take it out keep it for your use eat it with oyl and vinigar

Madm Kuntress

To backe a gamon of Bacon

Water it a day & a night boyle it very tender take the Skin off Cut all ye Rust a way Season it wth pepper Nutmeg Mace Cloves & Jamaica Spice make cold Paste in ye fasion of a gamon put you gamon into it wth a great deal of butter lay bayleaves upon &

An herb Soop wth out Meat — madm Huntress

Take some water and Oatmeal boyled like water-gruel strein it. to 2 quarts of this liquor put 4 Anchovies season it with pepper salt and Jamaica. put into it spinage Beets and Corn Sallad wth all other Cottage herbs one Oynion cut in Pieces the herbs shread small and put into ½ a pound of Melted butter in a Skillett boyle the butter with the herbs in it and poure it into the Broath than take some bread cut in pieces like Dice fry them Crisp in butter poure the broath into a dish and put ye bread upon it.

To boyle a Rump of Biefe madm Huntress

Boyle it tender then take some of the broath and grated white bread put in it make it pretty thick some horse redish grated very fine put it into this liquor with the bread boyle it with a little pepper and Jamaica Spice, so stew it very well putting in a Pretty handsome piece of butter when it is Stewed — enough take up your Meat and poure it into the dish

A Raggooe of Neats tongues.

Take a larg Neats tongue boyle it pretty well peele it and Slitt it down but not quite take all ye Meat from the Skin which meat with 2 Anchovies some Thyme wintersavory sweet Mayorum and a Shallott shread alltogether very fine, Season it wth some Nutmegg Mace Cloves lemon peel pepper & salt to your Tast work it up together with an egg lay it in the Skin in fashon of a tongue with an Egg beat very well wett it allover lay it on a dish and send it to the Oven

Madm Huntr for Sawce take some Strong broath put in a little Gravey and Clarret a Slice or 2 of Bacon the Same of Biefe put them bacon & bief into a frying Pan when it is fryed very brown put to it a piece of butter dust some flowar in it fry it again tee it is brown than the above said Strong broath gravy and Clarrett and an Anchovey Season it with Spice to your tast beat the yolks of 2 eggs very well when you put in your eggs to thicken it keep it Stirring least it Curdle if tis too thin put in a little flower. half an hour bakes it than dish it up pouring this Sauce on after hauing Squeesed a little orang & lemon in it. Garnish your Dish with oranges & lemons

To Souce Herrings, madm. Wife's

Take your herrings out of the pickle, and put them in water, and let them lye therin 24 houres, shifting them once in that space in fresh water, then make A pickle of water Jemeco spice, (or Cloues and mace,) Whole peper Black, or White, A little bunch of Time sweet marjorum, and winter sauory, some whole Onions, and some lemmon peeles, and when this hath boiled some time together, then put in good store of vinegar, and let it boile A little while, then put in your herrings, and give them A boile or two in your pickle, and then take them out, and when they are cold put them in your pickle, when it is throughly cold, into An Earthen steane well glased, and in A weeches time you may Eate of them, with oyle and vinegar, they will keep good A month, In A good Cellar or Coole place

To make Plume Broath madm. Jacob

Take a Large Leg of Beife or sticking piece you may ad a nother piece besides the sticking piece to make ye Broath stronger then take a 2ny. or 1ny. white Loaf according to the quantity you make after your bread hath boyled a little strain your broath & put in your Plums some Cinnamon Mace & Cloves some Pruants the best you can gett you must stew your Prewants some you must Mash and put into your broath & some whole you must either put in a Pinte of Tent or a of Sack & Clarrett of each a pinte so sweeten it to your last your fruite must boyle nere 3 quarters of an houre

before you put your ~~put~~ your fruite in let your broth stand & Coole & take of yt fatt forgett not to put in salt

To Butter Chickens. madm. Huntress

Truse your Chickens and boyle them enough then Cutt em up and break their ~~up~~ bones and saw all their Gravy and lay em into a warm dish

The Sawse is, take the gravey one ~~[illegible]~~ raw Oynion a bunch of boyled partley shreud very smale ~~[illegible]~~ put it into ye butter

Oynion Soope. madm. Huntress

Take a peny loaf Chipt soake it whole in Milk so take 2 quarts of Milk set it on the fire and boil it then take half adozen of larg Oynions Cut them into pieces fry them in butter till they are brown and tender put them into the Milk season the Milk with a little Jamaica spice and salt to your tast Than take the loaf in soak whole as it is put it into the Milk a boyling ~~let~~ let it boyle till you think the loaf is through hott take it up whole put it in a dish set it over some Coals to keep hott than take adozen of Eggs pourch them in the Milk when they are enough take them out whole and put them into the dish with the loaf pour the soop into the dish with the loaf and Eggs so serve itt

To pickle mushroomes

Take a quart of running water, and a pint of the Best Whit wine vinegar, with a little salt, and a handfull of walnut leaves, a small quantity of vine leaves, and some cloves and mace, boile these things together, not very long, and when it is cold, then put in the mushroomes, with grosse peper, and soe put them vp close, and lay a Cleane stone, to keep them vnder liquor, if for present spending, then scald them before you put them in pickle

To Pickle Cowcumbers Green

Take as much water and salt, as will make an Egge Stime, standing all night, and strained put your cowcumbers in this pickle, in a little barrell, or Earthen pott, and let them lye in this pickle 24 houres, then take them out, and when well dreined, put them in the pott or barrell, you intend to keep them in, with spice, Nutmeggs, mace, whole peper, and a little dill, and sweet fenell seeds if you please, then take half wine vinegar, and halfe beare vinegar, soe much as you think will couer them, boile it very well and scume it, and poure it boiling hott on your cowcumbers, and stop it close to keep in the Stemm, about 3 or 4 days after, poure the pickle out, and poure it in hott on them, you may doe it 3 times if you would haue them Green

To Pickle Purseland Stalkes

Take the greatest purseland stalkes, red, and green, and boile them tender in water, and when they are boiled, dreined, and cold, put them in a strong pickle, made of whit wine vinegar, and salt boiled to beare an Egge, and when it is cold, put in your stalkes, and keep them vnder the liquor, with a cleane flatt, or leaden weight, and close couer'd and they will last all the winter for sauce for mutton, or garnish for Dishes

To Pickle Broom Budds, madam Wise's

Take your broom budds when they are very little, and young, and lay them on a table cloth, and pick out the Grubbes, and wormes, if they haue any, and take a deep Earthen pott, put in a laire of salt, and then a layre of broom budds, and soe till you haue put in your quantity, as you design, and then make a brine of salt and water, and boile it, and when it is cold put to your budds, and haue a board which is just fitt for your pott, and on it, put a weight, and press them hard down and when you haue occasion to vse them, put them in a bell mettall skillet, and boile them, and when they are enough, poure them into a bullender, and on them cold water, and if they are to salt, lay them in water for an houre or two, before you boile them, and just give them a boile vp or two, and when cold Eate them with oyle and vinegar (thus doe Elder Budds) you may put them in sauce for any fish

To make Plumbe Pottage, mrs Truwhitt's

Take a legg of beefe boile it very well, and thicken your broth, with the crumbe of a peny loafe, then straine your broth, and boile them in a lesser pott, and put currance, raysons of the sun, Cloues and mace, a little sack and Clarett, and sweeten it to your Tast, you may put in the same Quantity of Tent, in steed of sack and Clarett

A frigacee of Chickens, madm. Lady's

At the poulters you will find the heads, and neckes of fowles, which they generally sell for 2 pence a dozen, if you please to take them, and stripe of the Skinn's, and wash away the black blood, then bruise them to peeces, and put to them a good big Onion, some whole peper, a crust of bread, and some salt, put to them water according to the quantity of gravy, you design to make, sett them on the fire, and let them stew couer'd very close, and when it is almost enough, put in a peece of lemmon peele, and a little bunch of sweet hearbes, Time, sweet marjorum, and a very little sprigg of winter sauory, and immediately after the hearbes are in, take it of and straine it, and let it stand till it is cold, that you may take of the fatt, if there should be any, then take your chickens, and strip the skinn's from them, and cutt them into small peeces, put them into your skillett, with a blade or two of mace, a whole Onion, a good peece of fresh butter, some fine beaten peper, and some salt, and a peece of lemmon peele, sett them on the fire, and let them stew gently, and when they are about halfe enough, put in your gravy, and pick out the mace, Onion, and lemmon peele, and let it stew till it is enough, then take the yolkes of 2 Eggs and beate them, and grate into them nutmegg, and put in 5 or 6 spoonfulls of white wine, or the Juice of a lemmon, which you like best, and soe thicken vp your frigacee

A Soope

Take the scragg of mutton, or knuckle of veale, and put to them a peece of course bloody beefe, or any thing that will make a strong broth, then put in a whole Onion or two, and some whole peper, and a good large crust of bread to thicken it and a bunch of sweet hearbes, and salt to your Tast, and when tis stewed away to the quantity you shall want, or a little more, then straine it out, and let it stand till it is cold, take of the fatt, then take about 2 dozen of cockes combes, and scald them, and stripe of their skinn's, then put them into the strong broth, and let them boile till they are tender, then take spinnage a good handfull, of Beet leaves a good handfull, and some Endive, let your Endive lyin water to take out the bitterness then scald them in a little of the broth till they are Tender, and of a good Colour, then take a french rowle, and put in the middle of the dish, and poure ouer it your soope, then take the Endive, Beets, and spinage, cleare from the broth they were stewed in, and put in your dish

To make Raison Vinegar, my cossen Joseph Mower's

Take a barrell well hooped, 3 pound of malligoe raisons, to one gallon of spring water, and soe on till the vessell be fill'd, then let it stand in the sun, from April till mich Mass then sett it in the house warme, it is fitt for vse, if it is not fine, throw in four ounces of Juory shauings, which will refine it

To Boile All Sorts of Small Fish, as Perches, Gudgeons &c.

Take your fish, draw them cleane, but doe not scale them, then rubb them over with salt, and lay them in A deep dish, then take the halfe of the liquor, which must be wine vinegar, that they are to be boiled in, and sett it on the fire, when it boiles fiercely poure it upon the fish, then take the other halfe of the liquor (which must be fairs water) and sett it on A quick fire, into which you must put, A good handful of Fenel Mints, pengroyall, Time, and 2 or 3 faire onions, season it to A very great height with Salt, when the water boiles fiercely, and you haue prouided Spruce wood to maintain it soe, then clap in the liquor in the dish, when they both boile highly up, then put in the fish, and couer it close, it must be kept boiling very fast, and the fish must Immediately assoon as it is boiled Enough be taken out of the liquor — the Sauce is butter beaten thick with some of the liquor, and A little Nutmegg

To Broile A Pike, or any Other Large fish

Take your pike, and haueing gutted him, and washed him, cutt of his head, which must needs be done, because if you broyle him, with his head on it will giue the body, an Vnsauory Tast, then take A knife, and Scotch him on the sides to the back bone, and haueing done soe strew salt into his belly, and the Scotches, and Sprinkle good White wine vinegar into both, then rabb it In And [illegible] hang him by the tayle Some thing neare the fire, in the Chimney corner for 2 houres, often turning him, that he may dry on all sides, Alike, and this will make him hard and firme, then lay him on A hott gridiron, on faire, but not Extream hott charcoles, soe broile him thringly you may if you please bast him with butter, but it must be A very little — the Sauce is drawn butter, with A few Dissolued Anchouys, and some Shreads Capers and horse radice for halfe an houre Steeped in vinegar

To make Conserue of Flowers

As Roses, violets, gillyflowers, and such like, you shall take the flowers from the Stalks and with A paire of sheeres cutt away the white Ends at the root therof, and then put them into A Stone morter, or A Wooden brake, and there crush, or beate them till they become to A soft substance, and then to Euery pound therof, take A pound of fine refined suger well searced, and beat it altogether till it come to on Intire body and then put it up, and vse it as Occasion shall serue

To make A Quince Ludding

Take cream, or milke, the quantity your dish will hold, with these Ingredients, being adding and boile it, and when it is cold, put in Egges well beaten, as many as for A custard, and A little grated bread, then put in as much of the pulpe of ridded Quinces, as will make it of A high rellish, then sweeten it, being well beaten, and mingled, put it into A butter'd dish, and bake it in A soft Ouen, with fine suger searced on the topp, as it goes in, you must put in marrow, Cithron, Apricocks Damsons, or what you will

To make marmalett of Quinces

Take A pound and A halfe of Quinces pared and coared, weigh to that A pound and A quarter of fine powder suger, lay the Quinces in faire water, Take A pint of faire water, and halfe A pint of rose water, take A little Shillett cleane scoured, and put the water and suger in it, and sett it on A cleare fire of Charcole, and Scume it, then put in the Quinces, and some of the kernells, and couer them, and let them boile while they bered, then take them up, and break them well, then put them in Again, and keep them stiring while it comes cleare from the Shillet and then it is Enough

To make Ginger Bread

Take 6 pound of Treacle, 7 pound of flower, 4 ounces of Ginger, one ounce of Nutmeggs, and A little Cloues and mace, one ounce of Caraway seeds, one Ounce of Coriander seed, and the rine of A good bigg lemmon, beate the seeds, and the Spice, and cutt the lemmon small, and soe make it all into A past, with 2 ounces of powder of liquorish, and bake it in A Quick Ouen

To make Jelly of Pippins

Take 12 pippins to A quart of spring water, pare, quarter, and coare them, boile them to peeces, then straine them, and take to Euery pint of liquor, 3 quarters of A pound of suger, boile it together, on A quick fire, for halfe an houre, scuming it cleane, then put in some shreads of Oranges, or lemmon, then let it boile A quarter of an houre, then put to Euery pint of liquor, one ounce of suger reserued finely beaten, then let it haue another walme on the fire, then take it of, and put to Euery pint of liquor, the Iuice of A large lemmon, stire it very well, your lemmon and Orange must be cutt very Thinn in long shreads, boiled well in water by it's selfe, and it is better if it be boiled after in A little water and suger

To Stew Rabbetts

Take 2 rabbetts cutt them to peeces, and stew them in A small quantity of liquor leasurely, season them with peper, and salt, and A little cloues, and 2 or 3 blades of mace, A peece of Onion, and Anchouys, beate it up with the yolke of an Egge, or two, A peece of fresh butter, as you think fitt, and soe serue it in

To make Waffers

Take fine wheat flower, and mix it with cream, the yolkes of Egges, rose water, suger, and Cinament, till it be A little thicker then pancakes batter, and then warming the Waffer Irons on A Charcole fire, Anoint them first with sweet butter, and then lay on your batter, and press it, and bake it white or browne at your pleasure

To pickle Grapes

make A good strong pickle with water and salt, and boile it, and when it is skimmed and strained, and when it is throughly cold, put your grapes green, taken in time, not Inclining to be ripe, to be in A conuenient pott to keep, and poure liquor to them, and keep them vnder liquor, and when you vse them scald them

For Cheese cakes, mr. Paris

Take A pint of flower, and mix it with cold water, then rowle it, and break halfe A pound of butter in bitts, and stick some of it heare, and there, on the cake, and then clap it up and mix it together, till you have used all the butter, then sheet the plates soe much for the past, the curd thus, Take A quart of cream, and warme it over the fire, and take 10 Egges, break and beate them well, and put them to the cream, streine it through A fine sieve, then put it over A slow fire, and stire it till it comes to A curd, if it happens any whey, put it from it, then take A pound of Currance plumpt in boiling water, then take 2 or 3 naples Bishets, or for want of some grated bread, and put it to the curd, and stire it well together, vse to it halfe A Nut-megg, and some beaten cinament, with some rose water, if the curd happens to be hard, then take 2 or 3 yolkes of Egges, and fresh butter melted, and mix with the curd, to bring it to A due softness, and put it into the plates, and bake them according to discretion, put A pound of suger to the curd when it is made, when you put in the currance

A Rare Baked Dish

Take your gammon of bacon, and wash it, and peele the rusty away, put it into your kettle with water, and scume it well, and put some Onions, and sweet hearbes, as parsley and time, makeing it into bundles, with 2 or 3 bay leaves, and lemmon peele, of A lemmon it selfe Put into the liquor, and let it be more than halfe boiled, then take it out, and cast the skinn quite of, then take 3 or 4 yolkes of Egges, and rubb them, on the side where the skinn was taken of, mince parsley and time, and spread it on the yolkes, and beate paper, cloves, and Nutmeggs, and some grated white bread, and melt some sweet butter, and poure it on the bread, and put the other grated bread on that, to make A good crust, then put it into A pan, with some of the liquor it was boiled in, to keep it from burning then put it into the oven, untill it be well colour'd, and take care it burn not

A Plume Cake

Take 4 pound of fine flower, dry it in A slow oven, over night, 4 pound of the best currance, picked and washed, 2 pound And A halfe of butter, A pint of the yeast, A pint of cream, A gill of sack, and rose water, 4 Egges, halfe an ounce of mace, Nutmeggs, cloves and cinament altogether, A Quarter of suger, take the liquid things and temper, and beat them well altogether, worke the butter cold in A bason, till it is soft, and then put in your things, and put them in by little, and little, and soe worke it till you have made it like A Jelly, then shake your flower in by degree's, worke it in A cake, and bake it in A hoope, with A Quick Oven, and put paper round the Edges, and bottom, and butter the paper

To Pickle Gooseberys

Scald gooseberys when allmost ripe, not to much, and besure they doe not break, and dry them very dry, and when they are cold, put them into an Earthen pott, and cover them with whit wine vinegar, and suger, and tye them up close, and keep them under liquor

To make A Snake

Take a pint of new milke, Sett it on the fire till it boile, then put in fine wheaten flower, and stire it well together, till it be very stiffe, and it must boile soe long till it comes round like A ball, then take it out of the skillet, and put it into A morter, then take 6 Egges, and break in one of them, and beate that Egge, with that round ball very well, then break another in, and beat that as before, thus break your 6 Egges, one After another, till they be all beaten in, then beat all well together, you must beate Every Egge single soe long till you see it, and the Egge hanging on the pestle when you put him up, then season him with A little salt, Nutmegg, and rose water and then beate it all together A little, then take your frying pan, and some Beasts lard that is try'd up with 2 or 3 cloves, and take neare about halfe A pound, and put in your frying pan, and holding it on the fire till it be ready to boile, and Against it boile, put your stuffe into your spout, and when it is full, spout it round About the frying pan, it must be done quick, and with great strength, and it is in the frying pan, hold it on the fire, and let it bake, then turne it with your knife, and let it bake on the other side, let it not be to browne, but look of A pale yellow, it will quickly be baked, and it will quickly burne, if you looke not to it, then take it up, and lay it round one within another, in the dish you intend to serve it in, then take A little sweet butter and rose water melted together, and with A feather, wash it all over, as it lyes in the dish, then scrape A pretty quantity of suger on it, and some round the dish sides, and soe serve it to the table, it must be done quick, or Else it will be cold before it comes to the table

To Boile A Salmon

To boile A Joyle or any other part of salmon to Eate hott, take the salmon, and wash it in water, then put it into A Dish, with one handful of upon it, and A pint of vinegar, let it lye in this liquor About A Quarter of an heare, then make your kettle boile with water, and put in About A pint of white wine at the least, Amonge the water with A little time, and rosemary, 3 or 4 bay leaves, sweet marjorum, 3 or 4 Onions and salt in A large proportion, let all these boile first, then put in the salmon, with the vinegar, and salt, that is in the dish, and soe let it boile, According to discretion For the sauce, take sweet butter, about halfe A pound, the yolkes of 2 Egges, 2 Anchonys, A little lemmon sliced thinn, the rind being taken of, Elder vinegar, and A little of the broth the salmon was boiled in, put this over the fire, and stire it till it be thick, and the Anchonys dissolved, then put the salmon in A dish, and put the sauce upon it

To make Dry vinegar, wch. you may Carry in your Pocket

Take the blades of green corne, wheat or rye, and beate it in A morter, with the strongest vinegar you can gett, till it come to A past, then rowle it in little balls, and dry it in the sun, till it be very hard, and then when you have any occasion to vse it, cust A little peece therof, and dissolve it in wine, and it will make A strong vinegar

To Broile A Breast of mutton

Take A good breast of mutton, and rost it, then scotch it A cross, and A cross, and shake over it some peper, and salt, and hold it close to the fire to broile, then have your sauce ready, which must be thus made. Take halfe A pint of Clarett, and A little water, if you have noe gravy put in A whole onion, and some whole peper, and Anchony, and let it boile till that be dissolved then strayne it out, and put in some ~~[illegible]~~ capers, and some samphire shread very fine, and some pickles cowcumbers cutt in thinn slices, and some whole Cappers, and some mushroomes if you have them, then give all these one scald in your clarett, then have some melted butter and when your clarett boiles up, poure in your butter, and let that just boile, and when your breast of mutton is browne, take it from the spitt, and poure this sauce over it, if I have the stone of A mangoe to boile in the clarett, then I doe not boile A whole onion, because the other is better, and when tis time of yeare for raw cowcumbers, then you must stew them, and put them in, and soe you must mushroomes, instead of pickles, but you must always put in Cappers, and samphire, this dish is very good and much used

To Stuff Partridge, or Turkey, Pigeons or Any Sort of Fowle you have A mind should look large

Take some Egges, and boile them hard, the quantity must be According to the Fowles you stuffe you must Take onely the yolkes, and mince them very fine, and put to it some grated bread, but there must not be soe much bread as Egge, put to it A little nutmegg peper, and salt, then mix it up with A good Quantity of butter, you may mix it with A knife upon A trencher, till it comes to A perfect paste, then take your fowle, and cutt the skine close to the head, but let the neck be noe longer then at another Time, then take ye finger, and loosen the skinn from the flesh as farr as it will beare without breaking, then stuffe your fowles to make them looke large, and faire, but not soe farr as to break the skinn, then draw the skinn neatly over, and when the fowled are spitted tye them round the necks, to keep in the stuffing, they must be roasted, and sauce made as at another time

To make A Cabbage Pye

Take 2 large light white cabbages, and lay them in water all night, next day take out some of the stemmes, and boile the cabbage very tender, squeese it very dry, then take A fall young rumpe of beefe, and cutt it in Thinn steakes, beate them, and seasen them with peper, salt, and A little nutmegg, then coner your dish with paste then lay at the bottom of it, A row of Cabbage, and upon that some little bitts of butter, then lay A layer of steakes, and then A row of Cabbage, and butter, and soe till the pye is full, besure Cabbage and butter be at the topp, and bottom to keep it moist, you may boile A few of the bones with peper and salt in water, to make gravy to put in your pye, before you lidd it, but for want of that, put faire water or twill bake dry

To make Fritters

Take A quart of new ale, and thicken it with flower, and scrape About 6 or 8 pippins and put in, and put A little sack, some beaten, cloves and mace, and A little cinament and A little fine loafe suger, let your batter be as thick, as when they are made of cream, have some lard, and boile it in A brass pan over A chaffin dish of charcole, and soe drop your fritters in, and they will be very light, and good, be sure not to forgett A little salt

To Make A Cake madam Lyrwhitt's

Take 2 pound and A halfe of fine flower, and 3 pound of currance, wash them and dry them in A cloth, A quarter of an Ounce of Cinament, one Nutmegg, A Quarter of an Ounce of Cloves and mace, put in salt, mingle all these together, then take 3 quarters of A pound of good Ale yeast, and 3 Quarters of A pound of butter, one pint of cream, melt your butter in A skillet, with your cream, 10 Egges, takeing out 4 whites, one quarter of A pound of suger, you must put Butter, and cream and yeast on one side of your flower, and your Egges of the other side of your flower well stiring them together, you may put Halfe A pint of sack to the cream, you must make A Coffin of paper to bake it in, let it stand halfe an houre in the Oven

To make Cherry Brandy Cordiall

Take 4 pound of morello cherrys full weight, and put them in A Egg with 4 pound of fine white suger beaten small, shake them well together, then put 4 Quarts of brandy, and cork it up, and tye it downe, and sett it in the sand, or earth 6 or 7 weekes, if you will make it with ordinary cherrys, you must have 6 pound ready pick't, where you have but 4 of morellos, and but 3 pound and A halfe of suger, where you have 4 for morellos, because they are sharper

To make Right Wood-Street Cake madam French's

Take 4 pound of fine flower, and halfe A pound of loafe suger finely beaten, Cloves mace, Cinament, Nutmegg, as you please, mingle these all together, and make a hole in the midle, then put in the yolkes of 10 Egges, and the whites of 2 very well beaten with A spoone, A wine pint of Ale yeast, strained, mingle it with the Egges, and put it in the hole in the flower, then melt A pound of fresh butter very gently, and mingle it with halfe A pint of Cream, which must be first boiled, and cold again, A quarter of A pint of rose water, then give your butter, cream, and rose water, A warme, over the fire, and mingle it with your Egges, and flower and let it stand to rise, A quarter of an houre cover'd with the flower, then take 3 pound of good Currance, one pound of raisons stoned, and cutt, then knead it in your forme, and make it up assoon as you can, then bake it in A double butter'd paper, when it is baked draw it, and brush it over very thick with whites of Egges, with A brush of feathers, then scrape fine suger on it

To Boile Trouts

cutt the trouts on the middle, and halfe boile them in water and salt, with A little penyroyall, and A good deale of parsley, then take them out of that water, and take white wine, with some of the water, and all the hearbes, and boile the trouts untill they be enough in that, then poure out more of the water, and then put some sweet butter in, leting them stand A little from boiling, then put them into A dish, and shread the hearbes and lay on the topp of them, with A little sliced nutmegg

To make Sweet Water, mr. Lanes

Take of Cloves 2 ounces, of Calamus halfe an ounce, of Cipresse roots sliced an ounce, of yellow Saunders 3 drames, of Cloues bruised one Ounce, of Benjamine one ounce & of Calemint one ounce, and if muske 12 graines, and Infusing all this in rose water Distill it.

An Excellent Water For Perfume

Take of Balme, mints, marjorum, corne flagge roots, Hisop, Lavery, Sage, Balme, Lauender and rosemary, of each one handfull, of Cloues, Cinament, and nutmegs 3 of each halfe an ounce, then 3 or 4 neate Citrons cut into slices & juice all these in Damask rose water the space of 3 days, and then distill it with a gentle fire of Coales, then when you have put it into a Cleane glasse, Take of Calt musk, Civett, and Ambergreece, of each the Quantity of 3 Scruples, and put into a rose of fine Lawne, and then hang it within the water, this being (when burnt upon a hott pan, or else boiled in perfuming pans, with Cloues Bay leaues, and Lemmon peeles, will make the most Delicatest perfumes, that may bee without any Veneo, and will last very long

To make Cinament Water

Take a pottle of the best Ale, and a pottle of Sack large, & pound of Cinament sliced fine and put them together, and let them stand 2 days, then distill them in a limbeck or glasse still

Almond Butter

Take a pound of Almonds pound them with rose water, strane them, then season it with Sugar, and serue it vp

To make Liaison Vinegar madam Roberts warbeck

Take 6 gallons of water put it into a Runlett that holds 8 or 9 gallons, wooped with iron hoopes, then take 18 pound of the worst malligoe raisons you can gett, wash off the stalkes with them, put them in the vessell, Cover the Bung hole with a rag & put in yeast, and lay a gutter Tile ouer it, that the Rain cannot gett in, Set this runlett where the Sun comes hottest in the Beginning of may, let it stand the whole Summer while there is any mayth in the Sun, and as it drys vp fill it with water, then draw it out into another vessell, and bottle it for your vse

To make Currence Wine mrs. Harisons

To 3 quarts of spring water, put 2 pound of loafe suger, mingle it well together, set on the fire, and let it boile halfe an houre, and Scume it as long as any Scumm will rise, let it be as coole as warm, make 2 toasts of wheaten bread, and dipp them in Ale yeast, and put them into the liquor, when tis worked all ouer with a good heat, then take 4 Quarts of Currance and bruise them well, and put in, and Stire them well together, let it stand 2 days, then streine it through a haire Sieue, and put it into a Vessell, when it has done working, stop it close, and let it stand 6 weekes and then bottle it, and let the corkes be very good

Sauce for a Pigg

Take halfe a pint of Claret wine, and put into a pewter dish, then take some Anchoves and put to it as much as you think good, and set them Seeth a little while, putting to them a few Sage leaues, which then take the braines of the pigg, and put into it, and Stire them vp and when you have done so, then beat vp the yolke of an Egge and put in, and set them

To make Rasbery Cakes

Take a pound of loafe suger, and break it in seuerall peeces, and dipp it in water, and boile it to suger again, then take a pound of rasberys, and bruise them well, and 3 or 4 spoonfulls of Juice of Other rasberys, Set them on the fire, let it boile a quarter of an houre, then boile it of, and put in the Suger, mingle it well together, and let it stand 3 or 4 houres to dissolue, then set it again, on the fire, and let it simper a quarter of an houre, then drop your cakes in what fashion you please

To Pickle Mushroomes Madam Lay's

Take the buttons and cutt of the stalkes close, as you doe them put into water, then put in a little Salt, doe wash them cleane out of that water, and as you wash them put them into another, still putting in a little Salt, and when you have made them very cleane without being peeled, then take them vp in a cullender, that the water may drein from them, then put them into a Skillett, and put in some very little Onions of that sort they call michell mase Onions, they are noe bigger then Filbeards, and you must put them in whole, and put in some Nigges of lemmon time, and not green, for that giue quite another Tast, and put in some Salt, and set them on the fire, and let them stew, still shaking them vp as they stew, take care you doe not doe them to much, for then they will turn black, when you think they are Enough, put them out into a cullender to drein and let them stand till they are quite cold, then make a pickle with halfe white wine and halfe wine Vinegar, put into it mace, Nutmegs, whole pepper, and very few Cloues, the rest of the Spice, must be according to your discretion, the pickle and spice must be put together, but not boiled, then put in your Mushroomes with the Onions and the lemmon time that you boiled with them, your pickle, your spice, your Onions, Salt, and time, must be all according to your discretion, and the quantity you doe, you may doe the stalkes, that you cut from the buttons, and soe you may some of the large mushroomes, doe but put them in a pott by them selues, and they will doe as well to put in Sauce, you must put them in potts, or glasses, that are narrow at topp, and wide at bottom, and let your mushroomes be couered with Vinger, and then mell some Butter, or mutton Suet, and powre ouer it to keepe out the Aire

To Pickle Beefe or Porke

Salt your beefe or porke very well after the vsuall manner after 4 or 5 days, then take it out of the powdering Tubb, and set it a dreining to the best Aduantage for taking away the Cloud and Scake of the Salt as much as you can, and let it stand soe all night, and a day, then put it into the pickle, which must be thus made to a firkin proportion of water, put halfe a peck of Common Salt, and a Quart of Salt peter A pound of the Brownest Suger, and Boile them toe ather to the Strength of the meat bearing an Egge, time it very well as it Boiles, to make the pickle fine, let it stand a day and night, or longer if you please, then pack your meat Browne close in the Tubb, then powre your pickle ouer it, keeping back the sediment at the bottom, and put a weight, or something to keep the meate vnder pickle, what rises aboue will putrify the Quantity of pickle is Enough for an Ordinary Cagg or the like proportion of Beefe, and wood Strue Again new boiled vp seuerall times as the meat is more or lesse you are to Encrease, or lessen your pickle

To Dress Flounders and Divers other Fish

To Dress flounders, Scales, Dabbs, mayds, small Lites, Barbells, Gudgeons, and Rivers: Take large flounders draw them and Slip of the finns, and Tailes with Sizers, take of the back skinn smooth them with A knife, Score them Cross the sides (soe flat), Close but Shallow, that done lay them in A dish, and poure on them A little white wine Vinigar, and Strew salt let them lye in this Sauce halfe An houre, in the mean time take A Quart of large Oysters, wash the Oysters in Clarret wine, dry them in A Dish, and season them with pepper, Salt, and An onion, pricd them and reserue all the cleare liquor of the Oysters, and put both it and them in A preserviable pipkin, and let them stand 3 or 4 walmes on the fire, for if they stay longer they will grow Tough, if they be not kept Continually Stired, they will burne to the pipkin this being soe ordered, cover them close, that the Aire get not in, for then the Oysters will loose their colour, put into A frying pan, neare halfe A pound of fresh Butter, and let it fry Until it begin to look browne, taking of the froth as it fryes with A feather, put the Butter Soe fryed, the liquor of the Oysters, and to both halfe A pint, or A little more of white wine mingle them in the frying pann together, and poure all into A deep dish, and set it on Hot Coalles in A Chafindish, as soon as it boiles, put in the fish, one after another, when all are in, and that it hath had A walme altogether, put in some whole Cloues, and Nutmegg Quartered, 6 Cloues of garlick, A small bagot of sweet herbes, the peele of A lemmon, and A little ginger Sliced, A Crust of french bread, cover it and let it Stew till it be Enough, then put into it handsome sippetts of french bread, and poure on it as much of the liquor of the Stew as will some what more then moisten the sippets, then lay on the flounders with the scowred side vpwards, and Strew handsomely on them the Oysters which were close covered in the pipkin, and Upon All A laire of Thick drawn Butter with Anchouye dissolued in it, garnish it with Sliced lemmon, and Quarter'd Orrange, and Strew the Brimm of the dish with the raspings of french bread

To Souce Barbells and Other Fish

To Souce Barbells, or any other kind of fish fit to be Soused, Take your Barbells and draw them and wash them very cleane, then set on your Kettle, and put therin the liquor designed for boiling, which must be one of A parts at the least the best white wine Vinigar, and the other 3 parts fayre water, put in A very large Nosegay of Spermint, penyroyall, Time, Sauory, Marjerum, and Fenell, 4, 5, 6, or 8 Sprigs of Onions, Quarters of Cloues, mace and whole pepper the peele of A lemmon, and to Euery gallon of liquor, 2 good handfulls of salt, when this liquor boiles fiercely vp put in your fish one after Another, See that their cotenesse make it not quite stint boiling, and then have in readyness Spruce wood to maintaine it boiling very fast Until they be Enough, then take them vp, and quickly put them into one clean vessell, and cool the liquor, which being done put them together in your Souceing Tubb, and after 6 or 8 days they will be Excellent meat, these will if you please Last very well Hott

To Bake A Trout or Other fish Though never soe great soe

that the back bone, and all Other Bones, Shall be as Tender as the flesh

make A coffin of course Tough Wheaten past of good thickness, and when the Trout is Drawn, Scaled washed and dryed very well with A cloth the finns and tayle cut Short of then slesh him, reach the sides in many places, with A Knife, that the seasoning may soak in, which must be good Store of mace, A little pepper, Salt, nutmegg, and hauing good Store of butter washd in rose water, lay A good quantity in the coffin, onely the fish, and Soe much more on the topp as you think will cover the trout, when it is melted then close it, and make A good hole on the topp in the corner and Soe bake them, letting it stand in the Oven 3 or 4 houres

To Dress mackerell

braue them, and wash them cleane, cut of the heads, and all the bodys in peeces an Inch and A halfe long, put them into A yeoman dish, the ends standing vp, and put to them as much Ale as will halfe cover them, Season them with salt whole pepper, and whole Cloues the peele of Orranges or Lemmon Slicd very thinn, A faggott of sweet herbes, 6 Cloues of garlick, all them on A large Chaffendish of coales, and Soner them, when they are boiling hott, and haue had A walme or two, turn the other ends down wards, and turn the heads and let them haue 2 or 3 walmes more, then put A quarter of A pound of Butter in A frying pan, and when it is melted, put in halfe this liquor to the Butter, and when it is hott put in the peeces on the ends, as you did before, meane time put in the roes and the milts into the remaining liquor, that they may be warme on the Chaffin dish, Around the Others are fryed, turn them to the frying pann, and put them in the dish, you will know them by in with 6 Spoonfulls of the same liquor in the pan, these being set vpright in the dish, fry the roes and milts, and lay them on the rest, add to this A laire of Thick drawn Butter, with Anchouys dissolued in it, and A little grated nutmegg, poure the laire vpon it

To marrinate Diuers sorts of Fish

To marrianate, Seales, Trouts, Salmons, mackerells, Smelts, Barbs, or Carpes &c. Fry the fish in oyle throughly, then lay them on A plate before the fire, that the oyle may run from them, then take the best white wine vinigar and white wine vinegar together from sharp not according to your Tast, but it must be sharp, then put therin A Sufficient quantity of rosemary and bays, then take A little Saffron in A roase, and dye the liquor yellowish, then put some fry it Stife into the liquor, but beware there be Enough to Couer them, if you will keep it long, you must All the boiling of the liquor into which must be put ginger, and nutmegg Sliced, Cinament broken, Cloues whole, pepper, Nigroyall, minks, Balme, rosemary, Sweet marjerum tyed in A bundle together, these must boile together halfe A quarter of an houre, then poure the pickle from the herbs when it is cold put in 2 or 3 bay leaues, and some horse radice into which poure the fish. This will keep 3 months, yet you take of it well Seasond in 10 days, it will be well if you poure some oyle on the topp of the liquor

To make Sauce for Green Goose. mrs Perrinall

scald your gooseberys, very tender, then with the back of A Spoon bruise some of them A little, and leane some whole, Take A little of the liquor a little time and A little salt and A little Sugar, and melt A good peece of Butter in it when it is melt, Squeeze into it some Juice of Sorrell, Soe poure it vpon your goose and serue

To make Sauce for Roast Goose if you doe not like the last mentioned Then

Take sage and shread it very small, and salt, and Butter, and Rowle it vp and put it into the belly of the goose, and when it is neare Enough then if you please you may stew it with A little Claret, and an Anchouy, with the gravy of your goose, or if you doe not stew it then put what was in the belly of your goose into your dish and when you cut vp the goose let the gravy run into it and mix it

X A Sallet of Lemmons

Take the ruggest, which are the thickest rind lemmons, pare of the rinds, as neare the pulpe as possible, put them as you pare them into faire water, else they will change colour, then put them into A skillet of water, which you must sett on the fire, boile them untill they feele between your fingers very tender, then put them into gally glass in pickle which must be made of the best whitwine vinegar and suger, the proportion to A pint of vinegar is halfe A pound of suger, when you serue them up, you must put into the plate or small dish they lye in A little of the liquor

X Time Sauce, For Hens, Cappons, Rabbets, Partridges &c:

Take A good quantity of grated bread (manchett) and green Time, carefully pick't from the stalkes, and dead leaues, and minced small halfe soe much, salt to your likeing, all this must be kneaded into A peece of butter, and put into the belly of the thing you dress, then lay it to the fire, and when it is throughly roasted, take the composition out of belly, and with beaten butter, and the gravy, the fatt being clean taken of, make the sauce but not to thinn, to which if liked you may Add Anchouy dissolued, and A lemmon squeezed

X Ale Sauce For Hen's

Take 4 Egges and boile them exceeding hard, without which they will clott in your sauce, then take away all the whites, and put some good Ale into A dish, and break the Egges very small into it, then put in salt competent, and let it boile A pretty while over A chaffin dish of coles, make it not to thick, you may Add Anchouy, and lemmon squeezed

X Stew A Shoulder of veale

Being halfe roasted, must be cutt of the spitt, and sliced into A stew pan, to the gravy that run from it in the roasting (and any other gravy that you haue preserued) and some french wine, season'd with salt, Time, sweet marjorum, and winter savory, small shread, let it stew boiling about halfe an houre, then put in halfe A pound of butter and 2 or 3 dissolued Anchouys, when it is ready to take up, put in 3 or 4 yolkes of Eggs well beaten with A little verjuice, and soe stire it all together, whilst it is upon the fire, and after very well shaking of it, put it into A dish, and serue it up with sippets you may add A lemmon to it

X To Pickle Turnippes

Take turnippes, and halfe boile them, then take them and cut them in to quarters, Almost through, soe that you may open the clifts without plucking them in sunder, then take musterd seed, dry it and pound it, then open the clift of your Turnipps, and strew the musterd seed into them, then close the Turnipp, and sett them in A pott, then take such A quantity of the liquor were boiled in as you think will couer them, mingle it with as much red wine vinegar, and suger, or honey (but suger is best) that the liquor may be sweetish, and sowerish Tast, then poure it into the pott, upon them till they be couer'd, stop the pott close, and soe let it stand A month

X A Dress Rabbetts the Lady Carnarvon's

Boile A couple of rabbets, with A good handfull of parsley, and 2 great Onions in each belly, when they are boiled pull them in small peeces, and season them well with salt and sett them upon the fire, in A dish, then dissolue 2 Anchouys in 6 spoonfulls of clarret wine, and 4 of vinegar, and put it to the rabbets, when it is through hott put it in another dish, with sippets of bread, then mince the parsly, and Onions into A pound of very good butter, which must be very well beaten, and when the rabbets are ready to be serued in poure the butter upon it, and strew A little peper upon it

X An Apple Tanzey

Take 12 pippins, pare and slice them from the coare, then take A little sack with some rose water, put it to them, soe let them to stew till they be soe soft that you can beat them in A dish, then take 10 Egges whites and yolkes together very well beaten halfe A pound of suger, and as much Juice of parsley, as will make it very green, then beat your Egges, and suger, and Juice very well, with some nutmegg alsoe, and A little salt, then take almost A pint of thick sweet cream, mix it with the rest, and then beate all this well together, and then fry it with sweet butter, like A Tansey and scarce it up with suger scrap'd on it

X To Dress A Pike

When you haue gutted and cleansed him, cut him into 6 or 8 peeces, which must be kept in vinegar and salt for an houre, turning them some times, that all sides may be seasond A like in the mean time the liquor in which you intend to boile him, being 3 pints wine, and 1 pint water, but it will doe as well as least if 1 pint be right whit wine vinegar, and 3 pints water must be boileing ouer the fire, with A good handfull or two of sweet herbes, chosen according to your discretion, and proportionable to the quantity of your liquor, Adding thereto the peele of A lemmon, and 2 or 3 large Onions quarter'd, and of cloues and mace, and salt, for it must be high season'd, when the liquor is well boiled, and the state of the sagredience well resolued in it, Increase the fire soe farr as to make it boile, to A very great height, and fireness, and soe put in your pike, peece after peece, the biggest first, then take the seasoned vinegar in which the pike lay, and streame it into the kettle out of A laddle, still keeping all boiling as fast as may be, till it be enough, then take it of, and let it stand in the kettle till the sauce be almost ready which must be made after this manner, Take some few spoonfulls of the liquor out of the kettle, in which dissolue 1 or 2 Anchouys, ouer the coles, leting 2 or 3 cloues of garlick boile with it, that dissolution, while this is doeing, there must be A good quantity of sweet butter beating with some of the liquor that the pike was boiled in, when all are ready, and the pike is droined and dished put your butter, and Anchouys together, poure it on the pike, and serue it up.

X To Boile A Turbett

Take as much of him as will lye in A baking pan, put thereto as much sack as will couer it, 2 races of ginger bruised or sliced, halfe an ounce of mace, A little cinament bruised 1 lemmon peele, 6 cloues bruised, put all the spice into the pan, and sett it on the fire till it seeth then sett it on fire with a paper, as you burn wine, when the fish is boiled enough with the burning of the wine, if you will eate it cold put in A little wine vinegar, and let it lye in souce till you mean to eate it, if you eate any of it hott, put in 4 yolkes of Egges well beaten into some of the liquor, and soe serue it up with garnish as you please

X To Roast A Shoulder of mutton In Blood to Eate like Venison

Take A Shoulder of mutton, assoon as the ~~[illegible]~~ Sheep is killed, Cutt it up warme, then saue soe much blood thereof as will Coure it, then lay the Shoulder in some of the Caule when it is hott, and soe lay it in the blood, then gather some time, and Stripe it, and some grated Bread, and some peper and salt, and soe much of the blood as will make it like A pudding, and soe Stuff it thick, and let it lye in the blood all night, then roast it very well, and Saue the gravy of some other meat, and some peper, and salt, and Anchoys, and A little sweet butter, and soe serue it in

X To make Cheese Cakes

Take A Quart of good Thick Cream, 2 ounces of fine suger, 2 spoonfulls of rose water, and soe Churn it in A glass Churne, as the froth riseth take it off, and lay it upon A dish

X To make Rasberry Cream

Take A Quart of good Cream, and boile it, thicken it with 3 yolkes of Eggs, and then take soe much preserued rasberys, as will Colour it, and cast it well, Straine it into the creame and soe dish it

X To make Sweet Powder

Take A pound of Lauender and roses, and let them be well dry'd, an ounce of Clones well bruised Benjamine 2 ounces beaten to powder, min all these together, you must sift the roses, for if there be any seeds they will breed wormes, and if you put 2 ounces of Storax to it, it will be the better

X To make A Bread Pudding

Take A white loafe and Chip it round, and leaue noe brown on it, and put it in cold water till it be through well, then take A Cleane handketcher, and tye the loafe round and straight in it turne the loafe upmost, soe put it in A boiling pott halfe an houre, then take A knife and cutt it ouer thwart but not to the bottom both ways of the loafe like dice, then take whit wine, suger butter, Cinament, and nutmegg all these together, and poure them on the dish, let there be as much of these as will lye upon the dish

X A Perfume

Take halfe A pound of damask rose leaues, 3 ounces of benjamine, bruised, and steeped 3 days, and 3 nights in damask rose water, 20 graines of musk, and 20 of Ciuett, the leaues must be beaten as small as for Conserue, mingle all these together with the leaues, and beate them all, intogether ~~with the leaues~~ then make them up, and wrap up euery Perfume in A rose leafe, or two, and soe keep them, they must be dry'd rose leaues on your leaues, after they come out of the still, take of your Cakes

226 X To make the Blew Pomander

Take of Orrice root, of benjamine, and caulamus anomaticus, of Each A like quantity finely beaten and secered, and as much verditude, as will dye it as blew as you will haue it, mix the first 3 powders together with the Colour, then take gum dragon steep'd with rose water and the musk you intend to put in, steep with it, then beate it well in A morter, Adding what musk, Siuett, and Ambergreece you please, and soe make them up, with Oyle of sweet Almonds

X To make Almond Butter

Put A Quart of Cream into A glass Churne, with A quarter of A pound of Almonds beaten fine with rose water, Straine them into the Cream, when it Comes to butter make it up with suger Insteed of salt

X To make Almond Puddings

Take one pound of Almonds, blanch them in cold water, then beate them fine, with rose water, and suger, the take 4 whites, and 8 yolkes of Eggs, beat them well with rose water, with A porringer of Cream, salt, A halfe peny white loafe grated, halfe A pound of suger, or more if you see Cause, Cinament, nutmeggs, and mace, 2 pound of beefe suett sliced small, it must be first whole in the skine in faire water

X To make Ruffe Puffe

Take beare, and the whites of Eggs to mingle it, then rowle it out in diuers Thin Foulds with butter between Euery one

+ To Make A Linge Pye

Take old linge, and boile it very well, when it is cold shread it very small, then season it with A great deale of suger, Clones, mace, nutmeggs, and Cinament, good store of Currance, and A great deale of butter

X To roast A Lobster Madam Wise

Tye your Lobster to your spit, when it is hott bast it with Clarret and salt, and when it is Almost Enough, bast it with butter, make Anchony saue for it, with Clarret, nutmegg, A little peele, and Anchoys, with A bunch of sweet Coarbes, and A peece of sweet butter, with the body of one of the Lobsters, which you may put together Again, if you haue A mind to kill them, put A little vinegar to their noses, because if you roast them A line they will shreek mightily

X To Stew Hartichocks In Cream, mr. Parises

Take the thickest bottomes, of the Thickest hartichocks, being very Tender boiled, and stew them in A little butter, whole mace, and suger, then take halfe A pint of sweet cream boiled with whole mace, and ~~[illegible]~~ Straine it with the yolkes of 2 new laid Eggs, and brew them together with halfe A Laddlefull of the best thick butter, vinegar A little suger soe dish it up, and lay it with sippets of A sliced Lemmon round about, then poure your ~~[illegible]~~ Sauce on the toppes of the hartichocks, and stick them full of fryed Toasts upright, Scrape on A little suger, and serue it hott

X A Stump Pye

Take all the flesh of A legg of Lambe, with 1 pound and A halfe of Beefe suet, shread both very small together, then season it with A Quarter of A pound of suger, some salt, A little clones, mace, nutmegg, and Cinament, then take A good handfull of Time, and some parsley, shread it small, and put it to your meat, to which A dd 6 new laid Eggs which broken in, work all well together, and soe put it into your Coffin, and on the topp put Currance, raisons, and dates sliced A good Quantity with some butter, and when it is baked, put in A Candle, of whit wine, or Verjuice, with butter and suger

X To Pickle Barberys

make A strong pickle of water and salt, and when it is through cold, put in your barberys, Couer them close under pickle, for your vse

X To make Lemmon Cream

you must take 3 large faire Lemmons, and press out the Iuice of them, and take the yellow pareing of one of them, and Cutt it very small, and put it into the Iuice, and let it Steep 2 or 3 houres, then Straine it out, and put A Quart of faire water, and 4 Egges well beaten, Besure the Cocks Treads be out, then put it altogether over in A dish, of Charcole fire keep it Stiring till it be thick, besure it doth not boile, and Sweeten it to your Tast, and put it to Coole, and Serue it Up

X To make mince pyes of Egges

To A pound and A halfe of sweet suet, Take 12 Egges, roast, or boile them hard, and Shread them very small with the suett, and Season them with Salt, and suger, and Spice, and fruit and rose water, as you season other mince pyes, and put it into paste, or A dish with good past Over it, and A little past in the bottom of the dish, and soe bake them

X A Pudding

Take A Calues Gine well boiled, and let it coole A night and A day, and then mince it with halfe A pound of Currance, and halfe A pound of raisons, and A peny white loafe, A little good milke, and flower, mace and Cloues A Quarter of an Ounce together 6 Egges and halfe A pound of Suger, sweet hearbes, and peny royall, all of them together beaten, then butter your dish or pan, and soe bake it

X The Vse of Elder

Gather the budds when they be as bigg as A great pin's head, then pick them and Cleane them, and Cleane them, and put them up like broome budds, gather them before they be blowne, how to gather the flowers you know, dew them, and Still it with fematory, the water is very good to take fasting A Spoonefull or two with A little Suger, it purges the blood and Thin's it much — Take the berrys of Elder when they are full ripe, and pick them very Cleane, and put them into an Earthen pott, and let them stand in A Skillet of water, and let the Skillet boile A great pace, when they have boiled A quarter of an houre, poure away the Iuice from them, which you must doe with A Saucer that must Couer the pott in your water, let the pott be A narrow mouthed pott that the Saucer may couer when you are to poure out the liquor, Slide back the Saucer to give way for the liquor to run out, but noe berys, then Shake the pott, and put them in Againe, and then draw more from them, to Every pint of this Iuice, Take A pound of this suger, then Stire it well, and boile it and Scume it, till it Come to A thick Sirup, and keep it for your vse, This Sirup is good for and Enlargeth the breath

X To make A pudding

Take good Oatmeale, lay it in Steep in warme milke, for an houre, then poure the milke from it, and put to it 2 Egges whites and all, A good Deale of peny royall finely Chopd, then Some Quantity of Sewett minced Small, soe put it into A bagg and boile it well

X To make Pancakes

Take 3 pints of Cream, A quart of flower, 8 Egges, 3 nutmeggs, A Spoonfull of Salt, and 2 pound of Clarify'd butter, the nutmeggs being beaten Straine them with the Cream, flower and Salt, fry them in pancakes, and Serue them with fine Suger

X To make Shrewsbury Cakes

Take A pound of fine wheat flower, A pound of Suger finely Secareed, Cinament, ginger, and nutmeggs finely beaten, then take 2 Egges and as much butter as will worke it into A paste, then rowle it out in Cakes, A Quarter of an Inch Thick, flower the paper well that they be baked on, they must be prick't very thick, you must have great Care in the bakeing

X To make Currance Cakes

To 10 or 12 Egges, nigh A pound of butter, as much suger, 2 nutmeggs, A little rose water with some Safron Steep't in it, Take as much flower as will worke it into A paste Take to it 2 pound of Currance, plumpe them in rose water, or Orange water, rowle the paste in thinn Cakes, and between 2 cakes, Inclose some Currance

X To make Blew mangers

Take A quart of new milke boile it and Thicken it with rice flower, and Take the braines of 2 heans being boiled onely in water and salt, Shread it very fine, and beate it in A mortar then boile it A little with your milke, and Season it with rose water, and ~~when~~ Suger and when it is cold it will Slice out very well

X To make Rosemary Suger

Take rosemary water, or rose water, and as much suger as is sufficient, and let them boile till they be thick, then take rosemary flowers Cleane picht, and Strew them in, and when they have boiled A walme put them out, as you doe violets, or Cowslips, or any other flowers

X To make Puffs

Take Curds of fresh Cheese, the yolks of 2 Egges, and one white, 2 spoonfulls of rose water, halfe A nutmegg grated, 2 or 3 Spoonfulls of flower, butter A paper thinn and lay one or two spoonfulls on A heape, and bake them, then serue them up with butter melted, Suger, and rose water beaten together, you may bake an ouen full, and keep them 3 or 4 days, and warme them between 2 dishes with butter, on A Chaffin dish with Coles

X To make A Vension Pasty

To A Vension pasty in raffe past 3 pound of butter, 7 whites of Egges, and 8 rowlings will serue for Tasts, and Some times 12 rowlings out, the water must be Cold, and the butter hott

X To Candy roses

boile rose water and suger (let it be Cleane scumed) till it be some what Thick, then Take roses full blowne, of the fairest, and new pick't, Take out the seeds, the Stalks must be on, put them into the Sirup, one by another, and when they have boiled A little, take them out, and sett them upon A faire Plate, and Strew some fine beaten suger under them, you must put the leaues A broad with A knife, and dry them upon A pan of Coles with A soft fire

X To make Suger of roses

Take damask rose budds, and Chipp the leaues close from the whites, and dry them in an Ouen, then beate them with Suger, as much of the one, as of the other

To Pickle Cowcumbers Mango Way

Take middling Cowcumbers that are green not Turned yellow, and Slit them take out all the seeds, and wipe the Cowcumbers, then put some garlick, and Sliced ginger, some mustard seed grosely beaten, 2 cloues A little whole pepper, then tye them together with A Thread Close the best white wine Vinegar you Can get, and boile it with the Small Spices, and powre on your Cowcumbers boiling Hot, Cover them very Close, and wrap A boled them A blanket till it is cold, then powre it of, and heate your Liquor boiling Hot, and powre it on your Cowcumbers Again, and Stine them Close downe doe this A 3d Time, and keep them for your use. the Small Spices are Ginger, Cloues, and mace, you must Use mastard Seed

To Make French Pottage

Take Beets, Lettice, Spinage, Sorrell, Succory of Each A pretty quantity, grapes, pease, A Little Apple, or gorsberds, Shred fine, put all into A pott, or Skillet, with A good peece of Butter Set it on the fire till the hearbes be well boiled, put to it some water, And let it boile till it be enough, Season it to your Tast, with Salt, pepper, and what Spice you please, and Sugar and Vinegar, or Juice of Lemmons, then take great french Slices of Bread, and lay in the bottom of your dish, and if you please you may take some Strong Broth, and put to your hearbes, Shake it all together, and soe Serue it up, and In Winter Straine off please being well boiled

To Keep Damsons For Tarts at Christmas

Take 6 pound of damsons, and 3 pound of Sugar, and lay A layre of Sugar and A layer of damsons in an Earthen pott, and Set the pott in A Kettle of Cold water over the fire till the Sugar is dissolued, then take them out, and keep them in the pott, or turne them into Another, when they are in, put A peece of white paper neare the damsons, and tye them up Close for your use

To Make Scotch Collopes

Take A Legg of Veale Cut it in Thinn Slices, and beate it very well, then Strew A little salt over them, Take A peece of fresh Butter and put in A frying pan, with A Bundle of sweet hearbes, 2 or 3 Onions Cut in halues, and A little Orange and Lemmon peele, then fry the Collops Browne when they are Enough, put A little faire water and A little White wine into the pan, with the Collops, and 2 or 3 Anchouys, and the best part of half A pound of Butter, Shake it altogether in the pan till it be thick, then take the yolkes of 6 Egges, A nutmegg Grated, Orange and Lemmon peele, with halfe an Onion, A little time Time, all minct together very small, Oysters, halfe A pint of white wine, Stire Altogether and put into the pan with your Collops, then Set it over the fire, till it be of A good thickness

To Make Orange Water

Take A Gallon of Brandy, A dozen and A halfe of Orange peeles, as thin as you Can cut them Put the water will be Bitter, then Steep the Brandy and rinds together 10 days, take to that A Quart of water, and 2 pound of Sugar, and boile it and Scume it, then powre it Boiling Hott into the Brandy and peeles, And let them Stand all night, and then Bottle it up for your use

To Dress all Sorts of Fish

If they be Jacks you may dress them whole, or Cut them in peeces as you please, take as much water as will Cover them, and as much Vinegar as will make it Sharp, A little Salt A Bundle of Sweet hearbes, and 4 Onions, A little ginger Slicd, and whole pepper, Cloues, and mace, A little horse radice Sliced, then Set it over A Quick fire, and let it boile as fast as it Can till it be ready for Sauce, Take 6 Onions, Boile them in three or foure waters till all the Tast and Smell be out of them, then take all the Liuers of the fish, and A little of the liquor, and A little Clarret, or white wine, or all grauy, or Strong broth, A little horse radice, lemmon peele and Nutmegg Sliced, with A little Ginger, Boile all well together till it comes to A Quarter of A pint, then take out all the Spice, horse radice, lemmon peele, then mince all the other very small, and put them in the liquor, with A pint of Oysters, 3 or 4 Anchouys and A pound of Butter, Stire it over the fire till it be thick, Soe Serue it Up

To Make Orange Wine

Take 10 gallons of water, and 20 pound of Sugar, Boile it, and Cleare it with whites of Egges, Against this is done heue 100 of Oranges pared that none of the whites Appeare on the rine, put them into A pott that will hold the water and Sugar, and powre it on the peeles boiling hott, and when it is almost cold, put into euery gallon A Spoonfull of yeast, but first put in the Juice of all your Oranges Squized dry, and Cleare from the Seed and let it Stand 2 days to worke, then Leave it from the peeles, and Barrell it Up, Adding to it A gallon of the best White wine, Stop it Close, for 6 or 8 weeks, and put halfe an Ounce or more of loafe Sugar into euery bottle

To make Mutton like Westphalia Hamms

Take A Gigget of mutton, and Salt it with 2 quarts of Bay salt, and one of Salt peter, then Salt it as hard as your hand will endure it, before you rub the mutton with it, must lye 24 days in all and be turned euery day, and the Salt rubbed into it, and if it want Salt, more must be Added, then take it out, and dry it well, and rub it all Ouer with Butter melted very thick, and pinn A paper About it, and hang it in A Chimney within the fire of the fire, But not to melt the Butter, and when the mutton is A little hardned take of the paper and hang it in the Smoak of the Chimney, like to bacon

To make A Calues head Pye

Take A Calues head and boile it pretty tender, Cut it in Small peeces, Season it with nutmegs and Salt, and lay it in grauy, then raise your past, and lay in your meate, and Strew on Some whole pepper upon it, then put in A pint of Oysters, Some Bones of sweet Breads, Marbel Anchouys and good store of Butter, and Close it, and when it is baked, make A liquor of white wine, Butter, grauy, Anchouys, and the Juice of Oranges, and put into the pye

To make Broath In Hast

Take 6 great Onions, peele them and Slice them very Thinn, and take neare halfe A pound of fresh Butter in A Skillet, Boile your Onions with your Butter, A quarter of an houre on A moderate fire, then fill your Skillet with faire Water, and Season it with peper, and Salt beaten Small, and Boile your broath A Quarter of an houre longer, then take A manchet cut in Thinn Slices, put them in A Dish ouer A Chafindish of Coles, with Some of your broath, then Take 3 yolkes of Eggs, Beate them in 3 Spoonfulls of Vinegar, and Some of the broath, then put them into the Skillet, and grate A little nutmegg on it, and dish it Up

X To make Clouted Cream

Take 4 Quarts of new milk, and A Quart of Cream boile it an houre, or more with A little Large mace, and Slices of nutmeggs in it, then as it boiles put into it halfe A pint of Cold Cream, and let it boile A little longer, then Put the halfe A pint more, and let it boile Again A little longer then take it of the fire, and beat the yolkes of 3 Egges and put into it, Soe poure it out into the pans, and let it stand A day or two, as the weather is, and then take of the Clouts

X To Make A Tart of Prim: roses, and Cowslipes

Take prim: roses and Cowslipes, and Cut of onely the yellow, Soake them in Cream, 3 or 4 houres Seeth new milke with runnet, and when it is turn'd, take the Curd, and Straine it with Cream and flower, then sett it upon A Chafiwdish of Coles, boile it with 3 or 4 yolkes of Egges, well beaten, and with Suger and rose water, Soe Stire it and take it of the fire, then make your paste very fine, and harden it in the Oven, but first lay whole mace in the bottom of the Coffin, then fill it with the Stuffe and Soe bake it

To Make French Chuse: Cakes

X

Take 3 Egges and beat them well, and put as much fine flower as will make them thick then put 4 Egges more, and beat them together, then take A quart of Cream, and put to it A Quarter of A pound of Sweet butter, and sett it on the fire when it begins to boile put to it your Egges, and flower, Stire it very well and let it boile till it be very thick, then Season it with Salt, Ginament, Suger and Currance, bake it in very fine paste, make the past but shallow, but on what fashion you please

To Make A Giblet Pye

X

Take A Quart of Cream, and A pound of beefe suet, and A pretty quantity of raysons of the Sun, and Currance, a nutmegg, and A few Cloves, and some mace beaten, 2 peny loaves grated 6 Egges, the giblets must be broke small, and the blood of the goose, must be mingled with all these together, and sweeten'd with Suger, put it into the paste and bake it very well

To make A Pudding of a Calves Gather

X

Take A Calves gather, and parboile it A little, and Shread it small, then Season it with peper and Salt, and nutmegg, and put to it 2 peny worth of Cappers, and as much Sampire, with Sweet hearbes, as time, winter Savory, parsley, and A few Sives, Shread alltogether and halfe A pound of beefe Suet Shread, and 4 Egges yolkes and whites, mingle all these together, and wrap them up in the cell of the veale, and tye them up in A Cloth, and boile them well, and serve it in with melted butter beaten, and A pretty quantity of fryed parsley About the dish, you must have out A good peece of the liver to fry, Cut in thin Slices to lay about the dish as sippets

X To Stew A Calves Head.

Cut it in two halves, when it is halfe boiled in water and Salt, take out halfe the bones, then Stew it in some of it's owne liquor, and as much White wine, put in A bandle of Sweet hearbes, and an Onion, peper and Salt, with A little Oatmeale, Soe when it is well stewed, Serve it in with Sippets

X To make Almond Butter

Take A pound of the best Jordan Almonds say them in faire cold water, till they will Blanch, then Slip them in faire water, and Take A pottle of faire water, and beate your Almonds very small by degrees with this water, beat but A few at a time, and when all is well beaten put all your water to them, and mingle them together, then Straine them through A pretty Thick cloth, or Napkin, which must be soaked first in clean water, and rose water mingled together, if you please, then put A flake of mace into it, and sett it upon A Soft fire, and Stire it, and when it growseth A little Thick, put in A little salt, and Stire it gently till it be thick and then lay your Cloth, that you Strained them in, in A Bason, or vessell that will hold it, and then with A porringer or flating dish, take it gently out of the Skillet, and poure it into the Cloth, and tye up the Cloth, and hang it up to drein, A day or night, more or less as you see cause, then with A knife Scrape it together, and put it out, and Season it with double refined Suger, or sirup of white violets, or sirup of Lemmons, or what you will, or Squeese A Lemmon in, but then it will not keep, make it up as butter in what Shape you will, and that which dropes from it, you may make into grewell or milk Porridge, and the Almonds Strained will make A pudding mix'd with grated bread and Egges, and what Elce you will

X To Make Meade The Best!

Take to Every gallon of Spring water, one pound of the best honey, and halfe A pound of the best suger, boile your water and suger first together, till there rise A Skume which must be taken of, then After your honey is beate Soe long very well, put it into the water, and give it 2 or 3 boiles, Scume it Cleare you may then Squeese it and put in some of the peeles of as many leamons as you Judge fitt to Shappen and Quicken it, and After it is boiled put in more, then take it of the fire, and when it is almost Cold put in as much yeast Spread upon A peece of brown bread, as you think will make it worke then put it into A barrell, and let it Stand A fortnight or 3 weeks before you bottle it, this will keep 2 or 3 months, if you would have it tast like A pricock wine, then boile A little bagg of Carrett Seeds in it, or if you like to put hearbes, or spice in it you may

X To Make meade

Take 9 pound of honey, and 3 gallons of water, you may put A quart of water Above the gallons, let it on A quick fire, Stirring it sometimes that the honey burne not to the bottom before it be dissolved, as fast as the Scume riseth take it of Cleane, put in halfe A Score toppes of rosemary, and the quantity of A good race of Ginger, Sliced, let it boile 3 quarters of an houre, then take Almost A nutmegg, about 20 Cloves, and the like quantity of Cinamon and mace, as much ginger as of all the rest bruised and the other Spices bruised, and sowe them up in A little bagg, take your meade of the fire, and Straine it through A haire Sieve, and put in your bagg of Spices, coole A little of your meade in A bowle, put A little yeast into it, when it is of A fill Cooleness, put as much as you think will Just worke it, and the rest Cold, put it into it by degrees, and let it work altogether, next day Tun it up, and let it Stand 3 weeks or A month in the vessell, then bottle it up, and after it has bine bottled 3 weeks, or A fortnight, you may drink it, you may put A Sprigge of sweet marjerum

To Roast A Shoulder of mutton with blood to Imitate Vension

Take A good Shoulder of mutton, and cutt Away the flapes, but not to close, and first when you kill A Sheep Saue the blood, and mix it with Crumes of bread, and minced Time, A nutmegg or two grated, then Cut holes into the meat, then Stuff it with the blood, hearbe, Spice, and bread, then lay the Caule of the mutton, Under the Shoulder, then poure in all the blood and hearbs on the meate, and wrap the Caule ouer it, and Stick it close with branches of rosemary and time that the blood may not fall out, then Spit it and roast it, and bast it with Clarret wine, then make Vension Sauce for it, with Clarret wine, Crume of bread, Suger, and Cinament Soe Serue it to Table

To Make Cock Ale

Take About 6 gallons of well brewed Ale, and tunn it vp, and put these Ingredience, following, 4 pound of raisons of the Sun Stoned, one pound and A halfe of dates Thin Sliced 3 nutmeggs quarter'd, 2 quarts of Sack, an old Red Cock plucked A liue, as they say, then Sill it, and draw it and par boile it, then take it, and bruise all the bones, then put it and all the rest into the bagg, which must be first put into the Vessell, with an Orange or A Stone in the bagg, to keep it downe, some doe draw it out. About Tenn days after and fill it vp Again, and some not

To Make Rayson Wine

Take 2 pound of raysons of the Sun, and Cutt them in peeces, and put them into A deep Earthen pott, with A pound of white loafe Suger, and the Juice of 2 lemmons, and the peele of one of them, then take 2 gallons of Spring water wine measure, boile it halfe An houre, then put it into the pott, wheare the raisons are, and Stire them well together with A Cleane Stick, then couer it close with A dish, and tye A Cloth Ouer it, and when it hath Stood, 2 or 3 days Straine it through A haire Sieue, and bottle it vp, and beaure to stop it well, and at A fortnights End it will be ready to drink, in the Summer, and at A month in the Winter

To Make Strawbery Wine

Take 2 quarts of Strawberys, Steep them in A gallon of the best Canary, Sume 3 or 4 days, then pass your wine through an hipocras bagg, and to Euery Quart of wine, put one Quartern of A pound of double refined Suger, and Soe bottle vp, vpon the Strawberys left you may put water, or halfe white wine, and halfe water Steep it and Straine it, and bottle it, this is fine and coole to drink presently, the Other will keep A yeare well Stoped

To Boile A Hare

Take the hare and cutt it in 4 peeces, and take A good quantity of butter, and as much Sack as will couer it, Sweet marjorum, penyroyall, and Spinage, mace, and peper put them into the pipkin altogether, and if the tast be not pleasing Sharpen it with vinegar, Soe garnish it vp, with parsley, and yolkes of Eggs

To make A White Pott

Take A pint of Cream, and boile it, Slice about halfe A peny loafe in Thin Slices, then poure the Cream vpon it, and when it is well Soaked, put to it the yolks of 5 Eggs and nutmeggs and Suger Stire it altogether, then Strew in Currance, and Soe bake it

To Dress Hartichocks

Boile them in the beefe pot, and when they are Tenderly boiled, take of the burrs, leaueing the bottoms with some leaues round About them, then put them into A dish, and put to them A little faire water, and 2 or 3 Spoonfulls of Sack, and A Spoonfull of Suger, and Soe let them boile vpon the coles, Still pouring in the liquor to giue it A good Tast, when they haue boiled halfe an houre Take the liquor from them, and make ready some Creame, boiled and thickned with the yolke of an Egge or two, and hole mace, and suger, and salt, with A great many lumpes of marrow boiled in the Cream, when it is boiled put A good peece of sweet butter in it, and Toast some Toasts of bread and lay them vnder the hartichocks, and the Cream vpon them, garnish the topp with the marrow

To make Cherry Water

Take 2 quarts of Clarret Wine, and put into it 4 pound of Cherrys Stoned, and also one handfull of rosemary, one handfull of balme, 2 ounces of Cinament, halfe an ounce of nutmegg quarter'd, Steep all these in an Earthen pott, all night, next morning put them into A Still and keep A pretty quick fire vnder it, put to Euery quart of water distill'd, 4 ounces of Suger Candy, and tye A little musk, or Ambergreece in the mouth of the glass

A Fryed Frigasce of veale, the Legg.

Take A legg of veale, and Cut the fleshy part into thinn Slices, beate it very well with A rowling pin vpon A Clean board, then lay it into A Clean pan, you must cutt some thinn Slices of bacon and put in your frying pan with it and put to it as much water as will Just Couer it A little grosse peper, 3 Cloues, one Blade of large mace, and some salt hold the pan ouer the fire, and let the meat boile, and when it is halfe boiled, take some marjerum, Siues, Time, and parseley, of Each A Small Quantity, but most of parsley shred them very small, then put them into the pan with A good peece of butter, Shake them well together in the pan ouer the fire, Take the yolkes of 4 Eggs, beate them very well with some vinegar, poure out some of the liquor out of the pan, into the Eggs Stiring them well together, then poure it all Ouer your meat in the pan, Constantly Stiring it to preuent the Eggs Curdleing, rubb the bottom of your dish, with some garlick, if you like the Tast of it of it, but not Elce, Soe serue it vp, with Sume Slices of lemmons it is and Excellent dish of meat

To Make A Trifle

Take A pint of Cream, and boile it in A pretty quantity of Cinament, till it be well Tasted with it, then take it of, and season it with suger, Take out the Cinament, and Coole the Cream with Stiring it be blood warme, then put into it A little good Bunnet, Soe let it Stand, and Stire it not till it be Come, and then you may serue it in, Strew if you please A few Caraway Comfetts on it

To make Aple Cream

Boile your Cream with Sume Whites of Eggs, then haue some Quodlings very finely broken and put into it, when it is ready to be taken of the fire, Stiring it well together, season it well with rosewater, and Suger, and put it into your dish, and serue it in cold

To Make An Olive Pye

First Cut the Chicken in quarters, and rabbet According to the same proportion with the Chicken, and some little Slices of beale beaten very well with the back of A knife, then Season it with Salt, Cloues, mace, and Cinament According to your Discretion, then lay A good quantity of butter in the bottom of the pye, then lay in the meat mingled together as you lay it in strew in some marrow, hard Egges minct, and Suger, and Either Grosberys, grapes, or lemmons, as the Season will Allow, then let it bake an houre an houre, and A halfe — This Seasoning will serue for Chicken pyes without any other meate therin

To Boile A Carpe With Spinnage

Take the carpe and open him, and take out the garbage wash him cleane and Scale him and take A pint of vinegar, as much Veriuice, and as much faire water, as of both, make it boile, and put in the Carpe, then take some broth, and put it in A little pott with A good deale of Spinnage and butter, some Curranee and mace, and thicken it with bread, or Else with the yolke of an Egge, then let it boile with Salt, and Soe serue it vp with Sippets

To make Puff After the English Fashion

Take A handfull of Tender Cheese curd, put them into A Cloth, and let the whey run Cleane from them, then take The yolks of 3 Egges, and one white, and beate them very well with 2 Spoonfulls of wheat flower, and mingle them well with the Curd, then take nutmegg Cinament and Suger, and rose water, and mingle them well together, it must be of the Thickness of A pudding, then butter A paper, and lay it on soe that one doth not Touch another: and sett them in A Soft Ouen, when you see them begin to look brown doe them all Ouer with A feather, with butter and suger, and sett them in the ouen Againe till they be Enough

To Make A Hartichock Pye

For the Crust seeth the water, and when it boiles, Take halfe A pound of sweet butter and 3 yolkes of Egges, with some hott water, and Soe temper the past with A little rose water and Suger, then take the hartichocks when they be boiled that you may Take the bottom from the leaues, and 2 good nutmegges grated, and A peny worth of grosse peper and strew the nutmegg and peper vpon the sides of them, and lay them in the pye, with halfe A pound of butter, A Quarter of dates minced, A Quarter of Suger, and the marrow of 4 marrow bones, wholly laid vpon the topp, and Soe Close it vp in A little vinegar

To Pickle Hartichocks

Take and boile your hartichocks well in faire water, then take them vp and lay them on the toppes that the water may gett out, then take the same liquor that you boiled them in, and put A great many little hartichocks in it to make the liquor strong, then put some vinegar, and A little peper, and salt A pretty deale, and Soe boile it again and when it is cold put vp your hartichocks

To Make A Pudding of Sheeps Blood

Take some sheepes blood, and crumbes of white bread, peny royall, sweet marjorum, winter sauory, some leek blades, A little Time, some nutmegg, Cloues, and mace, besides suet, and 2 new laid Egges: if need be, A little Cream

To Draw Lemmon Water

Take good fresh lemmons, slice them peeles, meate, and all, to 20 lemmons, put A Quarter of A pound of good Aniseeds, A Quarter of A pound of liquorish, steep all these In 3 gallons of what liquor you please, you may draw the liquor of these, and other fine Ryttters, thus draw of wine lee's, or beare lee's, or Small Aqua vite, and steep these Ingredients in that liquor soe drawne 24 houres, then put them in A pott, and let them boile, then stire them well, then past on well the limbeck, and let there be an Easy fire, and let it drap vpon Suger Candy, or hard suger, if you please you may put in muske or Ambergreece, remember you keep the water in the topp of the limbick always Cold

To Make A Pigg Pye

Take A fatt pige, and scald him, as for roasting, and when he is well washed and dry'd, Cutt of his Feet, and head, then slite him downe the back, and the belly, bone him very cleare, then dry out his blood well, and season him with Salt and good store of peper, then rowle him vp with his seasoning till you haue prepared the Coffin, which make of such past as you doe for other pyes, you must make it A little with A hand some fashion, not to broad, for you must shaue vp the sides when you put it in, or Else it will shrink from the crust, when you haue fashion'd the Coffin, Couer the bottom thick with butter, and Couer the butter with great sage leaues well washed and dry'd, then lay in one of the sides of the pigg with it's skinn side vpward, then Couer it all Ouer with butter, and Couer that all Ouer Again with sage leaues as before, then lay on the other side with it's skinn side vpward, then Couer it with butter and sage leaues as before, strow A little peper, and salt vpon the topp, and Soe Close it and bake it: when you draw it, take of the lidd, and draw of the vpper skin Take heed you doe it carefully that you bring of none of the fatt, then put on grosse peper ouer the fatt of the Pigg, you must Take Away with the skinn the leaues that lay vpon the skinn, and when the pye is cold, fill it vp with butter, and Soe serue it in, when you Cut it, let it be Eaten with mustert and Suger

To Sauce A Calues head

You must Cutt it of by the neck, with it's haire on, then lay it in water, and take out the braines and the blacks of the Eye, as for boiling, boile it tender, when it's well boiled, take it out and pull of the haire as for Calues feet, then fling it into faire water, but while it is hott pull out the bones, onely wash of the haire in faire water, and take it vp assoon as you Can, Cleanse it all within from any thing, besure all the bones be out, then Clap the two sides together, pin them and sow them vp together in A Cloth, like A peece of Sturgeon, remember to put A good quantity of Salt between the 2 Cheeches, and Soe press it A little when it's cold put it into souceing drink, and when you serue it out, serue it with vinegar as Sturgeon

To make Orange Water

Take 50 good Oranges, and pare them as thinn as you Can, leaueing all the white behind, and lay the rindes in soake all night, in A gallon of the best sack, the next day distill it in A limbeck, or rose still, Close pasted vp, and let it run to white or brown Suger Candy, and some dates, and keep the strong from the small, as you please

To Make Spirit of Elder

Take one bushell of Elderburys when they are full ripe, pick them in A Tubb, and Couer them Close, Stiring them Thrice Euery day very well, and when they haue stood three days put in 2 quarts of yeast, and the quantity of 2 henn Egges of Sowre seuen broken and mint with the yeast, Soe let it stand 6 or 7 days more, fermenting, stiring it as before, it must be drawn in A Limbeck with A soft fire, Takeing the first, second, and Third water, Seuerally, the first and Third must be mixt together as it is used, the second must be drank by it selfe, the Elder water will be much the better, if you put in A gallon of white wine and halfe A 100 of sliced Oranges, the day before you still it

To Make Ginger bread

Take A Quart of Treacle, & anyseeds, sweet fennell seeds, caraway, Coriander seeds of each an ounce, mace, Cloues, Cinament, peper, of each A Quarter of an Ounce, ginger halfe an Ounce, Thicken it with fine flower, and stire it with A wooden Stirer till it be pretty thick and stiffe, and stire it A pretty while longer, then take an Earthen pan and butter as you doe for A pudding and put it into the pan, and bake it with house hold bread

To make Little Plume Cakes

Take one pound of fine flower, and 2 pound of Currance, pickt and rubbed in A Cloth, but not washed, halfe A pound of Suger, halfe A pound of fresh butter mix'd cold with the flower, 3 spoonfull of Sack, and 3 spoonfulls of Cream, and heat the Ouen as hott as for manchett

To make A Quaking Pudding

Take A Quart of Cream, and 8 Egges, 4 of the whites, and 2 large spoonfulls of flower A little grated bread, and nutmegg, beat all this well together, and butter your cloth and put your pudding in, Which must boile an houre, and then Turn it out into A dish which has melted butter and Suger and Sack, you may stick it full of Almonds and soe serue it vp

To Make Sirup of Elderberries

Take 3 Quarts of ripe Elderburys, one pound of blew Currance, and A pint of white Wine, put it in an Earthen pott, past it vp Close, and bake it in an Ouen with house hold bread assoon as it comes out of the Ouen straine it, and to Euery pint of Juice Add A pound of Suger, soe boile it vp to A Sirup

To Make Suger Cakes

Take A Quart of fine flower, halfe A pound of Double refined Suger beaten, and searced neare A pound of butter beat out of the Churme, without washing, steep it in rose water 3 or 4 houres, 4 yolkes of Egges, put in but 3 at first, least it be to lith, the skines and stringes taken out, and well beate, worke all these well together, Cutt them with A glass, and soe bake them

To Make Marmelett of Cherry's

Take one pound of suger, 2 pound of Cherry's then stone them, and boile them, vntill there be noe moisture in them, Continually stiring them for feare they burn, then put in the suger leting it stand Ouer A gentle fire, halfe an houre, and not boile, then put them in glasses or boxes, According to your discretion

To Preserue Quinces yellow

Take the Quinces and Coare them, and then boile them till they be some what soft in faire water, then take them out, and when they be cold pare them, and fill the holes with suger, and soe boile them in rose water and Suger, till the Quinces be very Tender, and the Sirup doe begin to Change Colour, then take out the Quinces, and put them in your potts, and take other rose water and Suger, and boile it to A Sirup, and poure it vpon the Quinces, and keep the Sirup to make more marmalet, or to dress other Quinces red

To Preserue Damsons

Take Damsons, and weigh them, and their full weight in suger, and make A Sirup, then put in the damsons, and sett them vpon Embers and Couer them till they be ready to boile, then take them off, and let them stand till they be cold, then sett them on Again doe soe 3 times, and then you may boile them vp, and they will be well

To Make A Quaking Pudding

Take A pint and A halfe of Thick Cream, boile it with mace, ginger, and nutmeggs quarter'd with 8 yolks, and 4 whites beaten well, then take A few blanch'd Almonds and beate them with rose water, and streine them into the Cream, with some suger, and A spoonfull of fine flower, then take A Napkin, and wett it, then strew it with fine flower and tye it Close, then put it in to A pote that hath mutton or beefe boiling in it you must remember to take out the hole spice

To Make Fresh Cheese and Cream

Take A quart of good Cream, and 5 yolkes of Egges, but 3 of the whites, beate the Egges very well, and straine them into the Cream, sett the Cream vpon the fire not with A quick fire stire it while you find it to growe thick, then put in little salt, keep it vpon the fire stiring of it, while you find the Curd to gather, then take it of and straine it through A Cloth, then put it into A dish, and break the curd with A spoon with rose water, and suger, put it into A pott, or glass fitting, and soe serue it in

To Hash any kind of meat

mince the meat grosely after it is roasted, Eyther hott or Cold, and put to it A good quantity of white or Clarell wine as for stewing, and A little salt with A little nutmegg sliced very thinn, and A pretty quantity of Lemmon minced Amongst it, then sett it on A Chaffindish of Coles till it be throughly hott, stiring it often, then put A good peece of sweet butter into it, and stire it Again, then put it into another dish vpon sippets, and soe serue it, besure you let it not boile After the butter is in it

A Broth for A Lambes head, and Appurtenance

When the Lambes head is boiled take it vp, and slice it into A dish, and straine the broth into it, and put to it A little grated bread, whole peper, and mace, the yolkes of 3 hard Egges Chop'd small, Currance, and Prunes, A little veriuice, some spinage, and lettice, and what other hearbes you like, A little Choped, and soe stire it all together and send it vp

To Make Methegline

Take A kettle of water, and hang it on the fire, and put therto of rosemary, brown Saye, Sweet maryoram, broad time, Balme, Gerimony, Bettony, Saxafrage, of each halfe A handfull boile these 2 or 3 walmes, then Straine the water Cleare from the hearbes, and let it Stand and Settle, then poure it from the bottom, then put therto the honey, and keep it Still Straining while hits Throughly mix't with the water, then while the liquor is blood warme, try it with an Eage for the Strength, and if the Eege Appeare Aboue the liquor the breadth of A groat it will be Strong Enough, if not more honey may be put to it, and when it is made of such A Strength, as you would haue it, then put it Again on the fire, and put therin an Ounce of Cloues, halfe A pound of ginger, halfe an ounce of Cinamon, A Quarter of an ounce of mace, an Ounce of nutmegges, and of fennell seeds, annyseeds, caraway seeds, of Each an ounce, all which Spices and seeds must be bruised and put into A Linnen bagg, and boile them halfe an howre, keeping of it Still Scumed as long as any Scume will be upon it, then put it Abroad in vessells, and when it is quite Cold, Tun it up, leaueing the bottom or grounds behind; According as you intend to haue it Stild: 2 Spoonfulls of yeast may be put to A Vessell of 10 or 12 gallons, keeping it open as long as it doth worke. The hearbes, Spices, before mentioned are Enough to make 25 or 26 gallons of methegline. A little more then A Quart of honey will Serue to 3 quarts of Water. A Spoonfull of yeast may be put to 8 gallons, not to be stopd Almost A month, an ounce of all these Spices will Serue for 8 or 10 gallons, put most Cloues

To Make Lemmon Cakes.

Take A pound of the best and whitest loafe Suger, melt it with water, and boile it to A Candy height, then take the peeles of 2 lemmons, beate them in A morter, with the Juice of one lemmon, mix the Syrup and that you beat in the morter together, Set them on the fire till they be very hott, but beware that it boile not, when they be well mixt together Drop them on plates

To Make Cakes Another Way

Take and boile your lemmon peeles till they be tender, then beate them in A morter with A little of their Juice, then make them Up in past with A little Gum dragon, being Being steep in rose water with fine Sugar searced, rowle them out, and Cut them into what forme you will, and dry them in your Stoue

To Dry Damsons

In the Same manner you may dry damsons as you doe Cherrys In page 230, onely the Syrup must be made with the Same quantity of water but noe Juice, you may stone them by Slitting them in the Side, you must Set them on A Soft fire, and assoon as they are ready to boile, take them of and Cover them, let them stand till they be Almost Cold, doe vse them 3 times, and they will be Enough, vse the Syrup In dryng of them in the Same manner, as you doe the Cherrys in page 230

To make Candy of Damask roses

Take a quart of running water put it in an Earthen pitcher, then Take a good quantity of rose buds, the whites being cut away, and the seeds Sifted out, put them into the water, and Stop the pitcher close, and Sett it on Embers and Keep it soe warme 9 days, and thicken it with roses Every day, then Straine the roses from the Juice, to Every pint of Juice take 2 pounds of loafe Suger, put them both together in A Skillet, and set them on A Soft fire, till the Suger be melted then Scume it and let it boile A good pace, till it Candy About the Spoone, then take it, and put it in your pott for your vse

To Make Marmalet of Sliced Apricocks

Take your apricocks not to ripe, and pare them, first pull out the Stones and Slice them soe long as the Apricocks is, in verie Thinn Slices, then take Some more Apricocks, and pare them and Slice them, and put them into A pott of boiling water, that noe water gets in, then when the liquor is well Scumed out of them, let the cleare run through A Thin Sieue or Strainer, then to A pretty dishfull of Chipes, put in About 3 Spoonfulls of the Jelly, and take Some what more then the weight of Double refined Suger, and put your suger into A Skillet, and onely Dipp the peeces of Suger in faire water, Scume it and boile it to A Candy height, and then put your Apricocks to it, with 2 Spoonfulls more of the Jelly, Soe let it boile A pace till it be very Cleare and thick, then put it into Cleare glosses

To make Paste of Geneua

Take Quinces and boile them in their Skinns, and Scrape all the pulpe from the Coare, and Straine it through A peece of Canuas, take as much Suger as the pulpe doth weigh, put to A pound of Suger, halfe A pint of water, boile it to A Candy height, dry the pulpe vpon A Chaffin dish of Coles, then put the pulpe and Syrup both together, boile it with Stiring, vntill it will lye vpon A plate, and run noe broader, then you may lay it and fashion it as you please, and soe Sett it into A warme Ouen or Stone, Sett it vpon two billets of wood, to keep it from the Ouen hearth, all one night, and turn it in the morning Set it in the like heat, and soe doe it, till it is dry

To Make Lemmon Bisket

Take A faire large lemmon, and grate of the out peele, which you must mingle with Suger finely Searced, and then take as much whites of Eggs as will make it into A good Stiffe paste, which you may rowle out in what shape you please, and then bake them in an Ouen that is as hott as when Large brown bread Comes out, Thus you may make them with Almonds in the place of the lemmon peele

An Excellent Boiled Almond Cream

Take halfe A pound of Almonds blanch them, and beate them small with A little rose water for feare of Oyling, then mingle them with A Quart of sweet Cream, Straine them, as long as you Can gett any thing out of them, and put to them as much Suger beaten small, as will sweeten it very well, A nutmegg Cut in quarters, some whole mace large, 3 Spoonfulls of Orange flower water if you Can gett it, are Else as much rose water, with some musk or Ambergreece dissolued in it, then let all boile gently together, till it grow as Thick as pape, before you take it from the fire Then poure all forth into A Cleane, and handsome dish, Take out the nutmegg and mace, and let the dish stand without Jogging till it be Throughly Cold, then Strew some Caraway Comfetts, or for want of them, Scrape some hard Suger upon it, and Eate it presently, soe soon as it is quite cold, it is both Cooling and pleasant

To Make Marble Paste of flowers

Take of red roses, blew bottles (violets being gone) gillyflowers, marygolds, if you have them not, or cannot procure them all at once, you may dry them as you gett them, by keeping them in paper Close from the Aire, for blew you may Take Buggloss or Burrage flowers, beate Each flower if not dry by it's selfe in A morter, with Suger, Till the Suger is of the same Colour with the flowre, then put A little gum dragon steeped in A little rose water, or faire water which you please, and beate it to A perfect paste with pure white suger, and when you halfe halfe A dozen Colour, Every flower will take of his owne nature, lay one peece on Another, then rowle your past in small rowles, as bigg and as long as your finger, then Cutt it of the biggness of A small nut, Over Thwart, and soe rowle them Thin, and dry them by the fire or in A stone, if your flowers be dry beate them severally, and Searce them, and soe Doe them

To make Marmalett of Oranges

Take very good Oranges, and lay them in faire water 2 or 3 days and shift them, then boile them very Tender, the water must boile before you put them in, then take them up, and let them stand all night to coole, weigh them, and take their weight in Suger for the Sirup, Cut them In halfes, and pick out the seeds all, and take out the meate Cleane by it selfe, then Cut the skines and the meate by them selves very small, and when the Sirup is boiled, ready put the skin's and the meate into the Sirup, and boile it till it be Enough, you may put musk to it if you please

To Conserue Cherrys to put In Box's without Sirup

First boile your suger and rose water (Seume it Clean) till it be somewhat thick, then take Cherry's when they be new gather'd, and pick out the stones, and boile them in your liquor till they be halfe boiled, and soe let them be till next day, and then boile them up, have your boxes ready, they must be some what shallow, and lay them one hard by the other, till you have filled the boxes, put noe Sirup to them, you may keep them all the yeare

To make An Excellent Plumbe Cake

Take 8 pounds of flower, and 8 pound of Currance, when they are washed, which must be done the day before you make it, and when you goe About to make your Cake put the Currance in A pewter dish and sett it on A Chaffin dish of Coles, and put in Almost A pint of sack to plumpe them, and sett them stand upon the Coles About 2 houres Then put your flower in A great Trough, and make A great hole in the midle, Take 2 quarts of Ale yeast, beaten halfe an houre, and 2 quarts of good Cream, which must be boiled and stired till it be cold, then have 20 Eggs, the whites of but 4, let them be well beaten, put in 6 Spoonfulls of flower, then beate your Eggs and yeast together, and sett your Cream on the fire, when it is scalding hott, put into it 2 pound of butter, then put in halfe A pint of rose water, then take of the topp of it as neare as you Can, with A porringer, and mingle as much of it with your yeast, as you think will well your Cake, then put into your flower 3 quarters of A pound of good Suger, Almost halfe an ounce of mace, 3 nutmeggs, and A little salt, then put in your Cream, Eggs and yeast, as it is mingled into the flower you must not knead it, but mingle it very light, then put in your Currance, you must put in A pound of Almonds beaten small, and strained with A pint of Cream, mingle with it 2 graines of musk, and as much Ambergreece mix'd with A little suger, then bake it in A hoope, in an Oven well heat, and A little cooled again — To Ice it on the Cope — Take A Spoonfull of faire water and as much of rose water, and as much of Orange flower water, and steep Gum dragon in it all night, then take the quantity of A hazell nutt, beate the whites of 3 Eggs, and 3 Spoonfulls of water, and as much rose water, then beat it till it be white, then by degree's put in suger till it Thickens like pape and is as white as snow, you may put in 2 graines of musk or Ambergreece

To Make Calues feet Jelly

Take 6 calues feet scald them and take the haire of, pick out all the fat between the Too's, or any where Else About, then take 2 gallons of faire water and put it into A pipkin with the feet, and Cover it with A plate, and let it stew upon A soft fire till The 2 gallons of water Comes to 3 pints, then poure it out, and let it stand till it be cold, then put it into A skillet, and let it stand on the fire till it be melted: Then take The Juice of 6 lemmons, and A Quart of renish wine and suger to your Tast, Take A blade of mace, and nutmegg Cut into Quarters, A stick of Cinament, A few Coriander seeds and put into the skillet altogether, the beate the whites of 13 Eggs very much with A whisk to A froth, and put them into A skillet, and put the skillet on the fire, and let it boile 2 or 3 walmes, then take it through the Jelly bagg 2 or 3 Times till it run Cleare

To Make Cherry Conserue like Marmalett

First see your Cherry's be good, and Unbruised, and take out the stones, then put them in an Earthen pan, you must stone them over the pan, that none of the substance be lost seeth them Alone without water till they be thick, they must be turned soe that they be not burn'd, when they be well thicken'd take them from the fire

To Dry Cherry's

When you have stoned your Cherry's, which you may doe when you pull of the Stalkes the stone will follow, then weigh to Every pound of stoned Cherrys, one pound of Suger make your Sirup this way. To Every pound of Suger, take the Juice of A Quarter of a pound of Cherry's which you make by bruiseing them in A porringer, and as much Spring water as Juice, Sett it ouer the fire till the Suger is well melted, then put in your Cherry's, and let them boile vp as quick as you Can, that they boile vp to the topp of the bason, then take them of, and Shake them about, and sett them downe let them stand and Coole halfe A quarter of an houre, then give them one quick boile more, which will make them Enough, be carefull to Skime them as they boile vp let them stand halfe an houre in the bason, then with A Skimmer, take them out, and lay them in A Sieue, which may be Sett ouer a dish or bason, that the Sirup may be saued, for in that Sirup you may doe the like quantity of Cherry's the 2d and 3d time, Adding for Every pound of Cherry's, one spoonfull of Suger to the Sirup the two last Times you vse it; when the Sirup is neare Cleane from the Cherry's then lay them on Sheets of glass, make them flat as you lay them downe, then sett them in your stoue, and when you find them ready to Turn, Shift them on the Other side of the glass, and when they are dry'd Enough, let them lye noe longer for feare of looseing their Colour, but box them vp, laying them in order with papers betwixt them

To Make Orange Biskett

To A pound of Oranges, you must have A pound and A quarter of double refined suger you must take all the rine of the Oranges, which you may pull of with fingers and boile them till the bitterness is well out of them, Shifting the waters, then beate your peeles very well in A morter, and mingle your pulpe and peele in the morter very well together, you must first Scrape the pulpe from the white, and Skinn's and seeds, then beate the whites of 2 new laid Egges very well, and mingle them with the whites of the Egges well together in the morter, and bray them through A Sieue with the back of A Spoone, then Sett them in A dish ouer A Chaffin dish of Coles, till they be Scalding hott, and heate the Suger first in A dish by it selfe very hott then mingle them all together, and put them in moylds of paper, to what Shape or bigness you please, and put them in A cold Ouen

To make Sirrup of Violetts

Take suger according to the quantity you will make, and make Sirup Therof, then sett your violets in there, and Soe let them stand on the fire, and let it Stand 12 houres: Then take more suger, and boile it to A Candy height: and put it to the Other Sirup, the violetts being strained out, Soe it will be of A pure Colour, and keep it well

To Stew Peares

Take A pint of Clarrett wine to A pott of Stew'd pearls, 2 Sticks of Cinament, 3 ounces of Suger, and A quarter of A pint of rose-water

To Make Cloues

Take 2 or 3 Stickes of Cinament or more, According to the quantity you will make, burn it to A Coale, and Take it out of the fire, and blow the Ashes off, and quench it in rose water, then break it with A Knife vpon A Trencher as small as Can be, then take halfe an ounce, or A quarter of an ounce of Cloues, and beat them pure fine, and Searce them, then put to them A little mush, or Ambergreece; what quantity you please, Take pure gum dragon and lay it in Steep, and lay it ouer night in rose water, and fine loafe Suger beaten and Searced, and beate all these together with the gum, and it will be A past, if it be to Stiff, you may put A little rose water into it, this being done make cloues of it, thus you may make Cinament ones, but you must then Take onely your powder of Cinament, and Almonds

To Make Biskett Bread

Take to A pound of flower; A pound and A Quarter of Suger, and dry them in an Ouen, and take 8 Egges, 4 with whites, and 4 without, and take out the Treads and break them A little, and then put in almost A quarter of A pint of rose water, and beat them into A froth, and put it in as it froth eth, vntill it be all mingled to the Thickness of batter, butter your plates A little, and put them in and take some of the Suger; and flower in A Tiffany Cloth and Searce on them, to see them, and put them into the Ouen, if you like it, put in Coriander seed, first washd and dry'd

To Make Delicate Biskett Bread

Take one pound of Suger beat and searced, put into it ounces of white starch made of wheat beat and Searced make vp that starch A pound of wheat flower put them together in a stone morter, Then Take A Eleuen yolks of Egges, and 2 whites, beat them into the flower and suger, put in also 3 or 4 Spoonfulls of rose water, with A little mush, and Amber in the water, Temper all these together with A Spoone, and if you think it be to Stiffe, you may put one two, or Three or more of rose water if you like more, then beate it an houre in the morter to make it light, with A pestle, vntill it bubbles vp, then put it into butter'd pan's, and sett it into an Ouen, Indifferently heated, Take heed you doe not ouer bake them

To Preserue Apricocks

Pare your Apricocks, and take their weight in suger, which being finely beaten, and the Apricocks laid finely in A dish, strew halfe the Suger vpon them and couer them, and let them stand till next morning, then boile them vp A pace

How To Preserue Barberys

Take one pound of barberys Stoned, and the black Toppes picked from them, then take one pound of suger, and 3 quarters of A pint of water, and as much of the Juice of the barberys as will make the water A pint, and put in your suger, boile it to thick to A Sirup then put in your barberys and boile them soe fast as they may not be seen, let them boile after the barberys beim but A little while, for if your sirup be thick the barberys will Ashe but A little boiling

To Make Past of Quinces

Take your quinces whole, put them into scalding water, keeping them vnder water till they be tender, then take them vp, and pare them, and scrape of the pulse Thin from the Coare, then weight it, and to Euery pound of pulse, Take A pound of Suger, boile your suger to A Candy height, while your suger is A boiling dry your pulse ouer A soft fire keeping it Stiring, then put it into the Suger and let them stand and scald together till it Cometh Cleane from the bottom of the pan, then put it into the glasses, or moulds

How To Make Sirup of Violets

Take A Quarter of A pound of Violets well picht, and put them in A Close pott Eyther Stone or Siluer, then put to them halfe an Ale pint of water boileing hott, then Stop the pott very Close, that noe Aire may gett in, and warme A Cloth very hott, and wrapp it round the pott, and soe let it Stand 24 houres, then Straine it Through A boulter Strainer, ringing the liquor from the Violets very hard, then put to the liquor A pound of loafe suger finely beaten, then sett it on the fire, Stiring it now and Then, and when your Sirup Ariseth of A good Thickness, then take it of before it boile, and soe keep it

To Make Past Of Apples

Take About 6 great rine Apples, that are of A Quick Tast, not sweetings pare them And Cutt them in Slices, put them in A Skillet, and put to them the Juice of About A dozen Oranges, and one lemmon, let them boile A Quick pace, till the Apple be all to A pape then put to it the weight of Suger, which you must boile to A Candy, as for Other pastes put in A little musk, and Ambergreece, and when it is almost Cold lay it out vpon Trenchers in what fashion you please, and sett it in your Stoue, you must poure your paste out of the Skillet into A pan, and Stire it often till it be Allmost Cold, or Else it will be soe stiffe on the Topp, that it will not be laid out handsomely

To Make Sirup of Gillyflowers

Take A pound of Gillyflowers, and Cutt the Whites of, and to them Take 2 pound of Suger and 3 pints of water, boile your water and suger till the Scume will Arise noe more, then put in your flowers and Stire them About, Then take them of, and put them into A pann, or what you will till the next day, then boile them vp, till it will follow like A haire vpon your Finger, then dreine your flowers through A Sieue, and they will serue for sallets

To Sett Cowcumbers

Take A little Sheeps dung and wrap your seed in it, and sett the broad End vppard and put them In the Ground, and neuer remoue Them

To Make Orange Cakes

Take 4 of the best Oranges, and Cut them in quarters, and Take The meate from the peele and Take the Skinnes and the Kernells Clean from it, soe that there remaines nothing but Cleare Juice, and the meate, which will be some think Thick, then take The peele and Cutt it in small Slices, and boile them in 2 waters, they may boile an houre, Then Straine them from the water, which you may doe by wringing them hard, then Chop them small vpon A plater, then take A pound of fine suger, then put therto your peele, and Juice, and when the suger is melted, lay it out to dry in your Stoue

To Make Spistachios

Take halfe A pound and 2 ounces of Jordan Almonds, and blanch them in cold water, beate your Almonds very fine, and in the beating them, put in 3 or 4 spoonfulls of damush rose water, to keep them from Oyleing, whiles your Almonds are beating prepare your spinnage on this manner (viz) Take the youngest spinnage you can gett, and put it into boiling water, there let it boile till it be Tender, then Take it Cleare from the water, and Straine it Through A Canuas Strainer with A spoone, to your Ten ounces of Almonds, you may take 2 ounces of spinnage thus prepared, and when these are in A readyness, then take 3 quarters of A pound of the best powder suger you can gett, put therto some what more then A quarter of A pint of water, with the whole of an Egge beaten in it, when it boiles vp Straine it, Take your Cleare Sirup and let it boile soe high, as when you cast A little of it from you it may fall like frost, then put in your beaten Almonds, and let them boile Almost A quarter of an houre, then put in your spinnage, and let them boile together till they will come from the bason bottom, then lay them out vpon waffer cakes, like as you doe macharoons whilst they are warme, prick in the Kernells of your spistachios then put them into the Oven after you haue drawne your manchett, and let them stand all night, When they be cold paper them vp, and keep them for your vse. To this you may put in 2 graines of Ambergreece, A little before you laid them out

To Make Jelly of Oranges

Take 22 pippins: as many Apple Johns, or Pearemaines, Pare them and Slice them coare and all, but put not in the Kernells, boile them in 2 quarts of water: till it be halfe wasted, then let it run Throwe A Jelly bagg, and stand till it be Cleare take Then Oranges and quarter them, and Slice them very Thinn into faire water, then boile them very Tender, shifting the water Thrice, dreine them very well Take to Euery pint of liquor of the pippins one pound of doubled refin'd suger: and boile it A quarter of an houre very fast Else it will loose the Colour, then put in the Oranges, and boile it one quarter more very fast, and Add to it 2 ounces more of the same suger, with the Juice of 2 or 3 lemmons, mix A little Amber=greece: and put to it, you must keep it scum'd, let it boile all the Time very fast you shall know when it is Enough by the Cleareness of the Orange, put in A little Isingeglass, and let it boile, but one boile, or two after it

To Preserue Green Apricocks

Take Apricocks when the Stones are firm in them. Take to Euery pound of Apricocks A pound of Suger. pare them very Thinn, and Slitt them vp the Seame as you pare them, put them into Cold water Else they will loose their colour, being all pared put them into your Skillet with Cold water, and Sett them ouer the fire Close Couer'd vntill your water be Scalding hott. Then Take Them of and let them stand till they be reasonable Cold, thus let your water be never more than Scalding hott. and A Little Cooler by degree's, vntill they be as green, and Tender as you would haue them, then take them out of the water, and lay them in A Dish, and Strew some of your way'd Suger on them. Else they will presently loose Colour, then put your suger into your preserving pan, and to Euery pound of Suger Take A Quarter of A pint of the Same Water your Apricocks were boiled in, melt your Suger and put in your Apricocks and After A little while they will Stone and as you Stone them into the Sirup again and being boiled A while, take them out of the Sirup, and lay them in A broad Silver dish, and boile your sirup to what height you please, you put to them one or two graines of Ambergreece, and mush, if you will poure the Sirup while it is hott vpon the Apricocks; Soe let them stand till the next day, then put them vp into your preserueing glass

To Jelly With Threds of Oranges in it

Take your Oranges when they are preserued Cutt away the white of them to the rind, then Cut the rind into Small Threds, then take to A pound of Strong pippin Liquor A Pound of Double refined Suger, beate your suger, then put it into your liquor, Sett it on the fire and Stire it softly Continually, when it hath boiled A pretty while Scume it but let one Stire it while you Scume it, when it is almost ready to Jelly put in your Threds of Oranges, put in soe many as you Think fill, but make it not to thick of the Oranges, let your Jelly boile after your Oranges is in, you may put into it A little Juice of lemmons if you please, but if you put in any let it be when your Jelly is almost ready, yours must Still boile A pace, and if you put in Ambergreece, that must onely boile in but 2 or 3 walmes boile not your Jelly to Stiff, for it will grow Stiff in the keeping, and besides if you Should boile it to Stiff it will loose it's colour, when it is ready put it vp in your glasses, you shall know when it is boiled Enough, it will Cream About the Spoone, and when it is cold, that which hangs on the Spoon will Jelly, if you Can gett noe preserued Oranges, then the palest sowre Civill Oranges are the best, which must be Scowred the night before with Salt and water, and laid in A bason of faire water all night, when you haue taken of the rind, and cut it into little Threads, then boile it in A Skillet of faire water, vntill they be tender, then lay them on A plate that the water may run off, Strewing A little Suger on them, when the Jelly is almost ready, let them haue 1 or 2 walmes in now to make the pippin liquor A bone mention'd look page the 30th.

How To Preserue Oranges madam Tyrwhitt's

Take of the fairest Civill Oranges, and pare them very Thin, and Cutt them in halfe, and take the meat Cleane out, and rubb them well, within and without with Salt, then lay them in water 2 days, Shifting the water twice A day, and Euery Time put one handfull of Salt into the water, then boile them in 3 Seuerall waters, and when you Take them out, haue A bason of Cold water by to put them into, till the other water boile ready for them, and when you perceiue the bitterness to be well gone, and that they be tender, weigh the Oranges, and to Euery pound, Take one pound and A halfe of Suger, and to Euery pound of Suger, A pint of water, and boile it for A Sirup, then Take your Oranges and pick them Clean, and put them into the Sirup, and let them boile as fast as they can, Soe keep them with turning That they burn not, and as they boile put in now and Then one Spoonfull of the liquor of pippins Sliced, and boiled in water to make the Sirup Jelly, and if you put in A Spoonfull or two of the Juice of Oranges it will make the Sirup the Clearer, when the Sirup both Jelly Sett them by till they be almost cold, and put them vp

To Preserue Green Pippins

Take your pippins when they are of good biggness, the greenest and Smoothest you Can gather, and put them into hott water, let your water be pretty warme, Soe Euery water better than the other, 3 or 4 Times, vntill you see the Skinn with peele of, then boile them in water till they be Tender, Then Take to A pound of pippins, one pound and A quarter of Suger, then make your Sirup and boile them vntill they be Sweet at the heart, then Take them out: boile your Sirup till it will rope vpon the back of the Spoone, and when they be almost Cold put them vp In what you please

To Preserue Pippins With Orange Peeles

To A pound of Apples you must Take A pound and almost A Quarter of Suger, and 3 large pints of water, then melt your Suger in your water, and when it is almost ready to boile put in the white of one Eye beaten with 3 or 4 Spoonfulls of water, Stire it About, then make it boile as soon as you Can, and when it riseth to the topp, poure in 2 or 3 Spoonfulls of water, and take of the Scume Cleane, and put in your Apples when you haue put your suger into the water, then pare your Apples, and Slice them into A bason of faire water, and then let them lye A little while, before you put them into your Sirup, then boile them A great pace till they be done, Saue out your Ouer weight of Suger to Strew vpon them, at times, as they are boiling To A pound of Apples, you must haue the peeles of 6 Oranges, Scoure your peeles with A little Salt then wash them Cleane, and lay them A little while in water, then boile them Tender and when your Apples be halfe boiled, put in your peeles and boile them together

To Preserue Rasbrys

Take the largest you Can, and pick them Cleane, and put them into A pan, and Strew some Suger finely beaten vpon them, and Sett them on the fire, and as they boile Strew on Suger, that they boile in all places A like, and when they be Sweet, and the Sirup Thick, put them in potts

Out of 10 strikes of good malt. 8 gallons to the strike you may take 20 gallons of strong Ale, and 60 gallons of small beare. In the 20 gallons of strong Ale you must boile one Quarter of A pound of hoppes for 3 houres but not to fast, the like quantity for the same In the 60 gallons of small Ale, and In the 60 gallons of small beare A Quarter of A pound of hoppes alsoe, with the hopps that were first first boiled in the 2 other sorts. for an houre and some what more = The Time of bottleing this Ale is when it's at least 3 weekes old. for that you brew In About March and Aprill. and 14 days for That you brew in September and October, for we vse not to brew it at Other Times, nor to drink it vnboiled and when you haue it let it stand A month in A good Celler in the bottles, it will be fill to drink, and for ought I know Continue soe for A yeare or two, but I think it best the small Ale at 3 months old, and the strong at 4 months ~~###~~ Farther directions About this Ale, any water will serue, but if it be pumpe water, or such as will not beare sope there must be more malt put to it, or Else the drink will be the smaller, when you mash first, put in some small Quantity of water that hath been boiled, and soe much Cooled Again, as will not scald the malt, and then stire the malt, and the water together, that all the malt may be warme, then put in the rest of your water boiling hott, for if Otherwise the strength of the malt will not come out, and if you should put in the first water to the Cold malt boiling hott, it would scald the malt and spoile all: The Cooler must be such as hath A hole at the bottom to let the wort into the vate. and leaue the hoppes and Curdles behind for Else the Ale will not be cleare. or Else you must as you put it out of the little Tubbes into the vate, straine these Thinges from it, Which will be trouble some, for an ordinary sine will not stop the Curdles, Though it will the hoppes, for your yeast besure it be not soure, nor that you sett the Ale to hott when you doe mingle the yeast with it, for the Ouer heate will soure the yeast and that the Ale, then let it not work to long in the vate, for if soe your Ale will be dead, but when it hath wrought in the vate soe long till There be A thick lapp vpon it. Tunn it, and doe stay according to the vsuall Custome, till the yeast begin to fall, When it hath Almost done working in the vessell, stop it vp Close, but first fill it vp with what drink hath wrought out of the vessell, and if Afterwards it break the Clay, besure to stop it again Close, and to that End you must look to it Often for 3 or 4 days, if you would not haue the drink Cutt to much, When it is very stale, you must giue it a weekes Time, more at Each season of the yeare, before you bottle it then what is said Above, the Ale when it is drank should onely mantle, and not haue A Thick froth vpon it. which will stand in the glass, but onely such as will vanish presently

Take A legg of mutton, or A legg of lambe, and Cut the skinn from it, then roast it, Take 3 or 4 wood Cocks lard 1 or 2 of them, and stick the other with Cloues, take 3 or 4 partridges, let them be lard'd and roasted, Take halfe A Dozen of pidgeons roast halfe of them with lard, and the rest Cutt in two parts, and fry them brown, Take halfe A dozen of snippes or snyttes, lard And roast them likewise, Take 12 larkes and roast them, 4 Teale's lard one, and stick the rest with Cloues, Take 12 sweet breads let them be parboiled and fryed, make some Thinn Cottops of veale or lambe, lard them, and fry them brown, Then take A gallon of whit wine, A pottle of whit wine vinegar boile them together, with large mace, ginger sliced and beaten, some sliced Nutmegg, and grose paper, and salt, let all well boile together, then put all these seuerall meates into an Earthen pan, and poure all the liquor vpon them, and let the meate be Couer'd with the liquor, slice A lemmon into it, that done fry some bay leaues, and put them likewise therinto then stew it on the fire for A quarter of an houre, let it stand soe for A day or two or more, and soe Dish it vp

X To Make The Best Tansey Mr Paris's

Take A certain number of Egges According to the biggness of the frying pan and break them into A dish Abateing neare the white of Euery third Egge then with A spoon you shall cleanse away the little white Chicken knotts which stick to the yolkes, then with A little Cream beate them Exceedingly together, Then take of green wheat blades, violet leaues, strawbery leaues, spinnage, and saccory, ~~and~~ of Each A like quantity, and A few wallnut budds. Chop and beate all these very well, and then straine out the Juice and mining it with A little more Cream, put it to the Egges, and stire all well together, then put in A few Crumbes of bread fine grated bread, nutmegg, Cinament and salt, then put some sweet butter into the frying pann soe soon as it is melted, put in the Tansy and fry it brown without burning, and with A dish Turn it in the pan, as Occasion shall serue then serue it vp, haueing strewed good store of suger vpon it, some vse to put the hearbe Tansey in it, but the walnut Tree budds doe giue the better Tast, Therfore when you please to vse the one doe not vse the Other

To Make Rare Buttered Loaves

Take 3 or 4 quarts of new milke, make it into Cheese curds, which being Pressed as dry as possible, put to it 4 or 5 Egges Except 2 whites, and then with grated bread, nutmegg, Suger, and A little Salt make Soe Stiffe A past, that it may stand up in loaves, which are to be formed in A high topped Fashion, then take A peece of white paper being buttered and Sett them on it and wash them over with Butter, they are to be bakte Quick, and when they be Drawne take of the toppes with A knife, Stire them up and Season them with Butter and Suger

A Shoulder of mutton with Oysters

Stuff your mutton with Oysters minced parsley and hard Egges roasted, Save the gravy, then put in the Gravy, Capers, Stewed Oysters, A little Sliced Lammon, Soe put the mutton to this Sauce, then fear boile Oysters, dippe them in the yolks of Egges and minced parsley, fry them with Beefe lard, and as you fry them put the Egges upon them Soe that it may be thick on both sides of the Oysters, when they are fryed, put them on the toppe of your mutton

Steakes of Mutton Broyled

Cut all the ribbes of A rack of mutton into Steakes, and put them on the fire with as much water as will Cover them, when they are Semn[ed] put in A little white peper and mace, and A quarter of A pint of whit wine, and Some Salt with 2 Spoonfulls of Vinegar when they are half boyled, Take A little parsley, Sweet marjoram, peny royall Time Sorrell, marygold flowers, 6 yelkes of Egges hard boiled, Chop the hearbes halfe an Onion, Chop the hearbes small together, and put them into your meate and let it boile halfe an houre longer, [illegible] upon Sippets with the Sauce upon it

An excellent Pudding

Slice 3 peny loaves [illegible] the Crust being first pared off, then take of very Thick Cream, and when it is [illegible] poure it upon the bread, and when it hath stood A while and soaked, bread it very well with A Spoone, and put in A nutmegg grated with the yelks of 6 Egges and one white, A quarter of A pound of Suger, 3 quarters of A pound of Currance, and halfe A pound of Butter broken in, Soe beat it very well, and put it into A dish buttered, and Sett it presently into the Oven, But beate it untill you Sett it in

A Spanish Cream

Take 2 gallons of new milk, and A quart of sweet Cream, and make it Scalding Hot, and put it into 3 milk panns, and haue it stood 24 houres, then Scum of the Topp of two panns and Skimme the Third, and put into A dish and beate it with Suger and rose water untill the Clotes be broken, if you like the Taste put it into the Dish you Intend to Serue it up in, and take the topp of the other panns and lay it upon it

Barly Cream

Beat your barly in A Cloth to bruise it, as you doe wheat, then lay it all night in water in the morning boile it in water, and then Take it out of that water, and make Some milk boile, and put the barly into it, and let it boile A while, then boile Some Cream with A blade of mace, and when it is boiled, that the barly out of the milke, and put it into the boyling Cream, and let it boile A litle, put in A little nutmegg, when it is boiled Enough Season it with rose water and Suger

Gisbell Cream

Sett the Cream on the fire, and put to it A Spoonfull of Almonds or two, which are Blanched in Cole water, and After pounded with rose water, they must be pounded as small as possible may bee, then Cutt as much Gisbell thinn as paper as you think fitt, and put it in, But let your Cream boile before you put in your Almonds or Gisbell, and when it hath boiled A while, beate the yelke of an Egge or two, and put into it, Then give it one walme, Soe take it from the fire, you must season it with rose water and Suger to your liking, you may put in A little Ambergreece if you please

A Fresh Cheese And Cream

Take one gallon of milk or two from the Cow, and beate 3 Egges, and when your Egges are well beaten, put them in your milke and A blade or two of mace and make them boile, then put to it A quart of Cream, and put them together into A Broad pann, and let them Stand 24 houres till it be Clotted Cream, Then Take 3 Quarts of new milk, and Sett it from the fire Untill it Seeth, then Take it of, and put to it A pint of Cream, Then Coole it Untill it be blood Warme, then put to it as much runnett as you think will turn it, Then take the Curds out and lay them in A Cloth over A Cullender, and when the whey is Clean from them, temper them with Almond milk that is onely Drawn out with rose water, and that there hath bine first large mace and Slices nutmegg Steeped A night in the rose water and then make your Almond milke with that rose water, and then season your Cheese with the Almond milke and Suger to your liking, then put it into your fresh Cheese pann, and when you Serue it forth, put A little raw Cream to it, and Cover it with Clouted Cream, and Soe Serue it Up

A Cream

Beat or Stire together the whites of 6 Egges, and put them into A Quart of the best Cream, if you would haue it white, But if you would haue it to be yellow Then put in 3 of the yelkes with the 6 whites, and After you haue beaten them well together put in A little Cinnamon and rose water, and Suger as will season it, boile them very well Stiring them Continually till all be Seasoned, and well Boiled, then take it from the fire and Straine it, if it be Too thick put in A little of the whey Stire all well together, and Dish it up

X To make all Manner of Sirrops That be made of flowers Herbes, or Rootes madam Falconbridges

you must seeth your flowers [illegible] in water Till 3 quarts be brought to A pottle therto of the purest honey A pottle, or 3 pints. let it then boile till it Comes to the quantity of honey, then put it into An Earthen pott. and Thus make all Sirups in the world

X To make Brown Bread

Put into [illegible] meale boiling water [illegible] it very well, and then let it Stand cooling untill [illegible] as cold as your Ordinary [illegible], when you put the yeast in, then put in your yeast, and keep it working [illegible] you hastily put it into the Ouen because it must not [illegible] to rise, make it [illegible] Convenient Loaves, and Bake it well

X Mr. Thomas Goodmans receipt For Cheese-cakes

Take 2 quarts of Sweet Cream, and boile it ouer the fire, and haue A great Care that it doth not burn. and take The yolkes of 30 Eggs with the whites, and beate them well, and when you take the Cream of the fire, Stire the Eggs in moderately because in mixing of the Cream and Eggs you Turn it to fast, but doe it Soe long till it Come to A Curd, and put what Spice and Suger you think fitt for the quantity, with 2 pound of Currance to the Same. but give them A walme, or two ouer the fire before you put them in

X To Make Thick Cheeses [illegible] the Lady Burgoine

Take the morning milke, and the Euenings Cream of as many Cowes as you please make your Cream as warm as new milk, then put your Cream and milke together, and put to it as much rubbett as will make it Come, Cutt it Cross all Ouer with A knife, then Sink it very gently with your hand till it be pretty hard, take the whey from it, and then Slice the Curd into peeces, put [illegible] into your Vate, and Squeese it very well in with your hand, then sett it into your press, then warme 2 gallons of water more then milk warm, then take your cheese out of the press, and Cutt it all in little Bitts, and poure the warme water upon it and wash it, then put it into your Vate again as fast as you Can, and Squeese it hard In, then put it into the press, and let it Stand 5 or 6 houres. After which Take it out, and turn it into A dry Cloth. Salt it on one side, and set it Stand as long as before, then turn it on the other side and Salt it and let it Stand in the press all night then take it out and order it as you doe other Ch[illegible]

X To Make Ipocras Mr. Paris

Take A pottle of wine, 2 ounces of Cinamont, halfe an ounce of ginger, 9 Cloues and 6 peper Cornes, and A nutmegg, and bruise them and put them into the Wine, with Soe rosemary flowers, and Soe lett them Steep all night, and then put in A pound of Suger at least, and when it's well Settled lett it run Through A woolen bagg made for that purpose thus if the Wine be Clarett it will be red, if white then of that Colour alsoe

X Mr. Porters Legg of Mutton

Take [illegible] legg of young mutton, and halfe roast it, Then Take it from the fire, and [illegible] away [illegible] Skinns and the greatest part of the fatt, and then Shread the fleshy [illegible] as you [illegible] for pye meate, to which put all the grauy that Comes from the [illegible] and A quart of [illegible] grauy fresh and newly Taken with almost A pint of Clarett wine, 12 cloues of Garlick well beaten in A morter. let this Stew together halfe A quarter [illegible] an houre, mean while put halfe A pound of fresh butter in A frying pan, into which put 3 Onions Sliced Thinn, and 2 nutmeggs Sliced very fine, and assoon as this ffyes Soe as the Onion is [illegible], put in your meate, and keep it well Stirred, then poure on it the yolkes of [illegible] Eggs with Veriuice, and as much Saffron dryed ground, and dissolued in grauy as will turn the Colour. After this [illegible] put in the must be Swift till the Eggs harden which will be in A very Short Time, then serue it up with Sliced Lemmon and the Juice of an Orange

X A Shoulder of Mutton

Spike it and lay it to the fire [illegible] it roasts Slice 3 [illegible] 4 Onions, and put them in A dish under the meate, and [illegible] the grauy drop [illegible] it, untill the meate be almost roasted, then take halfe A pint of Clarett wine or better, and poure on the meate the dish being under where the Onions [illegible] you must first remember to take away the fatt of the grauy and Onions [illegible] before you bast it with the Clarett wine Then take the yolkes of 6 Eggs, and [illegible] them into the grauy, heat this ouer the coles till it be thick as A Caudle, [illegible] Gender the mutton: with Cappers and Sampheir, and Slices of Lemmon [illegible] it

X To Roast A Shoulder of Mutton in Blood

Take halfe A pound of beefe [illegible], of Time, [illegible], Spinnage, Barley, and any other sweet hearbes A good quantity, Shread the [illegible] and hearbes together very small, season it with nutmegg, peper and Salt, mingle all these with A little Sheeps blood as will wett it, then haue ready A Shoulder of mutton which you must Cutt with good bigg [illegible] to the bone, and Soe Stuffe it as full of these hearbes as you Can, then wrap [illegible] in A Caule, and make it fast with [illegible], Soe lay it to the fire, and [illegible] blood Untill it be throughly roasted

(The Sauce) Take halfe A [illegible] wine, A few Cappers, and A little Samphire, [illegible] small, put to it [illegible] Anchouys, Stew them together A while, and when your [illegible] is roasted, put [illegible] the Sauce, you must not take of the Caule

X To Pickle Hartichocks

[illegible] Hartichocks before the frost has taken them, and halfe boile them, then sett them to [illegible] 24 houres, then throw away the liquor they were boiled in, and make A pickle of fresh water seasoned very deep with peper and Salt, let it Stand till it be throughly Cold, Soe barrell up your hartichocks very close, and put the pickle to them when you would use them boile them in mutton liquor or broth

An Appole Pudding

Take A pretty deep Dish which must be Butter'd Then take Appples cut in Thinn round Slices, and Cover the Bottom of the Dish with them on which must be laid some few raisons of the Sun, then have in readyness Bread Cutt Dice wise Scalded in milke, and put on A layn of it, then take rose water, nutmegg, Suger, Eggs very well beaten together and powre upon this bread, then Begin Again A layn of Appples, Sweet Butter, and raisons and then A layn of bread, and then the former Composition which must be A topp, Soe Bake it well

The Best Sort of Pancakes

Take 2 or 3 Eggs and Break them into A dish, and beate them well, then Add unto them A Pretty quantity of faire runing water, and beate all well together, then put in Cloves mace, Cinamon, and Nutmegg, and Season it with Salt, which done make it Thick as you think good with fine whitten flower then fry the Cakes as Thinn as may be with Sweet butter, or sweet Lame, and make them brown, and Soe Serve them up with Suger Strewed upon them, Some mix it with milk or Cream, But 'Tis not soe good

Fryed Parsnippes

Take the Parsnipes and after they be very well Washed, boile them very Tender in water and Salt, then take them, and Pele them, and Cutt them into Thinn long Slices, then take 3 or 4 yolkes of Eggs beat them very well with A little nutmegg, put to them as much flowre as will make it Rang on the sides of the Slices of parsnipes being dipped therin, then fry them in Sweet butter: The Sauce is Crab Verjuice Sweetned with Suger and mixed with Thick Drawn butter

A Fresh Cheese With the Strokings of A Cow

Take A gallon of the Strokings of milk from the Cow Boile it, and when it is Cold Enough Tett it together with good runnett as much as will make it Come, and it is come break it, and then put it into A faire Thinn Cloth, and when the whey is Clean run from it put it into A Bason, and have some Sweet Cream ready boiled and Seasoned with rose water and Suger, But you must Cutt A Nutmegg in small peeces and let it lye all night in the rose water, and Soe Season your Cream with some of that rose water and Suger, and when your Cream is Boiled and Through Cold then put A little of it to your Curd in the Bason, and Break it well together, then put your Curd in the Cheese Crate pann, and when you serve it to the Table, put some of your Boiled Cream to it you must run it pretty warme or Else it will not Come

A Sack Posset

Take 2 quarts of thick Sweet Cream, sett it on the fire when it Boiles take it from thence, and put into it the yolkes of 4 Eggs well Beaten, then Stire it together and Sweeten it to your Tast, you must have in readyness halfe A pint of Sack warmed and then put in your Cream, Stire it about, and Serve it in, you must quarter A nutmegg and Boile in the Cream

Another

Take 3 quarters of A pint of Sack, and put ther into halfe A pound of Suger, then Take 10 Eggs and beate them very well together, then Straine them into the Sack and Sett it upon A Chafin dish of Coles, Still stiring it, Untill it be Scalding hott, then powre it into A quart of Boiling milke, and Stire it once About, then take it of the Coles, Cover it and Serve it

A Sack Posset Without Milke or Cream

Take A pint of Sack and A pint of Ale, and 3 Quarters of A pound of Suger, and sett it in A Bason over A Chafin dish of Coles, which must be blowed Untill the liquor in the Bason Boile fiercely, then have in readyness 10 Eggs very well beaten and Strained which must be put into the liquor in the Bason, and Stired Continually Untill it boile again, then Take it presently off and lett it Stand And Coole halfe A quarter of an houre, then Strow on the topp A little Suger, and Soe Serve it up, if you putt in A musk Comfitt or two it will give it A good Flavour

A Sillybubb

Take A pint of white wine, putt to it the Juice of 2 lemmons, and some of the rind of the lemmon finely Sliced in Thinn peeces make it Sweet, and if you please putt in some Amber Greece, and A Sprigg of rosemary, then take A Quart of thick Cream and powre it to the wine, but Stand upon some high place when you powre it in, that the may fall with A great force into the wine, then let it Stand all day, at night it will be fitt to Eate

Another

Take Sack White wine, lemmon good store as you like it, Sweeten it, and if you will have it most Curd, you must not fill your Sillibubb Cupp halfe full of liquor, then take your cream and boile it, and let it Stand Untill it be little warmer then milk from the Cow, then powre it as high as you Can into the pott you must not Eate it till it has Stood, if you make it in the morning you must not Eate it till night, if you make it at night you may not Eate it till the next day dinner, it is best in A glass Sillybubb pott

To Stew an Ele

Take an Ele Cutt into peeces About 4 Inches, Then Scarify'd then salt them well and powre wine vinegar on them into A Deep dish in which they must Stand Some Time, then put all this into white wine Fiercely boiling with A good handfull of Stripes of time, and one ounce and Some thing lesse of grose pepper, with 2 onions when it is well boiled, put in some fresh butter into the Skillet, Squeese in A lemmon, Shake it and dish it up

To Make Thinn Bisketts

Take 8 Eggs yolkes and whites beat them together an houre. Then Take 4 ounces of Jordan Almonds. Blanched and beaten very fine, with 3 Spoonfulls of Orange flower water, then Beat this together Some Time. Then take ½ pound of loafe Suger beaten and Searced, put that in A little at A time, beating it all the while, then take Some fine flower well dryd, and put in by degrees till it be Soe Thick as to Drop on A plate, and hold with without runing about to much, then grate the Skines of 3 or 4 Oranges, and put in, then Sett it to the fire to rise A quarter of An houre, then drop them on plates, and Sett them in A pretty quick Oven, and as they bake take them out, and Turn them upon the haft of an knife, and they will hold Soe

To Make Elder Wine

Take 20 pound of malligo raisons being clean rubbed in A Cloth, Shread them very small, Then Take 9 gallons of water, it must boile an houre then put the raisons to it, and Sett them to Steep 10 days Stiring them once A day, Afterwards pas the liquor through A haire Sieve, haveing in A readyness 6 pints of Elder berry Juice, drawn in A bellarine, and put in Cold into the liquor, then Stire it well together, and Afterwards Tunn it up, and let it Stand Close Covered with A blanckett, when it has done working, stop it up and let it Stand 10 weekes, then bottle it, it's best at 2 yeares End

To Make Bully Cakes

Take the Bullys before they be ripe, put them in A Skillet with more water then will Cover them, let them boile A good while, till they be all mash and good and Thick, then put them into A haire Sieve, and rubb it through with A Spoon, then to A pound of this pulpe, Take A pound of Dubble refined Suger beaten and Searced, put the Suger and pulpe together, and Sett it on A Slow fire, keep it Stiring till all the Suger be melted, it must be Seething hott A good while, but it must not boile, when you think it's Enough Take it of the fire, and when it is Cleane put it in Cake glasses, when it is cold Sett them in A Stove to Dry Them, you may make gooseberys and Currance this way, the gooseberys must be green

To Make Portugall Cakes

Take A pound of butter, and A pound of Suger worke them together till it be very white and like yeast, then take 4 Eggs leave out the whites of 2 put in 4 or 5 Spoonfulls of rose water, and one nutmegg, and A little mace beaten, mix all this very well, then take A pound of Currence well washed and dryed, then make them up in A little paste with two pound of fine flower, make them up in little cakes, and lay them on fine sheets, Dew them with rose water and Suger and bake them in an hot Oven not to hott

To Make Apricock Past

Pare your Apricocks, and Cutt them in peeces, as you'd doe for marmelett, and lay them in part of your Suger, which must be ¾ quarters of A pound of Suger to A pound of Apricocks, Take out A Third part of the Suger, boile your Apricock with the rest as much as you would doe marmelett, then take it of the fire then put in the rest of the Suger, and Stire it well together, then let it Stand on A Slow fire to Scald, and melt the Suger, but it must not boile, put it into Thinn broad glasses, and Scarce Suger Candy on the topp, when they be cold Sett them in A Stove, and when they are fitt to turn, Cutt them into what figures you Please

How To Brew after the way of Plum tree

Set your water boile to an height A full houre, and the hoppes with it the last Quarter, then Straine it boiling hott into your mault, let it Stand 3 houres, then put it into A Cooler, and sett it together. A very little warmer then ordinary then put Some of the grout in the morning Early about 8 of the Clock beate it very well, and doe the like often all the day after, but Besure to keepe out A bout 6 gallons of the grout in another Vessell, that every Time you beate in the yeast you may put in A dishfull of it, till it be quite done, and About 4 or 5 of the Clock in the Afternoon, Tunn it up, let your Small beare Stand 5 houres, 4 Strikes of malt will make A hodgshead of Strong, and A Runnolett of 4 or 5 gallons to put up in bottles, and A hodgshead and A halfe of Small, if your water be good One pound of hopps answers this proportion

To Make an Orange Pudding Mr Maddens

Take the rind of 4 or 5 Oranges, and lay them in water, A day or two Shifting them often to take away the bitterness, then boile them very Tender to beate them in A Stone morter to pulpe, Add to them 10 ounces of loafe Suger, pound it fine, 12 yolkes of Eggs well beaten, 3 quarters of A pound of fresh Butter, the Juice of 3 oranges, mix them all in A Stone morter, then lay it between 2 leaves of very good paste, bake it in an oven fitt to bake Cheese Cakes

Barly and Cream Furmety

Boile the barly in faire water Untill it break and is Tender, then poure away the water from it, it is best to doe it the Night before you use it, then take A quart of Cream and boile it thicknd with the barly, to which must be added the yolkes of 2 Eggs very well beaten, and Seasoned with rose water and Suger to your liking

take it out of ye Salt & hang it up in a Chimney that hath a continuall Smoke & not too much fire for it must not hang too nett by no meanes, to let it hang 3 weekes or more take it down & pack it up close in a box or hamper with dry hay keep it for your use & when you would boyle it wind it up close in hay from y bottome of a stack & let it boyle very softly for 4 houres for it be very tender This is ace ye belongs to Bleeck bacon

& like is for roast or boyling

To Make Ginger Bread: madm Sancrofts

Take 2 pound of 6 penny Suger, and A pint of Butter, and put them into A Skillet With as much milk as will wett the Suger, sett them on the fire, and keep them stiring till all the Butter is melted, and then take as much flower, as will make it into A stiffe past, and powre it in, then take all sorts of Spices, but most ginger, with A little Caraway, Coriander, and Anyseeds, make it into past, and then put in Cittern Orange, and Lemmon peele, A little of each, you must be ruled by your Tasting the past whether holt Strongh of the Spice, make it into what fashion you please, and bake it not in to hott an Ouen

To Make Elder Wine

Take 20 pound of malligoe raisons, and Shread them very Small, let them Steep in 3 gallons of water, being first extreamly well boiled, put it boileing holt upon your raisons, let them Steep 10 days, Stiring it twice Euery day, and at 10 days End pass the liquer throw A haire Sive shaueing in A quart of Elderberry Juice, put the Elderberys in an Earthen pott, and boile them in A Kettle of water as for Jelly of Currance, and put your Juice of Elder to your other liquor wherin your raisons were Steeped, then Stire them well together, after turn it into A Vessell, and let it Stand in A warm place 6 weekes or two months, being Close Stoped, while your raisons are in Steep it must Stand in A place that is not moist well Couerd from Dust, and Aire

To Bake A Pike

First Scale them, and lay them an houre in Vinegar and Salt, with A bunch of sweet hearbes and A Then take it out, and Sase it with bacon, leamon peele, and Time, then have ready some Oysters, grated bread, and A good peece of Butter, and an Anchony or two, A little whole peper, A blade of mace, put All these into the belly of the pike, and Sow it Up, and lay it into A long Earthen, or Tinning pan, and Sett it into the Ouen, then take your Sauce pan, with A good peece of Butter, and Sett it ouer the fire, and let it Stand till it be brown, then take A bunch of feathers and dipp into the Butter, and bast the pike all ouer, then Drudge it, and Sett it into the Ouen as hott as for small bread, if the pike be large it will take full an houre to bake it, if Small 3 quarters will doe, then have ready in A Sauce pan, halfe A pint of grauy 6 or 8 Spoonfulls of Claret, an Anchouy, and A little horse radice, Sett all those ouer the fire, till the Anchouy be melted, then thick it up with A pint or more of fresh Butter, then take the grauy that comes from the pike, and the Oysters out of the belly and put it into the Sauce, you may thy any sort of Boyled, or fryed fish with this

To Bake Orange Cakes

Take 4 Oranges, and one pound of Dubble refined Suger, pare the Oranges and Cutt them in the middle, and wringe out the Juice, Boile the peeles in 2 or 3 waters, when they be Tender, take out the filmes, and dry them in A Cloth, then mince them very fine, then take the Juice of 2 other Oranges, and the Juice of one Lemmon, and put them in A Silver Bason, and let them Boile pretty fast, till it be Cleare and good thickness, then take it of the fire, and put in the Suger, being finely beaten Stire them well together, then Sett it on the fire, and let it Stand and thicken, but it must not Boile, then take it of the fire, and Stire it till it be Cold A little, then drop it on pewter plates, when they be Cold Sett them in a Stone, till they be Stiff on the Topp, then take them of with A knife, put the moist side of 2 cakes together, and close the Edges with your fingers, then let them Stand in the Stone till they be dry, and turn them once A day

To Preserue pippins or Genettins

Take them and Scald them till they be Soft, shaueing another Scalding hott water to put them in, keep it close Couerd till they be green, Seting them not Boile to A pound of Apples, take A pound of Suger, and make the Sirrup and Scume it, then take your pippins and put them into your sirrup, and boile them as softly as you can, till the Sirrup be thick in the Sirrup you lay them in put as many pippins in as it will Couer, let them boile well, then let them lye in the liquor 6 or 8 days, then take them out, and let them lye in A Stone, or the Sun to dry

A Oatmeal Pudding

Take a quart of good creame & put to as much small oatmeal as will make it about ye thickness of batter for pancakes but you must stir it continually & lett it boyle about a quarter of an houre a little oatmeal will serve for it must be but of that thickness wth it is boyled, yn put in half a pound of sweet butter & season it wth nuttmegg & sugar as you like bost put in a half pen loafe grated & 5 eggs ye whites of 3 being taken out, & a little rose water stirre all these togeather & put it in a dish then take ye marrow of 2 bones in good big pieces & wth ye point of a knife make ye pudding to cover it yt it may not be seen

To Boyle Chickens

Take them when they be scalded and drawne, cut of ye heads & ye necks, & save ye skin whole then take ye livers of ye chickens & parboyle ym & when they be cold chop ym very small, & take tyme Marjorem and parsley a good quantitie & strip ym from ye stalkes chop ym very small yn put the livers wth ye herbs & the yolkes of 2 or 3 eggs roasted hard together & after yt by choping them you have mingled them well season ym wth pepper cloves & mace

Lett

A Creame Tart

Take a quart of creame & ye yolkes of 4 eggs beate ye eggs well wth 2 spoonfull of rose water & to it you must beate half a pound of blanched Almonds with a little of your creame straine them to your eggs make it sweet wth loafe sugar, sett ye creame to boyle with nuttmegg quartred a stick of cinnamon & a little mace, when it has boyled a little take it from ye fire & stir your eggs whilst it is adoing you must have redy in ye oven a coffin made of very fine paste, when it is hardened put in yt stuff before it be cold, let it bake half an hower you must make a loose cover cut finely in a work of fine paste baked on a plate

To make Black Bacon

To every gamon of bacon you must put 2 ounces of salt peter, being beaten very fine & mixt wth a little other fine salt yn lay your gamon in a tray, & take half of the salt peter & half ye salt you mixt wth it & strow it on one side of ye gamon & let it lye till ye next day, then ~~turne~~ turne & strow ye t'other side, half of ye salt & salt peter upon it & let it lye till ye next day after, then salt up ye gamon as you do other bacon wth ordinary salt & let it lay 10 dayes in yt salt then turne it & salt it againe with ordinary salt & lett it lye 10 dayes more then

× To make a Seed Cake

Take half a peck of fine flowar and warme water put in such a quantitie of yest as will make it into light manchett let it lye half an houre whilst ye oven heats yn knee in one pound of butter & 4 whites of eggs so knee it up wth a little flowar untill it comes to an indifferent stiffness yn knee in one pound of carraway comfitts & make it up in ye fashion of a bunn or cake & sett it in a quick oven

Thos Lady Cottrell

× A Sack Cossett

Take 2 quarts of creame & 10 eggs & make ye creame boyle take all ye yolkes of ye eggs well beaten put ym into ye creame being off ye fires, when it hath cooled a little sett it on ye fire againe stirring it continually till it be scalding hott but not boyle yn beaten it to yo taste & lett it nuttmegg boyle in it then take a pint of sack & half a pinte of ale, cover it & let it stand on ye fire till it be through hott, yn sweeten it, & take ye whites of yo eggs well beaten wth a little sugar then poure in yo eggs & creame both together in ye drink stirring ye drink all ye while, yn cover it close and lett it stand half an howe at ye least in a soft fire

× A Carraway Cake

Take a peck of ye finest flowar & knead it wth yest & warme water into paste then lett it lye half an howe to rise weigh out 6 pound of ye Dowe wch must be kneaded wth 2 of butter half a pound of sugar & 8 eggs after wch you must worke in a pound of carraway comfitts. you must use dry flower in working

× To Dress Chivens or Large Rocks

Mr. Offley

Scale, salt & flowar yo fish, fry ym till they be browne while it fryes you must have 2 great onyons 10 tops of rosmary 2 or 3 Anchoves wth half a pinte of ale & a quarter of a pound of butter wth pepper salt & nuttmeg all boyling together in a dish, lay in yo fish & lett it stew half an houre or less then poure on a glass of sack turne ye fish & send it in wth sippitts If you have much liquor put in a spoonfull of grated bread to thicken it

× Stuffing for Leane Chickens

Take a handfull of young parslew a little tang of an oynion chop ym very small together ad to it a spoonfull of thick creame a few crumes of bread, a raw egg & salt mix them together like a pudding then begin at ye necks & stuff ye chickens every where between ye skin & ye flesh so truss them & wn they are rosted make ye sauce wth a little butter fair water & salt

X To make Water Gruell

Beat oatmeal very small boyle it wth water till it be as thick as creame then straine it thro' a haire sive then boyle it againe about a quarter of an hower with some mace yn take ye yolkes of 2 eggs to the quantity of a porringer beaten with sugar & put in yn take it of & put in salt

X To make A White pott

Sett 3 quarts of milk on ye fire wn it boyle up have ready a little flower mingled wth cold milk put it in it must be as thick as pap to this quantity there must be put 12 eggs beaten season it wth ~~a little~~ salt sugar & a little nuttmeg when all these are stirred together take ye quantity of an egg in butter cut it into little bitts & lay ym all over ye top of ye pott & take it wth household bread you allso may putt in ye some or currents

X To make Mead ~~the Lady~~ Parkhurst

The proportion is 5 quarts & a pint of water to one quart of honey To every gallon of liquor one lemon & a quarter of an ounce of nuttmegs it must rise till ye scume rise black. If you would have it ready quickly to drink squeeze in a lemon when you tunn it up: you must let it be cold before you tunne it up

X A hasty Pudding

Take a quart of new milk, a pinte of oatmeal small beaten steep it all night in ye milk take a haire seive & rub it thro' ye substance of ye oatmeal may pass poure a little other milk to wash it thro' then boyle it half an hower stirring it all ye while wn tis nere boyled put in 2 or 3 pieces of butter & salt sufficient

~~To make Methaglin~~

X To Bake a Hare

Take a hare & flay him, wash & parboyle him yn pick ye flesh from ye bones mince it small & beat it in a stone Mortar very fine wth ye liver season it with all sorts of spices & some salt ye yolkes of 8 eggs. soc lay one quarter of the meat in ye pye, then put in some lard thus doe 5 times yo lard must be as big as your little finger & 3 times as long and ye last laying put in some thinn slices of lard & butter on ye top & close it up, being baked liquor it wth butter or thus you may doe it raw wtt out eggs

X To Bake Apples The Lady Falkland

Take fair pippins or any other bakeing apples coare ym as nere as you can fill ym butter sugar & orange or lemon peel or cinnamon put a little water & sugar in ye dish wth a little butter so bake ym wth bread or pyes

× To make a Codling Creame

Take codling apples [illegible] codle ym very soft then take very thick creame but beate ye Codlings very soft wth a spoone yn put as much codlings to your creame as will make it fitt for yo use if yo apples be sharp put some sugar to them before you put ym to your creame or else it will curdle your creame before to put rose water to it

× To make very fine Creame

Take ye Stroakings of a cow, & a little creame & sett it on ye fire put a little rose water to it with a bruised nutt meg tyed in a fine rag let it boyle in ye creame one warme then add to it a little Juice of Lemon when it begins to turne let it stand a little while then poure it on thinn Canvas yt ye whey may runn from it yn take fine Sugar add it with a little Ambergreece & rose water

× To make a Cheese Curd Creame

Take your cheese curds being run wth creame & milk take ye whey cleane from ye curd then rub it through a cullender you must rub it through into thick raw creame season it wth rose water & Sugar as aforesaid

× To make a Sack Creame

Take a pottle of creame, sett it to boyle & when it begins to boyle put to it as much sack as will turne it to a possett then put it into a thinn Strainer untill the whey be run from it then rub ye curd through ye Strainer into a dish & season it with rose water & Sugar

× To make Cittrone water

The Lady Willmott

Take your cittrone & wipe them very clean wth a wett course cloth & dry ym again wth another dry cloth very wet yn cutt your Cittrons in long pieces, but touch not ye meat you may keep yt to make Syrrup wch is a very Cordiall thing pare of ye yallow rinde very thinn & put them into a well glazed galley pott & put to ym as much of ye best canary as will cover ye rinds so stop yo pott very close yt nothing gett into it yn pare your pieces over a gaine as long as you can se any of ye strenght of ye rinde left, & put yt into another Galley pott by it self & cover it wth sack & stop it very close lett it all stand 24 houres yn sett yo glass Limbeck in a pott well boyled wth hay, then put in those parings & sack wch you lie last into ye Limbeck & so put in ye yellow rindes and sack so yt it may be upper most in ye Limbeck yn poure in some more sack according to your discression & sett on ye hour of yo Limbeck & paste it up close. then fill yo pott wth warme water & make a soft fire under it & let it heat by degrees yn make yo glasses ready to receive yo water & put some Ambergrete finely ground good store of wth sugar candy very finely beaten into ye glass & let yo water drop on it when ye glass is full change it & wth yo bodkin stir ye sugar from ye bottom of ye glass & cover it wth a single paper till it be thro' cold & ye stop it

In little manner you may make orange or lemon water you may take to 5 great cittrons 3 galls of sack to a 100 of lemons ye like quantity & to a 100 of oranges 4 galls you may put half a wine instead sack

x To make Barley and Creame ffumety

Boyle ye barley in cleane water untill it break & be tender yn poure a way ye water from it, it is best to doe it the night before you use it yn take a quart of Creame boyle it thickned wth ye barley to which must be added ye yolkes of 2 eggs very well beaten & seasoned with rose water & sugar to yor Likeing

x To make a Creame with Apples

Take pippins quarter ym & take out the Cores & sett ym stewing in a silver dish wth a little fair water & sugar & a spoonfull of rosewater till they be very tender yn boyle a pint & half of Creame wn it boyle up take it of & put into it ye yolks of 3 eggs verry well beaten wth a little rosewater & sugar to sweeten it yn lay ye Apples in a dish wth sippitts about it then poure on ye Creame & being cold stirr it up. If you please you may strame ye Apples & creame into a Coffin of paste & bake it as a custard

x To make Affrench Creame

Take a pottle of milk from ye Cow, & when it is strained put to it a pottle of creame both in an earthen ~~pott~~ pan & set it over a trivett & so keep the fire all day and let it stand so on embers all night then stir in a little rosewater & then it will be tough ye next day when it is cold you may cutt it and lay it on a plate and lay sugar and sprinkle rose water on't

x To make a Dutch Cabidge

Take 5 galls of new milk & when it y strained let it stand 2 howers yn scume of ye creame & take ye milk & boyle it & when it boyles put it into milk pans & besure you leave no froth nor bubbles on't so let it stand till yor milk pans be but onely warme then loosen it round about your pann's sides wth a knife yn with you finger take up the creame & lay pieces on ye bottome of a dish yt ye milk may run from it, sett your dish side long yt they may dry & as they dry, take ym & lay ym in a dish together & when you have taken all of boyle your milk againe as before so boyle it once more & wn it hath been boyled 3 times & yt you have every time done as at ye first yn put in your Cream you scumd of & so boyle it 3 times more as at ye first, & by that you will have time enough to make your Cabidge save all yor small pieces by ymselves to make ye heart of yor cabidge yn take halfe a pound of ye best Loaf sugar small powdred and serced and then make your Cabidge on a plate begin wth your smallest pieces first and between every laying of your leaves sprinkle some rosewater & strow sugar but besure be sure you make up your Cabidge yt yor leaves be through dry from ye milk & then you may make it up like a Cabbidge & wn yor cabidge is made it must lye all night a little aside yt ye water & sugar may run from it

To Boyle Apples & Pears

Take a ribbip of beefe 3 dayes powdred & boyle it untill it be half enough in water then take it out of ye pott & put it into a tost with as much liquor as will just moysture to bayle it enough in ye pott but half what it was boyled in & half wine put into it carrots turnops coliflowers greene oynions sweet herbs lettice spinage & borrill when ye season is for both take ye rinds of ye past take herbs & all those together till they be enough then take up ye beefe & powre ye liquor thro' a Cullender yt you may take up ye herbs & chop them small cut & mingle with ye roasted or boyled pickles then put them into ye liquor they were boyled in if it be not sharp enough put to it some vinegar & a good piece of butter & so lay your meats in ye dish with ye flesh uppermost & powre ye liquor upon it.

To make a fricadel Pudding

Take spinage & borrage lettice parsley chibbs a few leeks blades sweet marjoram marygold flowers and leaves take salmeat picked very clean shread your herbs very small then take your oatmeal dry & mingle with your herbs and salt & moysten boyle it 4 hours at ye least when it is boyled put it into a dish with a quantity of sweet butter

The Lady ratcliffe

To make Apple Pastyes

Take 2 quarts of fine flower & some butter broken into bitts into ye flower & as you temper it with cold water yt take paring & cores of apples stamp them & mingle with ye sugar & bread & ginger & some season it to your liking as you are to make past to ye flower which must be rowled into 4 pastyes

To make a ffrench Cheese cake Pudd

Take 6 new laid eggs break ye into a bason & beat them but first take out ye thick treadings yn take 3 quarts of new milk & put it into a skillett & sett it on ye fire & when it is grosly & let it up with a little flower rag & put it into ye milk & likewise put in your 6 yolks of eggs with a pretty quantity of salt & some rosewater & let it boyle with soft fire continually stirring it yt it burn not lastly tye you stir it gather to a curd & ye whey be clear then take it from ye fire & powre it in a cleane linnen cloth yt is not too thick & let it drain ing it over ye bason & ye whey may run from it, yn take a cleane dish & lay ye napkin into it & ye curd into it & take as much sugar finely beaten as will sweeten it to ye liking & rosewater yn work it all together with your hands as it is in ye cloth in a deep platt or dish you will fashion it in so let it stand an hour or two when you will stir it forth with some it into a dish or boll having ye cream in it ready seasoned with rosewater and sugar

To make Taffaty Tarts the Lady Hyde

X Boyle your water & let it be cold ye take a quart of very fine flower 4 yolkes of eggs the skinne being clean taken away & a quarter of a pound of butter melted wth a little salt make it into a reasonable stiff paste. This quantity of paste will make 10 tarts & one pound of sugar will be enough for them all Then take apples either pay mames or pippins sliced very thinn & layd in your Tarts like slating of houses wth round slate yn bake ym in a temperate oven which you must try by throwing flower into it if ye flower do sprinkle it is too hot but if it only burnes then sett in your ~~hands~~ Tarts which must stay so long in ye [illegible] untill they have done boyling, be sure ye oven [illegible] bend sett up

X To make a Cold Hash

Take a rabbett wen it is well rosted mince it very small take anchoves being very wee wasted mince them & pickled oystars with a little onyon & lemon mingle all these to gether then beate some oyle & vinegar with some salt and mingle with it

X To dry Tongues or Bacon

The Lady Ratcliffe

Take spring water yt make meate red make a strong brine of [illegible] salt & boyle it untill it will beare an egge, after it hath stood a night & is well [illegible] put in ye tongues & let ym lye 3 weeks every day [illegible] ym about then take them out & wipe them with a [illegible] & rub them in a little dry bran so put strings [illegible] ends of them hang them up in a roome where the [illegible] moderate heat yn hang ym in a chimney & smoke them with wett hay 2 or 3 dayes then take them [illegible] thence & [illegible] them where they may be kept dry Then you may do gammons of Bacon but they must [illegible] fortnight longer in ye brine then ye Tongues —

X To make A minced Sallett

The Lady Ratcliffe

Take Almonds blanched in cold water, cut them round & thinn & keep them in cold water till you use them. Take pickle cowcumbers, capers oylives, broom buds pursslaine stalkes pickled mince all these several very small, yn take raysons of ye sun pick out the stones mince ym wth orangeade & Citron ~~[illegible]~~ finely some currants well washed & dryed & candeed flowers of all sorts, mingle all these together Then put to them your Almonds 4 or 5 times as many as the rest and some rose vinegar or Clove vinegar & Sugar & mingle all these together according to the discreet tast of him yt makes it

To boyle A Pike

Put in salt & vinegar into ye dish your pike is being put into pieces a bout 4 inches long these scarifie wth ginger sliced nuttmegg quartred a bunch of Rosmary time or ram or pennyroyal boyled in Renishwine or for want of it in wt wine put in Onyons but if the tast be not [illegible] & you would be perfect [illegible] be garlick

Sauce to itt

Take 6 anchoves dissolved in some of ye liquor & beaten wth butter untill it be thick into wch you must squeese a lemon ye peel of which being boyled wth the fish will give it a good relish

A male Pike

put in salt & vinegar as you like ginger shreed & nuttmegg quartred &c: together wth ye Ingredient a bove sd to ye boyled pike

ye sauce is ye same

To Boyle ffish of any Sort

Put ye fish into vinegar scalding hott and as much water boyling hott put to it a handfull of ffenill & mint salt competent butter &c:

To Dress a Carp with Black Sauce

The carp must be take a live & slitt in ye midst save all ye blood & take nothing out of it but ye goutts the liquor to boyle it in must be half water & half wine season it with a little salt put no more liquor to the fish then will cover it. The liquor must boyle before you put in ye carp & must be kept boyling yn milt 5 pound of butter soe were yt all ye scumme may be taken of when ye carp is half boyled pour in ye butter & season it with spices as you like ye spices are ginger Cloves & nuttmeg: when ye fish is boyled serve it with ye sauce thus must be done wth all speed & ye sauce will be black

To Make a Codling Pye

The lady ratclife

Make a good deepe coffin especially at ye bottome then take Codling apples pare them & put ym in rosewater so put them in your coffin endeavour to cover them & bake them well when they are enough take of the cover & fill them with thick sweet cream but first season it with rosewater & sugar & sett them into the oven againe stop ye oven & let them stand untill ye creame be thick

To Make a harsh [illegible] fresh Salmon

Take a piece of salmon & mince it wth some parsley a few [illegible] a little onyon & some pickled oysters mince all these together & mingle em wth your salmon wth oyle vinegar & some lemon well beaten

X To Marinate any sort of fresh fish

first fry your fish in sweet oyle or fresh butter & then take a quantity of vinegar & white wine & some cloves, mace, ginger & pepper proportionable according to the quantity of fish all boaled boyle them together with some bay leaves & sweet herbs & a little horse radish grated or bruised in y nature of a pickle-hatt a quarter of an hower or more when it cold put thereinto your fish and after y fish put in some sweet oyle. It must be kept in some Earthen pan or wooden tray

X Another way to Marinate ffish

Take a good quantity of oyle & make it very hott according to y frying of fish & make hard yo fish brown it and fry it very well when you have so done take as much white vinegar as you think will cover it put in a little water & boyle on y fire with pepper cloves & cinamon all whole with saffron tot them boyle a while & then take them off let it stand untill it be cold & put in y fish & a small quantity of oyle with a few bay leaves

X A Buttocke (with the Coate) Roasted.

Put it into a pott with water season'd well with pepper salt onyons a good handfull of rosemary parsley & organs which must be putt in whole, thus let it boyle untill it be enough then take of y upper most of the broth & put it in a skillit with a good handfull of parsley & whole onyons which must only give it a relish then throw y onyons out but shred the parsley & mixt with butter & vinegar and some of y liquor that it was boyled in with sippets

Serve it

552

To stew a Rump of Beef

Take a fatt rump of Beef salt it & put it in your powdering tub 2 or 3 dayes then take a bottle or more of faire water & boyle it in it & when it is half boyled take it up & stuff it with beef suits or marrow you must take a little time Parsley sweet Marjoram & penyroyal chop them small season it with a little pepper salt Cloves mace & nutmegs these being very well beaten stuff your meat with them put it into your pott again & put a good handfull of Cittie & put among it when they have boyled a while take a good quantity of beefe suits or Marrygolds & a little Indive cut them but very little & put them in wth ye beef is almost boyled then season ye broth with a little vinegar & Claret wine put a good many sippits in ye bottome of your dish put ye beef upon them & ye broth upon ye beef

X Sausages the lady Cotterell

Take ye loans of a Leg of porke & 4 of beefe suet & mince them together very small then season them with 30^{li} of an ounces of beaten pepper & half as much Cloves & mace mixt together a handfull of sweet herbs chopped small & as much salt as you think will be fitt rub all of it with butter & beat in 10 or 12 eggs all but 2 or 3 of ye whites ye which you must beat together with your hands y^n roule them into what length you like & fry them or if you please you may put ye same into guttes & ye mixture make it as big & thick as you like & when you eat them they must be boiled & y^n broyled on a fine coles with a little & a little pepper & vinegar

194 X

To make a French Dish of a Leg of Lamb

Take a leg of lamb half rost it then take it up & stuff it w^th
sweet herbs & yolkes of eggs boyled hard & minced with
ye herbs & put to y^m a handfull of currants & shred in
some suet & ye boyls of Lambs in water & salt & the
herbs y^t are left put it in a Skillett & when it
boyls put in the leg & when it is almost boyled put in butter & juice of
sorrell & to your broth & herbs

+ To bake Neats Tongues with Onyons

first lay your neats tongues in powder all night then scrape
it till it be almost on[e] peice & then cut it in the
midst then lay it in vinegar y^t it may shadow
it & pepper & salt & cloves & mace & lay it in
paste & put into it slices of lemon & prayses barberrys
ye pyth & pulp into it slices of onyons & slices of 2
or 3 good deals of butter & slices of lemon & so serve it
in rayes & bake it ye space of 2 hours

252 X

To make Broth for Capons

Boyle ye capon by itself & take the broth & the liver
of ye capon & beat it in a mortar & take the broth then
& yolkes of eggs & strain them into the broth then
take it & put it into a pipkin or dish & a little vinegar
& a little large mace cloves & sugar you may boyle
a little parsley mace & sweet herbs & onyons & when you
are ready to take up your broth & put in y^e
broth into ye dish & put in the bottomes & sharly & shake in any rosh
& when you think it is enough put into ye broth a little sweet butter &
boyle it & boyle sheeps tongues & French bread & when you
think your tongues are half boyled take out the liver & slit it & cut
y^m & season 2 dishes or a chafing dish of coles
& boyle it & put in a little juice & vinegar with grated bread
& vinegar put in a little butter & serve it up

195

X X

To Roast a Mallard &c

Sr Thos: Glenham

Take a pike & scale him y^t take pick out the herring cut into
long peices with which you stuff the pike then take out the
liver & sweet herbs & mince & make you must mince them
& them & season with salt & nutmegg cloves & mace beaten with a
pound of butter & put into ye belly of the pike & put
him on ye spitt & a splinter of a lath each side & round
it & a packthread & all you cannot conveniently roast him
y^u wth a little w^t wine & butter put him into a dish when he is
ready to be laid to ye table take a little butter & vinegar
wth anchoves & oysters & basen him wth it & so serve him
up & ye basening

Treated with this way is excellent meat
or any other large fish

X

Sauce for the Seething Rabbett

Take a quarter of a pint of white wine or thereabouts & anchoves
10 or 12 slices of a coloquintida & an onion sliced cut all these &
stooped in ye wine whilst the rabbit is roasting & when it is
enough put the juices of those ingredients & the sauces upon the
anchoves I suppose the rabbit or ales may be powdered by
breaking ye thin pan & vinegar poppy seed liver parsley &
boyled & strained so set it on the fire & boyle it on
warme then put in it butter you please & beats it well to
gether & put it into a dish or butt & so serve it up he being
Trussed like a fowle & will as much deceive the taste as the appetite does the eye

X

Cut it in peices about 4 inches those scarify & salt them
in a dish & vinegar poured on it put it into a pipkin & parsley
boyling in a great handfull of chopt time rosemary & bits of
butter & pepper & 2 onions when it is well boyled put some of
the liquor into ye sallett & shaking well to gether & dish
a dish toast you must squeeze a Lemon

X To bake a Rump of Beef

Let it be pondered one night & one day yn take all manner of Sweet herbs some three handfulls & hop them small put to them a little grated bread 4 yolkes of Eggs boyled hard a little pepper & salt a little minced marrow puff yo meat wth it & put it into a great stone pott put to it a pint of water & a much white wine & some of yo herbs unclopped & 2 slict onyons a little sliced ginger & a little whole pepper bake it in ye brown bread oven serve it upon fine sippets

X To boyle Partridge

Take stronge Mutton broath [illegible] on ye fire in it when they be sounded put to them [illegible] cloves a little whole mace & a sliced pippin [illegible] spoonefulls of verjuice when they are hard boyled [illegible] put in a gr bundle of Sweet herbs & a little minced sorrel a few almonds beaten verry small wth 4 [illegible] full of ye broth a peece of butter lay them on sopps & if you will boyle at ye last some peeces of Mace [illegible] then you may pour ye sauce of on ye top

152 X To Boyle a breast of Veale or Mutton

Take a breast & boyle it in water & salt yn take spinage endive Lettice of each a little handfull boyle all these herbs by themselves then take 3 or 4 eggs & boyle them hard & take out ye yolkes & shreed them ye take [illegible] of ye veal & put to it ye herbs & ye eggs being shreaded altogether into it stirr it all together & season it with vonegar & sugar put a peice of butter in it then put it upon ye top of ye breast to serve it

X To boyle a Trout to eat hott

open ye trout upon ye back & boyle it in water & salt wth a little perry royal & a good deale of parsley then take them out of ye water & take white wine & some of ye water & those herbs yt was boyled in before & boyle ye Trout till it is throughly ready in that then pour out some of yt water from them & yn put some sweet butter into ye trout & ye Liquor yt ye trouts is in & let ym stand a little on ye coles but let them boyle no more yn put them into a dish & shreed yo herbs & lay some on ye top of yo trout wth a little sliced nuttneg ye rest of ye herbs must be for sauce wth ye liquor put it in ye dish wth ye trouts you must use no more liquor then will cover ye trouts when you boyle them

X To make Apple pastyes

Take your apples pare them & quarter em & take out ye Coars then put them into a posenett wth a little faire water & rose water a little cinnamon & a few Cloves & some sugar then let them boyle till they be soft & when they be boyled enough put in a little quantitie of butter then take up & lay them in a dish to Coole yn make your past wth ye yolkes of 2 eggs a little rose water a little sugar & butter & when your paste is made rowlit out into little pastyes & so bake them take heed yt they do not burne for they will quickly catch and when they are baked, serve them on pye plates

To Stew Eyles

Take the Eyles and Skin them, and Cut them in peeces and put them in A Stewing pan [illegible] A Chaffindish of Coales, and Cover them with Sider and put A few [illegible]nce into the pan, and A little Peper, and Sliced nutmegg, and 2 or [illegible] Beaten Cloues, and Some [illegible]e mace, and Sweet marierum, and winter Suory, and Time, and [illegible] vp in A Bunch, and Stew it with the Eyles, and when it is Stewed [illegible]ough take out the hearbes again, and beat the yolks of 3 or 4 Egges, and put in A peece of fresh butter with the Egges, keep Stirring of it, till the butter be melted, and then put Some Sippets, and Serue it vpon them liquor and all

To make Gillyflower Wine

Take 2 ounces of dryed Gillyflowers, and put them in A pottle of Sack and beat 3 ounces of Suger Candy, or fine Suger, and grind Some Amber greece, and put into the pottle of Sack and Shake it often, then run it Through A gelly Bagg, and giue it for A great Cordiall, After A weeks Standing or more, you doe make Lauender Wine as you doe this

To make Snow with Cream

Take 3 pints of Cream, and the whites of 7 or 8 Egges and Straine them together with A little rose water and as much Suger as will Sweeten it then take A Stick as bigg as A Childs Arme, and Cleaue one End of it, and wind your peeces with your fingers, and beat your Cream with your Stick, or Elce with A bundle of reeds tyed together, and rowled between your hands, Standing vpright in your hands, now as the Snow Ariseth take it vp with A Spoon In A Cullender, that the Thin may run out, and when you haue Sufficient of this snow, take the Cream that is left, and Seeth it In A Skillet, and put whole Cloues, Sliced Cinament, and A little nut=megg, and Seeth it till it be Thick, then Straine it, and when it is Cold put it into A dish, and lay Some Snow vpon it Soe Serue it

How to dry all Sorts of flowers for Sallets to keep all the geare

Take your flowers, and Cut of the Stalkes, and to A pint of flowers Take 2 Spoonfulls of Suger beaten, then put it together, Take A Skillet Sett them on A Soft fire, till the Suger be melted, and with the flowers then boile them and Stire them ouer, till you think they are dry Enough for to keep 852

To Preserue Damsons

Take halfe A pound of damsons to A pint of water, let it boile to mash then Straine out the liquor, and put A pound of hard Suger to it let it boile to A Jelly, then put to it A pound of damsons, and let it boile 2 houres, often taking of it of the fire, and when they are Enough put them into glasses

To Preserue Quinces Red

Take quinces and grate them, then Straine out the liquor, and to A pint of Juice put A pound and 2 ounces of quinces pared, cored and quartered, and to Euery pound of quince, Take A pound of fine suger, boile them till they are uery Red

To make White marmalet of Quince

Parboile, pare, and Slice your quince, and to A pound of Quince, put 3 quarters of A pound of Suger, lay A laire of Suger, and A laire of quinces into your pan, put in A little water, keep out A handfull of Quinces, and two handfulls of Suger, and when it is boiled Soft put in your quinces and Suger, and let it boile till it Comes Cleare from the pan, then put it into pots To make ye hands whitte

Take an ox gall and take halfe a spunfull of it in the morning with well water and wash your hands with a little of the gall and they will come moist and safft and white take also sope and purge itt well then take of the roots of Oriss and dry it an oven & make pouder of itt ye which you shall mix with the sope well purged and wash your hads withall and they will be Saufft and whitte take the ashes of a wine and some of the afforesaid sope and mix them well together & it will make them as white as snow

To make Butter Cream

Take A quart of Cream and boile it with nutmegg Sliced, and Some Cinament, then beat the yolks of 10 new lay Eggs Strain them with A new Milke, and put them to your Cream, and let them boile together A good while, then take it of the fire, and take out your Spice, and put to it when it is Through Cold, Some Suger, rose water and runnet, and before it be cold poure it out Vpon A Clean wrenched napkin, then Stire it Abroad till the whey be Streined from it, then take it vp together with your Spoon, and dish it out, and print it if you please

To make A fasting Day Pudding

Take A quart of Cream, beat into it 3 Egges whites and yelkes, put into it Soe much fine flower, as will make it the Thicknes of A pancake Batter, Season it with nutmegg, Cinament, and Suger, 3 quarters of an houre at least, then Cutt good Store of Thin Small Sippets, lay them in the Bottom of the dish, Cover them with part of your pudding Stuff, then past or more Sippets, then all your pudding Stuff, Soe Bake it

To make Barly Cream

Take A handfull of Barly and Boile it in 3 waters, then poure the water from it, and boile it with A quart of Cream, A quarter of an houre, beat A handfull of Blanch'd Almonds with rose water and Suger, put it into your Cream, and Boile it vp, and Stire it till it is Almost Cold, then Strain it in to your dish, and put 3 Spoonfulls of Sack, and Serue it, in Boiling of any Cream, you may put in nutmegg, mace or Cinament

To make an Almond Cream

Take A Quart of Cream, and 2 or 3 Sticks of Cinament, and large mace A Quarter of A pound of Almonds Blanch't, and well beaten Strain them through all your Cream, and when you have all your Strength of your Almonds, then Sweeten it with Suger, and put it into A Skillet with the Afore said Spice and Boile it well, with Continuall Stiring, and being Boiled take out the Spice and dish it vp

A Frigasee Pudding

Take A quart of Cream, A good quantity of raisons of the Sun well boiled then Boile your raisons in the Cream with good Store of grated Bread let it boile till it be of A good thickness, then Break into it 3 Eggs Beat them well together, then put it into A dish and Bake it

To make Sweet Cakes for dinner

Take halfe A peck of pulled roses, halfe an ounce of Beniamine, one ounce of Orrice, A quarter of an Ounce of Storax, halfe A quarter of an ounce of Cloves beaten all gross and mingled together, then take A handfull of pick'd sweet marjerum, as much bays, and halfe as much Lauender, mingle all these Amongst the rose leaves, and lay them all in the Still, mingle the powders amongst them, and when it is almost dis-still, then Take 3 graines of musk made fine, and mingled In A little rose water, and vinegar, and Soe Straine it on the Cakes, which must Stand in the Still one houre after, then Sett the Cake A drying in A Chamber

To make Sweet Powder

Take of Orrice roots 3 ounces, of Beniamine 2 ounces, of Storax one ounce, of musk 2 graines, as much of ambergreece, of dryed rose leaues 2 ounces, neare 4 ounces of Starch, or Instead of it Rice, or Beane flower you may make it whiter or redder as you please, with the flower, Slice your Orrice roots and dry them, and the rose leaues in A dish ouer Coales, then mingle them with the Beniamine, and Storax, beat them very small in A morter Then Sift it through Tiffany, or A fine Searce, beat that which is gross till it be as fine as the rest, grind the musk and Ambergreece in A morter with A little of the Sifted powder, and Soe mingle it with the rest, when it is all Sifted

To make Cinament Water

Take A pound of the best Cinament, and haueing Bruised it, put it into 3 pints of Sack, and let it Steep therein 3 or 4 days in A Stone pot Close Stopped often Shaking it together, then take 3 quarts of Burrage water, and as much rose water, and Still them in A limbeck, or rather A Glass Still, with A Soft fire, the first pint will be Excellent good, the Second good, and the Third Indifferent

To Roast Eyles

Take the Eyles when you have gutted them, and Scoure them very clean with Salt if you Can get noe Water of them, then wash them and cut them in peeces, and Split the peeces one A Cross Another, putting A Bay leafe between Each peece, and Basl them with fresh Butter, and for the Sauce Take A little Melted Butter and Vinegar and pepper and Salt, and Serue it to the Table with the Same Bay leaues that was between them in the roasting

To keep purs-land all the yeare

make Brine Scalding hott, and put in your purs-land Stalkes, and let it Stand ouer the fire but not boile, halfe an houre, then take it of, and let it Stand till it be Cold, then put it vp

To Dry Plumes

Take your Plumbes and Stone them, weigh them, and to Euery pound of of Plumes, take halfe A pound of Suger, halfe A pint of water, boile vp the Sirup, Skime it, then put in the plumbes, let them Simper A little on the fire, and take them of, the next day give them A walme or two, the next day after as much, let them with the Sirup in the Still 3 days puting in fire, then take them of, and lay them in glasses into the Still Soe let them dry, being dry wash them A little with warm water, put them in the Still Again, the next day wash them a little in cold water then dry them vp, and put them in glasses for your vse

How To make Sirup of Violets

Take your violets, and Cut of the whites, then weigh them, and take the weight of them in Suger, and 3 times the weight of them in water then beat the violets in A morter, and warm the water, and put it to them in A gally pott, Set it in the Embers all night, the next morning Strain the Iuice into A Skillet, and put the Suger to it, and boile it vp to A Sirup, and keep it for your vse

To make A Shaking Pudding

Take A quart of Cream, and boile in it nutmegg, ginger, and mace all whole, then let it Stand till it be Cold, then take the yolks of 7 Egges with halfe the whites, and beat them very well, Strain them, and put them into the Cream, with The Crumbes of A manchett, and Some fine flower, Stire it well together till it be pretty Thick, Take A thick Cloth and wett it in water, Cast flower on it, and put your Stuff into it, and tye it vp Close, and put it into the Seething water, and let it boile till it be Enough, you must put into it A little Salt, Suger with A nutmegg Eyther Slict or grated

To make Conserue of violets

Take violets, Cut of the whites, weigh to an ounce of violets, 2 ounces of water, one ounce of rosewater, another of running water and 2 ounces of Suger, make your Sirup first, and boile it to A Candy height, then put in your violets, and boile them till they are tender, Soe you may doe rosemary flowers, or any other

To make the Court Perfumes

Take 3 ounces and A halfe of beniamine, lay it one night into rose water, beat it fine, and take halfe A quarter of damask roses, cut the whites away, beat them fine in A Stone morter, then take the beniamine and put to the roses and beate them together till they be past take it out and mingle it with halfe A quarter of an ounce of musk finely beaten, halfe A quarter of an ounce of Suet, and an ounce and A halfe of the best Suger finely Searcht, mould them together, and make them vp into Little Cakes, and lay A rose leafe of both sides of them, Soe lay them vpon A paper where noe Aire Cometh

To preserue Rasberys whole

Take your rasberys and pull of the Stalks, and weigh them with fine beaten Suger their full weight, and put your rasbery in the bottom of the preserving pan, and Cast all the Suger vpon them, and Set them on A Soft fire, A little while till there be Sirup in the bottom of the pan, and then Seeth vpon A very quick fire, and let them Seeth very fast, till all the Suger be throughly melted, one walm or two after, then Skim, and put them into glasses or Silver vessells till they be Cold

To make A Sillibubb

Take A very good quart of your best Cream, put it into A broad milk pan, then take A pint of whit wine, or sack, and Sweeten it with suger, and put into it A nutmegg, Sliced, Squeese into it the Iuice of halfe A lemmon, and Cut the other halfe Lemond, Soe as it may Still hang together, and put that in alsoe, with 2 or 3 Sprigges of rosemary wound about Soe with A thred that it may not Come A Sunder, In the beating of the Sillibubb, then poure the wine into the Cream hauing first Stired, it well together, and beating it well ~~together~~ with A rod, and as the froth riseth, take it of with A Skiming dish and put into it any thing you please

To make Sirup of red Cloue Gillyflowers

Take your gillyflowers, and Cut of the whites, then weigh them, and to A pound of flowers, Take A pound of Suger, then put them into A gally pott, A laire of Suger, and A laire of flowers, then Sell them in A Skillet of water to boile, and Stire them of, and let them boile an houre, till you think it is thick Enough for Sirup to keep all the yeare

To make A Wood-street Cake

Take 2 pound and A halfe of fine flower, 3 pound of Currance A little Suger, Cloues, mace, and Orang peele Candyed, Stire all these together then make it vp in A ridge, and of one side, put A pint of Cream with 3 quarters of A pound of butter in it, and A little hotter then blood warm then put on the Otherside A pint of good Ale yeast, with 10 Egges but 3 whites well beat together, Soe Stire it of Each side, A little while A part and then together it Should be Just Soe thick as you Can gett it to mix with A Spoon, then Sett it by the fire to rise. A quarter of an houre, then haue A hoop ready with Capp paper at bottom well butter'd, and put it in, and Sett it in the Ouen, About an houre will bake it

To Boile A goose with Sausages

Take your goose and Salt it 2 or 3 days, then Truss it to boile, cut lard, as bigg as the topp of your finger, as much as will lard the flesh on the brest, Season your lard with peper, mace, and Salt put it A boiling in A beefe pott of broth if you haue any, or water Season your liquor with A little Salt, and peper grosly beaten, A bundle of bay leaues, rosemary, and time, tyed altogether, you must haue prepared your Cabbage and Sausages, boile your Cabbage very tender, Squeese all the water from them, then put them into A pipkin, put to them A little Strong broth, or Claret wine, an Onions or two, Season it with peper, Salt, and mace to your Tast 6 Ancho=uys dissolued put altogether, and let them Stew A good while on the fire, put A ladle of thick butter and vinegar, when your goose is boiled Enough, and your Cabbage, and Soppets of bread, and the goose on the topp of your Cabbage, and Some of the Cabbage on the topp of your goose, Soe Serue it vp

To preserue Wardens, or great and Large Peares

Take A wine quart of faire water, and A pound of Suger, and when you haue Clarifyed your Suger, and make your Sirup very Cleare, then put in your wardens, being pared, and let them boile very leasurely Close Couered, vntill you See them Come to A very good Colour, and tender withall, Always turning them to keep them from Spoting, and when they be tender, take them vp, and let your Sirup Coole, and when it is cold, you may pott them, and keep them all the yeare

To make A Slip Coat Cheese

Take 9 pints of milk hott from the Cow, A quart of Cream, A quart of water with A little more then A Spoonfull of Kunnet, Stire it altogether and Couer it, when it is Come take it out with A dish, and let 2 hold the Cheese cloth and put it in without Breaking the Curd, Soe Stirr it vp and down in the Cloth, till the whey is pretty well run from it, and then put it in the Cheese vate, and in the Same Cloth, with A Cheese vate, or Shutter board ouer it, with A pound weight vpon that 3 or 4 houres after, turn it in A dry Cloth, and before you goe to bed, take it out, and put it out in another dry Cloth on the Table Couered vp, and After A day, put it on the backside of A Cheese vate, with dock leaues vnder and ouer it, and Soe put fresh Euery day till it is ripe, Some times you may leaue out the water, which will be A good Cheese but not Slipcoat

To Pickle Mushroomes

Gather your mushroomes about midd sommer, the less the better, those that are whit above, and redd vnder the gills (ere good and noe other) first Cut of the Stalks Close, and fling them away, and put them into A paile of water, then take an Iron Kettle or pott, and put them in, and put A handfull of bay salt, Some ginger Slict, A good quantity of Cloues and mace, and whit peper, and Soe let them boile A little while, About A quarter of an houre, let them lye in an Earthen pott till michall muss then take 2 quarts of whit wine, and one quart of vinegar all Spices boile this pickle in an Earthen vessell, and the pickle they were in together for the Space of halfe an houre, then put it into the pott, and couer them Close with leather, and keep it for your vse

To make Vension Sauce

Take an Onion minct very small, and boile it very well in A pint of water, then put to it halfe A pint of Clarett, A Small handfull of basill marierum, as much lemmon or mother time, put alsoe A little nutmegg, and A little crumbed bread to thicken it, with A good peece of butter, then boile it altogether till the rawness of the hearbes be of Add A little grauy if you haue any, and if you please an Anchouy the vension will Eate very moist, being basted with good Ale

To Keep Plumbes all the yeare

Take your plumbes, and pull of the Stalks, and sett them in A pan of boileing water till they be soft, then Strain them, and take the weight of them in Suger, and boile it vp

To make Currance Wine

To Euery gallon of Currance, after they are Stript of from the Stalks put one gallon of Spring water, haueing bine boiled, and stood till it be Cold, put the Currance and water together, and let them work together for 3 or 4 days, then Strain the liquor, from the Currance, pressing them gently with your hands in A heare Siue then to Euery gallon of Iuice, put 2 pound and A quarter of very fine powder Suger, and put altogether into the Vessell Again to work, and As the Skume Ariseth take it of letting it Stand 2 days, then put it into A barrell, and keep A little of the licker to fill vp the barrell as it workes ouer for 3 days, then Stop it close, and let it Stand for 8 or 9 weeks before you bottle it, In Some Coole place, when you bottle it put halfe an Ounce of loafe Suger in Euery bottle

Goosbery wine is made the Same way, onely put but one pound and A quarter of Suger to A gallon, and Some what less to the bottle when you bottle it

To make Ale Vinegar

you must Allow Something more malt to your brewing when you make Vineger, then take the first runing of the best wort put in noe hoppes, and when it is pretty coole, work it with yeast, and as the yeast riseth Skim it of, vntill it hath worked as long as it will work, then tun it into A Vessell, leauing open the purge hole, vntill it hath done working, Stop it and sell it in the Sun, and after Some time, put in Eyther parched pease, or the Small Stalks of A uine, which looks green, and is like wier, and let it Stand in the Sunn till it is Sower Enough

To make Sirup of Elderberys

Take the berrys when they are black and full ripe, pick them Cleane from the Stalks, and put them into an Earthen pipkin, and Couer it ouer Close with past, then Sett them into the Ouen with your bread, after you haue drawn your bread take out your pott, and first bruise your berys Strain them Strong, and to Euery 2 quarts of liquor, put one pound of good Suger, and boile it leasurely to A Sirup, the next day when the Sirup is cold, put into Euery 2 quarts of Sirup, one pint of good malligo Sack, or A pint of the best Canary, then Cork it vp with Corkes close 3 weeks after that put your Corkes fast, and tye them down, Take of this sirup Euery Euening and morning A wine glass full of it tis good for the Scurvy, dropsey, Stone, Wormes &c

To make A hash of A Calues head

Take your Calues head, and halfe boile it, or halfe roast it, take and cutt it in very Thin Slices, and Saue the grauy, and take Some sweet bread of veale, or lambe, or Sheeps tongues, and boile them till they will peel, then cut of all them in Slices, and take A Slice of leane veale, and put it in little bills, and beate it in A morter till it Comes to A past, then take organy, Sweet marioram, Winter Sauory and time, and Chop them very Small, then mix with the meat, A little peper, Salt, and Cloues, and break into it an Egg, and mix it altogether, and make it vp into little round balls, and take your meat aforesaid, and put into it A quart of Claret, and Sett it vpon A Chaffindish of Coles In A deep dish, and let it Stew, and put in 2 onions, 3 Anchouys, halfe A pint of oysters, A good handfull of Cappers, large mace peper, Salt, Sliced Nutmegg, and halfe A pound of Sausages these being all Stewed together, put in the balls, that were made of the veale, then take the braines being boiled before and Stire it all into it, with halfe A pound of fresh butter, or Elee the marrow of three bones, if you haue marrow, you need noe butter, the meat being Tender Stewed, Serue it to table on Sippets with the liquor and all, garnish your dish with fryed bacon, cappers, Samphire, and barberys

To make Cleare Cakes of Currance

put your Currance in A gally pott, and let Stew in A pan till the come out, then Straine it, to A pint of Cleare Iuice, Take A pound of Suger, boile it to Suger Again, the let it Scald A great while on the fire, and run it through A Strainer into your glasses, and Sett in your Stoue, and when it is crust, turn them for Cakes, and dry them

To make The Best Rasbery Cakes

Bruise your rasberys and boile them thick, and Tender, then weigh them, and to A pound of rasberys, take A pound of Suger, boile the Suger to Suger Again, then put in your rasberys, and put them on the fire to Scald till your Suger melt, then drop it into Cakes, and dry it

To make Sweet Bagges

Take Orrice 3 pound, Callamus halfe A pound, long Cyprus one pound, lignum rodica 2 pound, Cassia Signa 4 ounces, Sweet marierum 6 ounce Carbell of Cloues 4 ounces, but Cloues it Selfe is better then the Carbell Cloues

To Dry Neats Tongues

Make Brine, Raw or boiled, with water and salt see strong as to beare an Egge, put in your Tongues from the butteners, let them be Couered with brine, keep them turned Euery day for 14 or 15 days together then take them out of the brine, and they will be hard, and lay them on A table, and press them flate with your hands, and strow them on both sides with Wheaten bran, and make A hole through the Tipp of the tongue, put in A string, and hang them on A stick in the Chimney for 2 or 3 days, and then hang them vp A drying, in some room where you keep A Constant fire

To Candy Aples and Peares

Take them before they be quite ripe, and cut of the stalks, then take some boiling water A little cold, and put it in A basson, and the fruit with it, Couer them, and sett them ouer A little fire to Coddle but not boile, and when they are soft, take them out, and dry them in A Cloth, and weigh them, and to A pound of them, take their weight in Suger, boile your Suger in A little water, to A thick Sirup then put in your fruit, and let them boile softly for an houre, then put them in A pott, and sett them in A Stoue 5e days, then lay it vp on A board for A day, and A night, then with A well Cloth wipe away the Clamyness, then with double refined Suger boiled all most to A candy wett them, with your finger, and soe dry them in A Stoue

To Pott Pork

Take A hind quarter of pork skin it, and bone it, and season it with peper and salt, ginger, nutmegg, Cloues, and mace, sweet marie rum, and Time, as you'd doe vension, soe put it into A pott and lay the skin ouer it, it preuent it from burning; with 2 or 3 spreggos of rosemary, and bays between the skin and the meat, then put it into the Ouen after houshold bread, and let it stand ther all night, and when you draw it, take of the skin rosemary and bays, and put it into the pott you Intend to keep it in Cleansing it well, from all the grauy, then when it is Almost Cold fill it vp with butter, Beefe or mutton, may be thus potted

To Roast A Calues head

Take the Calues head and wash it uery cleane, and take out the braines, and cutt out the Tongue Cleane from the fatt, and boile it, with the braines and sage, and vinegar and butter, peper and salt, then put in A good pudding where the braines were, make it very stiff with Egges, suger, and grated bread, and A little spece, in the summer Time you may put in spinage, and see tye it vp with pack thred, and put it on the spitt, and stick A few blades of rosemary and Cloues in it, and bast it with butter, you must Take an Orange, and cutt the rind in small peeces and boile it in 3 waters, then put A little water with A quarter of A pound of Currance, and A little sliced nutmegg and Cinament, and A little vinegar when the Currance are boiled Enough put in A good peece of butter and sage, and serue it to the table with your Calues head, garnish the dish with Oranges

To Smoak A Goose

Take A goose, and season it with bay salt, and A uery little salt peter mingled and bruised together, and let it lye A fortnight in salt, turning it now and then, then dry it as you doe bacon, you may doe hoggs Cheeks, sparribes, and neats tongues are done the same way, likewise you may doe the buttock beefe, A legg of pork, or any other meat

An Excellent receipt to make hames as good as westphalia Hames

Take the hind quarters of middling pork, and Cutt them to the shape of westphalia hames, then hang them vp 3 or 4 days, then make A strong brine of bay salt with A shillings worth of nister, and put in your hames, and let them lye 3 or 4 days, then take them out, and hang them vp vntill they be some what dry, then put them in A [illegible] many days, and soe you may repeat, if you think fitt then hang them vp in the smoak to dry

To make Cooling Cream

Take your Apples and take the pape of them, and beate them well with suger and rose water, and boile the Cream, and when it is almost Cold, put it together, and soe serue it in

To make Angellica water

Take of Angellica 2 pound, Anyseeds halfe A pound, Coriander And Caraway seed of Each 4 ounces, wormwood seed 4 ounces, Steep these in spirit of wine, the quantity of 6 quarts for 24 houres, and soe Distill it, and when it is done, put as much Suger and rose water as will make it drinkable

To make A Hash

Peele an Onion, and Slice it in faire water, put in some salt to it, and gravy if you have any, Cover it, and by that time your meat is Sliced the Vertue of the Onion will be Soaked into the water, then put your meat into A dish, Upon A Chaffindish of Coles, then poure the licquor into it, with A little whole pepper Cover it, and let it boile About halfe an houre then put Butter into it, and Shake it well together, and dish it out with Sippets

To make A Cream like A Sillibubb In Winter

Take Tender Cheese Curd, and crumble it through A Heave Strainer, then put A Spoonfull of Curd in the Bottom of your glasses, then take Some fresh Cream, and A little Sack and Suger, beat it together, then powre it into glasse to the Curd, then Strew A little of the Curd A top and Some Suger, you may colour it red, or Stick it with Sweet meates if you please, it will Gate very pretty; you may put nutmegg, or any other Spice pounded into it

To make Orang Bisket

Take A pound of Oranges, A pound and halfe of Suger, lay your Oranges in water for 5 days, and Shift them Twice A day, then Boile them till They are very Tender in 2 Severall waters, But let the last water be as hott as the first before you put them in, then take them out, and wipe them dry, and take out the Juice, and whit Shine of the Oranges, and liane only the peele and put A pound and halfe of Suger, to A pound of that peele, and beat it together very finely in a morter, when it is beaten fine, Take it out and lay it Thin, About an Inch Thick upon A glasse, and dry it, then Cut it in quarters before it be tedry

To make Cheese-cakes

Take your fresh Cheese, and break it very Small, then mingle with it Cream and rose water, nutmegg, and mace, grated bread, yolks of Eggs, with Suger Currance, Salt, and butter, broke in Small peeces, and mingled well with the Stuff, before you bake it, if you wonte have them very good, boile A little vice soft, and very Thick, and mingle with your Stuff, before you put it in your past

To Candy Angellica

Take the yonge and tender Stalks of angellica, Boile them in faire water till you find they are very tender, then take them up, and peele of the outward Skin, and then put them into A Skillet or pott of fresh Scalding water, Cover them very close, and sett them on the fire, where they may keep pretty hott, but not boile, then make your Candy, the quantity you must guess at, as much as will doe the Stalks, to Every pounde of Suger about 9 Spoonfulls of water, Boile it till you have Skimmed it Clethe, then take up your Stalks out of the hott water, dry them well in A Cloth and put them into the Candy Shaking them to wett them well all Over then Sett them on A little fire, But besure not to let them Boile, Shake them often, till they are through hott, then take them of Cover them close, and let them Stand till the next day, then warm them Again and take them out Dirst them as you please and lay them upon plates to dry. Streching of the Suger, that little may be Seen upon them dry them if you Can in the Sun, or Elce with A pretty gentle warmth

To make Bisket Bread

Take A pound of loafe Suger, and pound it very Small, and Search it through A fine Search, and put to it A quart of fine flower, Take Eleven Eggs with 6 of the whites, 3 or 4 Spoonfulls of rose water, 2 ounces of Anyseeds, beat them very well in A Bason, or bowle, till the Oven be ready, then take your plates or Tin Coffins, and Butter them very well, and fill your Stuff into them, and Scrap A little Suger upon them Sett them in the Oven, But you must have A Speciall Care in the baking of them, or they will be mard, in the winter you must warm your flower, and Also your Suger, upon A Chaffin dish of Coles

To Candy Angellico

First let it boile Tender, then pull of the out rind, and to a pound of Angellico, A quarter weight of Suger, and as much water as will wett it. then Sett it on the fire, and when it is melted, put in your Angellico, keep it Close Covered, and when it is dry Boiled, take out your Angellico, and lay it upon pye plates, to dry them it Every day

To make Goosbery Tarts Green

To A pound of goosberys, put three quarters of A pound of Suger, A quarter of an ounce of Cinament, put them into fine Past, and let them stand 2 houres in the Oven

To make Tiffany Tartes

Take About 2 quarts of flower, and halfe A pound of Butter, and 2 Egges and well it with Cold water, and Soe rowle it out in past, Cutt your Apples round, and putt them in the past, with Butter and Suger, But the best way is to Boile your Apples, let your Butter be in Bigg Knobbes, and kneed your past but little

To make A Tart of Strained Codlings

Take halfe A hundred of Codlings, codle them well, then Straine them rubing them through A Course Strainer, and boile them up, with rose water, and Suger, and the Bottom of good Short past, being Baked, fill it up Strik it with muscadine, red, and white, and Cast Biskat on it, and Serue it forth

To make A Tart of medlers

Stamp and Strain them, with the yolkes of an Egge or two, and some Suger Cinament, and ginger, and Boile it A little, and fill your Tarts, and set it in the oven, and doe them as you the Strained Codlings

To Counterfeit or Colour beefe for red Beare, or mutton to giue it A Venison Colour

Take Small Beare, and uinegar, and parboile your beefe in it, let it Steep all night, and put some Turnsole to it, and being Baked, A good Judgement shall not discern it from red beare nor fallow Deare

To make past royall

Take to A gallon of flower, A pound of Suger, A quart of Almond milke 2 pound of Butter, A little Saffron, and work up altogether, with A little Cinament, and 2 or 3 Eggs and rose water

To Bake Quinces

Pare and core them, and put in where you open them A whole Clone or A peece of Cinament, Soe put them into your past, and put to 8 quinces, A pound of Suger, Soe Close them up, They must bake 6 houres

To make Custard past

make your Custard past with fine flower and hott liquor only

To make Aqua mirabilis

Take galingale, Cubibes, Cordimon, melilot flowers, Cloues, mace, ginger, nutmeggs, of Each A dram, make, or beat them into powder, and them put them into the body of your Still, which must be of glass, or the fashion of A glass, these indredients with A pint of the Juice of Sallendine, A pint of Aqua Juice, and 3 pints of white wine, Shake them well together, put them on the head of your Still and fasten it with paper, that noe Aire may come out, and stop up the Spout, Soe let it Stand 12 or 24 houres in some place that is warm, then distill it in Balmea, with A reasonable hott fire, unstop the Spout, and put under the receiuer with some suger Candy beaten in it, and 2 Bagges, one of Amber and musk, and Another of Saffron, A graine of Each is Enough of these, you may draw A quart of the Strong, and almost as much of weak, then mingle them to your Tast, To make it Stronger you may Take 2 dramet of Each Ingredients, but one is most Vsuall

How to preserue Quinces whole and white

Take your quinces, and Core them, then weigh to A pound of them A pound and A quarter of leafe suger, and to Soe much Suger, halfe A pint of water, and put it ouer A fire till the Suger be dissolued, and in the mean time, put in your quinces into A Skillet of Scalding water ouer the fire to coddle as you doe Apples, then take them of the fire, and couer them till they be Soft, then take them up and peele them, Soe Boile them in your dissolued Sirup till they look of A Cleare amber Colour, and then take them of, and put them in glasses, and powre the Sirup ouer them, puting the whole uppermost, if you will preserue them red, you must pare them raw, and boile them in twice Their weight of Suger, keeping them Close Couered, and let them stew very leasurely, then take the Cores, and pareings of them, and Boile in halfe A pint of water, then Straine it, and if your quinces be pretty soft, put that into it to them, and Soe Boile it till it look of A Cleare red

To bake Goose, Swan, or maylard

Lay the goose, or Swan in brine 24 houres, But the maylard But Ten, if you bake them whole season them, as you would doe A Turkey, But you must not put prunes in their bellys, you must take out all the bones, cuting down along the back, and when you have cut the flesh Away, you must cast it Again into the forme of the fowle, Soe parboile it, and season it with peper, and salt, and raw it with lard, Soe Bake it with Butter and A good quantity of Vinegar

To Bake A Turkey

Set your Turkey lye 24 houres in brine, then parboile him, and season him with peper and Salt, and fill the belly with prunes, Soe bake it with good store of Butter, and verjuice, there must be But little of that, it must have 4 howres baking, Besides Seasing

To Bake Pheasant Partridge, Woodcock or Snipe

First parboile them, and season with Salt and peper, and nutmegg, then bake them with good store of sweet Butter, and A little Vinegar

To Bake A Salt Capon To be Eaten Cold

make the Crust of the past, but all the rest, that is the goose, aforesaid must be made in course past, then parboile your Capon, or Chickens, and season them with peper and Salt, and A little Cinement, and fill their Bellys with Pither grapes, goosberys, or Barberys if you have none of them, put in prunes with A little Vinegar, But not with the Other, Soe bake them with Butter

To Bake Chickens to Eate hott

Season your Chickens with peper and salt, and mace, Vpparboiled, Soe put them in A pye, made of fine crust, put to them Currance and A few prunes and Soe bake them with A good deale of Butter, when it is bake open your pye, and put therin Vinegar Strained with the yolkes of 2 hard Eggs

A good Cold dish for Summer

Take A good loyn of mutton, or the neck, and lay it in Salt for A week or ten dayes, then Stuff it with parsly, and boile it, that being done, Cutt it out in Steakes, and Soe serue it to table

To make Almond Tartes

Straine beaten Almonds with Cream, yolkes of Eggs, Suger Cinament, and nutmegg, Boile it thick and fill your Tarts

To Stew A Cowes Tudder

First Seeth it whole very Tender, then Slice it, and Cut it into Small long peeces, and put it into A pipkin, and put to it A little mutton Broth, A peece of sweet Butter, A little nutmegg beaten, whole mace Salt, A few Currance, Soe Stew it A pretty while, then Serue it vp in A little Vinegar

To make A Cherry Pye

Bruise A pound of Cherrys, Stamp them, and boile the Juice with Suger, then Stone 2 pound of Cherrys, and put them in A Sell Coffin, Soe them, and Serue them hott to the Table

To Dry vp Lemmons without Spoiling

Sell them in A press with Linnen, that one doth not touch another, and look Some times to them, and turn them, and Soe they will dry most finely

To preserue Damsons to keep for Tartis

To A pound of damsons take A quarter of A pound of Suger, and halfe A pint of water, put them into A Stone pott, Stop them very Close, then Sell them in An oven with houshold bread, Soe keep them for your vse

To make A fry day Pudding

Take A manchett Slice it, then take halfe A pint of Cream, and boile it, thicken it with the yolks of 3 Eggs, and Butter, your dish, and lay A laine of bread, and A laine of Stoned rasons and Cutt dates, marrow, Cinament, and Suger, then poure your Cream vpon it, and Soe Bake it

To make an Ordinary Boiled Pudding

Take A pint of Cream, and the yolks of 5 Eggs, A Spoonfull of flower, Some rose water, Suger, Salt, and nutmegg, then Thicken it with grated bread, and boile it in A bagg, when you Serue it vp, poure Butter and Suger melted and beaten together, all ouer it

To make A Pudding

Take 3 loaues of new bread, pare the Crusts clean away, Shread it into A Casen or pan, Take A quart of Cream, warm it, and put to it, and Couer it Close, put to it the yolks of 6 Eggs, 3 of the whites, A little nutmegg and Cinament, one handfull of Suger, and one of flower

To make Sinks

Cutt your pork fine with A knife, Beat it and Shread it Small, Sett them be pretty fatt, make them vp, with yolkes of 2 Eggs, A little mace, A pretty deale of Chopt Sage, Season them with peper and Salt, Soe fill them

To make Winter Cheese-Cakes

Take 4 dozen of Egges, 2 pound of Almonds, 2 pound of fine Suger, 3 Bisketts, blanch your Almonds, and put them into cole water, then Bray them in A morter, Clarify your Suger with Spring water, and the white of an Egge, then Straine it and Boile it till it thickens, put in the Almonds and let them Boile halfe an houre, then take them of the fire, and let them Stand to coole, Take the Egges seperating the yolkes from the whites, and Beat them very well, then Stirr them in the Almonds and Suger; till they are well mixt, put it on the fire, let it boile gently till you think the Egges are Enough, Beat the Bisket to powder, and mix it with the other things, you must keep it always stiring, take it of the fire, and let it stand till next day, make A past of fine flower, Butter and Suger, heat your Ouen as for Tarts, put your Cheese-cakes into pate panes; or A Driping pan, These Cheese-cakes if kept neare the fire, will keep two monthes or more

To make Tarts of 3 Colours, first Green

First make your water Boile, and put in your Spinage, and being tenderly Boiled, take it up, and Straine it with Tenn Egges A quart of Cream Some Cinament, Suger and A little musk, and being Strained, Boile it Thick on A Chaffin-Dish of Coles, and Stire it Continually, and this is for One Colour

Secondly White

Take the yolkes of Tenn Egges, and A quart of Cream, Boiled in A Skillet, or Baked in an Ouen, and After Strained, with halfe A pound of Suger, rose water, musk, or Ambergreece

Thirdly yellow

This you may doe with the yolkes of Egges, Cream, Suger, muske, and Rose water, being Baked or Boiled

To make White Puddings

Take White Bread, Cutt of the crust, and pare it thin, Then take Cream according to the quantity of your Bread, and Boile it, and Steep your Bread, and Season it with Suger, Salt, nutmegg, and Egges According to your proportion, But put in but halfe your whites, then put in Some Beefe Suet, A little rose water, This being done fill them, and Boile them

To make Damson Tarts

Boile them in wine, and Straine them with Cream, Suger, Cinament, and ginger, Boile it Thick, and fill your Tarts

To keep Venison all the yeare Approued

Take A fatt hanch of Venison, and bone it, then take A Spoonfull of mace as much Cloues, and as much nutmegg, and as much peper, as of all the rest, beat them Small, and mingle them Altogether, with as much Salt as you think fitt, then Thrust A knife in the thickest place of the Venision and Thrust in the Seasoning With your finger, and Season it all ouer on both sides, as you shall think fitt, then put it up Close together, and lay the Smoothest side downwards, in A Crock fitt for that purpose, then put in A pound of Butter, and Couer it, and Bake it as long as A pasty, then put it out, and lay A Trencher upon it, and sett A waite upon the Trencher to keep it under the Butter, and when it is cold, take the weight away, and Soe let it Stand Couered A month or more, till it begins to mouldy, then Sett it in the Ouen, and Bake it Again, and Soe doe as often as you find cause, But after 2 or 3 times Baking it will not need to haue Soe much, nor often Baking, when you Bake it lay A fire round about the Crock, till it will Slip out, then take the Jelly from it, and lay it in A dish, Soe Serue it, you may put what is left in the Same Crock Again, and Bake it with the Same Butter

To Bake A Hare

Take the flesh from the Bones, pick out all the Skines, and Sinewes, Chop the flesh as small as you Can, put to it the yolkes of 2 Egges, and A Spoonfull of Vinegar, Season it with peper, Salt, Cloues, mace, nutmegg, temper all these together, then Cutt lard in long peeces, of the length of the pye, put Between Euery lain of flesh 3 peeces of bacon lard, put it hard together, and Close it make A Vent to poure in Vinegar when it is Baked, Serue it Cold

To Bake Lampreys

First make your Coffin, and Season your fish with peper, Cloues, mace, put them into the Pye, put therto A good handfull of Currance, 2 or 3 Onions, Scalded, A good peece of Butter, Vinegar, and A few Barberys, and Soe Bake it, and Serue it up

To make A Good Pigion Pye

Take your pigeons and Scald them, and draw them very Cleane gnith through the Backs, then dry them after you haue washt them very Cleane, then Season them with peper and Salt, within and without, and putt A good peece of Butter in the Bellys of them, lay them Close and flatt in the Coffin, Sometimes you may make your pye round, when you intend to keep it cold, then let the lid be vernised high, Be sure to Couer your pidgions well with Butter if you keep it cold. But if you Eat it hott, let it be A 3 Square pye, Couered Euery Square 2 handfulls long or more, according as it is in bignes, and Be sure your Ouen be hott Enough, But yett Dry your lidd A little before you put in the pye, take it down, and sett it in, and Be not to hasty to Stop it, Let it Stand 2 houres at least

To make Afrigacy of Chickens

Take 3 Chickens or more, Cutt them in quarters, and Slit them, then put them over the fire in A frying pan, with faire water, as much as will Cover them let them boile till the water be Almost consumed, then put in A good peece of butter, and let it fry A while, then put in halfe A pint of white wine, and let them boile till the liquor be consumed to the quantity you would have your Sauce to be, then mingle the yolks of 3 Egges, with the Juice of A lemon, or Vinegar, put it into the pan and Shake it about, let it boile A while after, then dish it, and fry parsley Crisp, and lay it upon it, Soe Serue it hott

To dry hogges Tongues

Take hogges tongues very fresh, Cutt out the wine pipe and kernells, from the rootes, wipe them dry, then take A Tray that hath 3 or 4 holes at the bottom, that the brine may run through, then lay Some beaten bay salt in the tray, and rubb your Tongues with Some of the Same, and lay them in your Tray, and lower them with Salt, and let them lye therin for A week or tenn Days, when you feele them hard With the Salt, hang them in A Chimley, where there is A Continuall Soft wood fire kept, but hang the tongues, where they may not be to hott, for if they be over hott, they will not only rasty, but they will loose their Colour, after they have bine Smoaked A fortnight, or 3 weeks you may boile them

To Boile Sheeps Tongues

Take Sheeps tongues after they are Boiled very Tender, blanch and Slit them in the midle, then putt A little Salt theron, and lay them On A gridion and broile them, and as they broyle, bast them with A little fresh butter, when they are Almost Enough, drudge them with Some grated bread, broile them brown, then put them into A dish, put there to Some wine vinegar, the Juice of 2 or 3 oranges, grate On A little nutmegg, Soe Serue them to Table

To make Sausages without Skines

Take A legg of young pork, and 2 pound of beefe Suet, 2 handfulls of Sage, 2 leaues of white bread, peper and Salt to your Tast, halfe the pork and halfe the Suet, must be very well beaten in A morter, and the rest must be cut very Small, besure to Cutt out all the Sinews and grissells out of the pork, when you have mixed all this things together, knead them in Stiff past, and Soe rowle them into Sausages, and fry them with butter

To Dry Beefe

Take A buttock of beefe, and Cutt it in 3 peeces, and lay it in Salt 5 or 6 days, then hang it in A Chimney to dry

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To make A dish of Court Collopes

Take A legg of mutton, and Slice it into Sliees, when you have Soe done, take halfe A pint of Claret wine, put a 6 Anchouy ready drest in it, Sett it on the Coles to dissolue, but not to boile with A little bundle of Sweet hearbes, Time rosemary, marzerum, A Stick of Cinament, then Take your collopes, and fry them in butter, and when they are very brown, put them into the wine, and let them Stew A little while, then take out the hearbes, and Cinament, if your Anchouys be large put in but 4

To Fry Mushroomes

Pick them Clean, and fry them in Sweet butter, and when they are fryed brown, then put Some, Sauory, and parsley minct, Toss them together in the pan with A little Salt, and putt in butter and vinegar, when you Serue them

To make marrow pastys

Take A pint of flower, and break 2 Egges into it, put to it A quarter of A pound of butter, and temper it with Cold water, and make your past as Stiff as you please, and Soe fill them, and take the marrow of 2 good bones, and break it into pretty Small peeces, put to it A quarter of a pound of Suger, and A quarter of an ounce of Cinament, beat it very Small, and mingle them, well together, and make them up in little pastys, this quantity of Stuff will make 5 pastyes, which is Enough for A dish, prick them, and fry them in Sweet Suet well, then Sett them on A plate, and Scrape Suger on them

A Pretty Dish

Take any kind of Cold meate, mince it pretty round, put it into A frying pan, with water and Salt, Soe let it Stew, and when the liquor is almost wasted, put in Some Crumbes of bread, and Some butter, if you Stew it in Strong broth, it is the better, put in Some grauy and A whole Onion, in the Stewing of it

To make Fine past In A Dish for Tartes

Take A peece of butter, as bigg as an Egge, put in A pint of flower, when it is melted put in the yolkes of an Egge 3 or 4 Spoonfulls of faire water, A little Salt, beate it well together, and knead it with your pint of flower, Rumpe it very well, and rowle it as Thin as you can, and raise it before you sett it in the Oven, Anoint it over with the white of an Egge well beaten, then Strew it over with fine Suger

To make Cherry Tart

Take Cherrys boiled in wine, and Strained with the yolkes of Egges Suger, Sinament, and Ginger

To make A Friday Pudding

Take A pint of thick Cream, and make it Scalding hott, then put into it halfe A pound of Sweet butter, and when it is melted put to it the quantity of A peny loafe, being grated, and run Through A Cullender, Season it with nutmegg, Suger, and rose water, and A little Saffron, and Salt, put in A Spoonfull of flower, and besure you make it noe thicker than batter, then wett your Cloth, and wringe it well, and Spread it, all Ouer with butter and tye vp your pudding round, your water must boile, when you putt it in, halfe an houre, will boile it, This is good Baked

To make A hasty pudding to boile In A Bagg

Take Thick Cream, and boile it, with 3 Spoonfulls of flower, and Season it with Suger and nutmegg and Salt, then rube your bagg with flower very well, Then power your Cream into your bagg, being hott, when you think it is Enough, put it into A dish, poure butter into it in many places, and if it be well made, it will Eate, like A Custard, your water must boile, when you put it in

To make A Cordiall Pudding

Take grated bread, and beefe Suet, minct Small, A good many marygold flowers picht as much Suger, Salt, and nutmegg, as will Season it to your Tast, then boile A pint of Cream, with 4 yolkes, and 2 whites of Egges, as it boiles strew in the bread, and the Other things, as much as will make it Indifferent Thick, then put it in A wett Cloth, and lay A few Stoned raisons, on the topp, tye it vp Close, and put it in boiling pott of water, let it boile an houre, and A halfe, Then Take it vp, and dish it Stick it with blancht Almonds on the tope, and round about it poure melted butter, and Suger, on the top of it, Soe Serue it vp

To make Good Puddings

Take halfe a pound of beefe Suet, Cut it Small, Take A pint of Cream, 6 Egges, and 2 whites of them, 2 loaues of white bread, then Crust being Cleanpared of, it must be grated and Sifted through A Cullender, min it with A little rose water, nutmegg and Suger, According as you like it, Season it, with Salt, temper all these together, and take porringers, or dishes, butter them well, bake them in An Ouen, and lett them Stand Above an houre

To make A Bagg Pudding

Take 4 Egges well beaten, put to them A pint of Cream, A halfe peny loafe grated, as much flower, Sume Suet, Salt nutmegg, and mace, put it in A Cloth and boile it 2 houres, Serue it in A dish with melted butter, and Stick blancht Almonds in it

To make A marrow Pudding

Take Cream, and 3 or 4 yolkes of Egges, well beaten, A nutmegg grated Suger, and Some Salt, Stire it altogether, then lay A Layn of Sippetts of bread in A deep dish, and Some Slict dates, and A few raisons of the Sun, and Some marrow, laid it bittes, then poure in Some of your mint Cream, and soe lay it in laynes, till the dish, be full

To make A Fillbeard Pudding

Take A quart of Cream, and break into it 6 or 7 Egges, whites and all, and keep it Stiring ouer the fire, till it Comes to A tender Curd, then whey it and put it to your fillbeards which must be beaten well, with A little, rose water, and put in Seasoning, as what Spice you please, and lumpes of marrow, being laid between, two Sheets of puff past, bake it

To make Cakes

Take A pound of Suger, A pound of Currance, A pound of butter, A pound of flower, put to it 8 Egges, and 6 Spoonfulls of Sack, besure you beat your Egges and butter well together, then put in the Sack, and Suger, and beat it well together, till it be very light, then put the flower in keeping it very light with beating, and when it is very light, put in your Currance besure your ouen be ready, or Else if it falls it is Spoiled Soe you must beat it till it is ready to goe in the ouen, butter your patte pans, and doe not quite fill them, for they will Swell

To make Lemmon Water

Take 8 large maligo lemmons, wipe them very Cleane, pare them very Thinn from the white, then take 3 pints of nance brandy, and put the peeles to Steep 3 days, then take 3 pints of Spring water, and A pound of double refined Suger boile the Suger in the water, A quarter of an houre, take then A penyworth of Cloues and mace, with A quarter of an nutmegg, then boile all two or three walmes, then take it of the fire, then take the brandy, and Straine it from the lemmons, then Straine the Sirup ouer the lemmons in the Gelly bagg, then mingle them together, A little hotter, then blood warm, take the Skim of the topp, and leaue the thick in the bottom, and when it is Cold bottle it

To make Bisket

Take 4 Egges, beat them A quarter of an houre, then put in 15 Spoonfulls of rose water, and beat them again, then put in one pound of loafe Suger, finely beaten and beat them till they look very white, then put in 3 quarters of A pound of fine flower, Stire it well in them, then Fill your Cossins or plates, being butterred, and Set them in an Ouen, as hott as for manchetts, doe not Sett vp your ouen Stone, but when you see them rise like Ising of the topp, take them out, and keep them not in A dry place

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To make An Oatmeale Pudding.

Take A pint and halfe of poll Oatmeale, A pound of Beefe Suet, or lard, A pound of raisons, halfe A pound of Currance, Some Spice and Some Salt, put them vp dry, and giue it the same room you doe A flower pudding, put it in the pott when your water is Just warm and let it boile 2 houres and A halfe

To make A Liuer Pudding

Take halfe a pound of flower, the best part of A Calues liuer Boiled and grated, the Crume of A peny loafe, a pound and A halfe of Suet, A pound and A halfe of Currance, 6 Egges, Some Spice, and Salt, and milk or Cream, According to your discretion, boile it an houre, and A halfe

To make A Cumpline, Myne

Take A pint of Cream, and boile A nutmegg in it, Cutt in quarters, of large mace A good quantity, or else it will not Tast of the Spice, Take the yolks of 8 Eggs, and 4 of the whites, and Beat them very well, and put them into the Cream, with A Spoonfull or two of grated Bread A little flower, and Salt, A quarter of A pound of Suger, or more, with A whole nutmegg Sliced very Small, Soe Stire it till it be as thick as Batter then take A thick Cloth, and wett it, and rube it with A little flower, then Tye vp your Batter round in the Cloth, and put it in A pott of Boiling water, and Stire it at the first welting, that the Spice, may not Stick to the bottom with A ladle, let it Boile an houre, when you take it out if it be right, it will quake like A leafe

To make A quaking pudding

Take A pint of Cream, 6 Eggs, yolks and whites altogether, first Boile your Cream, part, with A nutmegg, or more, A Stick or two of Cinament, A quarter of A pound of Suger, Boile Some halfe A quarter of an houre, then when it is cold, take out all the Cinament, and put in your Eggs well beaten, and 4 Spoonfulls of grated Bread, and 3 of flower, Bind them well together, with A little Salt, then take A thick Table napkin, dimble it, and tye in your Batter Solely, put in A pott of boiling water, let it Boile an houre and halfe or more, then put it in your Dish, cutting of it in the midle and poure Sweet Butter melted all ouer it

To make White Wine Cream

Take halfe A pint of whit wine, and Boile it very fast with Suger, till it comes to A Sirup, then Boile A quart of Cream, and when it is Almost Cold, put it together, and Soe Serue it on

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To make An Oatmeale Pudding

Boile your Oatmeale in milk, or water, which you like best, then season it with Salt, and Spice, put in an Egge, and Some parsley, marjorum, and time, finely chopt, and Some raisons of the Sun, finely chopt, and A very little flower, to make it hold together, then flower your bagg, that it Stick not together, then make it vp like A bagg pudding, and boile it, then Cutt it in 3 or 4 peeces, and lay them in A dish and melt Some Butter, and poure vpon it if you please vpon A flesh day, you may put in Some Suet, and leaue the Butter, hearbes, and raisons out of it

To make A fine pudding In A dish

Take A pint of Cream ready to Seeth, and put into it A peny loafe of Stale Bread, then put into it 3 yolks of Eggs, and one white, Beate them A good while together, put to them Flor A Spoonfull of rose water and mace, and Stire all this together well, and poure it into the Cream and bread, Stiring of them well together, then take A reasonable handfull of Beefe Suet Shread very Small, A little quantity of Salt, Soe put them when you fill it, it will be Baked in 3 quarters of an houre

The hedge hogg Pudding

Take A peny loafe, grate it Small, Shread A pretty quantity of beefe Suet very Small, and let there be as much of that, as of your bread, one nutmegg grated fine, as much Suger as will sweeten it, 2 or 3 Spoonfulls of rose water, and 3 quarters of A pint of Cream, 4 yolks of Eggs, and one white, A little Salt, mix all this well together, and tye it vp in your bagg, and let your water boile when you put it in, when it is boiled, blanch A few Almonds, and Slice them very Thin, and Stick them very thick all ouer the pudding, then take A little fresh Butter, and melt it thick and Beat it with A little rose water and Suger, and poure it all ouer the pudding, you may make A pudding with fruit, or any hearbe pudding this way, onely leaue out the Almonds, and they are very good

To make A Custard Pudding

Take halfe A pint of flower, and the Crumbes of A peny loafe, raisons, nutmegg and Currance, and 2 or 3 Spoonfulls of Suger, A Saucer of rose water, and Some Suet, 4 Eggs, mingle all this with Cream or new milk, as thinn as Batter, and Soe Boile or Bake it

To make hedge hogg Pudding

Take 2 peny loaves, and grate them, and sift all the Sumpes cleane through A Cullender, put to it, halfe A pound of Beefe Suett, finely picht and Cut, put In A little Salt, A quarter of A pound of Sugar, A whole nutmegg grated, A little mace finely beaten, mingle all this well together, then put in 4 Egges, poure awary 3 of the whites, Beat them very well, and put them to the Bread, then put in A pint of thick Cold Cream, Stire all the pudding well together, then have A Large Square Cloth, Bigg Enough to hold it, Wett it in cold water, wring it as dry as you Can, then lay it on A Table, and dredge flower on it that it may lye thick and close, then lay the Cloth ouer A Bason, and put the pudding into it, Then have A handfull of raisons of the Sun, ready by you Cleen washt, and Strew them lightly ouer the pudding after it is in the Cloth, then gather the Cloth together round in your hand, and tye it as hard as you Can, that it may drink noe water, then put it into your pott, Boiling, and Against you take it up, you must have melted Butter, stired with A Spoonfull or two of faire water, to make it thick, as it melteth, then poure the Butter ouer the pudding, and have Some Almonds ready blancht, and Cut in long slices, and Stick them all ouer the out side of your pudding, after it is Taken up, soe Strew A little Suger About your dish and Serue it

To recouer venison Although it Smells not to be Endured

Take A good quantity of Cold water In A Tubb, Enough to Couer the flesh A handfull ofer, put therin good Store of Salt, and let it lye 3 or 4 houres then prepare as much Scalding hott water, with the like quantity of Salt and let it lye therin, as much longer, In the mean time heat the Ouen, and prepare the past, and Seasoning ready, then Take out the flesh, wipe it, with A Cleane cloth, very dry, Then Season it, and Immedrally put it into past, and soe into the ouen, for it must not lye in past, nor in hand at all, But with all Speed into the Ouen

To make A Pan Pudding

Take 2 or 3 Spoonfulls of mall flower, put in into Some milk, and soe much, Salt, peper, Cloues, and mace, as will Season it, then Strew in Some Wheaten flower, stiring it together till it be About the Thickness of Batter, soe you may poure it out of A Ladle or Spoon, then Butter an Earthen pan, round About the Sides, and Bottom, then poure in your pudding, and bake it with brown bread, But you may draw it out, before your bread, After it hath Stood in the Ouen Something Aboue an houre

To Dry Neales tongues

Let Them lye in Salt, A fortnight, Then hange them neare The fire Till they Be dry

To make Oyster Puddings

Take good Bigg guts, and wash and Scoure them very Cleane, then dry them, Then take good great Oysters and Open them, and wash them from the grauell, with their owne liquor, then Straine the liquor, and put to it as much Whit wine as the liquor Containeth, then put in the oysters and ten or twelue bay leaues, and Some large mace, and parboile the Oysters in it, then take them out of the liquor, and Season them well with peper, Salt and nutmegg, and take the yolkes of 12 Egges, which are Boiled hard, and Cutt them in quarters, and the marrow of three bones, or more, according to the quantity of Puddings, and Some Shript Time, and parsley, which you must mince very small, and 3 or 4 onions peeled and minct, mix all these together and let all be well Seasoned with Salt, and Spice, then fill the guts, mixing it all well with the Oysters, then Boile them with the gravy and white wine, if that be not liquor Enough, put in more wine, and Some water, and when they are well Boiled, you may, if you please leaue them in pickle in the wine, if it be well Seasoned, and Eate them Cold, But you must put more marrow into them, Except you fry, or Boile them

To make White Puddings

Take A pound of naple Bisket, A quart of Cream, Boile your cream, and Slice in your Bisket, with A quarter of A pint of grated bread, 2 pound of marrow or Beefe Suet Chopt, halfe A pint of Sack, A quarter of A pint of Rose water, one pound and A halfe of Currance, 12 yolks of Egges, and 6 Whites Slice in preserued Lemmon and Orange peele, put in 2 nutmeggs, A very little Cloues and mace, finely beat, and rose water to your Taste, and soe put them into the guts, and wash them in milk, soe Boile them, the milk you wash them with is good to make Other puddings, if you haue noe Orang water, Slice orange peele in your Sack, and rose water, Some time before you make them, soe let them Stand and not put them into the guts

To Stew Oysters

Lay your oysters in A dish, one by one, till all Be in, then put in the topp of the liquor, one as much whit wine as will Couer them, and A good Bundle of Sweet hearbes, one Onion, 3 Anchouys, 4 blades of mace, 6 Cloues, halfe A Nutmegg, Couer them till they are Enough, ouer A Charcole fire, you may doe Shrimpes the Same way

A [illegible] Sauce for A Legg, or Breast of Mutton

Take A Stale loafe, and Cutt it round not very Thinn, and lay it in A dish and poure on mutton Broth Scalding hott, Sett on your bread and broth, upon A Chaffinedish of Coles, and put A few Cappers in it, and let it Stand, and when your mutton is boiled Enough, Take Some of your best broth, and A good quantity of Vinegar and butter melted together, you must have A good quantity of parsley ready boiled with your mutton, which you must Shrew, and lay on your Sopes, and your meat, and Soe poure in the rest of your Sauce, have A lemmon, Some of it Shread, and Some of the peele, Small minet, and Streued on the top, and the rest of your lemmon Slict, and laid on your meat and Sopes, and Cutt Some of your peele in large peeces and lay it on your meat, and garnish it with Barberys, Soe Serue it, remember to put Salt in your broth

To make A Sack Cream

Take your Cream when it boiles, and put in as many yolks of Egges, as you think fill, beaten with Cream, and Suger, and rose water, let it Stand upon the Coles, Stiring of it, but doe not let it boile, then take it of the fire, and Stire it till it be Almost Cold, then put in 3 or 4 Spoonfulls of Sack, and then poure it into A dish, and let it Stand till it be Through Cold

To make A Glisning Cream

Take Thick Cream, Season it with rose water and Suger, and 2 or 3 leaues of large mace, Then put it in A glass Churm, and Churm it, till you think it almost ready to butter, but take heed it Comes not to any butter, Soe poure it into your dish, and Serue it in

To make Feather Glister

Take the white of Egges, beaten well, and rubb it with all, and if it be not to bigg, rubb with the Outside of Orange peele.

To Pickle Samphire

Take your Samphire as green as you Can, and put it into A brass pott then Couer the Samphire, with the best wine vinegar, and Couer the pott that Noe Ayre Come therin, and let it boile of A Soft fire, till that the Samphire be Soft Enough, Then take it out, and let it Coole, and Soe keep it in the Same liquer, for your Vse

To make A Goosbery Pudding

Take goosberys and Cutt of the Stalks and beards, Lay A lay of goosberys, and A layre of round Tender leaues of Lettice, A layn of beefe Suet minet very Small in A dish, Then take Thick raw cream, and beat it with 2 yolks of Egges, Season it well with nutmegg, poure it in, and let it couer the goosberys well on the topp, bake it in the Ouen, the Ouen must not be to hott, it must look brown, Salt must be put in the Cream, and you may put Creames of bread in the Pudding

To Pickle Quinces

Take the Smallest and worst Quinces, and Cutt them in Small peeces, with pareings and Cores of other Quinces, boile them in Such A quantity of water that the pickle may Tast Strong of the Quinces, and that you may have Sufficient pickle to Couer your quinces, when your pickle is well boiled the quinces will be very Tender, Then Straine the Same, Through A Thinn Strainer, Taking as much as you Can of the Substance of your Quinces the pickle must be very Strong of the quinces, you must keep Some of the quinces unstrained to Couer the quinces when you put them up in the Vessell, when the pickle is strained, Sett it on the fire Again, put as much whit wine to it as will make it Tast well of the wine, when it is well boiled, put in the quinces that you mean to pickle, let them boile A little while, till you think they are hott Through, Skiming them Cleane, with A Skimmer, that they doe not Staine then take them up, and put them one, by one into An Earthen Vessell, put the pickle alsoe by it selfe till it be cold, then put the quinces into the Vessell you mean to keep them in, put the pickle to them, they must be Couer'd Ouer with the pickle, put the Unstrained quinces upon the topp of the quinces, the Vessell must be full, and Stopt very close, that noe Ayre gett therin, when you Vse them, you must be Carefull that you break not, the Cream that will be upon the topp of your quinces, but put it back with your hand, you must have Some Spare pickle to put to your Quinces, if they want you must be very Carefull to keep them, from the frost in the winter

To Make French Bread

Take halfe A peck of flower, and mingle with it halfe A pint of new Ale yeast or Some thing more, than A pint of water, as much Salt as will Season it then pull it with your hand very well, then flower Another place of the Table very well, and throw A handfull of flower upon the batter, and mould it A little, that being done, diuide it into 8 peeces, Still Vseing of flower to keep it from Cleaving, then mould it, and put it into Soe many wooden dishes, which dishes must be very well flower'd in the bottom, and Cast flower on the topp of them, the Couer them with A hott Cloth, A quarter of an houre, that they may rise, when you have done this, have ready A quick hott ouen, and put your bread right down out of your dishes, into the Ouen, and sett them as close as you Can, and let them Stand 3 quarters of an houre, and when they are drawn out of the Oaex, Chip them while they are warm

To make A Dutch Pudding

Take A dish, and rubbe A little butter upon it, and take A manchet, and Slice it as thin as possible you Can, lay it round the dish, then lay A laire of marrow or fresh butter, and then A layre of dates, or Sweet greates, Soe doe till the dish be full, then take A pint of Cream, and boile it with mace, and Suger to your tast, and when it is almost Cold, put it to the rest and bake it

To Pickle Walnuts

Take your walnuts, A week before midsommer, before the Shells be hardned and put them in water, for 9 days together, Shifting them twice A day then give them A boile in Spring water, and when They are boiled put them A dreining, then Take The best whit wine vinegar, and put to it Some hole peper, Some Cloues and mace, and some Sherlots or garlick, and give all this A boile together, and put your walnuts, in an Earthen pot and put your liquor hott vpon them, and when they are Cold, Couer them very Close, and Besure you keep them in A coole place, and if at any time you Shall See the liquor below the walnuts, you must poure the liquor from them, and boile it again, with Some fresh Vinegar, and poure it hott as before, you must be Sure to pull the walnuts, for if they be bruised they will not keep

Some Says This is the better way

Take your walnuts, and put them in Spring water ouer A Slow fire, and assoon as the water begins to turn Colour, and Tast bitter, you must Shift them, and doe Soe, as long as the water Turns Colour, or Tast bitter, and then give them A boile, and doe to them the Same, as to The Other

To make Sweet Water

Take halfe A bushell of damash roses, and dry them, and 4 handfulls of Lauender Toppes, before they are full blown, and dry Them, when they are well dryed, lay them in Steep In 3 pints of muskadine, and A pint of damash rose water, Orrice root, and Cloues bruised an Ounce of Eather, an Ounce of beniamin, the peeles of lemmons, put all these in A pipkin, and let it Stand 3 or 4 days, Stiring it once A day, and Soe distill it in A Cold Still

To make Conserue of rasberys

Take the weight of your rasberys in Suger, well it with water, and boile it to A Candy height, haue your rasberys washt, and kept warm, then poure them into the Candyed Suger, and boile it A little, if you put in pulpe of goosberys it will Jelly the better

To make damash Powder for linnen

Take 3 handfulls of rose leaues, 2 graines of musk, halfe an ounce of Cloues 2 ounces of Orrice roots, beat these together and Soe vse it

How To Take Away the mustiness of drink

put A penyworth of Cardimum Seeds bruised In A Cloth, and put it into the vessell

To keep Grapes or Damsons, fresh Till Christmass

Take A deep Earthen pot, Then take A forked Stick, and hang vp your Damsons or Grapes in bunches vpon the Stick, Sett your Stick vpright in the pott, and Stop it very close with Stiff Clay, that noe Ayre gett into it, Take Oranges or lemmons, and wrap them vp in Clay, and lay it in the bottom of the pott, and Soe they will keep all fresh till Christmass, and if you put rose budds in this Clay, you will find them fresh at Christmass

To make Sirup of Cowslipes

Take Stript cowslipes, Steep them in A Silver pott, and Sett them neare A fire and when the Colour is out, put in fresh flowers, till your water be of A good colour, then take to A pint of that water, A pound of loafe Suger, and let it Scald an houre very well, but not boile, when it is Cold bottle it, while your flowers are Infusing in the water keep it close Couer'd

To make Milk Water

Take 6 quarts of milk from the Cow, and 2 handfulls of Spermint, 2 handfulls of balme, 2 handfulls of Cardus, one handfull of wormwood, Shread them, and put them into the milk, and Still it next day

Sauce for A legg of mutton, or any other boiled meat

Take Some of the broth of the mutton, after it has boiled well, and Take A quantity of Onions, peele them and cutt them in quarters, then pick A handfull of parsly, and wash it Clean, and put, both the parsley and Onions into the broth and when they are almost boiled, Take as many good Sharp apples as you Shall think good, pare and Core them, and Cut them in halues, and put them in the Aforesaid broth, for The Apples will Ask nothing Soe much boiling as the parsley and Onions will, and Soe let them boile till they are of A good thickness, you must Stire them often, for when the Apples growes tender they are Subject to burne, when you think it is boiled Enough, put Sippets in your dish, Add Salt to your broth, garnish it with what you please, then Season your Sauce, with vinegar and A good peece of butter, Soe poure it into your dish, and put in your mutton, at the Time of the yeare, this Sauce is better, with goosberys, This Sauce is very good with A boiled rabbitt, and with Goosberys it is very good with boiled Chickens

To Boile A neck of Mutton

cut your mutton In 3 or 4 Chopes and lay it In A deep dish, with as much white wine, as will Couer it, and Sett it on Some Coles, and put in Some large mace, and 3 or 4 Slices of nutmegg, and let it Stew very well, and as the fatt of the mutton Ariseth take it of, and when it is boiled Enough, put in A peece of fresh butter, A little Salt, and A few barberys, and garnish your dish with barberys

To make A Pudding

Take A pint of Cream, A pint of flower, A pint of Suet, 6 Eggs, A nutmegg, mingle all this together, and boile it

To make Sirup of Clene Gillyflowers

Take Some Burrage, and Balme water, and mix them Together, A like quantity put them Into A piphin well glassed, or A preserving pan, and when you have warmed the water through hott, but Besure you doe not let it boile then put In your flowers, and when you see your flowers to look pale, then take them out, and put in fresh and Straine them out, till it be of the Colour you like, if your gillyflowers be but Single Cloves, They will not give it A Tast, Therfore Take A few Cloves, and tye them vp In A fine fawn Cloth, and put them In the piphin, Then Straine Them out, and put to A quart of the liquor 2 pound of loafe Suger, or A pound And A halfe, and boile it to A Sirup, if you drop A drop vpon your naile, if it Stand without Spreading then it is Enough then let it Coole, and bottle it, and Stop your bottles with Some paper, Twised then tye your bottles downe with double leather

To make Caraway Cakes

Take A pound of fine flower, and dry it In the Ouen, Then Take the yolkes of 4 Egges, and 2 of the Whites, and 3 quarters of A pound of Caraway Comfetts, and 3 quarters of A pound of fresh Butter, you must rube the Butter into the flower, Soe that you Cannot See any of the Butter, then take as much Cream as will wett it, it must be Pretty well, and the Cream must be A little warmed before, you put it In then Beate it with your hands, and pull it backwards and forwards for Almost an houre, it must be Throughly worked, then put In 3 Spoonfulls of Ale yeast, after you have put In the Cream, and work it altogether, then Sett it before the fire, and Couer it with A Cloath, and keep it very warm to rise, then put them In round paper Coffins, and Sett them in the ouen, and sett vp the lidd, and if the Ouen be in right Temper, they need not Stand 3 quarters of an houre, when they begin to rise take Them out

To make A Whipt Sillybubb

Take A quart of Cream, and Sweeten it with double refined Suger, Then take A Jocolet Stick and froth it, Then take Claret wine and Sweeten it with Suger, and put it In Sillybubb glasses, then with A Spoone drop In Some of your froath, till you See it mix, then lay on your froath as high as you Can, and Soe Serue it to the Table

To make Goosbery Wine

Take your goosberys when they are neither to ripe, nor to green and pick them very Cleane, and Stamp them in A marble morter, to halfe A bushell of goosberys put in 5 or 6 quarts of water, and to Every quart of water put A pound of Suger, then put them In A haire Bagg, and Straine them let the liquor Stand In A Tubb 9 days, Then Take The Cleare, and put A large lumpe of refined Suger, In Every bottle, and Stop it Close

To make Ice Cream

Take your Tin Ice pots, and fill them aboue 3 quarters full, for they will swell by frizing Throw 2 handfulls of Salt into A paile of water, and Set your Ice pots into it, and let them Stand in it 3 or 4 houres, Then put Some Cream in Saluers Eyther rasbery Cream, or what Cream you please, and Sweeten your Cream, then turn your Ice into the midle of the Cream In Saluers, But if it be rasbery or goosebery Cream, you need put any Suger In because it is Sweeted before

To make Rasbery or Goosbery Cream

Take Eyther preserued rasbery, or goosberys or Currance, Eyther In Jelly or marmalet, and put them In the Bottom of A Saluer, and poure the Cream to it, and with the back of A Spoon, mix it with the Cream, Soe that the Sweet meat is all dissolued in the Cream, which will Colour it presently then when you are Just ready to Serue in, Turn in your Ice out of the pott, In the midle of the Saluer, if you Turn it Sooner it will melt and Spoile all

To Make A Sack Possett

Take A quart of Cream, and Boile it, and Slice Some nutmegg into it, Then take 8 yolks and whites of Egges, beat them very well, put your Egges In Assoon as you Take your Cream of the fire, and keep it Stiring all the while the one way, then Sett it vpon the fire Again, put In Some Suger, and keep it Stiring all the while vpon A quick fire till it has boiled vp, then Sett Some Sack to heate In A bason ouer the fire, then put your Cream Into the Sack ouer the fire, But let not the Cream be to hott, when you put it to your Sack, then Couer it, and let it Stand halfe an houre, Then Serue it

To make Sirup of Bucks Thorne Berys

Gather your berys and put them in as much warm water as will Couer them then Stamp them In A morter, then Straine Them, and to A quart of the liquor put 2 pound of Suger, and boile it to A Sirup, and when it is Cold bottle it vp and Stop it Close, Some Takes 5, Some 7, Some 9 Spoonfulls at A Time, it is an Excellent and Safe purge

To Pickle Barberys or Ashen Keys

make your pickle of nothing but water and Salt, and lay your barberys Some 2 months in it, then make fresh pickle, and keep them all the yeare in it, you may doe Ashen keys and Cowslipes In A pickle of Crab verinice and A great deale of Salt

Scald all manner of fruit, with A very gentle fire, and when you find they are through hott, take them out, and put them in A Second water, warmed with Suger, and give them Another Scald, Soe keep them

To make Mackeroones

Take Almonds, blanch them, and beate Them In A morter, with as much Scarced Suger mingled therwith, With The white of an Egge and rose water, then beate them Altogether till They are as Thick as fritters, then drep it Upon your Waffers, and Soe bake Them

To Cleare Ale

Take A pint of the Same Ale, or more, and put 2 or 3 Spoonfulls of Salt, and put it Into your Vessell, and In 24 Houres it Shall be Cleare

To make Crab ~~Pottage~~ Broath

Take A Skillet of water Sett it on The fire, put Into it Some peper and Salt and A peece of butter, and let it boile then Slice Some bread into A dish and put it before the fire to dry, and when it is hard and dry put it Into your liquor that is boiling, Then Take Sorrell and parsley and Stew it In butter, then put In An Anchouy or two, to your hearbes, and the meat of A Crab, put it altogether, and let it boile A while, Thicken it with the yolks of Egges, put crabes more or less, According to the biggness of the Crabes, or the Quantity you make

To make Pease ~~Pottage~~ Broath

Boile your pease all to mash, and Straine them, the next day take the pease and liquor, and Sett it on the fire, put In it whole peper, 2 or 3 onions Slict And A good peece of butter, let it boile for an houre, then put In Sorrell and Spinage leaues only Cut them to An Indifferent Smallness, 6 or 8 Anchouys for I put noe Salt, the Anchouys Seasons them, when it is boiled to your Judgment Enough, Cut your bread In dices or Slices, as you like best, fry it In good Sweet butter till it is yellow and Crispe, put It In your dish with Some burned butter, you may add Cappers, or any Thing Else you please, and Soe Serue it Up

To Make Stewed Broath on Fasting days In The Christmass

Take Water and Oatmeale and boile it Thick, Then Straine it, then Take A pound of Prunes or more, and boile them very much, and mash Them all to peeces; then put them In your Broath, keep out the Stones, then put In A quart of Whit wine, mace, Cinament, reasons Currance, and prunes to be whole, Boile it altogether A Conuenient time, Then Sweeten it with Suger to your Tast

To boile A Pullet

Take A pullet and A neck of mutton, boile them together In faire water, then take french barly boiled by it selfe In 2 or 3 waters, then put your barly to your pullet, and Some raisons of the Sun, with Some whole mace, let it boile till it be reasonable Thick, Then Serue altogether Except the mutton

To Boile A Cappon In White Broath The Best Way

Take it being ready drest to boile, and put it in A pott, with as much water, as will Couer it the breast being downwards, put to it the marrow of 2 bigg bones In as great peeces as you Can, A leafe or two of large mace, Some dates Sliet, In quarters A little Salt, and when it is boiled Almost Enough, Then put Some of the liquor into A Skillet, take the Upper most of it, and all the peeces of marrow, the mace, and the dates, and put to them halfe as much wine as there is broath, and Soe much Suger as will Sweeten it to your Tast, Soe let them boile A little while together, then break Some 8 or 10 Egges, being onely the yolks of them Into A dish, beat them very well, pull away all the Treads and Skins, then put them into your Skillet of Broath, Stiring of them very well, and let them boile But A little while, for feare of Curdling, Then lay your Cappon In A dish Upon Some Thinn Sippets, and power the broath ouer it, and lay the marrow ouer The breast to Couer it, and about the dish Side, lay Some preserued damsons, and Cherrys A little preserued Oranges Cut In peeces, and Soe Serue it to Table

To Boile Chickens In Their Owne Grauy

Take them when they are Scalded, and Season Them as you would doe to bake, with Cloues, mace, peper, and Salt, and put them into A pipkin, with the leaues of Lettice, or Endiue, with A good quantity of Sweet butter, Couer them close, and set them on Embers, and Soe let them Steep the Space of 2 houres, put In A little Vinegar, then Serue your Chickens Upon Sippets, and lay your hearbes Upon them

To Boile Chickens, or A Breast of Lambe

Take Chickens and put them into A deep pewter dish, then fill the dish with water, and put in A little Salt, then make it boile and Skime it, then put in A blade of mace, and Some Sweet hearbes, as Time, Spinage and parsley, and Some marygolds, and Some green goosberys, and peeces of butter, then let it boile Enough, Then Take Some of the liquor, A little butter, Vinegar, and Suger, beat it thick, Then lay the Chickens In A dish, and pour the Sauce to them, Soe Serue it to Table

To Boile Chickens with Sorrell Sopes, for one That hath A Weake Stomach

Boile them In as much water, as will Couer Them, Then put Some parsly and Sweet butter In their bellys, and Soe Sow them Up, put Some Sauory, and parsley, and Time, pickt and Stript, A blade or two of mace, one handfull of green Sorrell, Stampt In A wooden dish, or Stone morter; put halfe your Broth from your Chickens Into the Sorrell, wringe in the Juice through A Canuas Strainer Into A pewter dish then put in A peece of butter, as bigg as A walnut, and A little suger, then set it on A Chaffin dish of Coles, then Take A deep dish, and Slice In Some manchet Couer the bottom of the dish with Sippets, and lay the Chickens on them, then take your Sorrell Sauce and poure it ouer them, Scrape Some Suger on it, and Soe Serue it to table

Sauce for A Pigg mrs Wise

Take some oysters and stew them, and some whole peper, mace nutmegg, and A peece of lemmon peele, stew them altogether then take out your oysters and cut them very small, and put them in Again, with the braines and Grauy of your pigg, A little Elder vinegar, draw it vp with butter, soe poure it ouer your pigg and serue it

To make Conserue of Roses my Receipts

Take of the budds of red roses, and cutt Away the White Ends, and then cut the rest of the roses as small as you can, and beat them fine In A marble morter, and put to Every pound of roses 3 pound and A halfe of suger, then put it vp In A gally pott and sett it In the Sun, for A fortnight, Then Take it in, and keep it for your vse

To Preserue White Quince

Take To Every pound of Quince, A pound and A quarter of loafe suger, Clarify the suger With the white of an Egge, Core your quinces but not to much, Then put the suger and water, and Quince being raw together, and soe make Them boile soe fast that you can see noe quince, and besure you Turn Them, and take of what scume you can, keep them boiling thus fast, Till you think They are Enough, Then sett them into glasses

To Preserue Cherrys

Take some of the worst Cherrys and boile Them In faire Water, and when the liquor is well coloured Straine it, Then Take some of the best Cherrys you can gett with their weight In loafe suger beaten, Then lay one laire of suger, and Another of Cherrys, till all are laid In the preserving pan, then poure A little of the liquor of the worst Cherrys Into it, boile your Cherrys till They be well Coloured, Then Take Them vp, then boile the Sirup till it will button on the side of the dish, and when they are cold, put them vp In A glass couer'd close with paper vntill you vse them

To make Conserue of Oranges, and Lemmons, or pippins

Boile any of these fruits as you would doe to make past thereof, and when it is ready to fashion vpon the pye plate, then put it Into your gallypotts and neuer dry it, This is all The difference betwixt Conserue and past, and this serues for all hard fruites, as pippins, Oranges, and Lemmons

To preserue Oranges

Take A pound of Oranges and A pound of suger, peele the Outward rind, and Inward White skinn of, then Take Iuice of Oranges, and put the suger, and them Into the Iuice boile them halfe an houre, and take Them of

To make A march-pan

Steep 2 pound of pickt Almonds one day and 2 nights In faire water, and blanch them out of it, then beat them well In A stone morter, and bedew them with Orange flower water, or rose water, put to your Almonds soe many pound of suger, and beate your suger with your Almonds, then make A very fine crust of past, and sprinkle it with rose water and suger, then spread the stiff on it, and bake it at A very soft fire, always bedewing it with damask water, Ciuett, and suger, and lastly with A gutt of dates guilt, or long comfetts guilt, or with Cinament sticks guilt, or The kernells of the pine Apple, and soe sett it forth and serue it

To Preserue Apricockes or Peare Plumbes When They are Green

you may take any of these fruites and scald them In water, and peele them and scrape the spungy substance of the Apricocks, or Quinces, soe boile them very Tender, Take Their weight In suger and as much water as will couer them and boile them very Leasurely, then Take Them vp, and boile the sirup till it be thick, and when they are cold put them vp with your sirup Into your preserving glasses

To Make An Excellent Jelly

Take 3 gallons of faire water, and boile in it A knuckle of veale, and two calues feet slit In two, with all the fatt Taken from between the claues, soe let them boile to A very Tender Jelly, keeping it Cleane scumed, and the Edges of the pott Always wiped with A Cleane cloth, that none of the scume may boile In, straine it from the meat, and let it stand all night, and the next morning take Away the Topp and bottom and Take A quart of this Jelly halfe A pint of Shirry sack, halfe an ounce of Cinament, and as much suger as will season it, 6 whites of Egges very well beaten, mingle all these together, then boile it halfe an houre, and then let it Run throw your Jelly Bagg,

To make Sirup of Elderberys

Take Angellica, spermint, Balme, Sallendine, fetherfew of Each of these A handfull, 2 or 3 slices of Elicompane, 2 or 3 sprigges of Rue, let all these be put with The berys In the Ouen with brown bread to Infuse, then straine them into A pipkin, and to Each pint, you must put A pound of loafe suger, then take 2 or 3 leaues of Angellico, and soe much spermint, of cloues and mace 2 penyworth put it Into the sirup, Take out the leaues, and leaue the cloues and mace In, when it is boiled

To make Good Cherry Wine

Take the ~~[illegible]~~ Iuice of Cherrys, and when it hath stood A while, put some suger and make A sirup of it, and bottle it vp, and tye it downe hard with your corke, and In A short Time it will be very good and pleasant Wine

A Frygacy of Rabbits

Cut them to peeces, and put them into your Sauce pan, with 2 whole Onions Some lemmon peele, and whole peper, A blade or two of mace, and Some Sliet nutmegg, and about A quarter of A pound of butter, Couer it Close, and let them Stand to Stew ouer A Slew fire, then take A uery little winter Sauory, Some Sweet mariorum, Time and parsley, and Some lemmon peele mince all these uery Small, and put to them Some grated nutmegg A little beaten peper, and A good deale of Salt, put all these to your rabbits, when they are about halfe Ready, and at the Same time put In About halfe A pint of Stale Ale, and Soe let them Stew till they are almost Enough, then put in A peny worth of Claret; Then take the yolks of 2 Egges, and beat them uery well, and Squeese In the Juice of A Lemmon Into your Egges, and Soe thicken your Sauce with them, and Serue it besure to keep your rabbits Stiring now and then, while they Stew for feare they burn

Sauce for A Pigg mrs French's

Take and boile parsley and Sage In A little water, then Shread it with Samphire and Cappers, and take Some of the liquor your hearbes were boiled in, and the yolks of 2 Egges well beat with your liquor, the braines and grauy of your pigg, Butter and Vinegar, Stire it all well together, and ~~Stew~~ Stew it ouer A Chaffindish of Coles Soe poure it ouer your pigg

To Roast Vension

Stuff it with, Suet, time, nutmegg and Salt, as you'd doe other meat, and beat Up the whites of Egges well with A little Salt, and with A feather bast your Vension

pan with 2 whole onions Some lemon peele and whole peper A blade or two of mace & Some Sliet nut megg and About A quarter of A pound of butter Couer it Close and let them Stand to Stew over A Slow fire then take A very little winter Sauory Some Sweet margerum time and parsely and Some lemon peele mince all these very Small and put to them Some grated nutmegg A little beaten peper and A good deal of Salt put all these to your rabbits when they are About am halfe ready and at the Same time put In About halfe A pint of Stale ale and Soe let them at Stew til they are allmost Enough & then put In A penyworth of Claret then take the yolks of 2 egges and beate them very well and squees In the Juice of A lemon Into your egges and Soe thicken your Sauce with them and Serue it besure to keep your rabbits Stiring now and then while they Stew for fear they burn

To make Rasbery Wine or any Other Wine

Take Whit wine, and Sweeten it with Sirup of rasberys, and let it Stand A fort night or 3 weeks Ere you drink it. Thus the Sirup of any thing for it's sort, as Above for wine

To make Pulloo with rice, madm Ladys

Take one pound of rice, wash and pick it very Clean, then take A pound of Butter and melt it, and put it to your rice In an Earthen pot, or pan, that may be deep Enough to let your Butter Cover your rice, Stop it Close and let it Stand then take A fowle and put it Into an Earthen pipkin bigg Enough to hold your rice, and your fowle, and put as much water as will Cover it, and let it Boile till it is almost Enough then take it from the fire, and poure out your broth, and take out your fowle, and put the rice Into the Same pipkin and let it Stew onely In the Butter for Some time, then poure In your Broth, not altogether, but By little and little, as you find your rice grow dry, and when it is almost Enough, put in your fowle, and Soe keep puting in your Broth, till you have Used it all, and before you take it Up, put in Some Spice, as Cloues, mace, Cinament, and A little whole peper and nutmegg, Soe Serue it, your Salt Butter is best if it be good Because it gives A better relish, Tis noe matter for haueing your fowle young

To Fry A Rabbit

Cut them to peeces, and wash and dry it, and put it into your frying pan with Some whole peper and Some Salt, and A whole Onion Cut in 2 or 3 places, with Some Lemmon peele A good peece of Butter, and little Slices of nutmegg, Soe let it fry till it is Almost Enough, then put In A little Bunch of time; and let it fry till it is Enough, then take your Rabbit, and put into your Dish, and let your Sauce Settle A little time, then poure it of Cleare Upon your rabbits and it will be of A Cleare Amber Colour, Soe Serue it

your broth not all together but by little and little of you find your rice grow dry and when it almost Enough put in your fowl & Soe keep puting in the broth till you have used it all and before you take it up put in some Spice as Cloues mace Cinamon and A little whole peper & nutmegg and Soe serue it your Salt butter is best if it be good because it gives better relish tis no mater for haueing your fowl young

then To fry A rabbit

Cut to peeces and wash it and dry it and put it into your frying pan with some whole peper and some salt & A whole onion cut in 2 or 3 places with some lemon peele and A good peece of butter and Little Slices of nutmegg and Soe let it fry and when tis almost enough put in A little bunch of time and Soe let it fry till tis enough then take your rabbit and put into your dish and let your sauce settle A little time then poure it of clear upon your rabbits and it will be of A clear Amber Colour Soe serue it

to frigacy of rabbits

Cut them to peeces and put them into your sauce

To Make a Lamb Pasty

Take a hind quarter of Lamb and beate the to paist still sprinkling it with water then take out the bones of the meat and season it with cloves and mace a penny worth mat meg peper and salt then lay the suite under the meate and take 3 quarters of a peck of flower with a little salt and make your past as you doe other past with cold water and when its baket send it up to ye table

To Pickle Cowcumbers

Take your Cowcumbers of a good size to Pickle and wipe them then boile up a pickle of Salt and water and put it to

X To Pickle Oysters Madam Wise's

Take the largest oysters and put them from the liquor, which straine, put the liquor on the fire and let it Just boile up, seume it well, and put to it more whit wine then there is liquor, and some whole peper, mace, and Cloves, let it all boile, then put in your Oysters and gine alltogether A good boile, then take them out, and let your liquor be Cold, then put in your Oysters to your pickle, and put them up Eyther In barrell or pott for your use

X A Lemon Sallet, madam Cyrwhitt's

Lay the Lemmon peeles in water as to preserve, and to boile them, when they are very Tender, cut them in small peeces, and make A Sirup of the Juice of Lemmons and sugar In Which lay them all the yeare for your use

To Make mince piyes without Meate

Boile tenn eggs very hard then take ye whittes and the yealks and mince them very small and put to them three quar: of a pound of beefe suite mix them all very small and mingle them togother season it with mace and cloves and alittle orange peale cut small and sugar and Dates scised and some Currence three quarters of a pound of reasons stoned and a good hand full cut so put in a past and bake it

To make pullo with rice

Take 1 pound of rice wash & pick it very Clean then take 1 pound of butter & melt it & put it to your rice In An earthen pot or pan that may be deep enough to let your butter Cover your rice stop it very Close and let it stand then take A fowl & put it into An earthen pipkin big enough to hold your rice and your fowl and put as much water as will cover it & let it boile til tis allmost enough then take it from the fire & poure out your broth & take out your fowl & put the rice into the same pipkin and let it stew only in the butter for some time then poure In

mrs thawrleys

x To Make a dish or florindine

To every quarterne of flower a pound and half of butter mix it with foure eggs too whits make up your paist and spot itt with butter five times strowing flower every time then beate itt and role itt quick then make your dish laying paist under your meat or fruit to fill it take halfe a pound of rice and when you have washt itt boyle itt in milk or water and cover itt 4 eggs 2 whittes a nutmeg some Cinamon cloves and mace rose water sugar salt beat all these together with some sweet butter this quantity will make a great dish you put in prwens or aples if you please but stwe them in clarrett som carraway seeds whole cloves ginger sugar all stwed together then fill your made dish and bake itt assoone as tis made one howre in a quick oven will bake itt and serve itt into the table

To Pickle Purslaine · Madam Tyrwhitt

x Take of the biggest stalkes, wipe them very cleane, and boile them in wine vinegar till they be tender, with a little suger, soe put them up, with that liquor, for all the year

To make a Lemmon Candle

x Sett milke on the fire, and when it boiles, turn it with the Juice of Lemmons, take of the curd, and thicken it with yolkes of Eggs, and sweeten it to your Tast

x To Make a Venson pasty

Take a peck of fine flower and 5 pound of butter and rubb into the flower well with 8 eggs a little salt and cold water or a quart of Creame then take your Venson and bone itt and beate itt with your roleing pinn and beate too or three pound of beefe suit till it be like paist then lay it under the meate and when you have seasond itt with 2 nutmegs 2 ounces of peper salt and cloves and mace then make your paist and bake itt 4 houres and bake cy bones off the meate in a pott with clarrett and when comes out of the oven put the liquor in when it hath stwed a little send into the table

my receipt

How to make Calves haggetts

Take the haggetts and picke them from ye Curnells then shreed it small with some sweet herbs put it a pipkin and soe sett it on the fier with some faire water and Currence and as the flatt arifeth scum it of and when it is boiled alitle before you take itt put in some nutmeg greated and salt then season it with vinigar and sugar and alittle fresh butter

To Stew Cowcumbers

Take large cowcumbers pare & slice ym very thinn yn cut a nuttmeg to ym a little salt an oynion cut a little time put ym in a skillett wth just as much water as will cover them. Stew ym on a gentle fire and when they are tender take a quarter of a pint of white wine & ye yolke of an egg beate them together wth a little of ye liquor or all you may if you please leave out ye white wine & instead thereof put in a little wine vinegar

To make Sausages of wth Oysters

Take a leg of mutton & chop it small but first take away all ye fatt & sinews: yn take a pint of oysters & a pound of beefe suett each chopt small together with a little sage & winter savoury then season it wth salt nuttmegs cloves & mace then mix them all well together with about 5 eggs yn rowle ym up in flower & frye them

To pickle Cowslips

Put yo cowslips in a pot and put to them only vinegar & suger

To Collar Beefe

Take a flank of beefe hang it up 2 dayes take out ye gristles & skinns salt it with baysalt comon salt & pepper mixt together let it lay 2 dayes then take it and season it wth 2 ounces of pepper and salt one ounce of cloves mace & nuttmegs together wth Time savorey & sweet marjorum of each a hand fule shread very small and strow it all over the meat then lay ye fat peeces on ye leane & rowle up hard wth ye skinn on ye out side and tye it up wth tape very close and bake it in a pot covered over wth browne bread paste

To make Rice Vine

Take a pound of Rice put it into 6 gallons of water add to it 3 Lemons sliced with ye Rinnes and all & if you think ye juice of they 3 Lemons is not sufficient add more then boyle this liquor soffly till half a Gallon be consumed then straine it and let it stand to be cold then pour of ye clear for there will be some settling sweeten it to your taste and bottle it & let it stand in a cool place for 14 dayes before you stirr it

In ye boyling your Liquor Remember to add 2 ounces of Cinamon

X To pickle Broome Budds

Put them in little bags for ye purpose then put them in an earthen pot & make a pickle of pepper viniger & mace boyle it & when it is cold put it to them lay some waight on them to keep them downe let them lay a fortnight then boyle ye pickle againe put it to ym hott & cover ym close

X To pickle ffrench Beans

String your beans make a pickle of salt and water lay them in it 10 dayes shift them every day 3 times in salt & water boyle at ye last pretty tender & put in some [illegible] ym drayne ym & make a pickle of vinegar half Rape & half whitewine to every peck of beans one ounce of pepper one nutmeg ginger & whole mace put all into an earthen put covered close keep ym in a Cellar

X To pickle Barberries

Take some of ye coursest barberries boyle ym and strame ym boyle ym againe wth a handfull of salt & when tis cold put it to ye bundle of berries

Another for the same

put ym in salt & water but not to much salt & keep them

X To pickle Oysters

Take yo oysters and their liquor wth whitewine and the juice of a lemon wth nuttmeg cloves mace pepper & salt set ym on ye fire then let ym stew till they be half done then drayne ym & lay em on a Cloth till they be cool then boyle ye pickle wth a little more & set it a cooling & let ym stand all night then barrill them

X To pickle Parsley Stalkes

Take ye stalks of parsley boyle ym in salt & water let the liquor boyle a little before you put them in and when it is tender take it of and peel ym & make a pickle of whitewine vinegar & salt one 4th part water some whole pepper & ~~let~~ large mace & let it boyle when its cold put the parsley stalkes in it

X To pickle Cowcumbers

Take yo cowcumbers of a good size to pickle & wipe ym ym boyle up a pickle of salt & water put it to yo cowcumbers boylinghott let ym lay a night then wipe ym againe then take ½ whitewine & rape viniger sufficient to cover ye Cowcumbers ym put in Dill & fenill seeds & whole ginger boyle ym verry well together put it to ye Cowcumbers boylinghott cover ym close in a pott glazed wth & wt out ye same for french beans

X A Carrett Pudding

Take 2 naple biscakes a pinte of Cream one nuttmeg 4 eggs 2 whites a little rosewater some sack a peece of suet with Some butter & suger then take a fine young Carret wash it & scrape it very fine & put it into ye other Ingredients stir them well together make puff paste about ye Dish when tis baked Strow suger on it

X A Rice Pudding

Boyle your Rice tender in milk season it with nutmeg Cinamon mace suger Rosewater a little butter & flower when it is boyled put to it butter rosewater & Suger

X A Quaking Pudding

Take a peny loaf slice it let it stand scalding in creame three or four howers then beat the bread with a Spoone and put in 8 eggs 4 whites put in nutmeg suger rosewater a little butter and flower and when it is boyled take for Sauce butter Rosewater and Suger

X An Oyster Pudding

Take good big gutts wash and scowre them then dry them then take good big Oysters & open & wash them from the gravill wth their owne Liquor then straine the liquor & put as much whitewine as ye Liquor contains then put in ye oysters & 10 or 12 bay leaves & some Large mace parboyle ye Oysters in it then take them out of the liquor season them well wth pepper salt and nuttmegg & take ye yolkes of 12 eggs wch are boyled hard cut them & the marrow of 3 bones or more according to ye quantitie of Puddings & some stript Time & parsley which you must mince very Small & 3 or 4 ognions peeled & minced. Mix all these together & let all be well seasoned with Salt & spice then fill ye gutts mixing it all well wth ye oysters then boyle them with gravey & white wine if that be not liquor enough put in some more whitewine & some water & when they are well boyled you may if you please leave em in pickle in ye wine if it be well seasoned & eat them Cold but then you must put more marrow into them except you boyle or fry them

To make a Tanzey

Take a pinte of Cream & 19 eggs 10 whites half a peny loaf grated one nutmeg some Cinamon 2 penyworth of Spinnage & tanzey beate it, straine it & sweeten it to your taste put it into a Skillett over a Coal fire till it is thick then put butter to your pann to frye it when you haue fryed it browne bake it, then turne it & frye ye other side & strow suger on it & about ye Dish & a little lemon peel if you please

Sawce for boyled or fryed meat

Take Stronge broath set it on the fire wth sweet herbs as Time, Savory marjoram of each a Sprige a peece of lemon peel horse redish one onion Stuck 1st Cloves a little whole pepper & Sliced nutmeg one Anchovy let it boyle together & Straine it out put to it butter that is melted thick & pour it on ye fish

Sauce for a pig

Boyle Sage & parsley shread into Cold water put in a few Currants with ye gravey & braines of ye pig ad to it nutmeg suger Salt a peece of butter & a little vinegar beat it together & put it all in ye Dish with ye pig

Sauce for a Turkey or Duck Rosted

Cut your onions in 4 quartors boyle & peel them & break them to mash put butter melted thick with gravey pepper & salt to them put it under the fowles

Sauce for boyled fish

Take Gravey & lemon peel boyle in it take out the peel & Squeese in ye juice of a Lemon let it Stand a little add to it grated nutmeg beat it all well together & poure it of ye fishe

Sauce for boyled Rabbitts

Boyle onions shread parsley small & put to them wth thick butter & pour it on yo3 Rabbitts

A harsh for Cold Meat

Take gravey & put in sweet herbs & pepper nutmeg Lemon peel a little water and salt let it boyle altogether then put in your meat give it a boyle or two then you may take it up. put a little Lemon peel about the Edges of your Dish

To make A Lumber pye

Mince a pound of ye kidney fat of veal, a penny loaf grated, sweet herbs, half a pound of currants, 6 ounces of oringes, one pint of Creame & 3 eggs. mix these together well make it into little balls, put into each ball a peece of marrow, then take a rabitt 2 Chickens & 4 pidgeons cut them in halfs or quartors then season them with cloves mace nuttmegg & salt & a little pepper & lay in ye bottome of thepie with a pound and half of butter 6 blades of mace upon them one lemon wth some barberries & half a pound of suger bake it one hower then put in a Cawdle of white wine butter and suger beat together wth ye yolks of 2 eggs strow suger about ye Dish.

A Calfs foot pye

Take your foot black & boyle them tender pick of ye meat shread it small season it wth cloves mace nutmeg & salt put in good store of butter large mace barberries candid Littron & lemon peel malk your paste as for a lamb pye when it is baked put in a Cawdle of white wine suger rose water butter 2 yolks of eggs beat it altogether over ye fire till it is read y to boyle when your pye come out of ye oven put it in strow suger on

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To make A pidgeon pye

Take 12 pidgeons & pick them cut their legs & wings & breake their bigest bones with a rowling pin season them wth pepper, salt, & nutmeg put into each of their bellies a peece of butter & lay some in ye bottom of ye pye then lay your pidgeons with their breast upwards wth butter laid on them. make ye paste as for ye Chicken pye when it come out of ye oven if you please you may put some butter in

A potatoe pye

Boyle them & peel them lay them in your pye take marrow dipt in ye yolks of eggs then take the rowles of marrow wth some Cinamon & lay them in slices in ye pye wth some lemon & orange Root candid & Apercocks and barberries on ye tope of yor pye before it be lided lay on suger & butter. one hower bakes it

To make venison of a hare or leg of Mutton Rosted

Take white bread sliced into cold water boyle it with a stick of Cinamon & a little nuttmeg till it be thick then ad Clarrett suger and a little juice of a lemon and put it into ye Dish wth the meat

X To make A hare or Rabbitt Pye to Eat hott

Cut your hare or Rabbit into peeces & when you haue taken out ye bones season it wth pepper salt & nuttmegg so lay it into your pye with slices of bacon & good store of butter over & under & bake it

X To make an Oyster Pye

Take ye biggest oysters & set them in scalding water & make your pye of good paste, Drye your Oysters with A Cloth ym put them in ye pye with good store of butter under & over them with hartychoake bottomes yolkes of Eggs season it with pepper salt Cloves mace nuttmegg & large mace layd on ye oysters & cover them with butter Close them up hard bake it & when it Comes out of ye Oven put in a Caudle of whitewine Gravey an oynion stuck with Cloves & an anchovey boyle in it, squeese ye juice of a lemon put in ye yolkes of 2 eggs & beat it well together & put it into ye pye

X A Warden Pye

Pare your wardens and bake them in a earthen pott with browne bread paste to cover it make your pye deepe with 5 or 6 corners any ye wardens in ye pye their tops upwards & put in Cloves cinnamon sugar & some syrup of ye pares bake it an hower & cut ye lid & fill it wth custard made wth eggs cream & sugar & set it into harden againe

X To make a Chicken Pye

Take your chickens put them in whole or in quartors & season them with Cloves mace a little pepper and salt put in hartychoake yolkes of heard eggs & marrow good store of butter large mace sugar & barberryes Caudle Lemon Orange peel & Cittron & when it is Baked put in a Caudle as you doe into other pyes that have fruite in them.

X A Lamb or Veal Pye

Take a hinder quartor of Lamb or a line of Veal and take out ye biggest bones then chop it into pretty big peeces season it with 2 nuttmegs cloves mace a little pepper & salt beat ye suet to paste lay it under & over ye meat put in a pound of Currants half a pound of Raysons stoned & as much sugar lay it under and over them with some large mace barberries gooseberries & butter make yed paste of half a peck of flower 2 pound of butter with a little salt and when the pye is made wash it over with yolks of eggs bake it 2 howers & half then take a pinte of white wine a quartor of a pound of butter and as much sugar set them on ye fire with ye yolkes of 2 eggs beat them well together squeese in ye Juice of a Lemon & put it in ye pye

A Turkey or Goose pye

Take A peck of fine flowar 4 pounds of Butter boyle it in your water work your paste well then take out the biggest bones of your Turkey or Goose & season it with one ounce of pepper 2 nuttmeggs a few Cloves & Mace & a little salt so lay it in your pye doe it over with ye yolks of Eggs beaten then sett it into ye oven & bake it 3 howers when it comes out melt a pound of Butter & put into it

A hare pye

Parboyle your hare & season it with pepper & salt & lard it with bacon & put in Cloves mace & nuttmegg put good store of butter under & over ye hare & bake it 2 howers

A Red Dear pye

Take 5 pounds of a Rump of beef & 2 pounds of Suet and season it with one & half of pepper & salt one nuttmegg colour it with Scutchaneel boyle in Clarrett Sowre Alum and lay it like a loaf & make your Pye round and deep with a peck of flowar and 4 pounds of butter yn take and lay it in ye pye with the marrow of 2 bones & lidd it and wash it over with ye yolkes of eggs and bake it 4 howers and when it comes out of ye Oven melt one pound of Butter and put in ye pye

To make A paire Pye

Pare & coar them & cut them in quartors put them into your pye with some Cinnamon whole Cloves and Sugar & when it is baked fill it with thick Creame & set it in againe to harden

To make a Calves Chaldron pye

Take a Calves Chaldron half boyle it & mince it small & season it wth nuttmeggs Cloves mace & salt marrow a pound of Currants & orange peel & when it is baked put in ye juice of half a Lemon & 3 oranges & Sugar

An Ele pye

Take a quartor of a peck of fine flower and one pound of butter boyle your water & Cut your Eles in pretty big peeces Lay them into ye pye with a good deal of butter under em season yo Eles with salt Cloves mace nutneggs & pepper put in a glass of white wine Sugar & a glass of white wine & yolks of Eggs

To make a Pheasant pye

Season your Pheasant with nuttmegg Cloves mace & salt lay it into yo pye with good store of butter over & under & bake it

X To make a Cake with Seeds

Take half a peck of ffine flowar & dry it in ye Oven then Rub in 4 pounds of butter very well beat one ounce of Jamaico pepper & one ounce of Mace half a pinte of Sack wth 4 spoonfulls of rose water Mingle all these together then put in a pinte of Cream a pinte of Ale yeast 3 pounds & a half of Carraway seeds with some Cittron Lemon & orange peel shread small mingle all ye Ingredients together make it light and Lett & let it Stand by the fire till ye oven be ready then bake it in a hoop and Ice it as you shall see in ye Receipt ffollowing

X To Ice A Cake

Take ye whites of 2 eggs or more some Refined Sugar wth 4 spoonefulls of rose water beat these together one hower till it be thick & doe it all over ye Tops of your Cakes

X To make Little Currant Cakes

Take a pound of flowar dry it, one pound of butter Rub in ye ffloweer ad thereto a pound & quarter of Currants being washed Cleane & dryed before ye fire, beate 8 eggs 4 whites 4 spoonfulls of Sack with a little rose water a little nuttmegg mace & a pound of Sugar beat it a good while & bake them in little panns with butter and in a quick Oven

X To make Shrowsburry Cakes

Take 2 pounds of flower one pound of butter rub it in ye flower with one pound of Suger let the butter be Steeped in rose water all Night & wett it with 4 eggs & 4 spoonfulls of Rose water & worke it well then make your cakes round & thinn and print them and bake them in a quick Oven

X To Make Minced Pyes of Eggs

Take 20 eggs & boyle them hard & peel them & shread them small 2 pound of currants 2 pippens 2 nutmegs a little salt one peny worth of Cloves & mace Lemon peel Sugar & verjuice mix it all well together make your pyes of fine flowar & sweet butter one hower will bake them

X To make Minced pyes of Beefe

Take 3 pound of beefe 2 pound of Suet beat your beefe well in a Cloth & pick out the Skine & shread it small a pound & half of Raysons Stoned & 4 pound of Currants a pound & half of Sugar & 4 ounces of Dates Sliced & shread & some Lemon peel squeese in ye juice of ye Lemon & whitewine & as much Rose water with ye same quantitie of verjuice A Little salt a good quantitie of Spice & one peny white Loaf grated so fill your pyes & bake them

X To make Sett Custards

Let your liquor be half milk & half water very fine flower if you please ad a little butter & rowle it the thinner ye better on ye upper edge beate ye yolk of an egg wth a little rose water and a spoonfull of Cream & wash ye bottom & Insides of your custards before you fill them then put in a little at first to try ym & then fill them

X To make an Orange Florindine

Take a quarter of a pound of orange peele boyle it in water till it is soft then take 4 eggs half a pound of butter & as much sugar & beate it in a Mortar till it be like paste put in some grated bread creame & marrow and lay it in a Dish wth paste under and over it so bake it & serve it to ye Table

X To make florindine of kidneys of veal

Take a line of veal yt is fatt mince it small & put to it sugar currants cloves mace nutmeg a little rose water cinnamon and a glass of sack mingle these all well together then fill your florendine and bake it quicke an hower will bake it and serve it to ye table

X To make Puff paist

Take half a quartan of flower & wett it with one Egg & make it into paste then take a pound and quarter of sweet butter wett it in water & beat it with your rowling pinn then Rowle out your paste & spot it with butter 5 times & strow flower every time & beat it wth your Rowling pinn then use it for what you please

X To make Jumballs

Take 2 pounds of flower & one pound of butter & rub it in ye flower wth one pound of sugar & 2 ounces of Coriander seeds beaten & wett it with 4 eggs & 4 spoonefulls of rose water & worke it well together with yo hands, kneed it & rowle it out into what fashion you please & bake them in a quick oven

X To make Stuff to fill Cheesecakes

Worke your curds well with butter & put in some yolkes of eggs & grated bread saffron & sugar currants rose water and sack & creame & worke in good store of butter among your curds then fill your Cheescakes & set them in the oven, one qrd of an hower will bake them

X To make Cold Butter paste

To every quarton of flower put 2 eggs 1 white one pound of butter this paste may be made pretty stiff but handle it as little as you can for wasting your butter use store of flower in Rowling your paste

To make Apricock Tarts

Take them green scaald & scrape them & put ym in your tarts & put in good store of sugar If you preserve ym you must doe so putting twice ye weight of sugar so lid ym & bake them

To make pipin tarts

to every quarton of flower put in one pound of butter rub it in your flower & boyle your liquor & let it cool then ym make your paist & when you have raised your tarts put in your pipins in quartors & put in some orange peel cloves & cinnamon & good store of sugar dont cut your lids that will make them bake dry

To make puff paist tarts

Stew your apples in cider ale or water with sugar cinamon orange peel shread small & a little lemon peel then fill your patty panns & bake them in a quick oven

To fill Custards

take 2 quarts of creame & boyle it with cinamon or nuttmegg and let it cool, then put to your custard 12 eggs six whites and sweeten it to your taste & straine & fill ye custards & bake them

To make Spinnage tarts

Make your tarts into workes as you doe sett=custards & harden them in ye oven before you fill them then take 2 quarts of creame or milk wth a blade of mace, nuttmegg & cinamon of each a little put to it 2 Naple biskitts in half a pound of almond paist a little Rose water & half a pint of ye juice of spinnage add 6 yokes of eggs with 4 whites straine it and thicken it on ye fire then fill the tarts with it — Or you may fill cheese cakes with it if you please when it is cold: Boyle your spice & creame first —

To make petty=pann tarts:

Take two pound of flower and a pound of butter and melt itt then wett the paist and in the bottom of the panns then paire ye pipinns and slice them then and strow sugar & lemon and orange peale in the bottom then lay a laire of aples then a laire of orange peale then put in good store sugar with a lemon shredded into itt then lid them and backe them in a quicke oven Melt butter and doe over the tops of them and stroe flower over them bake them and they will looke red when they come out of the oven again

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To Pickle musleys

Take your musleys at the fall of the moon, pick the beards very clean wash them and stire them about very well with an old Birchen broom wash them in Seuerall waters, then put them in A Skillet or pan Some the fire with Some Salt Some A good quickfire, Assoon as Euer they Open take them of, and powre the liquor from them into A Span, then beard them if there be any, as you pick them out of the Shell, then take the liquor and straine it out in A peece of flannier and let it stand and Settle then powre the Cleare of, Soe doe 3 or 4 times, it will not be very Cleare, then put to it A Little White Wine Vinegar and Some whole white peper, mace, Cloues, Some Sherlot or garlick, A peece of Lemmon peele, Soe Boile this very well then put it your musles and Just boile them vp, you must boile y liquor before your Spices in, and Skume it very Clean) and when they are cold put them into A gally pot and tye them down Close

To make Balls For Any sort of meat

Take Some Veale and Pork let it be Chopt very Small as for Sausage meat, Season it With peper, Mace, A little Cloues, and A Little Time dry and powder'd and tearet very fine, A Little Lemmon peele, and A Shet. Shot or two Chop Soe Small that it is not to be perceiued in the meat it you will make them very good Take Some Oysters and Par-Boile and Chop as Small as your meat and put to it, Soe put it vp hard in an Earthen pot, and when you haue Occasion to vse any work it vp with the yolk of an Egge, and work it vp into Little Ball, and fry Some of them Brown for to garnish your dish, and put the rest into your frigacy or Hash, or Soape

To make A White pot — Mr Cornish's

Take A gallon of milk, and 3 large Spoonfulls of flower, Boile it vpon A Slow fire A Little while, then take 4 Eggs with Cinament mace, and nutmegg, and 2 penyworth of Rose water, and mix it with your flower vpon the fire and Just giue it one Boile then take it off and put it in A Pan, and Send it to be Bakt you must Boile halfe A pound of Butter with the milk, and flower, you may put in fruit if you please.

To Boil Beefe Cosen Shrowleys

Cut the Leane of A Buttock of Beefe out In pounds peeces for Spoun take 6 ounces of Salt peter beaten, and mix it with halfe A pint of white and Bay salt, Soe Let it lye 3 days, then Season it with A Little peper, put it into A pott Cover it with Runnig water, put In A Little of it's owne brine, to make the water A Little Salt, then Bake it with houshold Bread, Let it Stand in the Oven Vntill it is as tender as A Chicken, then take it out of the gravy from which Drein it very well, then while it is hott, Bruise it as Small as possible, take out the Skins and Sinewes, then Season it with halfe an Ounce of Cloues and mace, as much peper, then make it moist with 3 quarters of A pound of Clarefyde Butter, and press it into A pott very hard, then Cover it with Clarefyde Butter or Suet, you may put in Clarett to your water

To make Gooseberry Tarts

Take y^m and pick them cleane and lay a lay of Sugar y^m lay in your gooseberryes by rewes y^n put good Store of Sugar & lid them with cutt lidds & bake y^m Quick they will be green & keep y^m for your vse

To make Codling Tarts

Coddle them very rose & pose y^m yn put them in your tarts & lid them with cutt lidds put in some Sugar & a little water & some candied Lemon pose and when they are half baked put in some Creame & Set it in again to harden

To make Plumm or Cherry Tarts

Vse noe Seasoning but Sugar & boyle all Sorts of plums but Cherries & Stone them for your vse

X To Colbur Beefe

Take A flank of beefe, or midle rand, take out the sinews, put it to soak in as much water, as will couer it, and put In A handfull of salt, pepper, let it soak 3 days, hange it A dreining in the Aire, wipe it dry, season it with peper, salt, and sage, sweet mariorum, saurey, and Time, mince them very small, most sage cloues, A little ginger, rowle it up very hard in A coller, bind it up with tape, put it in A long pott, put in A pint of claret and faire water, A whole Onion or two, A clone, 2 bay leaues couer it close with A piece of [illegible] pait, bake it 4 houres in A hott oven, put A pound of beefe suet in the pott, mince An Orange Amongst the suet

X To make Fish Sauce

Take halfe A pint of vinegar, and halfe A pint of claret, A blade of mace, and some peper, and halfe A dozen Anchouys, And halfe A lemmon slict in it, and A little horse radice, and 2 or 3 Onions, and boile them A little while, and then straine it through A sive, and draw up A pound of butter to it, and sauce your Fish

X To make grauy sauce

Take your [illegible] grauy beefe, and cut it in Thin slices, and take halfe A pound of butter, and lay it in your pan, under the beefe and take one Onion, or two, put to it, and let it fry till it is very brown, then poure A way the fatt, and put some strong broth to it and let it boile A little while, and then straine it

X To make Breud sauce

Take A 2 peny loafe, and grate it, and take it and run it Throw A Cullender, and put A little peper to it, an Onion, A pint of water and boile it up thick, then put In some Juice of lemon, and or white wine, or vinegar, and A little lemon peele, and the grauy of your fowle, (or Any other Grauy) and butter, and soe let it stew, Take out your Onion, and lemmon peele

X To pott Beefe or Venison

Take A hanch of venison, or A peece of beefe, if lean lard it, but first cut it in peeces, season it well with peper and salt, beaten cloues and mace, put in some beefe suet minct, and beat very well, bake it 6 houres, press it in A pan, and couer it all ouer with melted butter [illegible] or you may mince it when it is bakt, and take the sinew and skin's clean out, and press it, and fill it up with butter, or pound it in A morter

X To make Collopes

Take A legg of veale, cut it in Thin slices, hack it with the back of A knife very well on both sides, take mint, Time, parsley, lemon peele, grated nutmegg A little salt strew all ouer it, Fry it with butter, for sauce, Take 2 anchouys, vinegar, A lattefull of grauy, A whole onion, A little large mace, halfe A lemon squeesd in, 3 quarter of A pound of butter, make the sauce in the pan, you may add to this, 2 paire of lambe-stones, 3 burrs, the udder cut In slices, dip it in butter, but halfe coyle them

X To make Content [illegible] Neagle

Take A pound of rice, beat it and sift it, A pound of suger, beat, and sift'd, 2 ounces Cinament, beat and sift, saffron, mix them all together, and put them into 2 ounce baggs, A pint of water and A pint of milk, boile it and put in one of these ounce papers

X To Pickle Cowcumbers In slices: mr. buck=

Take about 4 dozen of large Cowcumbers, pare and slice them, A little thicker than for the table, put them into A Cullender to drain with some salt, and 2 or 3 Onions slict, let them draine houres ouer, A deep dish, then cut About 20 large sherlots in slices, take an ounce of white peper whole, lay A Thinn row of sherlots and peper and salt, then A pretty thick layn of Cowcumbers, and soe till the pot be full, then put in as much of the best White wine, vinegar, as will couer them, an Inch ouer, to make them keep the longer, poure in some oyle on the topp, you must be sure to put them into White gallypots, or they will turn sweet

X To Pickle Wallnuts

Take a quart of green walnuts, the latter End of June, or the begining of July, when A pin will goe easyly through them, rubb them in A clean cloth, and put them into A gallon of water, and boile them gently till they be tender, then take them from the fire and let stend till cold, then take them from the water, and take 2 quarts of White wine vinegar, put it into A skillet, and set it on the fire, and put in A handfull of whole peper, cloues and mace A considerable quantity, 6 slitt Onions, 6 cloues of garlick, A handfull of peel'd sherrot, A little salt, boile these A little while, then put it into the pott, and let it be cold, then put in the wallnuts and keep them for your use, some will pare them, and throw them into cold water, and then boile them, musterd seed may be Add'd

To make A frigacy of rabbets

Take 3 rabbets cut them In peeces, wash them and drein them, put them in A Sauce pan with A ladlefull of Chicken broth, A whole Onion one Sprigg of Time, large mace, A peece of butter, halfe A quarter of Anchouy ouer A quick fire will doe it when it is Enough put it in A perringer the yolks of 3 Egges [illegible], parsley, White wine vinegar, lemon, garnish the dish with fry'd Parsley, lemon Sippets, under it, toss it up for feare of Curdling

To make Collops, or Cuttlets

Take A neck of mutton, cutt in Steaks, dipp it in melted butter, grated bread, Time, parsley, nutmegg, peper, salt, lay it on a gridd Iron, and broile it, For Sauce, Grauy of an Anchouy, butter, lemon, garnish it with barberys, pickle Cowcumbers, Samphire, Cinament, Capers you may put in mushroomes, soe you may broile pigeons, leaving out the pickles

To make A Raggoe of Rabbets

Take 3 Rabbets, cut them in peeces, wash them, and fry them with butter, 2 paire of lamb-stones, 4 burrs, 2 pallets well boiled, one dozen of Cocks Combes, boiled, peel'd, fry all very brown, for Sauce, A ladlefull of grauy, 4 Anchouys, A Sprigg of time, large mace A good handfull of mushroomes, Cut Halfe A lemon to garnish your dish, the Other for the Sauce, Sippets in the bottom of the dish, then the legges all round, then the rest of the rabbets, the pallets, burrs lambstones Combes 4 Calues tongues, and on the topp dish, garnish with all Sorts of Coloured Cabbage, and flowers

To Boile fish

Take as much faire water as will Couer them, A quartern of White wine vinegar A handfull of [illegible] A Bunch of Sweet hearbes, large mace, whole peper, A peece of butter, for Sauce for the fish, Grauy, 4 Anchouys, one pound of butter, Shrimp, oysters, or the Inside of A lobster, large mace A Sprigg of Time, A lemon, vinegar, drein the fish very well, you may put in Claret wine, Sippets, garnish your dish with lemon, Coloured flowers, horse radice, green hearbes

To make A Pudding

Take A peny loafe, slice it thin, boile A quart of milk, put the Milk to the bread, and bee them, put halfe A pound of butter, or more, 8 Egges 4 whites, rose water, black, Cloues, mace, butter your dish, bake it put in A quartern of Suger to it

To Make A marrow Pudding

Take A quart of cream, 9 Egges, 3 whites, beaten with rose water, put in suger, nutmegg, Cloues, mace, fruit with your Cream, butter the dish all ouer, then put In Slices of bread, Soakt in Cream, marrow raisons of the sun, the Stones out or not, put your Plumbes in Seeding water, your Cream ouer it all, garnish your dish, with puff past, cut it, all round the brimes of the dish washed ouer with butter and Suger, grated ouer it all soe bake it

To Pickle Cowcumbers

Let them be fresh gather'd, put them in Water and Salt 24 houres, take them out, and wipe them very dry, put them in the pott, put whole peper, ginger Cloues, and to them put the vinegar ouer the fire, and let it boile up put it to your Cowcumbers, and Couer them Close, put in Some dill Seed

To Pickle Mushroomes

Take your mushroomes fresh gather'd if large peele them, wash them, boile them in faire water and Salt, then Straine them, boile them in White wine vinegar, large mace Whole peper, put them in A glass Close couer'd

To make Red Marmalet of Quinces

Take your quinces, and Cut them in quarters, pared and Cor'd, put to 4 pound of quince, 3 pound of suger, powder'd, and 4 pints of water, then boile your water and Suger together to A Sirup, put in your quince Couer them Close, and Stew them ouer A gentle fire, till they look as red as blood, you may break them, and put them in A peringer to Jelly, when you make White marmalet, doe it the Same way, but doe not couer it, onely boile it up Quick

To Stew Pippins

Take A dozen of pippins, pare and quarter them, boile them in faire water, In A pipkin, with A Cloue or two, Couer them Close, dont break them for then they will Stick to, Strain the water from them, put them in A dish ouer the fire, with halfe A pound of Suger, 2 spoonfulls of rose water, with A quarter of A pint of the Liquor, that they were Stew'd in Couer them with Another dish, Let them Stew halfe an houre, put in Orange Chips very fine, Let it Stand till it is as red as blood, you may doe more, as you please

To make Onion Sauce

Take your Onions, and boile them very well, for an houre, then take them, and mince them, and put them In A Clean Sauce pan, and put A little beaten peper, then draw up halfe A pound of butter, and put to them

X To Hash A Calues Head

Boile it tender, then Cut it in Slices, put it in A Stewing pan, with grouy 3 Anchonys, time A whole Onion, A little large mace, Butter, the Juice of lemon, musheroomes, White wine, Stew all together, keep halfe the head and Broyle halfe dippit in batter, and minct hearbes, mince the braines with parsley sage, yolks of Egges, peper salt, soe fry them

X To Boile A Calues Head

Wash it very clean, Soak it in Warm water, Shift it 2 or 3 times, Tye it up in A Clean Cloth, boile it very tender, A pound of bacon and Sprouts, boile the braines with parsley and sage, mince them, butter them, put them in A Plate with vinegar, besure you let the pott boile before you put in the Sprouts, squeese the Sprouts, lay them on both sides of your dish, the white side of your Calues head uppermost, then Cut your bacon, In 6 Slices, put it all ouer the dish with Lemon, butter, vinegar, very thick all ouer, parsley, minct and barberys, for garnish

X To Roast A Calues head

Split it, wash it, Cut out some of the bones, and wash it Clean, Dry it, perboile it, boile the tongue, and mince it with Sweet Hearb peper, Salt Beefe Suet, the yolks of 7 Egges, Oysters, Stuff it all Within side, where the braines should lye, then bend it together fast, and put it on the Spitt, then Stuff it with Oysters parboiled in their Own liquor, mace, peper, Salt parsley, Time, yolks of Egges let it be Stuff'd all ouer, with the Stuffing, bast it well, with butter grated bread for Sauce White Wine, Grauy, Oysters, large mace, A whole Onion, you may lard halfe the head, after it is Stuffed, put in the Sauce halfe A pound of butter, let it Stew ouer the fire, this is the best dish as can goe to A table

X To Roast A Hare

Flay it, lard it with lard very well, [illegible] Cloves, bast it very well, make A pudding and put it [illegible] In the belly, with grated bread Cloves mace, Suger, Currance, Cream, Eggs, rose water, Such make it Stiff, fill the belly of the hare, roast it, For Sauce take Claret, Cinnament, Suger, grated bread, Grauy, A Sprigg of rose=mary, A peece of Butter, bast the hare very well, Soe Serue it up

X To Preserue Apricocks

Take them when they are soe green, that you may thurst A Needle Through the Stone and all, then put them In hott water, Couer them Close, till A thin Skin Come of with Scraping, then put them In Another Skillet of hott Water, and let them Stand Close Couer'd till they turn green take them out, Weigh them, Weight for weight, In Suger, and Something more Clarify the Suger with A little faire water, Soe let them Simper up in the Suger, then Boile up the Suger till it will Jelly, Soe put them In A gally pot, with A paper ouer them for your use

X To make Cheese=Cakes

Take 4 quarts of milk set it with Runnet to make A tender Cheese, Strain it from they Whey very Cleare, put in the yolks of 5 Egges, rose water one Spoonfull or two, halfe A pint of Cream, One peny loafe grated, halfe A Nutmegg A quarter of A pound of Currance, a quartern and A halfe of Suger, you may put in Biket, mackeroons, or Blanckt and beaten al=monds, or musk

X Sauce for A Legg of Mutton Boil'd

Take one handfull of Samphire, and Cappers, Stew them with A little grauy or the mutton Broath, A glass of White wine, Suger, large mace, Lemon Stew all together, A peece of butter, the yolks of 2 Egges, haue A great Care of Curdling it, giue it A warm after the Egges are In, poure it all ouer your mutton

X To make Pease Pottage

Take the best whit pease you can get boile them In faire water till they are tender, put them in A Cullender, Strain them with the liquor they were boiled in, or with the liquor of A legg of mutton, or veale has bine boiled in, mash them with the back of A Ladle, Soe the Inside is Strein'd from the Hulls, and then take the liquor, and boile it ouer the fire till it is thick, put In A handfull of Spearmint, and leeks, boile A peece of Bacon in it, A peece of butter, put in some bread, Cut like dice dry'd before the fire, A little peper, and Salt According to your tast you may put in A little grauy, if you like it Strong, and Onions with your Beese, and whole peper, this is A Strengthning pottage if thick and Strong

X To make Puff Past

Take A pound of butter, A pound of flower, rubb halfe your butter in the flower, the yolk of one Egge mix it with milk, not to Stiff, rowle it out, In A Sheet Stick on all ouer with bitts of but=ter, flower it double it up, Soe doe 3 times, once with butter

An Odeferious Sweet Water, Which is to be made the Latter End of June

First Couer ouer the Bottom of your Still with hay leaues, and then put therin halfe A peck of Damask rose leaues. Then Take of Sweet marjorum, and Lauender being blown of Each 2 handfulls, of Sweet Basill one handfull, A quarter of A pound of Orange and damask powder, of Clove gillyflowers, and Carnations of Each A handfull, of Cloues one ounce, Stamp all these together in A Stone morter, which being done, poure therin A pint of Sack, or Damask rose water Which you please, then Close vp the morter, and let the same Infuse together 24 houres, then at 3 Seuerall times, with A gentle fire, distill the same and haueing drawn it all of, it will be About the Quantity of A quart, then take of Bezor and musk, of Each 2 graines ty'd together in A Little Lawn or Tiffany ragg, which you must hang in the midst of the glass of water Soe that it touch not the Sides or Bottom of the glass, then Close vp your glass very fast, and Set it into the Still vpon the former Cake, and with an Indifferent Quick fire Set vnderneath, let it Continue, therin for the Space of 6 houres or therabouts, then take it out and keep it for your vse, which may be for 6 yeares together, it is good to Sprinkle Cloths in flowding them vp to be kept, or being Sprinkled in A roome on A hott fire Shouell, the doore being Shutt, Casteth A very Odeferious and Strong sett

To make Aquæ Mirabilis

Take galingall, Cubebes, Cordimon, melilot flowers, Cloues, mace, ginger Nutmeggs, of Each A dram, make or beat them to powder, and then put these into the body of your Still, Which must be of glass, or the fashion of A Glass, these Ingredients with A pint of the Juice of Sallendine, A pint of of Aqua vitæ, 3 pints of White Wine, Shake them well together, then put on the head of your Still, and fasten it with paper, that noe Ayre may come out, and Stop vp the Spout, Soe let it Stand 12 or 24 houres in Some place that is warm, then distill it in Balmee, with A reasonable hott fire, but not to hott, vnstop the Spout, and put vnder the receiuer with Some Suger Candy beaten in it, and 2 little bagges, one of Amber and musk and Another of Saffron, A graine of Each is Enough, of these you may draw A Quart of the Strong, and almost as much of weak, then mingle them to your Tast, To make it Stronger, you may take 2 drames of Each Ingredience, but one is most vsuall

To Make Angellica Water

Take 2 pound of Angellica, Anyseeds halfe A pound, Coriander and Carraway seed of Each 4 ounces, wormseed 4 ounces, Steep these in Spirits of Wine the quantity of 6 quarts for 24 houres, and Soe distill it, when it is done, put as much Suger and and Rose water as will make it drinkable

To make an Almond Pudding mrs Banbridges

Slice whit bread, and boile Some Cream, and put to it, then beat A few Eggs and Suger together, and put it to the Cream and bread, then blanch A quarter of A pound of Almonds, and pound them very small, and put them into the pudding, with raisons, Sack, and marrow

To make an Orange Pudding

Take 8 Oranges, pare 4 of them very thin, and pound the rines very well In A morter, then take the yolks of 6 Egges, and the whites of 2, and beat them an houre, haue in readyness one pound of loafe Suger, pounded very fine, mix the rines and Juice of the Oranges together, and as you beat the Egges, put in the rine and Juice, and Suger to them by degree's, vntill it be mixt very well, then put it in A dish fitt for it, and Couer it, with as good A past as you can, and bake it halfe an houre let not your Ouen be to hott

Another

Take The rines of 4 oranges, boile them and pare out the white, then beat them in A Stone morter very fine, then put in the yolks of 8 Eggs will beaten, and halfe A pound of Suger, or more if it is not Sweet Enough and almost halfe A pound of butter, beat it altogether, A good while then make past of Cream, and butter, Suger, and flower, rowle it thinn and lay it ouer your Dish, then put in your Stuff, and Couer it with A Shell of past, and bake it

To make A Cake

Take halfe A pound of fine white suger, A pint of milk, A pound of butter Egges, 3 pound of Currance, A Little rosewater, Sack, 2 ounces of Orange Chipes, and Cithron, ginger root, make it not to Stiff warm the milk ouer the fire, with your butter, Suke warme, A pint of yeast very new, Cloues and mace, if you Ice it beat double refin'd Suger In A morter, Sift it, beat it with the Whites of 2 Egges and rosewater all ouer, if it is bakt Clean it will be as white as snow

To make french Bread

Take A Quartern of flower 4 yolks of Egges, A quart of milk, A pint of yeast, fashon it in Wooden dishes, bake it in A quick Ouen, raspor grate it

To make forst meat Balls

Take one pound of veale, beefe suet, paper Salt, nutmegg A Slice of bacon, mince it altogether, with Sweet hearbes, put in the yolks of Egges, Soe make it in balls, this is for Collops, or to Stuff veale, then you must leaue out minet veale

To make Cream Royall

Take one pound of Almonds, and blanch them in Cold water, and beat them in A Stone morter, with rose water, then straine your Almonds with Cream and sett it on the fire to boile in A bason, your fire must not be to hott, put into it, A little ginger, and Cinament bruised, and as much Suger, as you think will Sweeten it being beaten Small, and when it is boiled put to it 2 Egges (the yolks only) being beaten then strain it into A bason and Sett the bason ouer the fire, let it not boile, then Take 60 wassers and Cast them into it one After an Other, with A little musk and Ambergreece season it with rose water, then take it of the fire, and when it is Cold serue it to table

To Make Almond Cheese to Serue with your Cream Royall

Take one pound of Allmonds, blanch them, and bruise them Small, then strein them with the yolkes of 3 Egges, and A little Cream, season them with ginger, Cinament, and Suger, and rose water, then put A little butter in the bottom of A preserving pan, while the pan is cold, and Searce A little rice flower in the bottom of your pan very thinn, Then put in your Almonds and set it on the Embers, there let it boile first on the one side, then turn it on the Other, and when it is cold, serue it with your Cream

A Muskeadine Cawdle

Take muskadine wine A pint, suger Candy White, Small beaten, 2 ounces of Cinament, Small beaten 2 drames, ginger, mace, and Nutmegg well beat=en of Each of them halfe A dram, Take 6 dates cutting them in halfes, and pick out the stones, shred and pound them, with A little of the muskadine then take the yolkes of 2 new laid Egges, beat them very well with A little of the muskadine, and strain them, Sett the Skillet ouer the fire, and put all but the Egges in, and let it boile, and A while After put in your Egges as you'd doe another Cawdle

A Sack Posset

Take 3 pints of Cream, and the yolks of 16 Egges, 4 whites, beat them very well together, and take A pint of Sack, and when it boiles, put in your Egges to it, boile the Cream by it Selfe with large mace, Sliet nutmegg, and Sweeten it to your Tast, then put the Cream and Sack together, sett it on the Embers to Come till you See it is like A Custard, strew it with suger Soe serue it

An Almond Cream

Take A pint and A halfe of thick Cream, boile it with large mace, and nutmegg, put in the yolkes of 4 Egges, and boile it well, then put in A quarter of A pound of Almonds, blancht, and finely beate, set it but Just boile after the Almonds be in, then Sweeten it, and keep it stir=ing till it is Cold, soe serue it

A Cold Possell

Take to A quart of whitswine, 3 pints of Cream, 3 or 4 blades of mace, as much suger as will Sweeten it then stire it round 3 or 4 houres till it rises with A curd in the midle like A Cheese, then let it stand 6 or 7 houres strew Cinament if you like it and Suger on it and serue it

To make Blackbury Wine

To Euer gallon of Spring water, put 2 pound of Suger, boile it, and skim it well, then take it from the fire, and let it stand till it is cold as wort that is ready to put vp, put to it as much yeast as you think will make it work when you see it work, put to Euery gallon of Water, halfe A pock of berys, bruised in A stone morter, as you see the berrys rise, put them down again at the End of 3 or 4 days, bottle it vp, you may if you please, put to Euery gallon A quart of Claret, or whitswine, twill be ready to drink at the fortnight End

To make Elder Beare

Take 3 gallons of the Juice of Elder=berys, and A pint of the Juice of Clary boile these together A quarter of an houre, and scum it well, and when it is throughly cold, put it into A hoggshead of strong beare, Immediatly after it has done working, you must not stop it till it hath purg'd again

To Order Brawn or Souce

Take your Brawn, when it is cutt vp in Collers, lay it in Cold water 3 or 4 days, changing the water, morning and Euening, scraping your brawn, then take it out of the water, and dry it well, with A clean cloth, then strew A little handfull of fine salt on it, and rowle it vp as close as you can, with A fillet then sowe it vp as close in A Napkin, and put it in Cold in your kettle, and let it boile gently 6 or 7 houres, as it requires till it is Tender, throw in A handfull of brane in the boiling, and when it is Enough, Take it vp, and let it stand all night In the cloths, Then boile water and brane and salt together and make souce drink, when it is well boiled take it of, and let it stand till the brane is sunk to the bottom, then take of the cleare, and put your Brawn in it

To make Sweet Water

Take 2 handfulls of time, 3 handfulls of sweet marierum, 2 handfulls of mint one handfull of lauender, 8 handfulls of prouince roses, one ounce of the best Cinament, one ounce and A halfe of cloues, Take all the hearbes, whether dry or green (they are best green) if the season of the yeare permitts, and they can be had, and shread them together, then stemp them, and put them in an Earthen pott, with 3 pints of rain water, and let them steep 24 houres, the pott being very close stopt, then still them together with the water, and Afterwards, set your distillation in the sun, In A glass bottle, soe long till it haue the force to distill, you must haue A great care your bottle be well stopt

To make white past of Quinces

Take A pound of fine Sifted Suger, then coaire the Greenest Quinces you can gett then put them into A pott or Skillet of boiling water makeing them Boile pretty Quick, Untill they are Coddled pretty tender, then take them up, and pare them, and then Scrape them to papp with A Knife then Strain your papp through A Strainer, and take the Weight of your pound of Suger in papp, then puting your Suger in A Cleen Skillet, put as much faire water to it as will Just Wett it, then sett it over A pretty Quick fire, Stiring it now and then, till it Boile, Raiseing Skim'd it well Let it Boile till it Begins to be pretty thick, then take it of, and put your papp of Quinces into it, when you Have Stird it well together, put it over A Quick fire, and let it Boile halfe A quarter of an Houre, But Besure to keep it well Stird, then take it of, and when it is A little Cold Lyther dish it out, or Lay it in Spoonfulls upon plates, then put it in A Stone and when it is Cold, keep fire in your Stove till it be dry

To make Jelley of Lippins

To 3 pints of water 20 faire pippins, pare them, and Core them, and Slice them Thin into the water, let them Boile A good pace all to mash, when the 3d part of the Liquor is Boiled away, take them of, and let them Stand in the pipkin were they were Boiled in, all night, the next morning put them into A Thinn Strainer, and let the Cleare, run from them crushing them softly that none of the thick come through, to A pint of the Liquor, take A pound of Double Refin'd Suger, Sett it over the fire, and Let it Boile as fast as it Can A quarter of an houre, then Have in Readyness the Juice of 2 faire Lemonds, Strain'd, and A Little of the peele, and put into it over the fire, and let it Boile halfe A quarter of an houre after fast, Then your glasses being in readyness, with Little thin Slices of Orang peele Scraped, at the Bottom of the glasses, poure the Jelly theron, you must not let it Boile till it Change Colour

To make Marmalet of Oranges

Take of the Best Civill Oranges, and Cutt them in the middle, then wringe out the Juice, and Save it in A glass, and lay your Oranges in water, 4 or 5 days Shifting them twice A day, then poure them very finely, and take Nothing of the outward Shell, then Sett them on the fire, and seeth them finely, tender Shifting them in Seething hott water, till the Bitterness be gone, then take And Stamp them very fine, after that take them of, and put the Juice to them, and mingle it well then weight it, and put the weight In Suger, and mingle your Suger and Oranges Together, then Sett it on the fire in A posenett, and keep it Stiring till it be Stife Enought to put in Boxes or glasses

A Calues Heed Hash

Take Calues head parboyl'd, it then Cut it in Thinn Slices, and put as much white wine to it as will cover it, with whole pepar, and Some Mace, and an Onion A little salt, 2 Anchonys, one pint of Oysters, and A Bunch of Sweet hearbes, Soe Sett it Stew an Houre, then take A little of the Stew and put it to the Eggs, and Stire it that it may not Curdle, Soe put it into the Dish with your hash and Stire it well together, forget not thin Slices of Liuer dipt in yolks of Egges, and fryd with Small Collops of Fatt Bacon, and Forct Balls, made with Veale, porke, Sweet hearbes and A little salt, Garnish your dish, and Soe Scorue it up

To make Marmalet of Cherrys

Take one pound of suger to 2 pound of Cherrys, then Stone them, and boile them Untill there be Nee moisture in them Continually Stiring them for feare of Burning them, the put in the suger, Seting them Stand ouer A gentle fire halfe an houre, and not Boile, then put them in glasses

To make A Quaking Pudding

Take A pint and A halfe of Cream, Boile it with mace, ginger and nutmegg, put 8 yolks and 4 whites of Eggs well Beaten, then take halfe A quarter of Sweet Almonds, Blanch'd and Beat them with rose water, and put them into the Cream with Some Suger, and A Spoonfull of fine flower then take an Napkin, and wett it, then drudge it with flower, then put it all into the Napkin, and tye it up Close, then put it into A pott that hath Mutton or Beefe Boiling in it, Remember to take out the Role Spice that you Boiled with the Cream

To Make An Oatmeale Pudding

Take good Oatmeale Lay it in Steep In warm milk for an Houre, then poure the milk from it, and put to it 2 Eggs, Whites and all, and A good Neale of penyroyall finely Chopt, then Some quantity of Sewitt Suimet Small, Soe put it into A Bagg and Boile it well

To make White Bisket

Take A pound of suger, and halfe A pound of fine Wheaten flower, the Whites of 12 Eggs, beaten very well, and A little Anis seed bruised temper all these well together, let it be noe thicker then pap, make Coffins of paper and Butter them, and put it into them, Soe Sett it in your Oven after the Bread is drawn, it must be manchett

To Make A hartichock Pye

First Boile your hartichocks, then take the Bottomes, when they be cold, and lay them in the pye, with good Store of Butter, Suger, large mace, Marrow, and Dates.

To make Mackarroones

Take A pound of Sweet Almonds, let them be water'd 2 or 3 days then
blanch them in Cold water, and beate them in A Stone morter, as you
beat them put in A Spoonfull of rose water, to keep them from Ogling
Some 3 Spoonfulls in all, they must be beaten as small as for marchpan
you must haue ready 3 quarters of A pound of hard Suger beaten and
Secret, mix your suger well with your Almonds, and put it into A dish
and sett it ouer A Chaffin dish of Coles A drying, keep them with Continuall
Stiring, for halfe an houre, haue ready the Whites of 6 Egges, being
well beaten with halfe A Spoonfull of water, till they come to A froth
put all the froth into the Stuff, and Stire it well together, then take
it from the fire, and drop them vpon waffers laid vpon A plate,
Scrape Some Suger on them and bake them in A Slack Ouen To this
Composityon you may add A little musk or Ambergreece

To Preserue Walnuts

Take Walnuts at midsommer, at the full of the moon, put them in A linnen
Bagg, boile them In A kettle of Seething water, till the Water be black
then put them into Another kettle of Water, but it must boile first
Soe Change them from kettle to kettle till the bitterness be gone, and
the peele like A Codling, then peele of the black Skin, weigh them, and
take the weight in Suger, and Something more, and take A quarter of
A Cloue Stick in Euery of them, and Soe preserue them as you doe other
things

To Preserue Green Plumes

Take Plumes when they are to their full growth fair Skin'd and green,
then take Scalding water, as it Comes from the fire, and put the plumes
into it, then Couer it all night, and In the morning, draine them and
let them Stand A little, Then boile them vp A pace, till they be Cleare
then close the Skines, and put them in A pott, before they be through
cold, and poure the Sirup on them, but Couer them not before A day
after

A Whipt Sillibubb

Take A pint of thick Cream, halfe A pint of Sack, A good Lemmon cut
in round Slices, rine and all, Sweeten it with Suger, then whipp
it with burchen twigg, or A Sprigg of rosemary till it all froth, or as
the froth riseth take it of, and put it in your Sillibub pott, till it is full
you may let it Stand all night to Sink the Next day fill it vp again
with Some that you left Ouer night

To make A Simnell

Take Flower, and yeast, Cloues, mace, Nutmegg, and salt, knead them to=
=gether with A little warm water, and make it as for bread, then part it
into 2 parts, take one halfe of it, and make it tenderer than the Out
=side, or Elce the plumes will not Stick in it, then knead therin your
reasons of the Sun, with A few currance, being first Clean washed and dry'd
then after it has lain A while to rise mould it vp, then rowle out the
dowe that hath noe reasons for Lappers, it being made as Stiff as for bread
then put the plumb dowe in the midle, and roule out the Crimes, as if
it were to make A pye, then take it vpon the back of your hand, and pinch
it then haueing A kettle of Seething water by you, assoon as you haue
pincht pit put it in the water, and there let it boile till it rises vp to the
topp, Soe let it boile till it looks yellow, turning the topp vpwards, then
take it out with A Skimmer, and put it into A bucket of Cold water, and
haueing Some bran Sifted on the board, Set them down vpon their bot=
=tomes, till the Ouen be ready, and Soe bake them as Cakes, or Small bread
if you make great ones, you must lay them on A bole to pinch them,
and put A linnen Cloth on the bottom only for feere they Should Stick
to the bottome of the kettle, if you would haue them Extraordinary good
you may work Eyther Ambergreece or musk pounded with Suger, in y^e
part which the plomes are in.

To make A Caraway Cake

Take A peck of fine flower, take halfe of it, and a pint of new Ale yeast
with A quart of new milk, boiled and Cool'd till it be but blood warm
then knead the halfe peck of flower with the milk and the yeast very
well, and let it lye in A warm cloth before the fire, an houre to rise
then take the Other halfe peck, and melt 2 pound and A halfe of butter
melt it with halfe A pint of rose water, then knead the first dough and
that very well together, and when it is well wrought, put in three
Quarters of A pound of Suger, halfe A pound of Caraway Comfetts
A quarter of A pound of Caraway seeds, then make it ready for
the Ouen

A Posset

Take A quart of Sack, make it Seething hott, then take A quart of
Thick Cream, make it hott as from the Cow, Sweeten it with Suger
put it into the hott Sack, and let it Stand till next day, then take
A little Cream, and Sweeten it, and put 2 Spoonfulls of Sack
to it, beat it with A twigg, and take of the froth, and lay it A good
Thickness on the posset, Soe Serue it

To make Biskett Bread

Take A pound of hard suger, and pound it very small, and Search it through A fine Search, and put to it A quart of the best flower, take 11 Egges with 6 of the whites, 3 or 4 Spoonfulls of rose water, 2 ounces of anyseed, Beat them very well in A Bason till the Ouen be ready, then take your Tinn coffins and Butter them very well, and fill your Stuff into them, Scraping A little Suger vpon them, Set them in the Ouen, But you must haue A Speciall Care in Baking them, or Else they will be mard, in the Winter you must warm your flower in A dish vpon A Chaffin-dish of Coles, and the Suger also.

To make Fritters

Take 8 Eggs (if you make But A few) put in But 5 of the whites, Beat them well together, then take A quantity of rose water, Halfe A pint of Cream, A glass of Sack, the Iuice of one Lemon, or if you cannot gett A Lemmon, take 2 oranges, and mingle your Cream, rose water and Sack, and Iuice together first, then put flower therin, Beaten mace or nutmegg, and A little Beaten Cinament, and A little Salt, Beat all these well together, then put in your Eggs in last of all, Being well Beaten Besure you pound noe Suger with your Spice, for that will make them heauy and cause them to drink hard, for thickness or thinness you must vse your owne reason, Slice your Apples thin, and dipp them in the Batter as you vse them.

To make White Broth

Take A fatt Capon, and Boile it with mace, dates and Slict nutmegg together with mary bones, then take Some of the Broth and Boile with Currance, and reasons of the Sun, when it is boiled take vp the Capon and mary bones, and thicken the Broth, with yolks of Eggs and Cream But haue A Care that your Thickening doe not Boile, for that will make it Curdle, But Stire it well together, and take it vp, and when you haue taken it vp, Season it with white wine, and Suger, or Sack and A little wine vinegar, Some will draw it with Almonds Instead of Eggs.

To make A Chicken pye

Season them with A little pepper and Salt, then Lay them in the pye with good Store of Butter, grosberys, and the Bottom of Artichockes, if the time of yeare will Serue, otherwise put in reasons of the Sun, Gasteed of grosberys, large mace, Suger and dates, when it is Baked make A Caudle with wine vinegar and Suger, and put it in the pye before it comes to table.

To Candy Angellico

Take the young and tender Stalks of angellico, Boile them in faire water till you find they are very tender, then take them vp, and peele of the outward Skin, and then put them into A kettle or pott of fresh Scalding water, Couer them very close and Set them on the fire, where they may keep pretty hott, But not Boile, then make your Candy, the quantity You must guess, as much as you think will doe the Stalks, to Euery pound of Suger, about 9 Spoonfulls of water, Boile it till you haue Scumd it Clean, then take vp your Stalks out of the hott water, dry them well in A Cloth, and put them into the Candy, Shaking them to well them well all ouer, then Set them on A little fire, But Besure not Boile it, Shake them often till they are through hott, then take them of, Couer them close, and Set them Stand till the next day, then warm them again, and take them out, twist them as you please, and lay them vpon plates to dry, Straking of the Suger, that little may be Seen vpon them, dry them if you can in the Sun, or Else with A very gentle warmth.

To make White Marmalet

Take your Quince whole and Vnpar'd, and being Boiled very tender Take them out, and Core them, and Beate them in A Stone morter, and after Streing them and weigh them, and to Euery pound take A pound of Suger, and more, and Cuting Some water to it let it Boile till it Comes to A very Thick Sirup, then take it of, and let it Coole, and being in A manner cold put your Quinces to it, and Set it on the fire again, and let it Boile Stiring it Continually vntill it be thick Enough to put in your Boxes.

To make Resbarys Cakes

Take to your resbarys more then their weight of Suger, and Boile your Suger to A high Candy, then put your resbarys in your Skillet whole and Set them Ouer A Small fire till the Suger be melted, then put it into A Silver dish, and keep it ouer A little fire, that it may neuer Boile for then it will neuer Candy, and when it is Stiff, put it on Glass, and Soe into A Stone.

To make fine Wafers

Beate 4 Whites of Eggs, with faire water, and one yolk, A pint of flower Take A quarter of A pound of Suger, and 4 Spoonfull of rose water, make all these into Batter, as you make pancakes, make your wafer Iron very hott then Anoint your Iron with A little Butter or lard, then put in the Batter almost to the End of the Irons, Close the Irons hard then open them, and rowle them vpon A peece of an Arrow, Halfe A Spoonfull of Batter will make A wafer.

To make Marmalet of Apricock

Take of Apricocks as many as A tankard will hold, let them be par'd and Ston'd first, then set the pot in A Skillet of hott water, laying A Stone or the like On the lidd, for feare water comes into them. let the water boile till the Apricock be to mash, filling of the Skillet Up with hott water and when they be soft take them out of the water, and let them Stand A Cooling, then take out all the Strings, and beat them in A Stone or Siluer morter, then take Almost all their weight in Suger, then dipp the Suger in faire water, and Soe boile your suger to A Candy, then put in the pulp, but let the pulp be cold, then Stire it Still as you put it in, boile it A little, and when you think it is Enough, then put it into marmelet glasses, or if you would haue Cakes, then you must drop it Upon A plate, as much as A Spoon will hold, for Every one, then let them Stand in A Stoue, or hott house, A day or more, let-ing of them not be to hott, for if you doe, it will make them Change Colour, you must Sett the sides that are next the plate together with two, and together, and Soe dry them

To make Mead

Take to Euery gallon of honey, 4 gallons of water, mix them well together and let them boile, takeing of the Scume, then put in of Cloues, and mace, and ginger, Slict, the Other whole, and soe let them Continue boiling till it will beare an Egge, then take it of, and Strain, and Strain it through A Siue, then let it Stand till it be Al-most cold, and then put in Some Ale yeast, and let it Stand. ~~till it be almost~~ Some 4 houres being couer'd, let it work like beare, then put it into A Vessell, and when it hath done working, Stop it Up Close, if you doe perceiue that it be not Strong Enough of the Spice, then you may when you Stop it Up, put in Some Nutmegg cutt In Quarters, and A few Cloues, you may if you please, bottle it when it is 2 or 3 Months old, this will keep A yeare if it lye in A good Seller When you doe take beese, lay the Combes in Water, After you haue drain'd the honey, all from them, and Soe let the Combes lye in the Water 8 or 9 houres, and then Stire them in the Water, Soe that all the honey may be out, then Strain the Water, through A Siue, and of the Water, you may make mead as before, but besure you boile it Enough, till it beare and Egge halfe Aboue the Liquor

To make Sirup of Aquæ vitæ

Take halfe A pint of Aquæ vitæ, and put it in A dish setting it Upon A chaffing dish of Coles, and put into it as much suger Candy (let it be brown), and beaten, as much as will make it A Sirup, as the Aquauity heates, Stire it Continually that the Suger Candy may melt the better, then when you see it is all melted, and the Aquæ vitæ soe hott as it is ready to boile, then set it A fire and burn it as you doe Wine, let it burn as long as it will you may Stire it with A Liquorish Stick to A pint of Aquæ vitæ, Take halfe A pound of Suger Candy

My Receipts

How to preserue Goosberys

Take a pound of the fairest round goosberys, cut of the black topps, but not the Stalks, Stone them with A pin on the Side, take halfe the weight in suger, with Somewhat more than A quarter of A pint of water, haue this in redyness then green your goosberys in 3 or 4 Scalding waters, after peele them, and put them into your Sirup, then set them on the fire, and as they begin to boile, couer them ouer with the remainder of your Suger, boile them quick, till your Sirup be thick, then take Up your goosberys, and if you find your Sirup to thinn, boile it A walme or two ouer the Fire

To Dry Cherrys

Stone your Cherrys to 2 pound take 1 pound of suger, make your Sirup with halfe A pint of water, then put in your Cherrys, and boile them very quick Up, then put them In an Earthen or Siluer pan, for 3 days, then let them Run through A Siue or Cullender, then set them into A Stoue, and turn them once A day, this is the way to dry plumes onely once A day you make your Sirup hott, and put to them, as they Stand in A Pan

To make Suger Cakes

Take the yolks of 6 Egges, the Skin's being taken away, put to them A pound of fresh butter Unsalted, and with your hands work it well together, till none of the Egge be Seen, Squeesing it Upward, then take A quart of fine flower the best you Can gett, and let one Stand by and Strow the flower and besure to work it Still with your hands, that there be noe knobs in it you must not knead it but work it, and as it thicken put in A Sittle Orange flower water, working it together till it be Enough to rowle out

To make A Potato, or parsnipe Pye

First boile them, and Peele them, then season them, with beaten cinament and Suger, large mace, and Dates, Orange flower water, and good Store of butter

To Make Sirup of Garlick Coz. perciualls

Take A Quart of water, and put therin some 7 or 8 Cloues of Garlick and boile it till it is but A ~~quart~~ pint, then straine out the Juice and and the water, put as much suger as you think fitt, and soe boile it to A Sirup

To make Bisket

Take A quarter of A peck of fine flower, put therin 2 good handfulls of Anny=seeds, cleansed from the stalks, A nutmegg grated a good handfull of suger, A little salt, and halfe A pound of butter, mingle all these together rubb the butter into the flower, till it be all dissolued, then take A pint of new milk, and set it on the fire, till it be scalding hott, then take it from the fire, and put into it A wine glass of sack, soe make A posset of it, and wett the flower with the fore named things, adding therto 3 or 4 spoonfulls of good Ale yeast, work these well together, ~~and~~ soe let it lye some halfe an houre to rise, being couer'd, with A Cloth soe make them into cakes and soe bake them in A reasonable hott Ouen

To Preserue Cherrys The Best Way

Take A pound of the best preseruing Cherrys, you can get, and take the weight of them In loafe suger, beat it very fine, the Cherrys be=ing stone'd first, and the stalks cutt, the third part away Then take some of the Juice that comes from the Cherrys, and put it into the bottom of the pan you preserue them in. to keep them from burning, with A little suger and besure the suger be melted, then put in A row of Cherrys, and A row of sugers till they be all In, saueing A little suger out to put in when they are halfe Enough, the suger fetches ~~fetches~~ the colour being put in then, you must not let them boile till the suger be all melted vpon the fire, then boile them vp as fast as you can, shaking of them sometimes, because they should not burn, you must let them boile like A peece of beefe, or Elce they will not be tender, you must couer them close, and they will boile the better, when they boile vp take of the scum clean, then sett them on Again, as before boiling of them till you perceiue the sirup is of A reasonable thickness. then take them of, leting of them stand A while. in the pan, before you put them into the pot, then put them out, not couer ing them till next day you may preserue Rasberys whole, in the same manner as Cherry be and they will be very well, takeing of them before they be to ripe

To preserue Red Quinces

Take your quinces and Core them, then parboile them, then pare them. and to A pound of quinces, take A pint of water, and let it boile till it comes to A Sirup, then put them into the Sirup, and Couer them and let them boile A great pace, as fast as A peece of beefe, and when they haue boiled them till they begin to look red, then let them boile softly, till you think they be Enough, as that you may perceiue by the Sirups thickness, the best way to keep them is to keep them seuerally in pots, or glasses. if they be well done, the Sirup will hang on the quinces, and the Sirup will be like A quidding, you must set A pound of suger to A pound of quinces,

To make Sirup of Violets

Take a quarter of A pound of Violets well pickt, and put them in A close pott, being Eyther, being Eyther stone, or Siluer. then put to them halfe on Ale pint of water, being seething hott, then stop the pot very close soe that noe aire may get in, and warm A Cloth very hott, and wrap it round about the pot, soe let it stand 24 houres, then strain it, throug a boulter strainer, wringing the liquor from the violets very hard then to this liquor put A pound of loafe suger, being beaten, then set it on the fire, stiring it now and then, when the scume Ariseth of A good thickness, then take it of before it boileth, soe keep it you must put it into A dish, or Bason, till the next day, then glass it vp, and keep it,

How to Still Any hearb or flower of the same colour as They are Growing

Take Eyther of flower, or hearbs, and still them, and let the water Run in an Ordinary glass, and then take the best colour'd flowers, you can get. I mean not dead ones, and if they be roses, cut the budds, as you doe for conserues, and put A good Quantity in the glass of water and put it into the still, assoon as you haue put the roses in: the roses cakes as the water come of, must lye at the bottom of the still before you put in the water, then distill them ouer again, and as this is soe you may doe any hearbe or flower, and it will be of the perfect colour, as that as you still is of, you must wipe your Earbes clean With A dry Cloth, and cut your hearbes, when you put them into the glass

To Preserue Gooseberys

Gather your gooseberys, when they be at their full growth, but not changed colour, with A pin or bodkin take out the seeds, put them in warm water, and still as you take them out, peele of the skines then weigh them and take the weight and halfe the weight, then put them in warm water again, and let them stand couer'd on A hott fire but let them not settle, let them stand till you perceiue they are chang'd green, then take them out, and put them into cold water as before, and let them stand A while, for the cold water hardens them, then make your sirup, in the makeing of your sirup, doe but dip the peeces of suger in water and soe by degree's, melt it on the fire, when the sirup has boild put the goosberys, and let them stand A while before they boile, then boile them on A uery quick fire; and take them not of till they be boiled enough, and that you may perceiue by the sirup, when it is of A good height, then put them in to A dish or bason, and let them stand till they be cold

To pot Beefe mrs Neagle

Take the midle buttock of beefe, and cut it in collops, and skin it and take the sinews out, season it pretty high with peper, Nutmegg, and salt, an Onion or two, and bake it in A pott, and put the sinews and skin's ouer it and when it is bakt pull it all to peeces, and beat it in A morter, then take and lay A layr of butter and A layr of beefe in A pot and put it in the Ouen just to warm, then take it and poure all the Grauy out, and put that butter and some more ouer it in Another pott, and press it down hard

To Bake A fillet of Veale

Take and cut your veale in collops, skin it and take out the sinews, and season it with peper, salt, Nutmegg, Time, and sweet mariorum, soe put it in a pott with the skin and sinews ouer it, and bake it, then when it is bakt, pull it to peeces, and haue par boiled bacon, and beat it and the veale together in A morter, and soe put it in A pot and lay A layr of meat, and A layr of butter soe put it in the Ouen to heat, and then poure out your grauy and take out your meat, and put it in an other pot and poure that butter and some more ouer it being prest close down

you may doe A fillet of mutton the same way

To Powder A legg of Mutton mrs [illegible] Wises

Take your meat and let it lye in salt About A week. Then stu[illegible] it with bacon nutmegg, peper, and salt, and soe boile it

A Goosbery Foole

Take some goosberys and some whit wine A good peece of butter, and soe let them scald, then bruise them uery well, then take Egges and beat them uery well with some whit wine (sweeten your pulp) then thicken it on the fire, and soe dish it

A Goosbery Foole

Take your goosberys and scald them, then mash them all to peeces and put them on the fire with suger milk, and butter with some Egges well beaten soe let it thicken, and poure it in your dish serue it cold

A Sillybubb

Take 5 pints of milk and warm it, and put to it A quart of Ale, and A pint of verguise or sider (you may make it with sider Alone) and Nutmegg and sinament and suger, soe use A wooden cow, and let it stand till the curd is harden'd; or you may make it with verguise

To Stew Carrets

Take you carrets and cut them in long little peeces, and take A pretty many onions and cut them small, A bunch of sweet hearbes, A little whole peper and A little nutmegg, and put as much water as will couer your sauce pan A good peece of butter couer them close and sett them on A slow fire stire them some times, and when they are enough serue them

To Stew Cowcumbers

Slice your cowcumbers, and put them in A skillet, and slice an Onion or two into it, some whole peper, and some nutmegg, and salt, set it on A slow fire, then take yolks of Egges beaten with some whit wine, or vinegar and A good peece of sweet butter, and put it to your cowcumbers, and stire it, and let it just boile up soe serue it

To Dress Cowcumbers Raw mod: 1:

Take your cowcumbers and cut them into thin slices, and beat them between 2 plates with some salt, and take the yolks of some hard Egges and shred them small, mix them with some Oyle vinegar and musterd soe poure it on your cowcumbers, strow some whit peper on them

To Stew Podds of young beanes

Take your Podds before they haue any beanes in them, string them, and cut them small as french beanes, and boile them, then take an Onion and cut small; and take a little of the liquor and A good peece of sweet butter and let them stew ouer the fire

To make Quinding of Rasberys

Take A quart of rasberys, and put them into A Siluer pot, that hath A lidd, to it, then put the pot in A Skillet or Kettle of Seething water, laying some thing vpon the couer of the pot, that noe water may get in, and when they are tender, let them stand till they be cold, when they be taken out of the Skillet, when they stand A cooling they must not be couer'd with the lidd then strain them through A fine strainer, then measure your liquor, and to Euery pint of that you must take A pound of Suger, then put your Juice of rasberys into A Bason, and set it vpon A few coles and soe let it stand and thicken, when you stire it with A Spoon and you can see the bottom of the Bason, then it is thick Enough, but it must not boile, then your Suger being boiled to A candy height, may be put to it, and soe stiring it sometimes, let it boile vp, you may try whether it is Enough by puting some in A Spoon to see whether it will Jelly, when it is Enough put it into glasses

To Make Bisket Cakes

Take 8 Egges take out one of the whites from them, beat the Egges in A Bason, with A ladle, to these take A pound of Suger, and A pound of flower, the Suger being beat, and searct, must be put in by degree's, A little at A time, as it is in beating, for if you put in, to much at A time it will soe gather together, that it will hinder the beating, when all the suger is in, put the flower in after the same manner, as you did the suger, then when the Suger and flower is all in, you may, if you please, put A little musk or Ambergreese, then drop them vpon Sheets of whit paper, searcing a little suger on them after they be dropt, soe bake them in A temperate ouen, to make them as they should be will take vp 3 houres at least to beat them, when they are begun to be beaten, they must be beaten, continually, till they be Enough, to let them stand still will spoile them

To make Pancakes

Take halfe A pound of rice, boiled very thick and tender, then put it into A Bason, and bruise it very small, and when the rice is cold, put to it, A pint of boiled cream, with halfe A pound of melted butter, let the cream be warm, when you put it to the rice, then when it is cold put to it 8 Egges whites and all being well beaten, and to this A handfull of flower, you may put in what spice you please, with A little salt, soe fry them with butter

To make A Sillybubb

Take A pint of Cream, put to it halfe A pint of whitwine, and Squeese into it, A lemon and A halfe, or 2 lemmons, and sweeten it as you please, alsoe you may put in A little musk, or Ambergreese, beat all these, with A whisk till you see the froth Arise, then take it of, and put it into the pott that you saue it in, then beat it again, till you see it rise again, then take it of Again as before, and soe continue till it is all turn'd into A froth, you must put in 2 or 3 Spriggs of Rosemary, and some of the lemon peele, but serue it not

Conserue of Roses, Red, or, Damask,

Gather the rose budds when they are through dry, and take of 3 or 4 leaues of the out most, if they be not soe fresh as the rest of the leaues, then cut of the bottom of the leaues, that is as far, as they look white, then if you would haue your Conserue keep long, and well, take to A pound of roses, 3 pound of loafe suger, beat the suger very fine, then put the roses into A stone morter, and beat them, and still as you beate them strow in the suger, by degrees, till it is all in, soe when you think it is Enough, keep it, it will Ask A great deale of beating

A Goosbery Tansey

Take A pint of goosberys, before they be to ripe, pick them, and put A good peece of sweet butter into your frying pan, then put in your goosberys and soe let them stew in your butter, till they be very tender, then with A Spoon mash them, and stire them in the butter, then put to them 8 Egges whites and all, the Egges must be beaten, and you may put what suger and spice you please, soe fry it as an other Tansey, you may if you please scald the goosberys first

To make A Possett

Take A pint of Cream, and boile it, then take A Quarter of A pint of Ale and 2 or 3 Spoonfull, of sack, when you haue put the sack into the Ale and when it is sweetned, then heat the Ale pretty hott, but let it not boile Then take the cream of from the fire, and let it stand A little, then put the cream into the Ale, the cream being warm'd but not boiling hot, and the Ale being hott, but not soe hott as the cream, soe when they are together, let it stand A little, and it will be A dainty curd, soe serue it

To make Sirup of Vinegar

Take to A Spoonfull of Vinegar 2 spoonfulls of fine loafe Suger beaten and Searct, and put it in before you put your Vinegar upon the fire, and then Set it on A soft fire, Stiring of it, you must not let it Boile, but when it Begins to Simper, take it of the fire, and put it not in your glass, till it be Stone cold, if you use it presently it it be for A cold, the which is very good for it, you may eat into it, when it is upon the fire, A little Liquorish, and when you take it Braise A Lickorish Stick, and take the Sirup upon the same, it is very good to Cut the Fleam

To make Sirup of Rasberys

Take 2 quarts of rasberys, and put them in A Gally pot, or Silver flaggon, and soe Stop the pot Close, and put it into A pot of Boiling water, and lay A Brick upon the pot, where the rasberys are, and soe let it Boile till the rasberys be tender, then Straine all the thin liquor from them through A Strainer, then weigh of loafe Suger to it pint, A pound, and soe Boile it, till you doe perceive, that the Sirup is of A pretty good thickness, you may make your Sirup of mulberys after the same manner, also you may make your Sirup of mulberys and blackberys mingled together, and if it be for A Sore throat that is best

To make Whit Quince Marmalet

Take the Kernells of Quinces, and Steep them in faire Water, till the water be A Jelly, which will be About A night and A day, put the Cores of A good many, But you must Besure it be A thick Jelly then set it upon the fire, and to A pint of liquor, put A pound of Suger, rather less than more, Being pounded, when you have Boiled it soe long as you think it Enough, then you must put about A pound of Quinces, which you must have ready Boiled Being tender, and cut them into Small Thin Slices, and when you have put in all, then Boile it A little more, if you would keep it any time, you must Boile it the more, then put it into marmalet Glasses, and keep it, it will not keep all the yeare

To make Sirup of Roses

Take rose Buds, about a day before they will blow, take About the number of halfe A hundred, and pull from the Stalks and seeds and sift them, then take A new pipkin, and let it Stand with water in it 2 days, before you use it, then Scald it well, fill it with hot water then put in your roses, and let this Infuse upon hot Imbers the Space of 3 houre, then take it of the fire, and let it Stand till next day, and then take out the leaves, and wring them through A Strainer, then heat your liquor, as you did before, and put in fresh roses, after the Same manner, and such A quantity, as before, doe this 3 severall times, and then to Every halfe pint of liquor, put A pound of Suger you need not beat the Suger, but put it in In lumpes, and soe let it melt, let it be Boiling hot, but not Boile, you must be Carefull that it doth not Boile, when it is A Infusing, you must Cover the pipkin, that it is Infused in, it must be A quart pipkin, if it Boiles Eyther first or last, it will loose both Colour and tast, it will alsoe candy the Sirup, if it be well made, it will keep 2 or 3 yeares

How to make Pearle White

Take of rice being Beaten and Searct as much as A little long Box will hold, and put them in it, always when you put them of, and wipe them in A Clean Cloth, when you take them out and this will Change them

To Preserve Elicampane roots

Take the yonge roots, wash them and Boile them the Space of halfe an houre, then put them into fresh Boiling water, and when you doe perceive that the water doth Change and grow Black, then Shift them as Before, and this you must doe till you think they be tender Enough, when they are cole, then pare them and Slice them, take twice their weight in Suger, if it be loafe suger, you must dipp it in water, and melt it on the fire, if it be powder suger you must Clarify it, then put them in, and let them Stand A Clearing, and then Set them on the fire, and doe soe 3 or 4 times till you doe think they are Enough, and that you may perceive By the Sirup when it is of the thickness of A preserving Sirrup, then put them up, and keep them till you have use for them

X To Preserue Oranges Cos. Percivalls

Take the fairest Oranges, take the meat out of them, as clean as you can then ley them In water A day and A night, changing the water twice A day, then boile them in water till they are very tender, changing the water 3 times, and let the water always boile, before you put them in, then pare them and weigh them, and put to every pound of oranges A pound of suger and A halfe, and to well the suger, you may put ~~the~~ of water halfe A pint to A pound, then set the Sirup vpon the fire, and let it boile, and be very well scum'd, before you put the Oranges in, then put them in and let them boile A pace, then set them of, and let them stand to cleare them, and soe continue to boile them, with seting them of to cleare them, till they are Enough

X To Make Sirup of Cloues Gillyflowers

Take A pound of loafe suger or somewhat more, and to well your suger put somewhat more then halfe A pint of water, of this you may make your sirup, and when you haue scum'd it, then put in as many gillyflowers, as you think will serue to make it strong Enough, the flowers being very well beaten, then boile it till you think it be thick Enough, then strain it out, and keep it

X To make Sirup of Lemmons

Take your lemmons and pare them, all the whit cut of them, then take out all the seeds, and thin skin's, and when you haue soe done, strain the Juyce of the lemons, through Tiffany, you must take twice the weight of the Juice of double, refined suger very finely beaten and sceart, and then put into the Juice one one Quarter of your suger, then set it on the fire, and as it melts put in more still till you haue put in ~~more~~ all, you must not let it boile, nor you must not put it vp till it be stone cold

X To make Sirup of Hysop

Take the Juice of vnset hisop, and double the wait in fine suger and put your suger into the Juice, then sett it on A soft fire and let it simper, keeping of it stir'd till you think it is thick Enough, and if it be for A cold, you may to 8 spoonfulls of Juice put in 2 spoonfulls of whit wine vinegar, when it is halfe boiled, and soe let it stand till it is cold, and put it vp

X To make Sirup of Wood sorrell

Take your wood sorrell stalks and all, and pick it as clean as you can then stamp it, and strain out the Juice, and to A pint of Juice, take A pound of suger, which must be beaten very fine, and by degree's you must put the suger into the Juice, According as you perceiue it melt, you may be 4 or 5 houres, puting it in, or more, as you see cause, that is once in 2 or 3 houres put in some, and let it stand, and A while after put in more, till it be all in, then put it into some glass and let it stand abroad in the sun, in some convenient place 2 or 3 months, haue care it take noe wett, when you think it sufficient sun'd put it vp and keep it for your vse

X To make Jelly of Hartshorn

Take 4 ounces of hartshorn at least, and 2 quarts of spring water and put it in A pipkin that was never vsed, and let it stand, vpon A soft fire and simper A little, and when it is come to A gelly, strain it in A peece of Tiffany, and sweeten it with fine suger, and if you please you may put in A little mace, and Juice of lemon, and also you may ring in A little saffron you must, ~~you~~ not couer the pipkin, for if you doe, it will not Jelly

X To make Jelly Broth

Take 3 pints of water, and A cock chicken, bruise it, and put it in and let it boile, and scume it, then take 4 ounces of hartshorne and put in Alsoe 3 spoonfulls of french barly, being shift in 3 waters, and then let it boile the better halfe away, then sweeten it and put in the Juice of 3 lemons, and colour it with saffron, first before you put in the suger, you must strain it out, and then put in the Juice, saffron and then your suger

X A Perfume

Take A good quantity of damash rose budds, and when they be pickt from the stalks, as vsuall they be for conserues, then beat them in A morter (being dryed in the sun) with some beniamin, and put them into A glass of rose water, A pint or A quart According as the quantity of your budds are, soe keep it all the yeare, and when you would haue A perfume, then burn sume of it in A fire shonell being heat hott in the fire, or In A perfuming pan

94) thus cleaned, cut of their heads and Tayles. Boile them and mingle their flesh with milk and Crumes of wheat bread for fine flower, and with this Crame your Capons

To preserue Barberys white

Take some green pippins and Boile them in water, till they are very soft, and then take A pint of that water, and put to it A pound of Suger and Boile it A while, then Stone your Barberys and put them in this Sirrup, then Boile them till they Enough, then keep them for your vse

To make fresh Cheese

Take A quart of Cream, and Set it for A Cheese with A Spoonfull of Runnet, and when it comes take the whey from it very dry; then Blanch A handfull of Almonds. and beat them, then Straine them into the Curd; then beat the yolk of an Egge and some rosewater A grain of musk, mixe these together and Sweeten it with Suger then put it in A cullender to drein. and let it Stand, then take A Quart of Cream and Boile it with A Blake of mace, A nutmegg, and put into it Some blanch't Almonds, and Suger, Stire it till it is cold, then dish your Cheese, and poure the Cream vpon the top of it

A fine way to make Fresh Cheese without Runnet

Take 6 new layd Egges, Break them into A Bason, take out the Cock treadings, then take A quart of Cream and put it in A faire Chaffer ouer the fire, Bruise A good nutmegg Some what grosely put it in A lawn ragg, and put it into your Cream and Beaten Egges, also Some fine white Salt, and A Spoonfull or two of rose water, See let it Boile with A Soft fire, Stiring it Softly till you See it Beginn together in A curd and the whey lye Cleare about it, then take it from the fire, and poure it into A fine linnen Cloth, holding it ouer A Bason, that the whey may run out Then take A Clean dish, and lay down your Cloth in the dish with the Curd in it, and take as much suger as will make it Sweet, and work it well into the Curd as it is in the Cloth

Strain it through that Cloth into the dish, then dish it together in your Cheese fatte or into any other dish, that will fashion it and let it Stand an howre or two, then when you will Serue it vp, whelme it into your dish. that you will Serue it in, put your Cream about it See Serue it vp

A Sweet water by A frenchman, which is the best that euer was made to burn vpon A hott fire Shouill

Take rosewater one quart, of Storax one ounce and A halfe, of Beniamin 2 ounces, Cloues halfe an ounce, of Ciuett 12 graines of Ambergreece 15 graines, Take the Spirit of roses and put into it the rosewater, then beat all the other things, But onely the Ciuett in A morter to fine powder, then powre it out vpon A paper and put in A little rosewater into the morter to wash out the powder that will stay behind, put that water into the porringer, and put the Ciuett into it. See Sett it on the fire, vntill the Ciuett be dissolued then put altogether into A glass Bottle and Shake it together, and keep it for your vse

A Sweet Bagg

Take the moss of Sweet Apple trees, Being gathered between the 2 lady days and put it into A quart of damask rose-water, and put it into A Chaffin dish A drying in An Ouen, and dry it twice in rosewater, then put into it an ounce of Beniamin and an ounce of Storax, these 2 gumes must be beaten together in A few dryd roseleaues, then put to it of musk, Ciuett, and Ambergreece of Each A dram. A few drops of Oyle of lemons, one ounce of Orange flower water, work all these things together, then put them to your moss; and put your moss into another pint of rosewater, then dry your moss again, and put it in your Sweet Bagg, and it will Continue A great while Sweet

To preserue Gooseberys or grapes mad: Tyrwhitt

make your water Scalding hot, then put in your fruit and let them stand till they are pale, then take as much of the liquor as will melt the Suger, then put them altogether and boile them very soft, Soe take them of and Stire them, then set them on Again, 3 or 4 times

To make Metheglyn

Take honey and put it into faire water, and set it on the fire and when the honey is melted put in an Egge to try the Strength, and if it beare the Egge the breath of A groat it is Strong Enough, if not put in more till it will, then take Sweet bryer, and bay and rosemary, Sauory, Time, and Sweet marierum of Each A little, tye it in A bundle, and boile it, in it 3 quarters of an houre, then take it of the fire, and Set it A Cool ing and next day poure it gently from the grounds, and Soe doe it 2 or 3 times, then tun it into A Vessell, and According to the quantity put in A Bagg of these Spices, ginger, Lina= =ment, Cloues, mace, Nutmegs, but most Ginger and Lina= =ment, and Soe Stop it Close, in the Boiling you must Skim it, and bruise the Spice a little when you put it in

Lost

To Season A Lumber Pye

Take A little Veale, or rabbet, or Cold Capon, and mince it very fine, with A pound of Beefe Suet minct with A few Sweet hearbes, margerum, winter Sauory, Time, Spinage, and grate A 2 peny loafe and put to it, A pound of Currans into it, and Season the meat with beaten Cinament, Nutmegg, Salt Suger, rosewater, Verjuice, and Break in Some Eyghes of Eggies and work it up together, and when you put it into the Pye, put Suckets, dates, Pine Apple Seeds, Cammon, marrow, Barberys, Long mace, and Butter, and when the pye is Baked Take Verjuice, Suger, Butter beaten well together with the yolkes of the Egges Stire it well together and put it into the Pye

To Coller Beefe

Take the thinest End of A cost of Beefe, bone it, and lay it in pumpe water and Salt 3 days, Shift it once A day, the last day put into it A pint of Claret, and when you take it out, let it lye 2 or 3 houres to drein, then cut it almost to the End in 3 Slices, then bruise A little Sencheneale, and A very little Allum and mingle it with Claret, and Cover the meat all ouer, then take A dozen of Anchouys, wash and bone them, and lay them into the Beefe, Season it with A little Cloues and mace, peper and 2 handfulls of Salt, A little Sweet, margerum and Time when you make it up, rowle the Inner most Slice first, and then the Other two together upon it, being all well Seasoned bind it up with Pappe very hard, put it into A Stone pot Some what bigger then the Coller, poure on it A pint of Claret, and halfe A pint of wine vinegar, A Sprigg of rosemary, and Some bay leaues and bake it very well, and before it is quite Cold take it up, and keep dry as long as you please

To make wafers

First heat your Iron, then Rube Butter in A Cloth, and rubb it on the top, then put in your mixture of A pint of Sweet Creame, 3 whites of Egges, one nutmegg, halfe A pound of Suger grated very small, and as much fine flower, Temsed as will make it as thick as A pancake, and turn it 20 times, telling 4 betwixt Euery Turn

To feed Capons with Vipers

Take Vipers in the end of Aprill or beginning of may catch them in the morning, for after the Sun is warm they will be fell and to Nimble to be taken, yet they must be taken when the Sun has Dine up halfe an howre, put them into Brane 4 or 5 days that they may Clean themselues of the Vermine and things they Eate, when they are

To Stuffe any Meate

Beefe liver or Veale if it be for beefe or liver you may put in an Onyon or too or Shallott:

Drinis:

Take aprint of Shatt Bacon a little time some Nutmegg a little Pepper Lemon peals and shred them altogether very small with some salt then Stuffe your meate betweene every rod of Stuffing Lard itt with long peeces of bacon Cup your Bacon in the Basoning if you bake you must put it into a pan without any liquar and tie itt downe close with a sheet of paper over itt; Mead Wiss

To make Flummery

Take too quarts of the best ground Oatmeale you can gett put into a gallion of water let itt stand till it be sower then strayne it through a sive then through a thin cloath then boyle it over a slow fire and keep itt stiring if it be to thik you may put in a little water if you do not boyle itt well it will be apt to crack the same Oatmeale will serve me more if you do not like itt sower you may boyle it before whilst tis warme you must powre it out in to what dishes you may eat it with milk mazerums or shall or sider or clary wine and sugar this serves for a morning but half y quantity of the meale & water

To make Apricock Cream

Take A quart of Cream, Cut A nutmegg in peeces and put in it, and set it on the fire, let it Boile, then Thicken it with the yolks of 6 Egges, take it of the fire and set it to Coole in A broad dish, then have your Apricocks ready Scalded, if they are old put them in A Strainer and Strain the pulp then Sweeten your Cream very well, and put your Cream and pulp together

To Sirup of Violets

The best way for perciualls Clip your violets from the whites, take none but the blew and have runing water boiling hot, or Some boile the water A while, because it is held the best way not to boile the Sirup at all, put your flowers down Close into A narrow gallypot, and poure your boiling water upon them, Cover them close down, let them never come at any fire, nor Infuse in noe water over the fire, for both Those ways Spoyle the colour, but Set them by, the next day Strain them out through A fine holland or Cambrick rage, to A pint of this liquor, put 2 pound of more of loafe Suger, let it Stand in A gallypot Covered, Stire it Sometimes till the Suger is well dissolued, then poure it into bottles, if you have violets enough Stamp them, and then take they will lye Closer in the pot, and instead of water you may make it with fenatory water, if you infuse flowers twice, Cosure there be noe flowers in the liquor, when you set it to heat to poure to the other flowers, for if you have never Soe many flowers, infusing them ouer, or leting them come at the fire, with the flowers in Spoiles the Colour quite, Although it is not Soe by other flowers, if you will boile it Be sure to leave noe flowers in the Sirup and boile it A little, though it is not the best way

× To Fryes a Neck of Mutton

Beate your stakes then season them with peper and salt and Nutmegg then take too eggs and dipe the stakes in them then take some time Savory sweett margerum and parsley then shred them very small then strew itt over the stakes with some greated bread then make your frying pan hott and fry them make a little gravy with a bone of your Mutton white wine sweet yerbs and anchove capers nuttmeg and butter boyle them all in a Sauspa soe when your meat is tooked out of your frying pan put in your Sauce into your frying pan and shake itt soe poore itt on the meate

× To Couler Veale

Take a brest of Veale and Skin itt and bone itt then take sweet Margerum time and savory and Lemon peale shredd them very small first seson it with nutmeg cloves & mace peper & salt then strew on your sweet Yerbs then Role itt up very hard in the Caule and bind itt with broad Tape then sett over the bones with some water spice vinigar and salt then lett itt boyle three houres then keep the liquar tell it is cold and putt in some more salt & vinigar then put into an earthen pan and lett itt stan in Pickelle

× To Make a Rice Puding

Take halfe a pound of Rice & too quarts of milk and boyle itt tell itt is sofft then put itt in a pan first butter the pan: then melt a quarter of a pound of butter and sweeten itt according to yor tast with nuttmeg Cinamon and Roase water iff you will you may putt eggs int according to the quantity of the Rice

× To make a plaine backt Pudding

Take too quarts of milk too pound of suitt mincet small six or seven eggs beat very well a pritty deale of ginger and allmost a hole Nuttmeg some salt fflower and lett itt not be mixt to stiff mix itt the night beffore you bake itt then butter your dish very well that you bake itt in the same way you make a boyle puding :E [illegible]:

× To stwe beeffe stakes:

Take some beeffe stakes and put them in a Sauce pan put in a bunch of sweet yerbs Lemon peale a little time some anchovy nutmeg a little hole peper & some thin slices of bacon and a little pece of sweet butter and as much water as will cover the bottom of the pan then cover them close and lett them stwe on a slow fier till they be anough

To make a Cake

Take three pints of Cream three pound of fresh butter a quart of good yeast five pound of Currence and one pound of Reasons stond a quarter of a pound of sugar too nutt meggs an ounce of clove and mace and a penyworth of Carriway seeds and a little salt halfe a peke of ffflower Stir these all well to gether then knead itt very well cut your cake into little bitts and then knead itt again and put into your hoope and a paper at the bottom and lett it stand an houre and halfe in the Oven

To Make White pott:

Take three quarts of milk eight eggs one Nut meg And too penyworth of white bread butter your bread alittle when you put itt in ye milk sweeten itt to your tast then bake itt

To make a quaking puding

Take a pint of Cream and eight eggs the Whitts of foure take out ye Crum of a peny loafe one Nutt meg a little sugar and salt and a little Ginger lett your pott boyle and put itt in a strong cloath and lett itt boyle ano houre besure keepe your pott boyling very ffast

To make Rice milk

Take your Rice and pick itt very well boyle your water then put in your rice and lett itt stand halfe an houre then draine itt well and mix your Rice and your milke together and boyle itt very well with some Cinamon and sweeten itt to your tast

To make an egg Florindine

Take a pound and halfe of suitt the same waite of eggs a pound and halfe of blew Currence and a little Orange ffflower watter and doe alittle nutt mege and Cinmon pleale then sweeten itt to your tast

~~[illegible]~~

~~Take halfe a pinte of water and lett the peale soake in itt with the Juce of too Cemons then take too eggs and beat them very well with alittle Roase water and sweeten itt to your tast stur them all together and putt itt through a haire sive then sett itt over a chaffindish of coales and keepe itt stiring till itt begins to boyle then fill your dishes~~

To Make Aumond Butter

Take halfe a point of creame and when itt boyles putt in the youlks of five eggs lett itt boile over the fier then putt itt in a sive and lett the whey run out then Blanch your almonds and beat them very ~~very~~ well with a little roase water then mix itt all to gether and beat them a little with sugar to your taste

To make milk Coffee

Take A quart of milk, and let it boile well, with A little lemon peele, and Cinament, then sweeten it, and take A pint of made Coffee, stire it about, and when it is mixt put it on the fire, Just to be scalding hott but not boile, keep it stiring when it is mixt and let it not boile for feare it should curdle, Then grate A little nutmegg and drink it

To make A frigacy of Trip, or Swines [illegible] or Sheeps mugget

Take Eyther of these cut them in little long peeces, and [illegible] Take A little broth, or grany, A bunch of sweet hearbes, A little lemmon peele, sharlet, or an Onion, A little whole peper, Then put A little Vinegar in, and chop some oysters and put to it, and when it is Enough, Thicken it with yolks of Egges and A good peece of fresh butter, a little Nutmegg soe serue it

To Broyle Mackrell

Cut your mackrell cross as you doe Herrions, and when they are washt dry them well, and take out the rowes, and take A good peece of sweet butter, Time, margerum, A little Nutmegg peper, lemmon peele, and An Anchouy or two, shred the hearbes and Anchouys, and some grated bread mix all these together and rowle them up and put them in the belly of your mackrell, flower them, and bast them, if they are soft Rowes boile them, and mince it small, and melt some butter very thick and take the above mention'd and put to your butter and rowe and soe poure it over your mackrell soe serue it

To make Anchovy liquar for any Sauce

Take a quarter of a pound of anchovy and a point of water hole peper nutmegg shallotts lemon peale sweet Yerbs a little of each sort and lett itt boyle very well together then straine itt and let it stand till itt be cold then put into a bottle and stop it close up: then you may mix itt with your sauce as you please, first Remember to wash your anchovy some oysters

To make an Oatmeale puding

~~Take a quart of milke and foure spunfulls of oatemeale boyle itt tell it is thike then take some sugar salt and spice season it to your tast then great a halfe peny loaffe in itt and halfe a pound of beeffe shitt in itt and three spunfulls of flower mix itt well together with five eggs butter your dish and bake itt haffe an houre~~

To make Cheese Cakes

Take the Curds of too quarts of new milk and when it is well drained take it and beat itt in a stone Morter well then take a quarter of a pound of butter and breake in ye Curd with a quarter of a pound of blew Currence and ye yoks of three eggs and the white of one with Nuttmeggs salt and sugar to your tast then fill your Cheyny dishes and putt them in a tin pan and bake them in a quike Oven

To make Goosbery Creame

Take a quart of goosberrys with as much water as will cover them sett them upon the Coales till they be sofft scallded then take them off and putt them through a hare sive the put them on a skillett and sett them on the fier when itt boyles up put in the youlks of three eggs having first sweetned itt then put in two spunfulls of roase water keep itt continually stiring or else it will burne too

To Candy Angellico

Take Angelico Stalkes and Slit them, then put them in Spring water Shift them once in 24 houres then boile them in the last water Couer'd till they be tender then take something more In quantity of Suger then Stalkes, then boile your Suger to A Candy then take it of, and whilst it Cooles peele the Stalkes, then Set it on the fire Again, and when it is melted put in the Stalkes, then let them boile 2 or 3 times up, then take them out, and let the Candy boile A good while, then put the Stalks in again and let them boile A little while, then take them out with the Candy on A dish till they are dry, 6 Spoonfulls of water to halfe A pound of Suger

A Tansy Cez: perciualls

Take A Quart of Cream, and ~~A Lemon~~ Egges and leaue out 4 of the whites nutmegg suger and Salt to your tast, put in A Spoon=full or two of grated bread, Some Juice of Spinage to Colour it and A little Juice of Tancey if there's but little Tancey to be had Shred it very Small and ~~set~~ it ouer the fire to harden, till it growes Somewhat thick, Stiring it Still, put good Store of butter in your pan when you fry it, if you bake it Butter your dish pretty Thick Squeece Juice of lemon or orange on the top, and Suger, you may make halfe the Quantity ~~if it be in the winter that Tancey is Dry you must Skald it ouer the fire and beat with it~~

Spinage A Seed Cake

Take A Quarter of A peck of flower, rub halfe A pound of Butter into it, beaten Cloues, mace, Nutmegg, ginger a pretty deale 3 ounces of Caraway seeds bruised A little and Clean fan'd from Stalkes, an ounce of Coriander seed Small bruis'd, halfe A pound of Suger or more if you loue it Sweet, 2 or 3 Egges beaten with almost A pint or full of Ale yeast, not Stale rather new, A little Salt, mix all these with A little warm milk, and let it lye an houre to rise before you set it in the Ouen

A Sillibub

Take A Quart of Cream, a pint and a halfe of Sack, the Juice of 2 or 3 lemons and Some of the peele, and A branch of rosemary Sweeten it very well, then put A little of this liquor, and A little of the Cream into A basen, beat them till it froth, put the froth into the Sillibub pot, soe doe the rest, till the Cream and wine is all done, then Couer it, and set it in A Coole place for 12 houres then Eate it

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To make A Froth Posset

Take 3 pints of Cream or new milke, set it on the fire, then take 14 or 16 Egges, put the whites into A very deep Bason, and they likes by themselues, and make A custard with them and the Cream on the fire, then beat the whites with A little Sack and A little Suger, when it is Thick froth, Cast it into another dish, then take halfe A pint of Sack and Sweeten it with Suger, Set it on A Chaffin dish of Coles in A large Bason, and when it is hot put in as much froth as the Sack will re=ceiue, Stire it very well, then take your custard, and pouce upon it, Stire it all one way when you put it in, then if the froth does not Couer the top of the posset, put in more, and Stire it very well and Couer it close with a warm dish, let it Stand A while upon the coales, but not to hot, you may know when it is Enough by puting your Spoone into the Bason, it will be Cleare in the bottom, Curd in the midle, and froth on the top

To make Minc'd Pyes

Take one pound of Beefe, or neats tongue, or other you like best as much Sewet or rather more, Shread them very fine, then put in 2 or 3 pound of Currance, Some beaten Spice, A little Salt verguise, rosewater and Suger, Soe fill your pyes, A little Cittron peele, with Some Orange and lemon peele, Let them stand neare an houre in the ouen, you must chop Small 6 pipins, and if you leaue out halfe A pound of the Currance, and put in Soe much raisons of the Sun Stoned and Chopt

To Make A Carret Pudding mrs: Neagle's

Take 2 fine 2 peny loaues, and grate them, Then Take the Same quantity of Carrets grated, Then Take Seuen or Eyght Egges, but let there be but 2 or 3 of the whites in it, then take halfe A pound of butter, one halfe melted, the other halfe in lumps, and halfe A pound of Caraway Comfetts, Some beaten Cinament, and nutmegg, Sweeten it to your Tast, Then put in A Spoonfull or two of brandy or Sack and Soe bake it, 3 pints of milk

80 good Butter, A pound of good Almonds finely beaten with rose-water, an Ounce of Coriender Seed A pound and A halfe of Suger, A pound of Cithron finely Slict, A pound of Caraway Comfets, of musk one graine, 2 of Ambergreece will make A very good Cake

× Hipocras the best in the world as my receipt saith

Take to Every 3 quarts of white wine (or Renish) one pound of fine loafe Suger, An Ounce of the best Cinament, and halfe An Ounce of the best Cloues, Bruise the Spices grossly and put into the wine and Suger, and let it infuse 24 houres in A pitcher or Bottle that that may be Soe full and Close Stopt that noe air may get in then powre it into A Vessell through A Jelly Bagg, made of Thick woolen and wet the Bag first in milk, Soe let it pass 6 or 7 times, and Add to it About halfe A porringer of new milk, and when it Begines to Cleare, take the Spice from it out of the Bagg, and let it pass till you like the Collour, Then take 4 or 5 large musk Comfets and take Away the Seeds, then Beat them to powder, and mix them with the wine to dissolue, then mingle it with the rest, Soe Bottle it vp for vse, the Sooner it is drank it is the better, Because it will grow deeper Colour'd Some say renish wine is much better than white wine

To make Jelly of Harts-horne

Take to Every Quart of water 3 ounces of harts horne finely Scrapt Set it ouer the fire in A new Earthen pipkin, Stire it till the horn is Sunk to the Bottom, then let it Stand and Infuse 12 houres on A Soft fire, it will wast Soe much that it must neuer Boile fast, when you find it will Jelly, Strain it through A linnen Cloth, and let it Settle and then powre it from the dregges that will be at the Bottom Soe doe once or twice, and put it in A Clean Brass Kettle with 3 quarters of A pound of fine Suger to Every quart and 3 or 4 Blades of mace, A Stick of Cinament and Some Cloues, 3 or 4 large Slices of lemmon peele Cut thin, Set it on A quick fire and let it Boile vp as fast as may be that it doe not loose the Collour, and while it tasts well of that in it, then take it of, and Add to Every Quart the Juice of A lemon, and when it Begins to coole, Glas it, and before it is quite Cold, Lay on the top of the Jelly Lemon peele Sliced thin as may be, Green Cithron Soe slict is much better, if you like musk and Ambergreece Each A graine or 3 or 4 of the best musk Comfets, are as good, But they must be bruised Small before you put them in, that it may be dis-solued whilst it is hot it will keep A week or 10 dayes good, but it must not be Couerd, I think it best to Set the pipkin with the harts-horn and water in an Ouen with Brown Bread, and it will be Jelly'd Enough without more Trouble, Soe Boile it vp with the Things

× To make Cheese-cakes

Take A quart of new milk, and Set it on the fire, Breake 4 Egges and Beate them with 4 Spoontulls of flower till they be well mixt then Break in 6 more Egges and Beat them well, while your milk is Almost ready to boile take it of the fire and powre in your Egges and Stire it, and Set it on the fire, and Let it Boile, keeping it Stird till it Comes to A thick Curd, then powre it out and let it Coole, for get not to put in halfe A pound of Butter when you put in your Egges, then Season it with Suger, nutmeggs, Cloues and mace and Currance, it must be Cold before you Season it

× To preserue 4 pound of Cherrys with one pound of Suger

diuide your Suger into 3 parts Stone and Stalk your Cherrs, and put them to one part of the Suger, as you doe them, and then Set them on the fire, and let them Boile halfe an houre, and then put to the 2 parts of Suger and Set it Boile A Quarter of an houre and then put to the 3d part, and let it Boile A little and take it of and put it vp for your vse

× To make Any kind of Sirups of flowers

Take faire water and Boile it halfe an houre and Skim it, then put it to your flowers, as it Comes of the fire, and let them Stand and Infuse halfe A day and then Strain it and put to Every pint of liquor A pound of Suger finely Beaten, and Stire it till it be dis-solued and then Bottle it vp for vse, it will keep 2 yeares

× To make Sirup of Apples

Take halfe A gallon of Spring water, and 2 handfulls of Balme and 24 pearmaines, pared and Slict, and let them Boile till halfe be wasted then Strain your liquor, and put therto A pound of Suger, and let it Boile Softly till it Begins to Come to A Sirup, and it may be vsed

To Thick of the Almonds, or Elce they will run About, you may put in A little Bisket to help thicken it, if you keep Cheese Cakes Eates best, but new is best A little baking will doe because the Cream and Currance is boiled, let not your Almonds be soe Small as for mackeroones

To make Waffers

Take fine flower and temper it with cream, and put in Some Nutmegg and Suger and the white of an Egge, temper them altoge=ther, and butter your pan and bake them

To make White Ginger Bread

Take A Quarter of A pound of Almonds, Beat them to past, put to them Serch't ginger halfe an ounce, Add the weight of 6 pence in lickorish and Anyseeds together, beat it all together in A mor=ter till it is fitt to print, and gild it

To Pickle Turnipes and red Cabbage

pare your Turnips and Cut them in Thinn Slices, put between Euery Slice, gross peper and A little mace or nutmegg beaten lay them in A gallypot poure in Some whit wine Vinegar as much as will Couer them A little Salt, they will keep the better if you boile the vinegar some times, and tye them vp for your vse thus you must pickle red Cabbage, Cut it in long little Shiu=ers like Harts horne, if you haue red vinegar doe it in that it Eates uery well and pretty to garnish dishes

To make Orange Pudding

Take the rine of an orange pared and boile it in Seuerall waters and beate it uery fine in A morter then put to it 4 ounces of fine suger, 4 ounces of fresh butter and 6 Egges takeing out 4 of the whites, A little Salt, beate all these well together in A morter till the Ouen heats bake it in A little dish in fine puff past Strew Suger on it, and Serue it in A little will bake it butter your dish

For To make A pudding in the neck of A Goose

Take the Heart and the liuer and mince it uery Small, then take Some grated bread and hard Egges Shred uery Small likewise Some Sweet margerum and Time with A little of the goose fat, and mix it with raw Egges as many as will doe and Soe Season it as you'd doe A pye, put the goose braines in, it and Soe fill the Skin and boile it

madam Tyrwhit's To preserue Barberys without Boiling

Take of the largest Barberys, and Stone them, and take 3 times their weight in fine Suger and lay a layer of Suger and A layer of Barberys and take some Barberys Stamp them and Strain the Juice from them and put on the Other, and tye A paper ouer them and the Suger will dissolue of it Selfe, Soe keep them for your vse

A Tansy for Fasting days

Take Taney and all manner of hearbes, as for Other Tansys and beaten Almonds Stamp them with the Spawn of pike or Carp, and Strain them with the Crumb of A fine manchet, Suger and Orang flower water and fry it in Sweet butter

Make Stiff past of fine Flower, Orange water and Cream, Saffron yolkes of Egges, Salt and nutmegg and fry them in Clarify'd butter

To Pickle Collyflowers Cozen Perciualls

Take some whit=wine vinegar and Salt, with Some whole Spice, boile Them together uery well, then put in your Collyflowers and Couer them and let them Stand ouer Embers one houre, then take them out, and when they are Cold put them into A pot, and boile the liquor with more vinegar and when it is cold put it to them, and keep them Close Couer'd from the Aire, But I think it is the best way to let them Stand, A week in the pickle before you Set them ouer the Embers The Same way doe red Cabbage

To Souce A Pigg in Collers

Take A large fat pigge and bone it take the 2 sides and Season it with Chopt Sage, Cloues, mace, Nutmegg fine beate with Salt, Strow all Ouer it, then rowle it vp hard and tye it, and Sowe it vp hard in Cloths, then boile them and the head in Salt and water till they are tender Then take it vp and lay them to Coole, then put in Some vinegar and Slict lemmon into your liquor, and heate it Again, and when they are Cold put them into the liquor, and when it haue lain A week Serue it in Cold with mustard

To make A good Cake madm. Tyrwhits

Take 3 pound and A halfe of the finest flower, A Quarter of A pint of Ale yeast, 6 Egges, leaue out 2 whites, 2 pound of

To make Orange water

Take 3 dossen of the best Oranges you can get, and pare them very Thinn, then bruise the peeles in A Stone morter, put them in A wide mouthed glass, and put to them 2 Quarts of the best Sack and Stop your glass very close let it Stand 48 houres put it into A Cold Still, past it down Close, Still it with A gentle fire you may take A Quart of the first runing, and After that, what you please or Think fit, let it drop on Suger Candy or loafe Suger

How to pickle Cloue Gillyflowers for A winter Sallet

Gather your gillyflowers when they are dry then Cut of all the whits then take A pound and A halfe of Suger to A pound of gillyflowers then take halfe A pint of whit wine Vinegar and put in A good quantity of the Suger being beaten, and put into the the pot you mean to keep them in, then put in your flowers, pressing them down hard with A Spoon, then put in Another halfe pint of Vinegar and the rest of the Suger, and poure ouer them, then put A Saucer or Trencher within the pot that they may be Couer'd with the Vinegar, but first Sift the flowers, then bind them Close vp from the Aire

To Make Mackeroones

Take a pound of Almonds lay them in cold water vntill they will blanch, then blanch them and fling them into more Cold water then beat them in A Stone morter with A little rose water vntill they are all bruised, Then take 3 Quarters of A pound of loafe Suger beate fine and put to your Almonds, Soe beate them till they are Almost Enough then put in the white of An Egge beaten with A little rose water, then mingle them alltogether well, then fashion them vpon the wafers, and Soe ~~bake~~ bake in an Ouen, or Stoue if you put in 5 or 6 whites of Egges well beaten then you must not put in rose water

To make Cheese Cakes

Take 2 gallons of new milk (and A pint of Cream) hot from the Cow never heat it, it is rather of the hotest, though the Cream be put in Cold, Set them Tender together, when it's Come break it not vp, but take it vp gently with A Skiming dish, lay it into A wett cheese cloth, then whey it gently, then hang it vp A dreining very well the whey out, then beat it in A morter, or with the back of A Spoon doe it through A Cullender then put in Almost 2 pound of butter the

crume of A peny loafe, or Bisket instead of bread is much better nutmegg, A little Chop'd Cithron if you please 16 or 18 Egges, with halfe the whites taken out, A little Orange flower water, or rose water, A little Salt, A little Cinament, if the peny loafe be bigg but it not all in, you may put in A Spoonfull or two of Cream, it is as well without put A pound of suger, and neare A pound and A halfe of Currance, or without Currance, Sweeten it as you like: make the Crust with 2 quarts of fine flower A Nutmegg A little Suger 4 or 5 Egges A pound of butter or more, new milk is best Enough to make it into A past, mingle them not light for feare they should not Stand, it is best to bake them vpon plates with A pretty quick Ouen, or vpon butter'd papers, Halfe an houre will bake them

To make A Tansy

Take your Egges and wash them, beat them Shells and all you may leaue out Some of the whites 16 Egges to A wine quart of Cream, then Strain your Cream and Egges together, then put in A nutmegg the Crums of A peny loafe, Juice of Spinage and green Hearbes what you please to Colour it and Suger to your Tast, Butter A deep dish and bake it Serue it in with melted butter, the Juice of A lemon or Orange and Suger

To make A Custard

Boile your Cream with A little mace, Cinament and Cloues, to Euery Quart of Cream put 5 Egges with 2 of the whits out, A wine pint keep it Stiring till it's cold that the Cream Settle not A Top let your Egges be very well beaten and A little cold Cream to them first if you bake them you need not Set it ouer the fire Again After the Eyes are in Sweeten it as you please, if you, if you will you may put in A little Orange flower water or rose water, fill your Coffins or dishes, let not your ouen be to hot, nor Stand to long

To Make Almond Cheese Cakes

Take 2 quarts of Cream let it boile with mace, Cinament and nutmegg when it is Cold or neare, put in as much Egges as for Custards few of the whites, boile halfe A pound of butter in the Cream, then take beaten Jordan Almonds A pound, blanch'd and beaten as for mackeroones in cold water is best and beat them with faire water Orange flower water, or rose water, haue some Currance wash pick'd and A little plumpt and drein'd very well and dry'd, put in as many as you think fit and Some plain, mix altogether and put some white Suger A very little Salt, put them into past as you doe others, A pound of Almonds to A quart of Cream it must be pretty

it Selfe Cleare, casting vp A thick Scume, then draw it of Clean, and put in of vn Beaten Suger A pound to Euery 3 Quarts, and bottle it, it will be ready to drink Quickly, but it will drink very like renish wine if you put A Top or two of blown Clary, and if you See it need you may let it run through A gelley bagg, if you keep it long put A pound of Suger to 2 quarts, the more Suger the better it will keep if noe Stean pot, take out the Head of A runlet and make A tap Hole

× To make English wine

Gather your grapes when full ripe, and dry, then pick away all that are rotten and nought, then pull them from the Stalks, and put them in A deep bowle or pan, and with your hands mash them, and when they are all broke, let them Stand all night, Couer'd with a Clean Cloth the next day press them in baggs as you doe Sider, put the Juice in A tub that hath A tap at bottom, Soe let it Stand Couer'd till there arises A Scum on the top like yeast, then draw it of from the lee's, and put it into A barrell, it will work in the barell a day or two, before it must be Stop'd vp, and put in A little Suger in the barrell to keep the Spirits, and draw it out A month or two After when it is fine and Cleare, and Bottle it

× To make Rasbery wine

Gather your rasberys in A uery hot day, and Strain out the Juice through A Thin Canuas bagg or Strainer, into an Earthen pot let it Stand all night, then poure of the Clearest of it, and to A pottle of it put A pound of double refin'd Suger vnbeaten Set it on the fire, and giue it A walm or two and Scume it uery Clean, and when it is Cold put it into Stone bottles Stop them uery fast, and Set them in A Coole place, when you drink it you may put in halfe A pint of Canary Sack into A pint of this, and Suger if you need it

× To make Cherry wine the Best way

Take the best English Cherrys when they are uery ripe, picke them from the Stalks, mash them all to peeces, and Strain into A new vessell, well Season'd, or A wine Cask, and they will work as drink, when they haue done working, Then Stop it Close and let it Stand 6 weeks or 2 months to Each gallon of this when you tunn it put of Suger and at the 6 weeks End or 2 months, bottle it put A ~~bottle~~ knobb of Suger into Each Bottle, and it will keep A yeare or more

× To make Cowslip wine

Take 10 pound of the best maligo raisons, pick't and wash't Clean bruise them in A Stone morter, then put them into An Earthen pot and put to Each pound of raisons 3 pints of water, and A peck or more of pick'd Cowslips Soe let it Stand 9 or 10 days, Stiring it twice or thrice during it's Standing, it must Stand in A roome where there is A fire, or Elce it will not work, Strain it through A haire Seiue or Cotton bagg, and bottle it with A knob of Suger

+ Another For The Same

Take 3 gallons of faire water put into it 6 pound of loafe Suger boile it together halfe an houre or more, as the Scum riseth take it of, then poure it out and Set it A Cooling, Take A little Spoonfull of yeast, and beat it well, with 6 ounces of Sirup of Juice of Cittron, and then Brew it vp and down with A dish in the liquor, then take A gallon of pickt Cowslips, bruise them in A Stone morter, put them alsoe into the liquor and let them work together 2 or 3 days then Strain it out and put it into A Cask that it will fill, and when it hath done working Stop it Close for 3 weeks, after bottle it puting into Each bottle A knob of Hard Suger

+ To make Brumswick mum the Best

Take 3 pound of the Inward rine of Fir Tree, of the Tops of Fir and Beech A pound of Each, 3 handfulls of Cardus, dry'd, 2 handfuls of rose of Solis, burn it and bettony margerum, Auens, peny-royall, Elder flowers, wild time of Each A handfull and halfe 3 ounces of Cardus Seed one ounce of bay-berys good, bruised put not in the Seed till the beare haue done working, but let it worke with the ~~Seed~~ Hearbes all's one, 8 Busshells of wheaten malt, one of Oatts, and one of Beanes, to make A hogs-head of mumm

+ To make red Corrance wine

gather your Corrance when they are full ripe and bruise them in A butter Churm with Such A beater, as you beat Crabs or Aples Strain it and Set it in an Earthen pot till next day, then poure of the Clearest and to A pottle of this put A pound of dubble refin'd Suger, vnbeaten, and let it boile A walm or two, and Skim it Clean and when it is Cold, bottle it, Stop them uery Close and tye them down, and Set them in A Coole place, or Seller

To make Fritters the Almond Fashion

Take faire water, fine flower stire them well together and boile them thick, and then beat it in A morter with yolks of Eggs, rose water Suger and A little Ginger, then put them in your mold and put some sweet butter in A skillet on the fire and clarysye it, and when it is boil'd put in the fritters, serue them vp with Suger strewed on them

To make Toasts or Buns

Take fine flower and yeast and yolks 2 whites, beat them with ~~Rose~~ water, work them with Suger like Bunes, bake them then cut of the tops, butter them with melted butter and Suger

~~[illegible]~~

To keep your Pickles

if at any time you find any of your pickles will not keep or begin to mother, boile it and scume it, if you keep it long, boile it ouer 2 or 3 times, it is not good to pickle any thing green neither at first when you pickle them, nor Just when you ~~[illegible]~~ use them, they will not Eate soe well

To make Ginger Bread

Take A Quart of flower, and ginger According to your discretion and A Quart of Treacle, halfe A pint of faire water; make it into A past Sume put in A little butter, if you put in much it will make it heavy and spoile it, put in Caraway or Anyseed as you like make it into what form you please and bake it

To make Wigges

Take A Quarter of A peck of flower 3 Quarters of A pound of butter 3 Quarters of A pound of Suger, 2 ounces of Caraway Comfits, About halfe A pint or 3 Quarters of A pint of Ale yeast, Elce it will be bitter knead all these into A past, and if it wants moisteere knead it with milk, you may beate an Egge or two with your yeast, and make them vp into wigges fashion

To make Mackroones

Take A pound of Almonds and blanch them, then beat them in A morter with A little rosewater to keep them from oyling, then take the whites of 6 new laid beate them vntill they be crudled then min-

mingle them together and drop them on wafers, and set them into the Ouen

To Candy all kind of Flowers in their Callours

Take their flowers in their stalks and wash them in rose water wherin gum, dragon, or rather gum Arabeck haue bine dissolued Then take fine searcht Suger, and dust on them, then set them A drying on A sieue in an Ouen

A uery good way to make Almond Butter

Take your Almonds and blanch them, and let them Lye A little in cold water, they will be the whiter, beate them uery well, to A Quarter of A pound of Almonds A Quarter of A pound of butter, you must beate them Extraordinary small before you put in your butter, and as you beate them you must put in some rose water to keep them from oyling, or if you loue not rose water, faire water or barly water that casteth noe reddness, the butter must be new out of the Charm before it be salted when they be well beaten put in your butter and beate it well together then sweeten it to your Tast, then doe it through A Cullender vpon plats or Trenchers you may put in Ambergreece if you please A little will serue, when you come to put in your butter beate the yolk of An Egg well and put it in it will giue it a good Collour if you beate the Almonds with water, boile it and let it be cold Again

To pickle french Beanes or Cowcumbers

Take of the best and yongest beanes, pick them and lay them in salt and water 7 days as salt almost as brine then take them out, and haue boiling hot water and poure on them, and couer them close down till next day then poure that out, and doe soe Again 3 or 4 times till they are green, then put dill and fenell in the bottom of your pot, and lay them in, and poure in vinegar boiled with cloues, nutmegg and whole peper strewed amongst them, let it be halfe beare vinegar, and halfe wine vinegar let it be cold then put dill and fenell A Top of them

To make Goosbery wine

Take your goosberys when full ripe and uery dry, beat them in in A large clean wooden boule, with A wooden pestle as you beat Aples for sider, strain them in A haire strainer in A press as you doe sider, then put it into A steen pot that hath A Tap at the lower End, and let it stand 4 or 5 days, and it will worke

62 rosewater, Slict Nutmegg marrow in great lumps, or fine beefe Suet, Suger, and Currance if you please and Salt, and if you please A little grated bread, Soe fill your Skins

To Make A Pudding

Take A pint of Cream, and put to it 8 Egges, both whites and yolks beaten very well, then Season it with Suger, Nutmegg and A little Salt, and roseWater, 2 or 3 Spoonfulls of flower, then Butter A Cloth, and tye it vp, let it be double cloth, if it is not, the water must boile very fast when you put it in, and Soe continue for an houre, then take it vp, and Serue it to table, with Butter thick melted and Suger, you may Stick Blancht Almonds on it

To make Puddings of Neats-Tongues

Take A large Neats tongue and boile it very Tender, then peele it, and cut it in Thin Peeces and beate it very fine in A Stone morter 2 peny loafes grated, 5 or 6 Egges, the whites of 3 of them A little Cloues and mace, 2 nutmeggs Slict, A little Suger, halfe A pound of Currance, A little rose Water, a little Cream, or new milk and A little Salt, you must not fill your guts to full, nor make it to Salt

To Make A Bread Pudding

Take A pint of Thick Cream Set it vpon the fire, when it is Scalding hot, put in A peece of Butter About A Quarter of A pound when the Butter is melted take it of the fire again, and mingle the yolks of 6 Egges with 2 of the whites, being beaten with A little rosewater with the Cream, then put in as much grated Bread vntill it be as thick as Batter with less then A Spoonfull of fine flower, then Season it with Nutmegg, Suger, and marrow, in Bigg bits, or Beefe Suet chopt Small, mingle altogether with Some Salt Butter A dish and put it in, and put it in to the Ouen, when Baked Enough Strew Some Suger on it Soe Serue it vp

To make Fritters

Take marrow and beate and mince it very Small, Then take Bread grated and minced dates, Currance, Suger, Cinament and ginger work all these together with Yolks of Egges lay it between 2 Sage leaues, make Batter with A little fine flower and yeast, and then put them into the Batter, and take them out one by one and put them into fry, Beefe Suet is the best to fry them in Soe Serue them

To Dress A Pike

Lay the fish A Hardning in Salt and Vinegar, then take your pike and Scoure it well with Salt, open it, and take the blood from the back with A Spoon, and boile as much vinegar in A Skillet, as you think will cover it, put into it A Bundle of Sweet Herbes, Some whole peper and an Onion, then put your pike into A pan, and poure the vinegar on it, and keep it couer'd About halfe an houre, then put About Soe Much water as vinegar with A Handfull or two of Salt and boile it, then take your pike out of the vinegar, and put the water and Vinegar together into A Kettle and your pike, let it boile very fast till it's Enough

Sauce For A Pike

Take A little Claret and the blood that you Scrapt from the back, Some Sliced nutmegg, and A little mace, 2 Anchouys, A little grauy or Strong broth if there be wanting Some of the liquor which the fish is boiled in, A few Oysters and Some mushetsomes, Chopt let these be Stewd together A little while, then Take 2 yolks of Eggs very well beaten let these boile with Some Sharlot whole peper, Horse raddice A little Lemon peele, and Salt, Strew A good deale of Scrapt Horse raddice on the fish, Soe serue it

To Dry Beefe

Take A good large Rib, put About halfe A pound of the best Salt-peter Beate it and Rub it all about the Beefe, letting it lye Soe A day, and A night, and then Salt it with other Salt, as you'd Soe Other Beefe, put it in A Thing by it Selfe, because the Salt peter may mix, let it lye Soe 10 days turning it, and rubing it often, if Frosty weather let it lye longer, then paper it in A paper Bagg all Ouer, and hang it in A Chimney. But not to Hot, till it is dry

To make Bisket

Take halfe A pound of flower well Dryed, with halfe A pound of fine Suger, beaten very Small and Serced, Take 3 Egges, whit and all beate them till they grow Thine, then mingle your flower and Suger with it, then take A Quarter of A pound of Jordan Almonds and Blanch them and beat them (or more) with A little rose water and A Spoonfull of Cream, Soe Straine it into your Bisket Stuffe, beate it 2 houres together, then put in Some Caraway Seeds, Butter your coffins and Soe bake them, Be carefull of baking them. After they haue Stood A while take them out, and let it Stand till it is Cold, then lay them on plates and Set them into the Ouen Again, 2 or 3 houres A drying Besure it Be past Colouring

60 them of the fire. Squeese the Iuice of A Lemon into them, and Toss them vp together and Soe Serue them

x To Bake Goosbery Tarts, or Any Sort of Plumes

Lay Almost halfe of your Suger in the bottom of your Tarts, and the Other A Top, and Besure they Stand not in the Ouen noe longer then they Boile, which is not aboue A quarter of an houre at most before they ~~the~~ boile ouer, take them out, and let them Stand A little before you Set them in Again, then Set them in again and Stand almost A quarter of an houre longer, and when you take them out, Scrape Some loafe Suger on them you must with A knife cut Euery goosbery or plume, they'l be the Clearer A little on the Side, A Spoonfull or two of water in plume and goosbery Tarts is best

you may put in a little Juice of Lemon and a little of Lemon

To make Whipt Sillybub

you may put in ye white of an Egg in ye whipin

Take A pint of Cream A Quarter of A pint of Sack, A Quarter of A pound of Suger, Then take A good Switch or rod out of A whi whisk and Beate them together till it froths, then take that of, and Switch it again till it froths, then take that of, and Switch it Again Untill it is all froth'd vp, Serue it in your Sillibub glases

x To make A Calues foot Pudding or Neats Foot

Take your calues feet, when they are tender boiled mince the meate of them uery Small with A little Suet, and put to it Sume grated bread, A Quarter of A pint of Cream, the yolks and whits of 4 Egges well beaten and Strain'd mix all these together, with Sume Nutmeggs and Suger, put in A good Quantity of marrow as much as 2 bones will Containe, and Cut it not to Small, for if you doe it will not Shew it Selfe, if you haue not marrow, Chop beefe Kidney Suet Small, and put in the more, as for the bag you may Sow the Call of Veale into A bagg, and put, and put it in to the Call bagg, then tye the Call into A linnen Cloth, and boyle it and Serue it vp you may bake it in Puff past Crust

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+ To make A Triffle

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Take A pint of Cream boile it and Season it with Suger. According to your Tast, put it in your Cream dish, and Stire it till it is almost Cold, then put in A little Runnet and Stire it About, and Soe Serue it vp

x To Make Cream with Ringgooe Roots

Take Cream and boile it, and Slice in 2 ounces of ringgoe roots into Small round Slices and boile it in your Cream, and beate the yolks of 2 Egges uery well and Soe put in your Cream, and take it vp presently Soe Serue it vp

x To Make A Sack Posset

Take 8 Eggs and break the yolks and whites Seuerally, and Soe beaten uery well put one of the yolks to the whits, put your yolks to A pottle of Cream, take A quarter of A pint of Sack and as much Ale beat them uery well, put the whites into the Same, as you put the whites into it you must Stire it for feare of Curdling then put in allsoe your Cream, Stiring it likewise as before

x To make Bread Pudings with Hogs Guts

Take milk or Cream and boile it with mace, Then take Almonds and beate them with Some rosewater, then take your milk and Almonds being well beaten and Stire them into as much bread as you think good, with nutmegg, Suger, Currance, marrow, or good beefe Suet and 3 or 4 Egges, not to many for feare of breaking them, Soe fill your guts

+ To make French Barly Pudding

Take French barly boile it uery well, if it be not of the purest That casteth noe redness in the boiling, then boile it in 2 or 3 waters till Enough, then take Halfe A peny white loafe, A pint of barly, then take A good Quantity of Almonds blancht and beat uery well with rose water or barly water, which you like best, you may strain your Almonds in with the Cream, then take 8 Egges, Halfe the whites, beate them uery well with

as you think fit, halfe A pound of Suger, A little Salt. A pint of good Ale yeast, and A little rose water, mingle these into perfect past, and Let it lye Arising for an houre, when you Think it Soak't Enough, drawe it to the Ouens mouth, and Dee it with rose water and Suger, and Set it in again, till the Candy be risen, if you feare your yeast be not good or there Enough, you may let it rise, and put in your fruit after the past is risen

x To bake A Hare in pot or pye

Hare Boile it as little as may be Just to Settle the Blood and grauey bone it and take out the Sinews. then mince it with A good peece of Beefe kidney Suet, or Instead of Suet A peece of west phalham bacon, or Other bacon instead of Suet, But I think Suet best if pure good, if it's bacon it must be well boiled first, then Beate it in A great morter, Season it with Cloues, mace, and Nutmegg, Some put in A few mined Hearbes, 2 or 3 Eggs to bind it together then beat it again Vntill they come to A reasonable Body not to Stiff then Lay in A layer of it into your pot and then A layer of Butter and then A layer of meat not above an Inch Thick, Soe doe till it is all in, or you may lay between bacon, or pure Suet, dip your Suet or bacon being thin Cut in beaten yolks of Eggs, and Season it hard down with your hand Especially if in A pot, then Couer it with Butter if in A pye make it in the fashion of A Hare, if it's bacon between as long as the meate lyeth Square, the bignes of A Tobaco pipe and if in A pot, poure out most of the liquor after it has Stood A while, (or all) and if you keep it in the pot, melt the Butter again when cold and poure A Top of it, or Else heate the pot to Slip it out, and doe all the out Side with it, if you Keep it long, Season it the higher and put it not out of the pot nor put noe hearbs in it, Beefe may be done Soe but not par Boild and Suet will doe very well for Beefe

x To make Very Cakes

Take fine flower, Caruway Seed, A little Suger, A little Butter Barme or yeast mingle it with milke

x To Coller Eyles

Take your largest Eyles, couer it well with Salt, split them downe to the bone, then cut out the bone as bare as you Can, wash them But not in pumpe water, dry them well, lay them on A table Strew'd with Salt that it may not Slip, when you Coller it, then Season it with Nutmegg, Cloues and mace, Beaten, A little Chopt Sage, time winter Sauory Sweet margerum, most Sage, Strew it on the In side, the Salt that Eyes on the Slippey side will be Enough to Season it, if not Some more, Soe bind them up Close, Tye them hard with Tape, you may Sowe them up in A Cloth, Boile Some vinegar water, Salt, an Onion, A Bunch of Hearbes and Some ginger, then put them in, and Boile them very well, or Else Eyles are not holesome, halfe or 3 quarters of an houre, let that be your pickle, put them in it when Cold, But vinegar and whit wine will keep longest, garnish your dish with Fenell, and mince fenell and vinegar for Sauce, if you keep it Boile your pickle Again, put it in Cold

x A Fricacy of Trotters

Splite and put them in the pan with pickled Oysters, Anchouys Small peper, A blade of mace, and an Onion, then let them Stew almost A quarter of an houre, then take A peece of Butter, mustard and grauy Rold them ouer the fire, Stireing them Continually Serue them up with Sippets

x To make Scotch Collops

Take A leg of Veale and Cut it very Thin, and Beate it well, then Spread it Abroad and grate Some nutmegg on it, Larde it first with bacon, then take Some of the Legg of veale and Chop with Suet, then Season it with Sage, and Sweet Hearbes, Cloues and mace and Salt then take the Collops and fry them Brown, then put the Butter you fry them with, and put to it Strong Broath 2 Anchouys, and Shallot, and Soe let them Stand together then take your balls and Stew them in Strong Broth, then put them into the pan to the Collops, then take the yolks of foure Eggs and Beate them with Some of the liquor that Stewed the Balls, put them in and Toss them up, when you take

56 To make mustard The best way

Take A pint of ~~must~~ pumpe water and boile it very well, and put a little Salt in it. Dry your mustard Seed and Beate it and then Sift it and put it into a mugg with A narrow mouth and poure your water on your Seed Boiling hot and Have A Cork fit for your mugg and Stop it Close, and when it is Cold put in A peece of Horse radish and an Onion the Strongest Seed you Can get and for thickness Vse your own discretion

To Boyle Onions

Take your onyons the largest you can get and peele them and Cut them in halfe or Quarters and tye them vp in A Cloth and Set them with your water on the fire Shift the water from them when it has Boile Some time for Thrice, and when they are Enough Squeese them and Set them ouer A Chaffindish of Coles to drein this is better than to Boile them in the Skins

To pot Beefe or Hare like Venison, Coren Perciualls

Take your hare wash it very well drein it, dry it in A Clean Cloth well then Cut out all the Bones, and Hard Sinews, Take all the best of it, and tenderest, Chop it with A good deale of pure Kidney beefe Suet, Some Beate it in A morter, But it will doe without. Some bake it with Butter instead of Suet. Season it with peper, Salt, Cloues and mace, not to high Season, then put it in A pot, or A deep pudding pot round like A Cheese when turn'd out. Bake it with pretty Big loaves 3 or 4 houres, then let it Stand A while till it Begin to be Cold. then take it and poure all the fat and grauy from it gently without parting it as neare as you Can, the next day when Cold warme the out Sides and Bottom of the pot to make it Slip out, then take the fat of the grauy melt it and poure it on the out side to make it looke white. Soe Scrish it and when Set By put it in a larger pot, Thus doe A peese of Buttock Tender beefe, Soe Cut it in thin Slices, Beate it or Chop it, Season it as the Other, lay A layer of Beefe and A layer of Thin Sliced Suet, and poure of the grauy as the Other, Dip A hare into Boiling water and then Cut it out and it will doe as well

To make Plume Broth 57

Take A leg or Shin of Beefe, A marrybone or two, A Crag of A neck of mutton, put it into A pot of water, let it Be well Scum'd with A Little Salt put in when Scum'd, put in Some Cloues and mace Let it Boile A great while, then take Some broth vp to Soake Some white Bread in to thicken it with Some Beaten Cinament, then put into the pot, Some Currance and reasons and let them Boile halfe an houre Before you take the Broth vp, put in your Bread and Cinament, Have Some prunes Stew'd in A readyness to mash and Strain through A Cullender to Culler and Sharpen the Broth, not to many and put A few in whole, then put in white wine or Claret, or Sider, Give it a warm or two. Sweeten it to your Tast, dish it with the marrowbone in the midle, garnish it with prunes, reason and Suger. Thicken it halfe an houre Before you take it vp, Have A Care it Burn's not to after the Bread is in, let the Currance and reasons Boile Something long-er than the Thickning

To dry Neats Tongues very red

Take them and lay them in pumpe water an houre, then take them out, Scrape and rub them well, dry them in A Clean cloth, you must make A Brine with Salt peter pretty Sharp and Boile the Day Before that it may Be Throughly Cold to put the tongues in, and Keep them in an Earthen pot, Turning them once in three days, let them lye 3 weeks in the Brine, then take them out and drein them, then rowle them in Wheaten Brane, dry them ouer A wood fire Smooke let them not Be to dry But Put them into A Box of Hay, and let not one Touch Another

To make A plumbe Cake

Take A Halfe A peck of flower the finest, dry'd A little in A warm Ouen Add thereto 3 pound of Currance, A Quart of Cream Set ouer the fire till Scalding hot, put into it as much Sack as you think will make it A posset and 2 Egges beaten with it, when this is A posset Set it by a while to Coole, melt A pound of Butter and put it with it, Take alsoe Some Cinament, Cloues and mace, as much

Hot, or Ice boile them in it, Soe keep them for your vse

To make Oatmeale pudding mr Johnson's

Take a Quart of great Oatmeale well pickt and Scald it in milk then put in a good peece of Butter and put in your pudding pan or pot Season it to your Tast and put it in the oueen, Serue it hot to the Table

To Boyle A Cabbage

Take and wash and Cut it, and Salt and Hang it in A net, ouer night next day Boile it in milk and water, till it is Just Tender, then take it vp and Set it ouer A Chaffindish of Coles to dry, then melt your Butter and powre it ouer them

To Boyle Turnipes

Take your Turnipes and boyle them very white, and when they are Enough take them vp and Squeese them dry, then put them ouer A Chaffindish of coles to dry the water out of them, then Break them all to mash, and put them into a Sauce pan, and put Butter to them, Soe Serue them

To make A Quaking pudding

Take A pint of Cream (if you haue it not) Soe much milk, then take 4 or 5 Egges, beate them well, Leaue out one of the whites Slice a little Nutmegg in, A good Spoonfull of Suger and as much flower a little Salt, mix them all well together and when your pot boiles, haue an Indifferent thick cloth and Butter it, and put it in let your pudding boile an houre, and then melt Some Butter and Suger and powre it ouer it, Stick Some blanch't Almonds in it

To make A Bread Pudding

Take A pint of milk and 4 Eggs well beat the crume of A fine penny loafe Steept in the milk, A little Slict nutmegg mix it all well together with a little Salt, tye it vp in a cloth well buttert and put it in when the pot boiles and Sometimes turn it in your pot, Let it boile an houre, then melt Some Butter with A little Sack or Shirry and A little faire water, powre it ouer your pudding, Soe Serue it vp

A Bak'd Bread Pudding

Take A quart of milk and A peny worth of Stale white Bread, Slice it in your milk with Some nutmegg, Boile it, then haue halfe A pound of fresh Beefe kidneys Suet finely Chopt and put in, when it boiles take 8 Egges well beate, take out 2 of the whites beate it vp with milk, and when you take your milk off put in your Egges and Some Suger and Salt, then Butter A dish and Strew some Currance in the Bottom of it. Soe powre it in and Bake it

To marrenet all Sorts of Fish

If they are pikes, cut them like Sammon, Smelts, Flounders, or Soales, Take the best oyle you can get, and let it boile vp, then put in your fish and fry them brown and lay them to drein, then Take Some white wine, and neare as much vinegar, Some whole Jameco peper, and Some common peper, mace and Cloues, A lemmon or more Cut in Slices, Boile all these together and put your fish in a pot, and powre this liquor Boiling hot ouer it, and Couer it close if you keep it long and find your liquor begin to decay Boile it again, and put in a little oyle Keep it close Couer'd it will keep 4 yeares

To pickle Turnipes

Take your Turnipes and pare and Cut them like mushroomes tops put them in Bay salt and vinegar and Couer them Close vp and pare Some onions and Cut in Slices and put in to them

To make water mustard

Take your best mustard seed and pound it, then put it into an Ouen and dry it well, then Sift it through A fine Neare Siene, then mingle it with Spring water, and a little white wine vinegar, or Crab vinegar is best, put it into A Stone pot, with A good lumpe of horse radish, or an Onion if you please, Keep it close Stopt in a Seller, take it out as you vse it and Stop it close again

Another way

mix your mustard seed with Boiling water, A little Salt and a little Suger A peece of Onion, and Keep it always very Close Couer'd, Let it Stand A few houres Ere you vse it

liquor and A little Sliced nutmegg and a good peece of Butter then Thicken it with flower, and Shake it ouer the fire till the Sauce be thick, put to it Oysters and mushroomes and a Lemon if you please

Sowce for Brawn or any Hogs meat

Take a gallon of Table Beare and Set it ouer the fire, and put in Some large mace, and halfe A dozen Bay leaues, and when they haue boiled neare a quarter of an houre, and according to your Brawns being Seasond add Salt, then Set it a cooling and when cold put to it a quart of white wine or Stale Beare, then put in your Brawne and keepe it close Couerd

To make french pottage the True way as it's Sold in Suffolk Street

Take Beefe and the Craggy End of A neak of mutton, and Boile it very well, you may if you please add A nuckle of veale to it, and Boile it till it be Strong, then powre it out and let the Broath Stand all night the next day take of the fatt very cleane, then put to Every 6 quarts of this Broath 2 quarts of very good boiling pease, which makes it thick Enough and Soe much Bacon as you like or think will giue it a Tast and Boile a large onion Stuft with Cloues, a Sprigg or two of mint, and as much Sweet maricrum and Some whole peper, Boile the pease till they be soft But the margerum, mint, Onion and peper, must be put in a little before it boiles, for if it Boiles to long it will loose it's Tast, let the pease be very Soft, take them out and Bruise them with A Spoone then Straine them through A haire Sieue, or Cullender, but Besure none of the hulls come through, then take A loafe of french Bread and Cut it the rounde ways and toast them and Butter them well, and lay on the bot Bottom of the dish, and powre your Broth Boiling hot on the Tost, and Soe Serue it up

Another way To make pottage

Take A legg of Beefe, or Nockle of veale, and Craggs of mutton, which will doe as well as Beefe, and Cut it into peeces, put it into A pot, to as much water as will Stew all the goodness out of the meat, Take A large onion and Stick it full of Cloues and whole peper put it in when it's a Stewing, and when it's Stewed Enough Scumme it and Straine it with all the fatt, then take A handfull of Spinage, Sorell, and Lettice of Each a handfull and Scald them and Shred them, take a good peece of Butter, and a ladle full of Stronge Broth and Stew them on a quick fire, then put them in the Broth and let them Just Stew altogether and Serue them in, if it be the Season for green pease Strong Broth as Aforesaid to a quart of Pease, Boile them first in water till they are Tender, then take a handfull of Spanish mint and Spinage Shred them, take A peece of Butter, and a little liquor and keep Shring ouer the fire till they are Tender, then powre it to the Broth, put them ouer the fire, and Just Stewe them and then dish them out, put a Bunch of Sweet Hearbes into the pot and if noe pease, beets are the best herbs for pottage, when you Stewe meate put in a crust of Bread, or the Bottom of A white loafe

To Pickle Turnips

Take fresh Turnipes the youngest and Sweetest, Either those which looke green, or red at the top wash them and paire them, and Slice them as you think fit, put them into good white wine Vinegar, with a good quantity of peper grosly beaten, then Couer them Close, with A little Salt, in a months time they'l be fit to Eate

To Pickle Cabbage

Take a good red Cabbage wash it Clean, then Cut it out like Shauings of chips, then lay it in water for A day and A halfe to make it Crisp, then dreen it out of the water and dry it in a cloth, then put it into white wine Vinegar with A pretty deale of peper grossly beaten, and A little Salt, let it Stand 3 or 4 days, then Boile it up with the vinegar, Soe put it up, Either to Eat, or garnish dishes

To Pickle Nistretian Endigo Seeds

gather them when full ripe, and put them into Vinegar, let them Stand 8 days, then Scald the vinegar and poure on them. Scalding

and powre it into the Sack and Eggs, holding it up as high as you can, as you powre it let it be Shred, all the while then Cover it Close

To Boile A legg of Mutton The French Fashion

Take A leg of mutton and take of all the meat, but at the End, leaving all the Skin whole at the bone, mince the flesh Small with Ox Suet and marrow, and put to it A little grated Bread, Sweet Cream, and the yolkes of Egges, A Few Sweet hearbs, Chopt Small, put in to it Some Currance, minct dates and A few Raisons of the Sun, and Soe worke it with your hands like pudding Staffe. Then put it into the Skin Again, and Stew it in A pott, with A marrow Bone, Serue your marrow bone with Some Sliced broth, and the legg of mutton dry, Soe you may haue Two boiled meats in one pot

To make Peese Soop without Meat, Madam Hunters

Take 2 Quarts of pease to A Gallon of water and boile them all to peeces and put in 6 Anchouys, Some whole peper, 2 large Onions whole and A Bitch of Sweet hearbes, when they are boiled all to mash Strein them though A Sieue, then take Spinage, Beets, Sorrell, mint A good Quantity, take halfe A pound of butter and put in your Skillet and let it boile vp, then put in your hearbes and let them boile in your butter, with Some Beaten Cloues and mace and halfe A Nutmegg, then put in your Soop to the butter and hearbes and let it boile A little together, and haue Toasted Bread to put in the dish with it, you must put Salt to your Soop

Fryed Lambe

Take your Lambe and beate it with A rowling pin, and Season it peper, Salt, and A little nutmegg, Soe put it in your Frying pan and fry it brown, then take Some of your boney peeces of meat and boile it in Some water and A little beare, if it be not bitter, and put in A little Salt, whole peper, A little [redacted] Soe boile it to A Strong broth, then take the broth and put into it Some Sauory, Time, parsley A little [redacted] and Lemmon peele Shred these Small with Some grated nutmegg, A little vinegar

2 yolkes of Egges and A Quarter of A pound of Butter, when your meat is fryed, put all this into your pan, and beware to keep it Shaking and not to neare the fire, for feare it Crudle

This is the best way to Stew A Legg of Beefe

Take A good young tender leg of beefe, cut it to peeces and put to it not Aboue 3 Quarts of water, Season it with peper and Salt well, [redacted] Onions and Carrets laid on tope, but the Beefe and 3 Quarts of water A Bunch of sweet hearbes, Set this ouer A gentle fire and Soe let it Stew Softly 8 houres and then Serue it vp to the Table, the Thin Flunk or Sticken peece may be put in with the legg at first, the roots must not be put in till 2 houres before they are Serued vp and After the rootes are in it must be kept Close Couerd till the last till you [redacted] take it take it vp

To make Neats foot pudding

Take A neats foot, Shred it very Small, then put to it halfe a pound of beefe suet both which Shred very Small, then grate into it the Crume of A peny loafe, puting into it halfe A pound of Currence 8 Egges a little Salt and Spice 2 Spoonfulls of Sacke and A little Suger. Soe let it boile an houre and A halfe, then take it vp, melt Some Butter and Sacke together, Strowing Some Suger and Serue it vp to the Table you may put in Some candy'd Lemon or Orange peele

A Frigacy of Rabets

Take 2 rabbets Cut them into Small peeces and Break their bones, and put halfe a pound of Butter in the pan and brown it well, then put in your rabbets, Season them with peper and Salt and fry them till they are then put in Some claret, a little water, 2 anchouys, 2 Spoonfulls of Capers and A Sherlot a little parsley and Sweet hearbs, Shred all these with a few capers very Small and put in the pan with A Spoonfull of Caper

A Quarter of Suger: soe put it vp into the Vessell, and set it Stand till it hath done working, the Stop it close from Taking Aire

To Pickle Mushrooms

Chuse your mushroomes of A Crimson colour, and if possible of A night or two's growth, and pick out all the Crimsone on the Inside very Clean, and as you pick them put them into fair water then take them out, and into A Skillet, without any liquor, and set them over the fire, and let them boile in the liquor that comes from them, putting in while they boile A little Salt, then dry them in A Cloth till they be cold, then pickle them in an Earthen pot, with the best wine Vinegar, A Clove of garlick, A Sprigg of rosemary A little time, some mace and ginger, and nutmegg, and what other spice you please if you find the pickle to Sharp, add to it A little white wine, Every new moon, make new pickle for them and preserue the other for Sauce

To Pickle Wallnuts

Gather your wallnuts when A pin will goe easy into them, then Steep them in cold water for 10 days. Shifting them Every day then boile them in 3 Seuerall waters, the water being boiling hot when they are shifted, till they are soft as you may put A Straw through them when you take them out, lay them Singlly to dry and make A pickle for them as followeth, put to them white wine Vinegar, ~~A Clove of Garlick~~ Salt, peper, Ginger, mace, as much Shalot as you please, Keep them Stiring over the fire till they boile A little time, then let it Stand till it is cold. Soe put the walnuts to it and let them Stand till you haue Occasion to vse them

To make A Carrett Pudding

Take 3 pints of milk as much bread as will Thicken it, not to thick, and as much Carrets as bread, and halfe A pound of fresh Butter, 6 Eggs, Suger, Nutmegg, halfe A pound of Caraway Comfits A Glass of Sack or Brandy which you please

To Seuce A Turkey In Imitation of Sturgeon

Take A good fat Turkey, or two, dresh them very Clean, Then bone them, and tye them down in the manner of Sturgeon, then take A Kettle, and put in A pottle of white wine, A Quart of water and A Quart of Vinegar. Season it with white Salt well, make it boile, then put in your Turkeys, and let them boile till they are very Tender. Take them out and Tast your liquor, if it be not Sharp Enough, put in more Vinegar and let it boile A walme, then take it vp, and put them into A good Earthen pot which will hold them, and when it is cold put them into it and See they be couerd with the liquor, then let them lye 3 weekes or A month in the liquor, then Serue it with Fenell like Sturgeon

To Pickle Mussmellons

Take Vnripe middle Size mellons, as many as you please, let them be rubd very Clean, with A Course cloth, then Fill an Earthen pot with them and powre vpon them Scalding water and Salt, and let them Stand Close Couerd vntill they are cold, then take them out and Slite the Sides of them, and take out all the Seeds, and waterish pulpe, then put them into the pot as before and powre new boiling water and Salt on them Again, and let them Stand till they are cold, then take A Clove of garlick About 10 graines of peper A little Salt, and 2 or 3 Slices of ginger, and put into Each mellon and close vp the Slite on the Side, pressing them one on another in your pot you intend to keep them in, Sprinkle, as Amonge them A little dill Topes, with the Seeds on them, and then powre on them this pickle, take white wine, and white wine Vinegar of Each one Quart, Boile them together and put A handfull of Salt to it, and when it is of the fire A good Spoonfull of dill Seed, when this is cold powre it on the mellons, Cover them with A Trencher and put A weigat vpon it to keep them down, they come not to A good Tast before 3 months

To Make A Sack Posset

Take A Quart of Cream and A pint of Sack, and 12 Egges, the whites of halfe and 3 Quarters of A pound of Suger, put your Sack, Egges, and Suger together, and set them on A Chaffin dish of Coles, and Stire them well till they be Scalding hot to be Sure, and put in your Cream A Sliced nutmegg, and Set it on the fire, and let it boile, Just vp

To make A Sack Posset

Take 13 Egges very well beaten yolkes and whites together then put in A pint of Sack and halfe A pound of Suger, and mingle them all together then take A quart of Cream and Boile it A Little, and At the same time you Set the Cream on the Fire, you must set your Bason of Egges with the Sack on A Quick fire of Charcole upon A Chaffin dish, keep it Stiring all the Time on the fire without Boiling, and when the Cream is Boiled, take the Bason and Set it on the ground, then poure in the Cream as high as you Can into your Bason Not from the fire, for that will make it froth the better then Cover the Bason close with A plate, and doe not take it of till the posset is to be Eaten which will not be vnder 2 houres

To Make A Pudding

Take A pound of Butter and A Quarter of A pound of Suger melt the butter and the Suger together take A pint of yeast A pint of Cream, halfe A pint of Sack the yolkes of 6 Eggs A quarter of A pound of Almands blanckt and finely beat with rose water, mix all this together, your Cream must be as hot as will make this Ingredience as hot as milk from the Cow, then have ready Seasoned 3 pound of flower with mace, Cloues and nutmegs A Few Coriander Seeds beaten with halfe Pound of Candy'd Lemon pill and Orange, put it into A pan and Set it vpon the Coles then make A hole in your flower, poure in your liquor and Strowe some Flower on the Tope, and when it workes like yeast it is Enough, mingle it vp, and Strew in 3 pound of Currans warme, Soe put it in your hoop, and Soe ~~back~~ Bake it

To make Orang Pudding

Take 2 good Oranges, and pare them very Thin, cut them in two, Squeese out the Juice, and take out the Curnells

Boile them in three or foure waters untill they be very Tender, Beate it in A Stone morter Extream Small, then put in the Juice, put to it neare halfe A pound of Butter and the yolk of 6 Egges and Sweeten it to your Tast, mix this well together with your Pestall with 4 Spoonfulls of Cream, and Soe work it in A dish, couer'd with puff past

To Stew A Legg of Beefe

Take A good young Tender Legg of Beefe, Cut it to peeces, and put to it pottle of Boue 3 Quarts of water, Season it with pepper and Salt well, Slice Onions and Carrets to lay A top, put the Beefe with the 3 Quarts of water, A Bunch of Sweet hearbes, Set this ouer A gentle fire and Soe let it Stew Softly 5 houres and then Serue it vp, the Thin Shank of the Beefe, or Sticking peece, may be put in with the rootes, they must not be in Above 2 or 3 houres before you take it vp

To make Corran and Gooseberry Wine, Madam Tyrwhits

Take to Euer 3 pound of Currans Stript, one pound of Suger, and A Quart of water, which must be first boiled, and let it Stand vntill it be quite cold, before you poure it on the Currans, and they must be mashed before the water be put to them, then let them Stand 2 days, Stiring them 4 or 5 times A day, then Strain them out and put in the Suger, and Soe put it vp into the Stein or Tub, and let it Stand vntill it haue done working, then Stop it vp Close, that it may take noe Aire, if you please you may put in as much Juice of rosberys as will giue it A Tast

The Same way make your Gooseberry Wine

To make Cherry Wine

Take of the best English Cherrys, and mash them vntill the Stones be broke, and Soe let them Stand 3 or 4 dayes, Stiring them 4 or 5 times A day, vntill it tast very much of the Kernell then Strain it out, and to Euery gallon of the Juice A pound and

x To make Rice Wine

the rice may be put into pudding or milk

Take A pound of Rice and put 6 gallons of water, and Three Lemmons Slit with the Rinds and all, and the Juice of 9 more If they be Small take the more of them, then boile this liquor Softly till halfe A Gallon be Consumed, then Strain it, and let it Stand to be cold, then poure of the Cleare, for there will be Some Settlement. Sweeten it to your Past, and bottle it, and let it Stand in A Coole place for 14th days before you Stire it, Add 2 ounces of Cinament in the boiling of your liquor

x To Make Sausages with Oysters

Take A legg of mutton, and Chop it Small, and take Away first all the Fatt and Sinewes, then take A pint of Oysters and A pound of Beefe Suet, which Chop Small together, with A little Sage and Winter Sauory, Then Season it with Salt, Nutmegg, Cloues and mace, then mix them all well together, with About 5 Egges, then rowle them up with flower and Fry Them

x To make Oyster Puddings

Take good Bigg guts and wash and Scoure them Clean then dry them, then take good great Oysters and open them and wash them from the grauell with their own liquor, then Strain the liquor, and put to it as much Whit wine as the liquor Containeth then put in the Oysters and 10 or 12 bay leaues, and Some large mace, and parboile the Oysters in it, then take them out of the liquor and Season them well with peper, salt and nutmegg, and take the yolke of 12 Egges which are boiled hard, and cut them in quarters and the marrow of 3 bones or more, According to the quantity of puddings, and Some Stript Time and Persley which you must mince very Small, and 3 or 4 Onions peel'd and minet, mix all these together, and let all be well Season'd

x To Rost A Shoulder of mutton in Blood 45

Take the blood when it is hot and Strein it, take Sweet herbes, parsley, Time Sweet mariorum, Sauory, and Shread them Small with 6 Anchouys, halfe A pound of Suet, Some grated bread, put all together with Some Oysters and 3 yolkes of Egges, Season these with Salt, Cloues, mace, nutmegg, and Stuff your mutton with in and without, then put the mutton all night in the blood turn it often, draw it with Time and lemmon pill, and Soe rost it with the Sheeps call ouer it, when it is rosted take the Call of and bast it with butter, Then take grauy, Claret wine, Oysters Stue alltogether for Sauce, then take Oysters and Fry them brown and put them into the Shells and garnish your dish with them

x To make A Frigasee of Soales

Take the Skin of both Sides of 3 paire of Soales, take out the guts, and dry them well, and Fry them in butter, Shake them of the bones, put them into Strong broth and grauy and Claret wine A little butter Anchouys, Sherlot Some lemmon cut in thin Slices Stire all this together with Some mace and Cloues, then take 6 Small Soales and Fry them brown and put them in your dish for Sippets and Fryed parsley ouer them

x To Rost A hare madam fulconbridges

Take 3 Skines of it then lard it well with Bacon, make A pudding of the Liuer with Some Apples, Onions, persley, Time Sauory, Lemmon pill, Salt, Chop these very Small with Some peeces of backon, then work them up with A good peece of butter and put in the hares belly and Sow it up, and rost it, bast it well with butter, when it is Enough, take the pudding out and Stue it in Some Claret and then beat it up with Some butter and Soe poure it on the hare, and Serue it up

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To Make pese soupe without meit

Take one quarter of peise to a galan of water or 3 pints and boyell them all to peises and pick in 6 anchoves supme holl peper 2 lara gunges hole, a bough of sweet yearbs and when they are boiled all to mash strein them through a seife then take speing beites soriell meint a good quantity and take half a pound of buter and put in your scallit and let it boyell upe then put in your yerbes and let them boyell in your buter with siem biten mase and clote and half a nutmeg then put in your soupe to the buter and yearbes and lete it boyel alevel together and have tosted brod to put in the dish with it you must salt it to your tast

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To fried lame

take your lame and beit it with a rouling pine and seisn it with peper salt and a litle nutmeg so put it in to your frying pan and so frie it brown then take soum of the boyel peis of mete and boyell it in soum water and a leter beare if it be not biter and put in a litle salt hol peper a leife ounge so boyell it to a strong broth then take the broath and put in to it sum sauge time parsah a leitle ounge leman peild shred thes scald with sum grated nutmug a leetell venegar 2 yolkes of eges and a quarter of a pound of buter

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To Pickle Great Cowcumbers madam Grivills

Take the great cowcumbers, as large or little, as you please Cut a Splinter out of the side, and take out all the seeds, put therein a very Small Clove of garlick, white peper whole, or Cloues and mace, whole, horse raddice Scrapt, put in the Splinter again and tye it up close with a thread put them in an Earthen pot, Broad at Bottom and narrow at top, take as much whit-wine Vinegar as will cover them, puting the Same Ingredients into the pickle as you did into the Cowcumbers, and let them Stand 3 days; at the 3d. days End take them out, and put them into a Skillet or pot, and cover them down with the pickle in them, and let them be Scalding hot but not boile. Cover them down close till next day, and then keep them in a glass, with a handfull of mustard-Seed beaten and not Searc't. made mustard [illegible] only Scarle

To Pickle Small Cowcumbers

Take of the Smalest cowcumbers, wipe them Clean, and let them lye a day or 2 upon a Cloth, then take wine Vinegar a little Salt and boile it together, then take the Cowcumbers, and lay a Lain of Cowcumbers in a pot, and Strew a little nutmegg and Cloues and mace upon them, and soe another Layn of Cowcumbers and Spice as aforesaid, and soe poure in the liquor and keep them close for all the yeare

To Pickle Broom Budds

Take them and pick them Clean, and put them into Seare Vinegar and Salt, and soe lay a little board within the pot to keep them down, soe keep them all the yeare. Besure there be Vinegar Enough to cover them. A month after take out the liquor and boile it, and the next day put it in again when it is throughly cold

of harbs and such like as you can take up
betwixt the thumbe and the two next fingers

x Ebulum No 1.

Take three gallons of the Jure of Elder berryes
full ripe; and picked from all stalks ore grene
harbs; and as much Clarry; as will make a pint
of Jure boile the liquor and the Jure together;
a Quarter of a hour; and scum it very well; when
it is through Cold; put it into a hhed of very strong
Bear; after it hath dun working; and lett it purge
a gaine before it be stoppd up; and when it is a
Quarter of a year old; ore more bottell it out;
Some ad; a pound and halfe of Juniper berries Nutt meggs
Clowes and Mace; of Each six Drams; hang it
in a bag; after it hath dun working;

x 2 A Excelent water
For the yellow and black Janders
Take fower Gallons of good strong Ale
Add thare unto an ounce and halfe

of clowes; brused; a qarter of a pound of hartshorne
finely Grated; two shillings worth of saffron; then
take a peck of snailes; Cleanly washed; beat them
shells and all; alsoe take as many Earthwormes
two hanfulls of balme; one hanfull of wormwood, fower
hanfulls of stichwort; fower hanfulls of cliuers; fower
hanfull of Angellico; two hanfulls of Burridge two
hanfulls; of hisop; fower hanfulls of lemmon time
of bettiny fower hanfulls; of wood sorrill; Mary
Gold blassums three pints; one hanfull of Red
Sage, Sparrogras three hanfulls; three hanfulls
of Tamarick; fower of handfulls of succory
one good hanfull of sentary; penerall & water
Creases; of each two hanfulls; fower hanfulls
Ease; a good hanfull of rosemary; and Dragone
a stillfull; Cowslip Blossum a quort; parstey
ffennel; succory & burridge roots Clean picked,
time roots; of Each fower hanfulls ——

Many like the mead best, to leaue out the
rosmary and bay leaues; and sume of the
Nuttmeggs, wild Carrett seeds; giues a very pretty
Tast in mead and very good against the stone
and Dropsey

X

Dow To make Mead; Take a Eleuen pints of
water; two pints of Honey, mixt it with
a littel Nuttmeg boyle it and scum it two, ore
three whits of Eggs to clearifie it and then
Boyle it a lettell while; and when it be cold
spread astost with yest and putt into it,
lett it stand in a close corner twill Next
day; then bottell it with a Nob: of suger
it will keep a mounth; in three dayes you
may drink of it; if you keepe it longer
putt in more honey; it will be ripe
sonor; if you sques a pece of Leamond

X

X Obseruations

when you still the spirits of any water to
haue it strong you must put in Som bay
salt into the harbs; stamp your roses with
a littel bay salt; and if you keep them; a
Mounth ore two: being Close pressed together
it will make the wather better and more strong
If you infuse any flowers; in wine; as the time
of the of the year afoards them; as they blowe
put in a littel bay salt; it will keep the strength
and sperits of the flowers; to a bushell of rosses put
a quart of bay salt; and soe for other things; stamp
them to a past, and stop it closse in a Jugg; and
when you still it, put in some rose water; and
then you will haue the sprits of rosses like and
oyse keepe for the most part a gentle fire, for
if the fire be to hot; your water will be the
smaller; and quantity thare of the lesser, Not
that a pugill - , mentioned; is as much

To pickle Cumumbers.

Take of ye smallest cucumbers as you can gett dry ym well with a cloath, then make as much pickle as you thinke will cover them, two parts vinegar & one Water, as much salt as will bear an Egge wth some whole pepper and ginger sliced, some Jamaica pepper whole as much as will give itt a good flavor, boyle this with ye dill very well, then putt itt into ye pott to your coucumbers, boiling hott, cover ym close letting ym stand three dayes, if they are not green then boile them up, and pour them into ye pott, covering them close till they are cold, you must make ye pickle sharpe, you must putt in a small quantity of rock allum —

To pickle french Beanes.

Take the youngest french beanes you can gett butt not small, stringe them, and boile them in pickle if they are not tender at once boyling you must boyle them agayne, and order them as you doe ye coucumbers —

How to make Mead

Take 2 Gallons of Hunney, 12 Gallons of water the whits of 6 New laid Eggs, well beaten Sturing all together. till it boiles then scum it and putt in six Nuttmegs sutt in slices, two ore toppe of rosemary, three ore fower bay leaves, and when it has boiled an hour take it of the fire, and lett it stand till it be Cowld, then with 5 or six sponfuls of Alle yeast, sett it on worke all Night, the Next Day putt it into a barrell and when it has dun working stop it close, and after a Mounth then Bottell it

it stand till it be cold before you serve it up. /.

x

To Keep Gooseberryes all the yeare

Take yo^d. gooseberryes when they are at the full growth, and picke them very ~~cleane~~ carefully that you doe not breake the skins, then put y^m. in Bottells and stop them very well, and sett them into a Kettle of water, cold; the water must not cover the bottles any further then the gooseberryes which is about the necke, of the bottell; & when they are plumpt and begin to crache, then take the bottells out of the kettle, as it hangs over the fire, and when they are cold, take some bee's wax, worke it in warme water and putt itt about the corke to keepe them close; and sett them in a dry place for yo^d. use.

To Keep Quinces all the yeare. —

First you must core them, and take all the Kernells clean out, and keep the cores and Kernells, and sett over some water to boyle them then putt them in; then lett them boyle till they bee a little soft, & then take them up & sett them by till they bee cold, then take the Kernells, stamp them, and putt them in y^e. same Water, & lett them boyle till they bee thicke, see you have as much liquor as will cover them and if you have not, take some of the smallest quinses and stam them to make more liquor, boyle it good and thicke, then strame itt through a course cloath, and when itt is all cold putt itt up. —

but slowly about three quarters of an hour, after lett them boile prittly fast untill they be ready they may be about an hour and halfe in boileing, they are ready when the Sirrup will jelly, and the pippins looke cleare, some will looke cleare in lefs time then others, but when the orange peele hath boiled an hour, if it be ready take it out and putt it into the Sirrup to boile with the pippins, as the pippins boile you must scume them of, in the doing of about a pound and halfe of pippins, you must beside the Sugar that make the Sirrup have about a quarter of a pound of Sugar, beaten very fine, and in the boileing of ye pippins in the Sirrup, strow it on the top of them at three or four times, in the boileing you must turne them of and they will looke the clearer, when they are almost boiled, to every pound of pippins you must put in the juce of one Lemmon cleane strained, when they are ready which you may perceive by their clearnefs take them off the fire and put in your Ambergreefe, then put the Apples into glaffes with the orange peele on the top, after lett the Sirrup run from them through a strainer and haveing sett a little Sirrup to coole in flat dishes, being cold put it on the top of all, this is to be done towards Christmas.

To make Gooseberry Creame.

Take goosberries before they be ripe, and pick off the tops off them and the steems, and if you have a pint of gooseberries, you may take a pint and halfe of water, and let them seeth in a skellett till they be very tender, then cover them with a dish and stirr them sometimes, and when you perceive them to be very tender then breake them with a spoone in the water, and when it is thick season it with Sugar, keepe it boileing and as you stirr it putt in halfe a dousen Spoonfulls of this creame, you must take the yolkes of three or four eggs, the skins being taken away beat them with a little creame in a readyness and put it in after the other creame, lett it just seeth a power it into a dish so lett

putt them into your Syrrup, then cover it close, and putt on hot coales that it may boile very fast, every where almost a quarter of an hour, then take them up on a plate againe, and if there be neede boile the Syrrup a little while after, and when it is cold put it up in your glasses, you may put to it a little musk and Ambergreese./.

To preserve Pippins wett
× or to drie them./.

Take a pound of Shugar to a pound of pippins make a thinn Sirrup, and when your Sirrup is boild — Straine it through a peice of cotten, then take your pippins and pare and core them, and boile them in the Sirrup till it be thick, if you dry them, make make a thred, then lett them coole a very little — ~~then~~, then take them up, and lay them on glass — plats and putt in your Stoves to dry./.

× To make the pippin Liquor./.

Take pippins and pare them, and as you pare them

putt

them into faire water, quarter and core them, and put them againe into faire water, then putt them into a Skillett with as much water as will cover them, which being boild to a sufficient strength is to be strained through Canvas, and then through a jelly bagg./.

× To make pippins cleare in Jelly./.

Take the fairest pippins, and as you pare them putt them into cold water, and against they be pared prepare a Skillett of boileing water on the fire, and put them into it and lett them boile untill they be tender, then take them out and weigh them, take their weight in Shugar, put them on a plate, and with a fitt quantity of water, make the Sirrup with all the Sugar, then in the water the pippins were boild in putt the pareings of an orange being pared as thinn as paper, lett it boile there till it be tender, and all the bitterness be gone, it will require an hours boileing, when you have sett the water and Sugar on the fire and it boile very fast put in the pippins and lett the Sirrup

boile —

of Julyflowers, take then when you goe to bed, this is good for the passion of the heart, to make one sleepe againts melancholy./. / you may put lemmons Into the cowslipe wine

+ To make Cowslip wine./. this is very good

Take four gallons of fair water, and set it on the fire and when it is ready to boile, put into it four pound of fine Sugar, and lett it boile, till two quarts is boiled away, then take one peck of Cowslips, and put them into the Runlett altogeather boiling hott, and cover it up, and when it is as Cold as water, then put in four quarts of whit wine, then put some Yest into it, and work it up, so lett it stand two daies without stirring, and then you must bottle it up, the same way you may make July flower wine,

× To preserve Apricock./.

Unto a pound of Apricocks, take a pound of Shuger, stone your Apricocks, and pare them very thinn, then lett your Shuger be beaten, and lay them in three parts of your Shuger all night, next morning boile them in their owne Syrrup, and when you have scum'd it cast in your other Shuger, in the boiling

when they off and scum'd, then put in your Amber unto them./.

+ To Preserue greene Apples in Slices./.

The Gilliflowers is best, the pippins is the next, you must take them about Michelmas when they are all at their full growth, pare them exceeding thinn, and as you pare put them into cleane water, then cutt them into thinn slices, cut them not neare the core, then haveing a Skellett of water warme on the fire, put them, cover them close, that they may be under the water, and lett them boile leasurely till they be greenish, then set the skellett on a few coales, that may stand warme, only till the apples be as greene as you would have them, then with a fitt quantity of Shuger make the Syrrup, boile it well, and Scum it then putt it into your preserueing pan, and it over a few coales, haveing first put in your upper rinde, of a Lemmon or two, as you think fitt, then take up the slices on a larg pie plate, the water being run from them

Take either the ribs or bones, and cut them in small peices, wash them and putt them in a pott and putt strong broath, and Oynions and wine, slice the Oynions put some parsley, and a little sage, take wheaten breade and cutt it in toasts, and burne them black and putt them Vinegar then straine them and put into the pott with some small Raysons and a dish of sweete butter, lett them boile altogeather, then season them with pepper, cloves or nutmeggs./.

Veale Pyes./. X

Take a Legge of Veale and boile it take Suett and mince it small when it is boiled, take the flesh and mingle it small by it self, then put it to the suett put thereto small Raysons, dates cutt small seasoned with pepper, salt Synomon and ginger and the same past./.

To make Custards./. X

Take Flower and faire liquor boiling hot and make the past stife, take a quart of creame, twenty eggs or twelve yelkes of eggs, according as the creame is thick or thin, put halfe a pound of butter, halfe a pound of Shugar, cloves and mace, a little Saffron,

to colour it with and harden your custards in the oven before you put in the creame./.

Mr Snow, to stew a calves head./.

Take a calves head and boile until it will part from the bones, then cut it into little peices and put it into a little dish, with a quart of clarrett wine one handfull of Sage, and parslie shread small with the braines a little whole pepper a blade or two of mace halfe a pound of bacon sliced thinn, and some pickled Oysters, after it hath stewed a while put in a good quantity of Mutton gravey, and when you thinke it almost enough put in halfe a pound of butter, and stirr it till it be very thick, then lay sippetts about it, and serve it in but season it with salt to your tast./.

To make Red Cherry water./.

Take four pound of Cherries stoned, and two ounce cloves, a little bruise, Rosemary halfe a handfull, Balme two handfulls, two or three Sprigs of Spare ment, two ounces of Cinamon bruised, two Nutmeggs sliced, infuse them with five pints of Sack all night covered, then distill them with a soft fire, when you take this water mix Six Spoonfulls with two Spoonfulls of Syrrup

and lay them in water nine days, and change them every day, then take them and put them in fair water, and lett them boile three hours softly, then take them up and slitt, then take two pound of honey and half a pound of water and mince them, then put in your walnuts and lett them boile for half an hour, then take them up and lett them stand till they be cold, then put them in a glass and cover them close. /.

To make conserves of Roses. /.

Take twelve ounces of the finest Shugar and six ounces of sweete standet water, and boile them togeather untill it be like syrrup, in every twelve ounces of Syrrup take at most five or six ounces of the bud of good red Roses, cut away the white and beat the red in a morter untill it be so fine as can be, then put the roses into the Syrrup and let them boile togeather in a faire great earthen pot a good while, then let them stand untill they be quite cold, then put them in a glass, or faire sweet pott and stop them. /. Use /

To make florentine. /.

Take Mace, small Raisons, Ginger, Eggs, Shugar, Saffron, Dates, make the past with butter and eggs and bake it in a dish, and cover it with fine past above and beneath.

To make Barly Water. /.

Take a handfull of Barly, looke it be cleane, then seeth it in a quart of water till the water be red, then cast the water, and put the barly into a gallon of other water seething hott which water must be sett over the fire when the Barly was first putt on with the quart of water, then lett the gallon of water seeth with a soaking fire untill it be sodden unto three quarts. /.

Syrrup to the Barly water. /.

Take one pound and quarter of Shugar, put to it a pint of spring water, seeth them togeather with a soaking fire of sea coales, and scum it well untill it is half sodden away, and then put to it half a pint of venegar so lett it seeth soakingly untill it be thick like Syrrup, then putt it into a faire stone crisse and cover it close, thus it may stand a whole yeare. /.

Venison in broth. /.

of cherries, and strow the Shugar upon the cherries that they be not bare, lett them boyle softly two hours then put in them four spoonfulls of Rose water and put them in a glass and stop it close./.

x To preserve cherries in Syrrup./.

Take four pound of great cherries and of the stalkes halfe away, then take two pound of Shugar powdred and strow it first in the pan then lay cherries and a lay of Shuger that all may have alike part, then put therein halfe a pint of Rose water, and a little running water if you will, and let them have soaking fire that they breake not which must be three hours, then somwhat before your takeing them up putt in a halfe penney worth of bruised cloves, and a halfe penny worth of whole cloves, and as it seetheth take off the scum, when they be cold put them in a glass covered with a paper pricked full of holes./.

To make Sasages./. x

Take the leane of a leg of Porke, and shread it till it huffs like puf past, take the leafe of the hog shread it about

eggs, and make some ale posset drink, boile in it a handfull of mother of time, a dram of angelico roots, a dram of Saffron, halfe an ounce of coriander seeds, take nine spoonfulls of this posset drink, Six spoonfulls of the Juyce of Scurvy grass, Six spoonfulls of the Juyce of oranges and sweeten it with a little Shugar, and take it fifteene mornings./.

x To make water of Dammaske./.

Take a new earthen pot, and put into it a cup of Reinish wine, and a handfull of cloves, as much of graines, and bruise them a little, and then take a handfull of Rosemary flowers, a handfull of Lavender flowers, a handfull of Basilico, and two handfulls of Rose leaves, and mingle all togeather, and stop the pott close and let it stand so three nights, then still them in a Stillory & putt it in a glass, and stop it fast when it is still, and sett it in the Sun./.

x To make Syrrup of Walnutts./.

Take them and geather them while they be greene, pick them

and Sage and Salt and when you have Strowed all these in the inside of the pigg rowle it up as hard as you can, and then make your broath in this manner take four quartes of water and one quart of white wine and putt into your Kettle then sett it on your Fier, and putt to it a good handfull of Salt, and a bunch of Sweete hearbes, a Race of ginger, cutt in peices and a little Lemmon peele, when it boiles, put in your Pigg and boile it till you may thrust a straw through your Collor, then take it up and sett your liquer and that a cooleing, and when they are both coole, put the pigg into the liquer and so keepe it into your liquer, for your use./.

Cynomon water./.

Take one pound of the best Cynomon you can gett, bruise it well and put it into a gallon of the best Sack and infuse it three daies and three nights, and distill it in a Lembeck./.

To make Cheese Cakes./.

This is very good on A pyroiled

Take a pint of Creame, when it boyles take Seaven eggs, if they be very Yellow, take out one or two yolks, put them into the Creame when it boiles, so keepe it with continuall Stirring till it be Stirck like curd, then putt into it a quarter of a pound of Shuger, and a quarter of a pounde of Currents, plumpt in water, then take halfe a pounde of butter, halfe a quarter of that butter putt into the curd, then take a pint of flower, and pull the butter in peeces into it, with two or three spoonfulls of faire water and make the past of it, and when its well mingled beate it upon a table and so roule it out into three square cakes, and so put your curd into it and make it up, you must slice a good Nutmegg and put into your curd, your eggs must be well beaten before you putt them in./.

Sirrup of Cherries./.

Take them and lay them in water for the space of one night, then lay them in a faire pan one by one, then take two pound of Shuger, and two pound of

[illegible] into a glass or Earthen pott close covered 24 hours, then Distill them in a Lembeck or luted Still, with a soft fire, Lett it run into your Dioll upon white Shuger, candy, or double refined Shuger, there will be an oyle on the water which will keepe in the strength, Stop well your glasses, and sett it up for your use, you may draw first Second and third water, or mix all of them at your pleasure. /.

To make Metheglin. /.

Take of Hartstongue, Liverwort, Scabious, five Leavd grass, Endif, Succory, Strawberry leaves, Egremony, Bugless, Burrage, wild carrat tops, of each a small handfull, two spriggs of Rosemary, Six spriggs of Hysope, the like quantitie of time, three quartes of honey, boile all these in thirtoene quartes of water for the space of an hour, till the fourth part be consumed, then take out the hearbs and lett it stand till it be cold, then put a little barm into ye liquer and so putt it in your vessell, after a

moneth or there a bouts, draw it out and Cleanse your vessell and put it in againe, this is to be made about Michalmas. /.

To Coller Eeles. /.

Take your Eeles and Scower off all your slime very well, then slitt them downe the back and take out all the bones, then season them with sweete spice, and after sweete Hearbes, and a little Salt, then make your liquer, with white wine, and water, and a little venegar, a good handfull, of Salt, a bunch of Sweete hearbs, and when the Liquer boiles rowle up the Eeles, and sow them up in a Cloath and boile them till they be enough, and if you will have it Selly put in an ounce of Harts horne. /.

To Coller a Pigg. /.

Take a very ffat Pigg and after you have dressed him, very cleane, slitt him downe the back, and take out all his bones, then cutt it in four peices, and Season it with sweete Spice, and a little Sweete Marjerum, time and winter Savery

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togeather, Lett them stand four and twenty hours, then
Straine them out through a flannel Strainer or bolter
and to every three pound of Currens and one quarte of
water, put a pound of Shugor to the Liquer strained out,
then lett it stand four or five daies to worke thin, bottle up
the clearest putting a lump of loafe Shugar into each
bottle, it will keepe the yeare about, and be the better, it is
not to be drunk till it is halfe a yeare old. /.

Orange Marmalade. /. ✕

Pare your oringes and putt them in faire Water, four and twenty
houres, then take a kettle with water big enough for your oringes to ly
with roome to turne, and them boile as fast as may be; if you finde
after they have boild a good while, that the water tastes bitter, then
you must be sure to put them into another kettle of boiling water,
and so keepe them boiling till your oringes be very tender and begin
to crack, then take them out of the water and cutt them asonder,
the longest way, and scrape out all the pulp from the rinde, and
pick out all the seedes from the pulp and the thin skins and
strings, then if your rindes be not tender enough, boile them in
another water scalding hote ere you put them in, and lett them
boile till they be tender as you may with a spoone
in a Bason, Then weigh the Rindes by themselves and the oring
pulp by it selfe, and take the weight of each of them in good loafe
Shugor or beate fine, make a Sirrup with somthinge more then half
the Shugor, well with as much water as will dissolue your Shugor,
and when it is boild & Skimed cleane put in your oring rinds
first and lett them boile in the Sirrup, ever and anon putting in
as it boiles a spoonefull of your other Shugor, and when that Shug
is almost all in, then put in your oringe pulpe and the rest of
the Shugor and boile it as fast as you can, and so soone as it
begins to thicken and to splatter or Spatter take it up and put
in to your Glasses or Potts, So keepe it for your use and have a
care it keepe it Continually stirring as your Marmalade
boiles, least it burne to the Skillett when it groweth prett
thicke, besure to take off the Skume as it riseth. /.

✕ Orange Water. /.

Take a gallon of the best Sack, orange peeles pared
cleane from the white of the best Civill Oranges as
much as the Sack will cover, put them a steeping in

very Gammon by it Selfe in a peare Bodies —
Chimny, when its dry enough take it downe and
hang it in your Kitchen when you have occasion
for it, you must boyle it so tender that you —
may run a straw through it whiles it is hott. /.

× A dish of Puffs. /.

Take three quarts of Milk from the Cow and sett it —
togeather with a little Runnett, lett the curds be very
tender, and breake them and putt them into a cloath
and hang them up, that the whay may run cleane —
from the curds, take four eggs, halfe a nutmegg, a little
Salt, two spoonfulls of flower, and two spoonfulls of creame
and beat all these togeather, lett it be as stiffe as a thick
pudding, then lay them on a trencher with a spoone, lett
the spoonfulls be laid on one by one, putt a good deale of
Suett into a fryeing pan, and sett it upon charbole,
lett your Suett be boyleing hott, then stroake them in-
with your knife keepe them with turning, and let the
fire be quick, the Sarce must be Rose water, butter and
shuger, ready melted, to putt under them, and strow some

Shuger on them and send them away with speede. /.

For white Marmalade. /.

× Take Quinces and pare them and quarter them and putt them
into water, and when you have pared so many as you shall use,
take them out and putt them into a cloath and dry them very —
well, then to every pound of Quinces take three quarter of a —
pounde of Shuger then have your pan readie and putt both —
togeather in, and sett them over a quick fire, and be very —
carefull in the Stirring till the Shugar melts, and so continue
Stirring till it be enough. /.

+ To make Shuger Cakes. /.

Take two quarts of Flower and one pound of Shugar mingle
them togeather, then take three or four yolkes of eggs, beate —
them, make a hole in your flower and putt them in, then —
take a pound of butter and make it to paste, then rowle it
out in cakes, and bake them in a Slow oven. /.

× To make Curren Wine. /.

Take one Quart of water, thre pounde of Currens full ripe,
breake the Currens all into a mash, putt them into an earthen
pott, covering them close, three or four times Stirring them

To Stew an Eele.

Let it ly some time in Salt and Vinegar as the Pick cut in peices then put it into White wine fiercely boyling with a good handfull of Striped tyme and one ounce of Gross Pepper with two ~~ounces~~ Onyons when it is boyled well put some fresh butter into the Skellett Squeese in a Lemmon Shake it and dish it up. /.

To Stuff a Shoulder of Mutten. /.

Take a pretty quantity of Samphire and Parsly a little tyme and Onyon chopp them all together then Mingle with them a little Nutmeg Salt a two yolkes of Eggs Stuffe your mutton with some of this then baste it with clarret wine and Salt when it is almost Rosted, boile the rest of the hearbs with a little wine and the gravy, one good Spoonfull of Elder—Vinegar, pour this on the meat and so serve it up. /.

Sawce for a Shoulder of Mutten. /.

Save the gravey of the Mutton and some more if you have it, put some Nutmeg into it the joice of an Orang a little Salt, and a Sound Onyon sliced and a little wine—vinegar Set it on a fire and let it boyle up, then take out the Onyon and power it on the Mutton. /.

A Stump Pye. /.

Take all the flesh of a Legg of Lamb with a pound and a half of Beef Suett Shredd both very Small togeather, then Seafon it with a quarter of a pounde of Shugar, some Salt a little Clove, Mace, Nutmeg and Cinnomon then take a good handfull of Tyme and some Parsly Shred it small and put it to your Meate, to-

which add Six new laid Eggs which being broken in, work all well togeather so put it into your Coffin, and on the topp put Currance Raisons and Dates Sliced a good quantity with some Butter, and when it is Baked put in a Caudle of White Wine (or Verjuice) with Butter and Shugar. /.

To take the Taint out of Venison or any other flesh. /.

Lay it before you bake boyle or roast it, One hour in good white Wine Vinegar. /.

To make French Bread. /.

Take halfe a peck of fine Flower, and halfe a pound of fresh Butter, a quart of Milk, Rosewater, four eggs some Salt, as bigg as an egge of Leaven, lett it stand halfe an hour, then make it up and bake it. /.

To dry Tongues /.

Salt your tongues with your Beefe for Nine or Ten daies then take them up and rub them with some Salt Peter, a pound of Salt Peter will Salt five or Six Tongues, lett them ly so three or four daies, then hang them up for a weeke, where the Smoake may come much to them, then hang them up on the out side of your Chimney, or any-where in your Kitchen, they must be boiled very tender. /.

To dry a Gammon of Bacon, to look Red and eat tender. /.

Take your Gamon and Salt it with Salt or Salt Peter, Eight or Nine daies at the most, the hang it up to dry,

let not your oven be to hot, for it is apt to scorch, lett it stand halfe an hour or better, if you lett it stand too long you will spoile itt

× The Lady Dalbins to make white Meade

Take two pound of Gluny to a gallon of water, Cloves, Mace, Nutmegs, and Ginger, Carriander seeds, and a sprigg of Sweetebryer, you must sew it up in a little lining bag and boyle it in your meede, you must be sure to lett it boyle an hour and an halfe at least, and when it is milk warne you must worke it up with yeast, and you must lett it work three dayes in the Tubb, and then putt it up into the vessell, you may bottle it off at Six weeks end, or lett it stand longer if you please, it may be kept three years in the house if you please, and the last bottle will be the best. /.

To make Goosberry Wine. ×

Take your Goosberries when full ripe, and to ever three pound, one pint of water, and halfe a pound of Shugar, bruise your berries and put your water to them, and straine through a cleane flannen bag, put your Shugar into the vessell, and lett your Liquor run upon it, then putt it up in a good sound vessell, and stop it up close and at three weekes end bottle it up. /. —

× To keepe Goosberries all the yeare /.

Take your Goosberries, and pick the heads and stalks off, and fill your bottles with them, but lett your bottles be very clean, and dry and cork them up with new corks and tie them downe — then sett on the fire a large kettle of water, and put your bottles with the berries in the kettle when it first goes on and lett them stand in the the boyling water, till you perceive the berryes turne white, then take them out of the kettle, and sett them in a seller, and cover them over with sand. /.

To make Rayson Wine /. ×

Take two pound of Reasons of the Sun, Stone and shred them, one pound of powder Shugar, the juyce of two Lemmons, and one peele, mingle all these togeather and putt them into a pott and cover them close then take two gallons of water, boyld halfe an hour and putt to them, keepe them close cover for three dayes and stirr it twice a day, then straine it out and bottle it, and keepe it for your use, you may drinke itt within two weekes if you please you may if you please put in some Cowslipps, or Clove gilly flowers or Raspers. /.

× To pickle Quinces. /. This is the best in the book

Take a gallon of water that will bare Sope take about twenty quinces and pair them and put the pairen and cores with a quarter of a pound of Shugar, put it into the water and lett it boile well, you must allow a pint of water for to boile away, then take as many Quinces they must be of the best you can gett that this pickle will cover lett your pickle be cold then take a quarter of a pint of wine venigar and put to your pickle, then put it to your quinces, These Quinces will keepe good all the yeare, for to beake in tartes or any thinge else. /.

× To Stew Apples. /.

Take your apples, pair them then cutt a peice out of ye round side to take out the core, then put the peice in againe, stick a Clove in every apple then put as much water as will cover them little more then halfe, with a little Synomont, a little cloves, and when they are halfe Stewed then put in some Rose water put in some Shugar at first as will Sweeten them well, and if they want when you take them off you may put in more you must take some of the liquor to Melt your butter. /.

To Preserve Walnutts

Take Walnuts at Midsommer, and pare them very thinn and steepe them in Water nine dayes shifing them twice every day, then boyle them in faire water untill they be very tender, change the water four or five times, and when they be enough take them up, and stick a Clove in one end, and a little Cynamon in the other end, then weigh them and take their weight in Shugar, and make a Sirrupp and boyle them up in it, so lett them stand two or three daies, then take them out of the Sirrupp and take the Sirrupp and boyle it a pritty while with a large quarter of a pound of Sugar to every pint of Sirrupp, when it is scalding hott pute in your Walnutts, and when they are cold putt them up, and you may keepe them all the yeare, the blacker they are done they looke much better, The greate French Walnutts are the best to preserve. /.

To make Cock Ale. /.

Take three gallons of small ale wort boyle therin a young Cock, Sheny, Sarsaperila and harts horne of each two ounces, boyle them till it comes to a gallon and an halfe, strane it and lett it stand a night, then scim the fatt off itt and warme it and putt it into eight gallons of the same ale as your wort was, of, then putt into a bag of boultes a pound of the best blew corrants and a pound of browne Shuger candy beat your Corrants, and pound your Shugar, and lett the bagg hang in your ale, stopp it when it hath done working and lett it stand eight daies before you bottle itt. /.

To dry Apricotts

Take to a pound of the fairest and plumpest Apricotts,

and not to ripe, a pound of double refined Shugar a lowreing an Apricott or two above weight, put as much water as will wett wett your Shugar, and boyle it up to a slight candy height, mean while stone your Apricotts and paire them, putting them in faire water as you pair them, then putt them into your Sirrup not over hott, turning them in the Sirrupp till they be quite cold then sett them on the fire againe and lett them stand in a scald for halfe an hour, then boyle them up as quick as you can till they be tender, then take them up and lett them stand in the Sirrupp three daies, turning them twice a day, then lay them on glasses, and putt them in a stove to dry and turne them very often, while your Apricotts boyle breake the Apricott stone, and take out the kernell, peele it and boyle it in the Sirrupp, and when you go to dry your Apricotts, put a kernell into every one, it will keepe them very plump and faire.

To make plain Cake. /.

Take four pound of fine drie flower, and a pound of butter breake the butter in the flower in very small peices, then strain in halfe a pint of ale yeast then temper it up with new milk into a very soft past, and as you work it up sprinkle in a quarter of a pint of Sack, so work it up well and very lithe, and take it out of the boule and lay it in a warme cloath against the fire, So lett it ly for halfe an hour, take halfe a pound of Shugar, Carrowaies, and halfe a pound of bisket comfetts, mingle them together, then lay them in a cloath and worke them upp into dow untill they be all wrought wellin, then work it up and lay it upon your paper, you must flower your paper well or it will not come off, then rowle it of the breadth you will have itt, and cut it round, prick it with a bodkin before you sett it into the oven, lett your

Some grated bread, nutmeg, Mace and a little pepper to be putt to them, a little Salt an Onion stuck with Six cloves a little leane bacon wark all these with halfe a pound of butter lett it be put into the belly of the hare sewed up close the hare being rosted put these to it with some drawne butter a squeized Lemmon ./.

To pickle Cowcombers./. X

Lett them be the least you can gett then lay a layer of dill and Fennell and a layer of girkins, then take four quarts of the best Whitwine venigar, and two quarts of water, and an ounce of Carriander seede, and as much Allum as a walnutt, and season it to your tast and boyle them a little while and dont forgett a little pepper, then take the pickle just boyleing off the fire and power it into these, not to the Qucombers and Fennell and dill layd ready then lay a board and a weight to keepe them downe, and tie a cloath close over them and then a weeke after power out the liquour and boyle it againe, and so for three weekes, and that will keepe itt if at any time it change boyle it, and be sure to put in a little Allum for that will rott them, and if there be but little it will make them greene after some time./.

X To pickle Wallnutts.

Take Walnuts when the Stone is so tender that you may run a pin through, steepe them ten days, shift the water twice a day, put in some salt in three or four first waters, then boyle them tender, shifting the water three times in the boyling, then take them from the water and lett them stand three or four

days, then make your pickle of whitwine venegar and salt or other salt so strong to bare an egge, then boyle the pickle and scum it and putt in these spices, Cloves, Mace, Nutmegs, whole Pepper of each a good quantity boyle these a good while with good store of Shelotts, then lett it coole then putt them into a pott with all the ingredience and stopp and tye the pot close

To preserve Oranges whole for Tarts and Cakes

Take a douzen of the thickest rinds, and the deepest coulour and the hardest Orange you can gett and of a middle size an chip them very thinn, then boyle them in three severall waters, till the bitteness is boyld out but before you boyle them picke out all the kernells with a bodkin and squeese out all the juyce and then boyle them in all the three waters, and then take a pound of Orange to halfe a pounde of Shugar or a little more and a little faire water, and boye it up to a sirrup, then putt Orange in and boyle them till they be tender, and when they are halfe done putt halfe the joyce in, so putt them into an earthen pott and two or three dayes after give them another boyle and so do a fortnight after, or any time when the Sirrup begins to change./.

X To make Apricott Wine

Take one pound and an halfe of loaf Shugar, three pints of fair water, put these togeather over the fire untill they boyle, take off the scumm that Riseth, then take three pound of Apricotts pared and stoned, and putt them into the liquor and lett it continue boyling untill the Apricotts become tender, then take the Apricotts out and remove the liquor from the fire and lett it stand untill it be cold, then bottle it up, if you please putt one Sprigg of flowered Clary into it, cause it to boyle one after you have take out the apricotts for it gives the liquor a good flavour, the Apricotts ma be preserved for Sweete meates or dryd.

Apricott Wine ./.

Take three pounde of Shugar and three pints of water, lett them boile togeather and take off the scume when it riseth, putt in Six pound of Apricotes pared and stoned, lett them boyle till they be tender, then take them up, and the liquour is cold bottle it, You may lett the liquour have one walme with a sprig or two of flowered Clary, when the Apricots are taken up, itt gives it a flovour, the Apricots make a good service for your table for present spending ./. you may preserue ym for sweet meats or dry ym. for make A service for yr. table for present spending

To disolve the bones in a Trout Pye

Take Trouts and wash and scorch them on both sides, them season them with Salt and pepper, cloves and mace, putt a great deale of butter underneath and on the top of the Trouts, and three of four Onions, bake it Eight houres, when you take it out power in some clarified butter through the funnell of the pye, and then keepe it cold ./.

Ryce Pancakes ./.

Take halfe a pound of Ryce cleane picked and washed, then boyle it in faire water till be Jelly, when it is cold take a pint of Creame and eight eggs yolks and whites, beate them with your creame very well, then mingle it with Ryce, with salt and nutmeg, then stirr in halfe a pounde of fresh melted butter, and as much fine flower as will make it fitt to fry with as little butter as you cann ./.

To make Collops of Veal ./.

Cut them out and hack them, then break nine eggs into a deepe dish and beat them very well, then mince some Time Parsly, sweete Marjoram and Winter savory, and putt to the eggs and season it with Salt, mace, cloves and nutmeg, beaten, then dip your Collops in this and fry them in butter or good tryed stuffe, for the Sawce you must mince two or three Onions then putt almost halfe a pound of butter into a frying pann and make it browne then putt in the Onions and give them a walme or two over the fire and fry them a very little white then strow in a flower shaking the pann, while you are strowing it in, then putt in a little broth, a little clarrett, wine, four or five Anchovies, the Juyce of a Lemmon, Salt and spice, when the collops are fryed toss them up in this sawce with halfe a pound of drawne butter and Sawce them upp ./.

To Fry Neates Feete ./.

Take Neates feete and slitt them in two, then flower them and fry them browne and crispe in good tryd suett, then take ten Onions sliced and fry them all browne, then mix three or four spoonfulls of Mustard, halfe a handfull of Shugar, some drawne butter, the juyce of two or three Oranges then putt it the Onions and power it all over the feete ./.

Sauce for a Hare or Venison ./.

Take a little Clarrett, some white bread grated, four Cloves, a sprig of Rosemary, and boyle all these togeather,

Another for a hare ./.

Scald off the Downe of the Hare, and take two handfulls of the tops of Sweete hearbes, halfe a Lemmon minced mince the Sweete hearbs very small, beat them soft in a Morter

Goose Berry Wine

X Take for every three pound of Goos berrys a pound of Shugar and a quart of fair water bruise the berries steepe them four and twenty hours in the water then lett the cleare liquer run off through a sieve to which add the Shugar, then put it in an earthen Steane close covered a fortnight or three weekes and then draw it into bottles well corked and bound downe at three months it will be redy to drink dureing the four and twentie hours it must severall times be stirred after the same manner you may make Currance wine and Rasberry wine ./.

But Cherry wine differs for the cherries are not to be bruised but stoned, and put the water and Shugar togeather and give it a walme over the fire, then put in the fruit and lett it stew with a gentle fire halfe a quarter of an hour, then lett the liquour runn without pressing, and use it as the other, and these wines may be put into a rundlett to work but must have some small vent till the working be over ./.

Fricasy of Chickens ./.

X Take your Chickens and cut them in pieces, and fry them with a quarters of a pound of butter in a frying pan, and when they are fryed in different well put in about a pint of strong broth 3 whole Onions, season them pepper, Salt Nutmegs, and Mace beaten, then put in four minced Anchovies ./.

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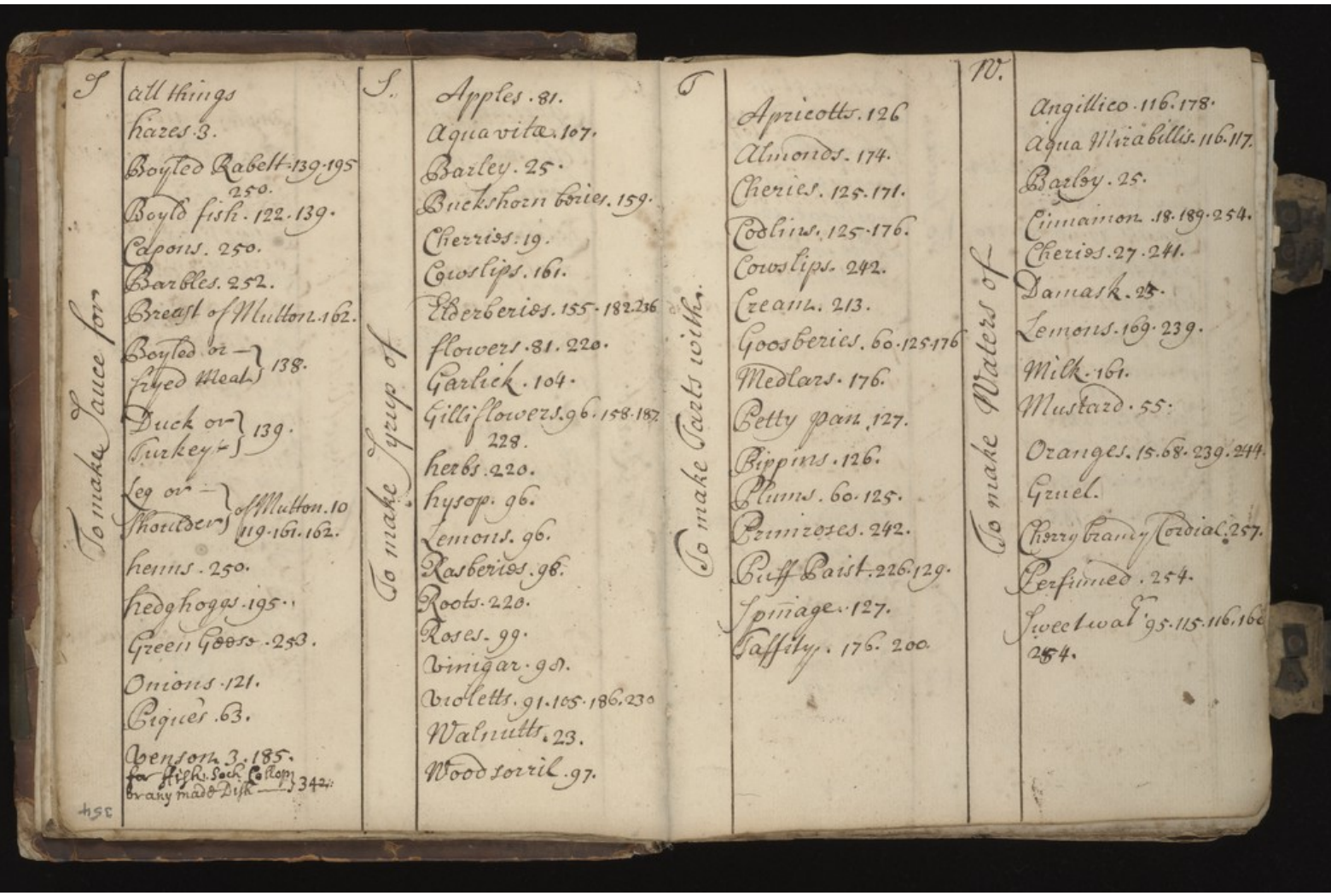

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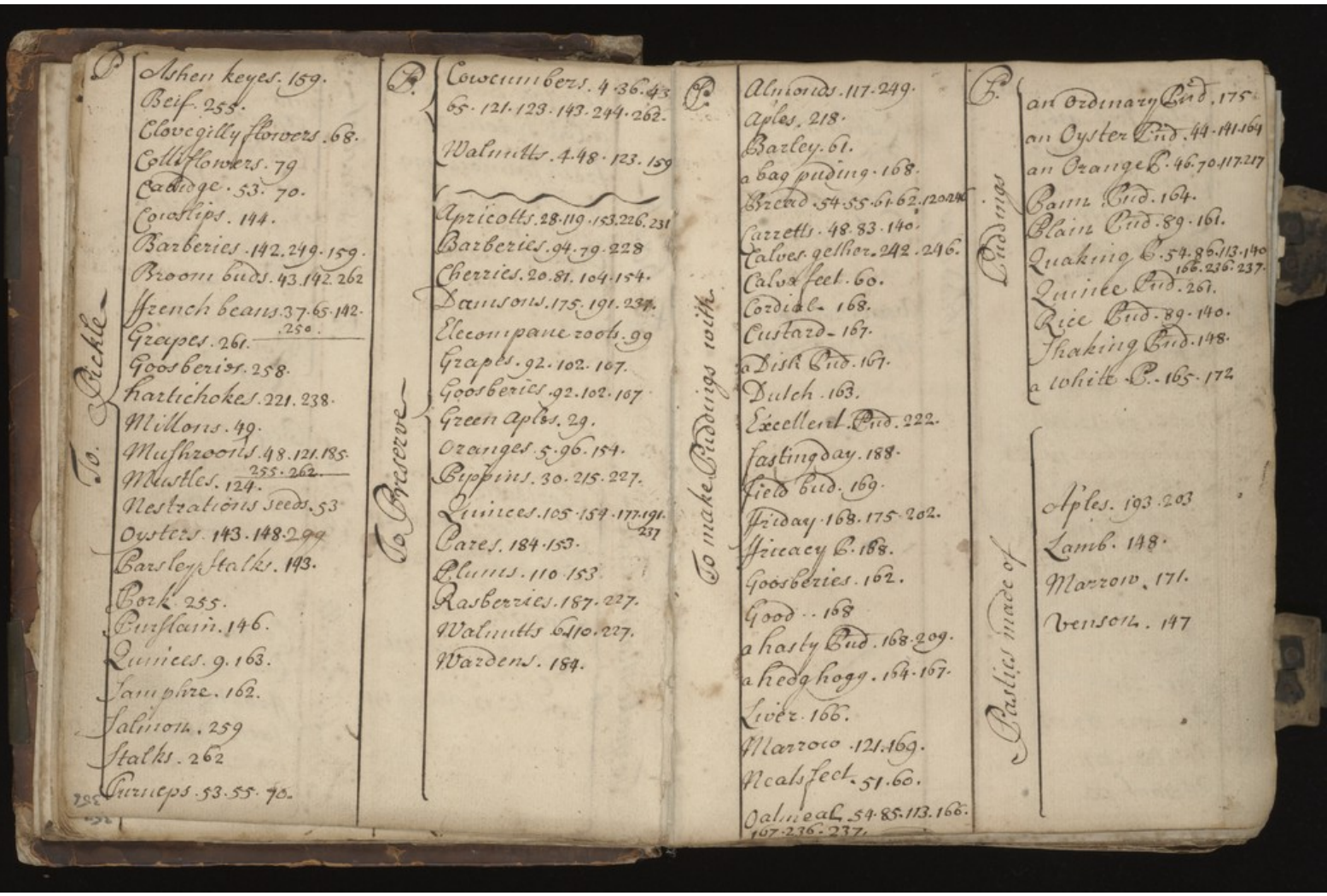

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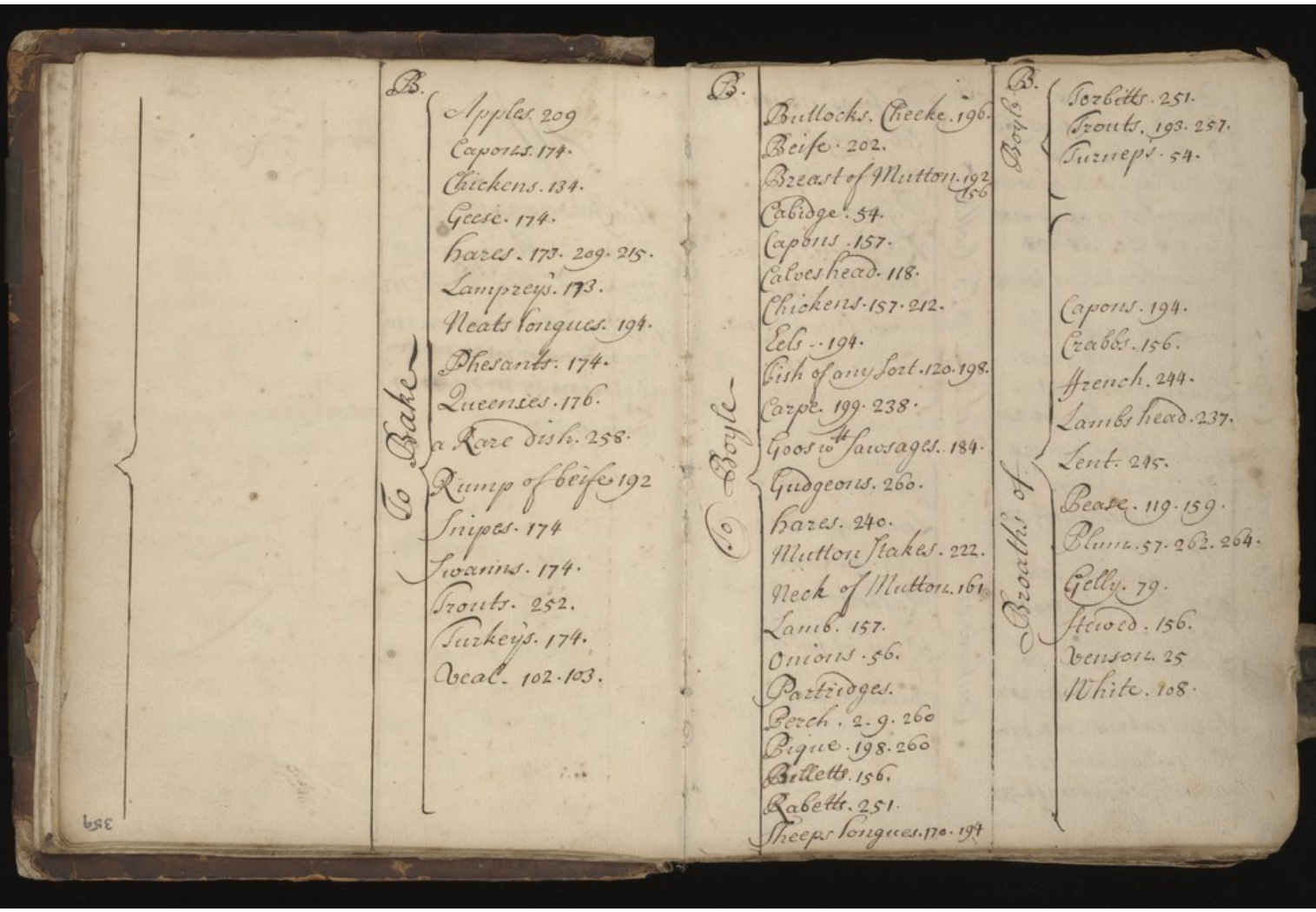

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