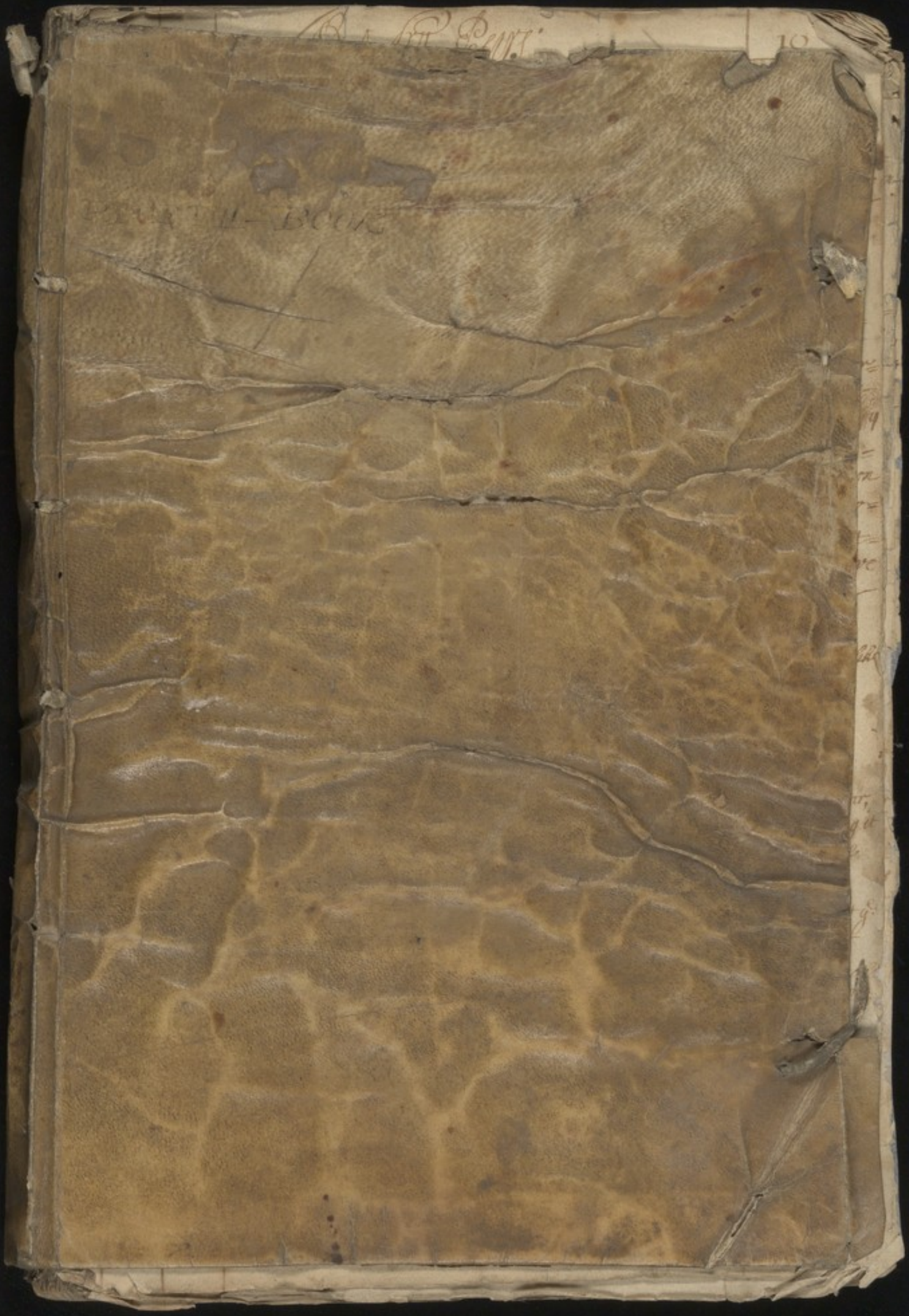

1799.

~~4835~~

COOKERY - BOOKS, 18 cent

Cookery and medical receipts

[c. 1700 - 1775]

To dry Pears:

Take ye largest pears & pare ym & bake ym in a large stone pot in an Oven as hot as for pigs. ye lay ym one by one upon Sheels of tin or dripping pan, & lay hard corn Straw under ym & set ym in oven to dry after bread or pigs has been drawn & let ym stand till they be dry enough to keep for yse use

To make Alamode beef:

Cut ye beef in thin slices & beat it very well, ye lard it wth Bacon & season it wth mace, Nutmegs Cloves, & more pepper ye other Seasoning; & put in some whole pepper, & blades of Mace, ye lay in some of ye beef to cover ye bottom of your Stew pan, yn put in some bitts of lean bacon & butter & an Anchove, ye lay an other lare of beef & ye other things betwixt every lare till ye have done all ye beef you intend to do; ye take three pints of Milk & a quart of Claret, a quarter of a pint of Venigar pour this upon ye beef & besure it cover it well for it will take full 3 hours to Stew it 3 Anchoves is enough for this quantity of Milk; put in Tyme & Sweet Marjorum in a bunch or Shred wch you like best & a while Onyon if you love it so Shake it well together: when it is enough, & dish it upon Soppets you may do Mutton Lamb or Veal ye same way only put in less pepper & put 2 quarts of Milk & but one pint of Claret & less venigar as ye like

To make Oringe Wine:

Take Six Gallons of Spring water & 12 pound of ye best powder Sugar, 4 whites of Eggs well beaten, put ym into ye Sugar & water cold: yn hang it on ye fire & let it boile 3 quarters of an hour. Skim it well & take it off ye fire; & when it is cold put to it 6 Spoonfulls of yeast & 6 Ounces of of limmons very well beaten together, wth ye Juice of fifty good Oringes & ye thin yellow rind of halfe of ym; let all these worke together two dys & two nights, yn tun it up & let it stand 14 days or 16 if ye weather be cold yn bottle it; you may add to ye ingredients a bottle of Canish wine if yu please.

To make Quidany of Rasps or Goos-berries

Take ye: Rasps or Goosberrys, & put ye: into a stone Jugge & set it in a pan of boiling water, & wring out all ye: Juyce & to every pint of it put halfe a pound of Sugar & boile it till it be a quidny

To make Mackroons:

Take 0 pound of Almonds blanch ye: in cold water ye: beat ye: very fine, wth: as much rose water as will keep ym: from oyling put to this a pound of Sugar finely beaten & mix it well, let it stand till it be cold; ye: take ye: whites of six eggs & beat ym: well wth: a spoonfull of flour, till they come to a froth, yn: put ye: to ye: Almonds & Sugar & Stir ym: well together; & shape ym: after what form you please on wafers, & set ym: to plates in ye: Oven but have a great care it be not too hot for they will soon burn: wn: you are ready to set yn: into ye: Oven, you must scrape on Sugar on every one wch: will Ice ym:

Almond Cakes taught by ye: French:

Lay a pound of almonds in spring water all ye: night yn: blanch ye: in ye: morning & take their weight in Sugar beat ye: Almonds in a Stone Morter very Small putting in now & ye: a Spoonfull of rose water, to keep up ym: from oyling; yn: put ye: Sugar to ym: being finely bet & searced be sure it be very well mingled together, ym: make ym: up into Cakes wth: some Sugar upon ye: papers to keep ym: from cleaveing, So bake ym: upon ye: papers in a Slow Oven yn: take ye: whites of 3 or 4 eggs & beat ym: wth: searced Sugar & wn: ye: Cakes are allmost baked, Ice ym: & turn ye: other side, & So Ice ym: allover

Almond Pudding:

Take 2 Manchets & Slice ym: & boile ym: in a quart of cream yn: blanch ye: halfe a pound of Almonds & beat ym: in a Stone Morter & put in ye: yolks of six eggs, a little Nutmeg & as much Sugar as will sweeten it & a very little Salt mix ym: all well together & tie it a cloth & boile it; Sack Sugar & Butter for Sauce.

To make Lemon Cakes:

Take halfe a pound of refined Sugar put to it two spoonfulls of rose water, two spoonfulls of Orange flower water & two spoonfulls of Spring water, boile it to a Candy height: & put in ye rinde of a Lemon grated yn put in ye Juyce of ye Lemon & take it off ye fire, & drop it on plates or Slecked paper:

A Quakeing Pudding:

Take a quantity of grated bread a little flour Sugar, Salt & beaten Spices & Store of Eggs well beaten mix all these well together & dip a Cloth in cleane hot water, & flour it well & lay it in a houle dish till yo: put in ye meat, tie it up hard let ye water boile when yo: put it in & let ye water boile for a hour, & Serve it in wth Sack Sugar & Butter:

A Pidgon Py:

Make yo: crust ready & lay in butter ye mix pepper & Salt & Butter together & fill ye bellies of yo pidgons yn lay ym in & put in some large Mace & little Slices of Bacon ye cover ym with butter & close yo: py & beware you do not bake it over much

A Hare Py:

Take ye flesh of a very large hare & beat it in a morter, with as much beef fact as ye flesh of ye hare weighs, yn put in pepper Salt Mace Nutmeg, & Cloves as much as you think fit, & beat it again till it be well mixed yn having yo py ready lay in some butter, & yn ye meat & more butter upon it, & so close it & bake it, & wn it is cold Serve it in with Mustard & Sugar this will keep a great while.

To rost a Shoulder of Mutton or Venison in blood:

Take ye blood of ye deere, or sheep & straine it, & put into it some grated bread & Salt a little Thyme picked, from ye Stalks, yn wrap yo: meat in it & rost it, & wn yo: see ye blood to be dry upon it baste it well with butter, & make Sauce for it with Claret wine, Crums of bread & beaten Cinnamon with a Spoonfull or two of vinegar, & a little Sugar, Salt it a little in ye Rosting but not too much this is a very good way:

To make a Py of a Leg of Porck:

Take a Leg of porck well ~~poudered~~ & Stuffed wth all manner of good sweet herbs & a little pepper & boile it very tender yn take of ye Skin & Stick it wth Cloves & Sage leaves yn put it into yo: py, & lay butter vnder it, & on ye top so close it & bake it, & eat it cold wth mustard & Sugar.

To make a Salmond Py:

Take a Joule of Salmond, & Scale it into yo: py: vpon butter & bay leaves, yn Season it wth Nutmeg Mace Cloves, pepper & Salt, yn lay on Some Anchoves, & more Seasoning & a pretty quantity of butter & wn you set it into ye Oven, put in a Gill of white wine & if it want liquor wn yo: take it out put in a white wine Cawdle & so send it vp hot:

To make conserve of red Roses:

Take ye fairest budds yo: can get, & cut of all ye whites cleane from ym yn beat ym well in a Morter of Marble or wood, & take 3 times their weight in Sugar, & beat it in an other Morter very Small & by degrees put it to ye roses & beat it in a long time, & wn yo: find it well incorporated put it in Gally potts & cover it wth Sugar & it will keep Seven years:

To make Orange Cakes:

Take ye pills of six Oranges, well scraped & ye white taken of ym boile ym in 4 or 8 Soverall waters, till ye bitternes be quite gone, yn put ym into an Earthen pipkin, & put to ym ye Juyce of a dozen Oranges, & So much Sugar as will preserve ye pills, cover vp ye pipkin very close & let it boile over a soft fire three hours yn take it from ye fire & take ye Oranges out of ye Syrope & put ym into a cleane Marble Morter & beat ym till they become a past & So make ym into what fashioned cakes you please, you may make cakes of Limmons this way.

To make green Cakes:

Take a pound of fine flow'r a pound of Sugar bet & = Searced: a pound of Currans well washed & currans picked let these be dried before y.e fire, y.n mixe y.e flower & Sugar well together, & take a pound of butter well washed in rose = water; & work it w.th y.e hands till it be very soft, y.n put in one halfe of y.e flower & Sugar continually = working it betwixt your hands, y.n take tenn yolks of Eggs & six whites = & beat y.m well, & put y.m to y.e past, y.n by degrees put in y.e other halfe of = y.e flower, & Sugar & halfe an ounce of mace very finely bett y.n put in y.e Currans y.u must keep it working till y.e Oven be ready, w.ch must be no = hotter y.n for penny bread, y.n butter your little pans & put not over = much in y.m for they will rise much; Sift a little Sugar over y.m before = y.u set y.m into y.e Oven, a quarter of an hour will bake y.m, when you take = y.m out of y.e Oven w.tt y.m with a little Sack & Sugar, w.th a feather.

To preserve Damsons:

Take a pound of Sugar, & halfe a Wine pint of water to a pound of = damsons; y.n melt y.e Sugar in y.e water on a soft fire, & put y.m in & let = y.m boile very gently a little while y.n take y.m off w.n y.e Sugar is all = disolved; & so let y.m stand till y.e next day: & boile y.m up a little faster, y.n let y.m stand till y.e next day againe & give y.m a warming & so for 3 or 4 days till you see they be enough.

A frigacy of Rabbets: & Chickens:

Cut y.m in little bitts & break y.e bones, y.n put y.m into a clean dry pan & a little vineger to make it quick but not sharp a good peice of buter & an onyon & a few pepp corns, w.th a sprigge of sweet Marjoram parsly & Thyme let these boile till y.u see y meat enough y.n take y.e yolks of two Eggs & beat y.m well w.th a little Wine; & gra a Nutmeg into y.m & put another peice of butter to y.m w.th y.e Eggs, keeping it Shak till it be well mixed y.u must take it off y.e fire w.n y.u put in y.e Eggs or it will not curdle; be sure there be liquor enough in y.e pan for it boiles much away remem Salt & put in an Anchove if you have it & a few pickled Oisters lay Sippetts about y.e dish & lemon upon it:

To make Almond Butter:

Take halfe a pound of blanched halmonds & beat ym wth a little rose water
yn take a pint of Cream & beat four yolks of Eggs & two whites & put into
ym Cream wn it boiles, yn straine it, & take ye thick of it & put to ye Almonds
wn yu have strained it yn mix ym together, & put Sugar to it & Serve it vp cold

To make pees pottage for Lent:

Take a quarter of a peck of clean picked white pees & set
yn on about Sixe a Clock in ye morning, & let yn boile tall they be
soft yn put in a quart of cold water & it will make ye hulls come to
ye top, yn take ym off & put to ym a quart of new milk & let ym boile
well together, yn straine ym through a Sive, & hang ym on againe putt
ing to ym halfe a pound of good Salt butter a little speer mint & time
& a little pepper & so send ym vp wth Suppets of light bread.

To make Sauceages ye best way:

Take a leg of porck & cutt of all ye lean & Shred it small, but leave
none of ye strings or Skins amongst it; yn take two pound of beef Suet
& Shred it small & two handfulls of red Sage, a little pepper Salt &
Nutmeg chop alltogether wth ye meat, & when it is small enough
put ye yolks of four Eggs to it & beat it well together & work it vp
into a past & when you would vse it roul as many peices as yu please
in ye form of a Sauceage & so fry ym this past will keep a fortnight or
three weeks if you Stand need.

To make Cherry Cream:

Stone yd cherrys & boile ym wth as much sugar as will cover ym
let ym boile a good while wth ye Sugar: boile your cream to a good thickness
& let it stand till it be almost cold yn Stirr your cherrys, & mix ym
well with your cream; & so dish it vp & Serape on Sugar:

To make Lemonade:

Take to every quart of water four good limmons & squeese ye well & sweeten it well with refined sugar & bottle it & in ye three dayes it will fly & sparkel you may put a little bit of pill into every bottle if you please:

To make Cherry Wine:

Take English cherrys full ripe, break ye well betwixt your hands & put ym into an earthen pot keep ym so all night yn strayne ym through a hair strainer & put it into a vessell to work stop it close & let it stand ten or twelve dayes & draw it into bottles ~~into every bottle~~ put an ounce of sugar ~~& tye down~~ ye corks:

To make Pancakes:

Take eight eggs & beat ym very well & put to ym a quart of cream & as much flower as is needfull & a little salt, yn put in a pound of fresh butter & a grated nutmeg & let it stand where it may keep warme but not too hott so fry ym without more butter:

To make Chees-cakes:

Take two gallons of new milk, make it into a curd, with two spoonfulls of good yearning, yn work it & strayne ye curd, with two handfulls of fine grated bread through a haire sive, with your hands; yn put to it ten yolks of Eggs a quart of sweet cream, half a pound of sweet butter three nutmegs grated halfe a pound of sugar & six spoonfulls of sack & as much rosewater, mix all these well together; & harden your coffins in ye oven before you fill ym you must put in a pound of currans well washed & dried ye butter & curd must be well wrought together

To make Currant Wine:

Take to every quart of currans a quart of water, bruse ye currans & put ym into a pot, & so pour ye water boiling hot upon ym let ym stand six hours & yn strayne ym & to every Gallon put two pound of sugar yn put it into a vessell with a spiddick & let it stand a fortnight & yn bottle it, putting into every bottle a ounce of sugar, in this manner you may make wine of any tender fruit:

To sowce a calves head:

Take a calve head w.th y.e Skin on lay it in water two hours; Scald it & Scrape it w.th a knife, till all y.e haire be of it, y.n cut it of y.e bone & Spread it a broad, & dry it w.th a clean cloth, & take a little Mace & cloves finely bet, & a little Nutmeg Sliced; & Slices of Limmon w.th y.e Skin on, bay leaves pepper & Salt if it be in Summer Sweet herbs, y.n make it up in a roule, & tie it either w.th inkle or bast y.n boile it in water & white wine & vinegar Slices of Ginger & a little Salt, let it be boiled tender & take it out of y.e liquor till it be cold y.n put it in an earthen pott & pour y.e liquor upon it, to Sowce & Serve it up either whole or in Slices, w.th vinegar & Sugar:

To make Mead:

Take nine quarts of water to one quart of honey, one Limmon Sliced, a quarter of an ounce of Cinnamon two Nutmegs Sliced boile this an hour, & Skim it y.n take it off y.e fire & Straine it, & when it is cold put yeast to it & let it work five or Six daies y.n bottle it w.th a peace of Sugar & two Cloves in every bottle; this may be Soon drunk:

To sowce a pig:

Take it & bone it & wash it well & dry it w.th a course cloth y.n take some Cloves Mace Nutmeg & Ginger & Season it, Shred good Store of Sweet herbs Small & Strew y.m on every quarter of y.e pig, y.n Slice a Limmon & divide it among it & a few bay leaves y.n roule it as you do brawn & take a good quantity of white wine water & Salt, & boile y.e pig in it till it be enough; throw into y.e boiling of it a handfull of white pepper, & a bundle of Sweet herbs & a little quantity of vinegar, take it out of y.e liquor till it be cold & y.n Sowce it in y.e Same liquor it must be lapt in a cloth when you tie it.

To pickle a goose:

Take a good quantity of pepper & Salt Shake it into her belly, & a head of garlick four Onyons & two Nutmegs Sliced. y.n put y.e goose into a pott & put to her a pint of vinegar three pints of white wine two blades of mace Six Cloves y.n cover it close & take it two hours & a halfe; y.n take it out & let it Stand in y.e Same pickle for a day or two, & you may eat of it & put it into y.e pickle againe

To pickle a peice of Beefe:

Take a peice of ye thinnest part of ye brisket of beefe & bone it & lay it water & Salt one night, y^n take it out & Season wth a little gross pepper & Salt peter mace, cloves & a little tyme & rosemary Small Shred & a little bett Serrow all these over ye beefe & dash on a little claret wine, y^n roule it up as you do brawn & tie it fast & put it into a deep pott wth a little water & Salt & white wine & close it up & bake it three or four hours, & when it is cold, eat it in Slices wth mustard & Sugar.

To make Biskett:

Take a pound of Sugar bett & Searced a pound of fine flower, they must be very well dried. y^n take four new laid Eggs & take out two of ye whites & ye treble from ye other two, y^n take twelve Spoonfulls of rosewater, & beat ye Eggs Sugar & rose water well together a full hour or more, y^n put in your flower & when it is well mixed, butter your panns & put it into y^m be sure to beat it wth a constant hand your Oven must be as hott as for other bisketts:

To make Jocklet Cakes:

Take a pound of Sugar & halfe a pound of fine flour y^n take halfe a pound of Almonds & beat y^m very well wth some rosewater y^n take Six new laid Eggs & beat y^m very well & put ye Almonds to y^m & Stir y^m well together y^n put in ye Sugar & flower & mix all together very well y^n Scrape ye Jachaletta very fine & put in as much as will colour it pretty deep, y^n butter ye plates & do not put on too much for they will rise; dust y^m on wth Sugar as they go into ye Oven they will be baked in halfe an hour y^u must dry your flower & Sugar very well before you mix y^m:

To make a Cream Cheese:

Take three pints of new milk warme it a little, y^n put into it a pint of pret^y thick, y^n yearn it & take it up as thin as you can wth out b[illegible] y^n lay two pound weight on it, keep it in your cheesfat 2 daies & tur[illegible] four or five times: & when ye whey is ran from it y^t you think it dry enough, take it out & let it ly a day or two in clean cloths, Still chang[illegible] y^m as they grow wett; y^n lay it in Nettles & turn it once in two daies [illegible] will be ready in a week or ten daies:

A pretty Jelly to keep:

Skim ye fat of ye Jelly of four calves feet, y^n beat ye whites of twelve Eggs & Juice of nine Lemons & three quarters of a pound of refined Sugar y^n put into ye Jelly, y^n Set it on a clear fire, & when it boiles it will [illegible] curds, & whey y^n put it into a cotton bagg & let it run into your glasses

To stew mushrooms:

Take ym fresh gathered & cut ye hard ends off ym: & put ym into a little white wine & when they have lyd in it, halfe an hour drame ym from ye wine & put ym betwixt two dishes, & set ym upon a Chafendish of hott Coals, wth out any liquor, when they have stood a while there will a blackish water come from ym which you must drame from ym as it comes yn put ym into a clean dish wth a sprigg of rosemary & tyme, a whole Onyon four corns of white pepper, four cloves some limmon pill a little salt & good store of ye gravey of Mutton, a little white wine & a peice of sweet butter, yn set ym on ye fire & let ym boile till they be tender yn blow ye fatt of yn & take out ye herbs spices & Onyons when you serve ym up squece in ye Juyce of a limmon, they must be sure to be but of one night growth & ye latter end of August or begnning of September is ye best time to gather ym

To bake neats tongues:

Rub a ounce of Sallpeter on 12 tongues ye roots being first cut of yn salt yt well & give ym week pickle, yn pull ye under skins off & rub ym & hang ym up to dry fourteen dais yn boile ym till they will blanch, & while they are hott season ym wth an ounce of Cloves, & two Nutmegs so cover ym wth butter in a pot & bake ym, after bakeing dress ym clean, & pour ye butter gently from ye spices & make ye pot very cleane & so pack ym down, & pour on ye clear of ye butter, & if ye have not enough to cover ym clarify a little more.

To pickle Cockles:

Take ye Cockles & wash ym in two or three waters & put ym in a sive to drame, for two hours & put ym in a cleane tub & throw a pretty quantity of salt among ym & so let ym lye all night sauce ye liquor yt comes from ym yn pour ym by a few at one time & very slowly for makeing ym look plump sauce all ye liquor yt comes from ym in ye opening & put it all together in a pan & set it on ye fire wth a bunch of sweet herbs some whole pepper a race of ginger & a little salt if ye liquor be not salt enough some herbs & radish cleane washed & sliced & some good vinegar so boile it well & schim it all ye while it boiles when it is well boiled take it off & pour it into an Earthen pan let it stand till it be cold & yn clear it off into ye pot you intend to keep it in do not put in any of ye thick yt will be in ye bottom yn put in ye cockles & keep em for your use, wn ye pickle begins to lake over pour it from ye Cockles & give it a boile with a little more vinegar & salt do this as often as ye see ym stand need & you may keep ym all ye year.

To make Cakes of Barberries:

Take Barberries & bruise y^m: in a Silver dish & straine y^e: Juice, y^n: take double refined Sugar, & do but just wet y^e: Sugar: let it be like a thick paste w^n: y^u: set it on y^e: fire: y^u: must do it in Silver, y^n: let it stand till it thins a litle, y^n: take it off y^e: fire & let it stand by a while; y^n: put a drop or 2 more juice into it & set it on y^e: fire again, but be sure it never boile, but when it smokes take it off y^e: fire & let it stand by awhile, y^n: put in a little more juice & so set it on again do this 5 or 6 times y^e: oftner y^e: better colour it will be, have a great care it be not too thin, if it be it will never leave y^e: papers: y^u: may make these w^th: y^e: juice of Roseberries y^u: must drop these little Cakes like sealing wafers.

To collar Beef, Sist: M:

Take y^e: thin flank of y^e: fattest Beef, salt it 2 days & y^n: lay it on a block & beat it very well; y^n: take dried rosemary, Sage & sweet marjoram, w^th: what other dried hearbs y^u: like best all finely poudered, mix y^m: well together w^th: pepper Salt, Cloves, Mace, & Nutmeg, rub y^m: well into y^e: Beef, y^n: roll it up very hard, binding it fast up w^th: tape; y^n: bake it in an earthen pot: pour upon it a pinte of claret, & cover y^e: pot w^th: paste, y^u: must also put in halfe a pinte of vinegar; & 2 or 3 Anchovies boned, let it stand in y^e: pot till y^e: liquor be almost cold y^n: take it out & keep it dry for y^r: vse.

To salt Beef for hanging

Take as much ordinary salt as will salt y^r: Beef & set it before y^e: fire till it be very dry & hot y^n: take some salt peter & beat it & mix among it, & so salt y^r: beef very well & lay it on a table for 3 days & nights turning it once or twice in y^t: time, & w^n: y^u: see there wants any salt rub on more, for 4 flickes of beef 6 peenny worth of salt peter is enough.

Balls of Force dised in Pottages & peese

(pottage

Take a little Spinage thim & 3 Anthownes Shred small together, put to ym: ye: quantity of a penny grated loaf, wth: a little Nutmeg, Mace, & Jamaica pepper pounded, mix all these well with 4 eggs & make it up into small balls, & put ym: into yor: pottage, give it one boile upon ye: fire before you: send it up.

Bilberry Wine.

Take 30 pound of bilberries & bruise ym: in a Stone Mortar, yn: put to ym: 10 quarts of Spring water yt: has boiled an hour, let ym: Stand covered 2 days, yn: Straine ym: through an hair Sieve, & put to ye: liquor 10 pound of fine Sugar, yn: work it wth: Ale barm 2 days. & so tun it up, let it be close Stopt & stand 3 weekes to fine, yn: bottle it & cork it well.

To boile Pullets ye best way.

Take 2 young fatt pullets dress ym: clean but do not wash ym:, put into their bellies an Anthownes, a Onyon a bunch of sweet hearbs & a lemmon pill: putt ym: into 2 strong beef bladders & ty ym: close yt no water may get in put ym: into a pot of boiling water, & let ym: boil leasurely for fear of breaking ye: bladders; yn: take ye: gezzords, Necks, & livers, some whole pepper, a blade of mace, a Anthownes, a peice of lemmon pill, a pinte of Oysters wth: liquor, & a good many sweet hearbs, set ym: a boiling together, & if you: please a sliced Onyon, wn: they are almost stewed enough put in a little white wine; let it stew as much away as one egg yolk wth: a peice of butter will thicken it: wn: yor: pullets are enough take care of opening ye: bladders yt: none of ye: gravey be lost, but let it be put into ye: sauce; lay ye pullets in ye: dish pour ye: sauce under ym: but none upon ym: if they be right boiled they will look very white.

Buttered Chickens:

Boile y^m in water & salt till they are half enough, y^n pull y^m in peices, & put y^m in a stew pan wth some of ye broth, an Onyon a good piece of butter & a lemmon out dice wise, let y^m stew a good while & thicken it wth a little flour.

To make Chocolet cakes:

Take a pound of sugar & half a pound of fine flour, y^n take half a pound of Almonds & beat y^m very well wth some rosewater, y^n take 6 new laid eggs, & beat y^m very well & putt ye almonds to y^m, stir y^m well together, y^n put in y^r sugar & flour & mix all together very well: y^n Scrape ye chocolett very fine & put in as much as will colour it pretty deep; y^n butter y^r plates & do not put on too much for they will rise, dust y^m over wth sugar as they go into ye Oven, half an hour will bake y^m; y^u must dry ye Sugar & flour before y^u mix y^m.

Clouted cream.

Take a Gallon of new milk & a pinte of cream (all Streakings will do wth out cream) put it in a Skillet wth mace & cinamon; let it be scalding hot, y^n put it into a bowl & in ye morning take it of wth a Skimer y^t all ye thin may run from it: y^n Sweeten it wth Sugar & lay it on a dish; y^u may eat it either wth Sack or cream.

Collation Cakes.

Take halfe a pound of fine flour, mix wth it an ounce of carraway seeds, a nutmegg grated & a little Sugar, so make it into paste wth hot butter, y^n roll it as thin into little cakes as y^u can, & bake y^m on a girdle.

To make a Curde pudding.

Take 2 quarts of milk & yerne it, y^{n} take ye curd y^{t} comes of it & rub it throu a hair Sive, 6 eggs, a quarter of a pound of melted butter, 3 or 4 Spoons full of grated bread, a little Sugar, Salt & rose-water as y^{u} think fit: be sure w^{n} all is together y^{t} it be not too thin, bake it quick & w^{n} it comes out of ye Oven cut it on ye top like diamonds pour some butter & Sack upon it & strow it thick wth Sugar if y^{u} so like it.

To make a pastie of fish.

Take fresh Salmon & cut of ye Skin, y^{n} take ye fat of ye gutt wth ye milt; 6 Anchovis ye yolks of 4 eggs boiled hard, a little thyme, parsly & Onyon minced all well together, Season it wth pepper, Salt, Mace, cloves, & Nutmeg, y^{n} beat it in a Mortar; & having any other fish Season it & fry it & put it in y^{o} py wth 2 or 3 boil'd lettuces in ye bottome of ye py; y^{n} make a leare of butter, white wine, 2 Anchovis, a blade of mace, an Onyon, a Slice of lemmon a little horse raddish, draw all these well & put it into ye py.

French fretters.

Take 11 ounces of flour & a pint of new or blew milk of milk measure being larger y^{n} ye other, mix ye flour & Milk together till it be clear from lumps; y^{n} fry it in little thin pankakes wth as little butter as possible take care not to fry y^{m} brown; w^{n} all is thus fryed put it all into a marble mortar & beat it till it come to a tough paste; y^{n} break in one egg & beat it well wth it, & so break in one egg at a time till it come to ye number of a ii, & beat it well betwixt ye putting in of one & another: w^{n} they are all well beaten put in a spoonfull of Orange flour water, after ye water is beaten wth it put it into a clean earthen pot: it will keep 2, or 3 days: w^{n} y^{u} use it have ready some clarified suet: put it into a flat-broad Sauce pan or Stew pan & w^{n} it boiles put in ye fretters: as ye crisp take y^{m} out: w^{n} y^{u} dish y^{m} sprinke a little Orange flour water upon y^{m} & grate sugar over y^{m}; y^{u} must put in no Salt.

A fricasie of Tripes:

Take about 3 pound of tripes & cut ym into small diced pieces; yn take a little piece of butter brown it & flowre it a little, yn put in yor tripes, & a pinte of gravie, 3 Anchovis a little nutmeg, pepper, Salt & Onyons boiled & chopped small: yn put in a little beat butter & serve it vp wth sippets & lemmon.

Fryed Puddings:

Take 3 quarts of milk, run it as for cheese & wn yoe have ye whey clear out; mix wth ye curd ye yolks of six eggs, a little sugar, some Nutmeg, a handfull of grated bread and a very little floure; make ym in round cakes about half a inch thick & fry ym wth butter but not hard, melt a little butter for ym wth Salt & vinegar & serve ym vp hot

To make Gravie

Take a lean piece of beef, cutt it in slices, yn flour it on one side, carbonade it on ye other, fry it in butter, yn adde a glass of claret, 2 laddlesfull of strong broath, one Anchovies a little shallat a little nutmeg & mace, a few sweet hearbs & a little whole pepp'r this is proper to colour pottages, or sauces for wild fowle, take ye necks of ye fowle & a & a little fair water yn pour it throug their bellies wth a bitt of butter.

To Preve Gravie:

Strain out all ye fat yn put to it one Onyon 2 blades of mace, a little Nutmeg & whole pepp'r yn boile it, put it in a gally pot & season it wth a little Salt, according as yoe intend to keep it.

Green Dumplins.

Take a penny white loaf, cut of ye top & grate it fine, & half a pound of beef suett shred a handfull of penny-royal, as much spinnige, a little sweet Marjoram, a sprig or two of winter Savory, Strip these hearbs & shred ym small wth a handfull of Mariegold flowers take 4 eggs & beat ym very well; yn mingle as much of these together as will make yor pudding Stiff & wn a little flour roll ym vp into balls, let ye kettle of water yoe boil ym in have a little Salt in it, & boil nn yoe put ym in 3 quarters of an hour, will boil ym; Serve ym vp wth Verjuice, butter, & Sugar.

To make a Green Pudding:

Take 2 penny loaves & grate ym, half a pd: of beef suet, half a pound of currans, a good handfull of parsely, Sweet Marjoram, & thyme, a handful of marygold flowers, shred ym small & season ym wth cinamon & Sugar, 6 eggs, 6 spoonfulls of crea & a little salt, roll it up in a lump & put in a cloath & boil it 2 hours, make ye Sauce of rosewater, butter & Sugar, & so send it up.

Kidney Puddings.

Take ye kidneys of a sheep, lamb, or veal, shred ym small, & an handfull of beef or Sheep suet, of pennyroyal, parsly, & winter savory, each an handfull, shred, all very small yn put to ym a pint of cream, 6 eggs, a mauchet & Nutmeg, grated & a little Sugar, yn take 3 little wooden dishes & butter ym on ye inside, & fill ym, ty a cloath over ym & put ym in boiling water & let ym boil about an hour, yn dish ym & put melted butter & scrap't Sugar on ym

To make Lemon Butter.

Take a quart of good cream & heat it a little more yn blood warm, & squeese ye juice of a lemon into it & a little peice of pill; yn set it by for four hours, yn take it out & put it in a cloath, & hang it up to let ye whey run from it & wn it is very clear from ye whey, put sugar to it, yn put it into a cloath again, & let it hang all night; yn make it up in a wet cloath like a print of butter.

A Neets foot pudding:

Take a boiled neets foot & mince it very small, ye same quantity of beef suet minced small, yn take a whole nutmeg, & a peny loaf & grate ym in; 6 eggs half a pound of currans, half a pound of Sugar, mix ym all together & season ym wth salt; boil it 2 hours & an half, & wn it is half boiled take it out & ty it close.

To make Orange Baskets:

Cut yo: Oranges in halves & squeze out ye juice, & boil ym tender, yn take out ye meat & Oranges in a cloath, yn do ym small wth a knife, yn beat ym in a Mortar wth 3 times their weight in Sugar till it be pretty stiff paist; yn put ym in papers longwise, & so bake ym in a cold oven. this way yo: may also do lemmons.

To make Fair Cakes:

Take a pound & a half of fine flour, a pound of Sugar, & an Ounce of carraway seeds mix ym all together & take 4 or 5 eggs & a little rosewater, & put ym among ye flour & Sugar, & worke it into a paist & roll it out thin, yn cut ym into what fashion you please & bake ym upon paper, wn they are bak't, take a pound of Double refined Sugar, & boil it to a Syrrup; So dip in yor cakes & Set ym to dry by ye fire, & keep ym dry for yor use.

To picke Cucumbers:

Wipe your cucumbers very clean wth a cloath, yn take 2 quarts of white wine vinegar & 1 quart of water, boil ym wth some dill, fennel & whole pepper, cloves, mace a race of ginger, & as much Salt as will make it bear an egg, yn let it Stand till it be quite cold, yn put it to yor cucumbers, wn ye pickle has been at ym 14 days pour it out & boil it again, & put it cold to ym again, keep ye dill & fennel upon ym & ty a brown paper & a board on ym to keep ym under ye liquor; you may boil ye liquor 3 or 4 times they will be ye greener for it, always put it in cold to ym keep ym dry.

To pickle Colliflowers:

Take ye whitest & closest you can get & cut ym into what bignes you please, make yor pickle to bear an egg, yn give it a good boil, wn it is very cold put in your colliflowers & let ym lye about a fortnight; yn pour off ye pickle & put fresh to ym & you will Scarce need to shift ym any more; wn you would use ym take out a few & boile ym to what tenderness you please; yn take a little fair water & boil in it some whole Seasoning, & wn you take it off ye fire, put in as much of ye best & palest vinegar as you think fitt; wn both are cold put ym together & cover ym, they will keep so a fortnight or 3 weeks. 200)

To pickle Muscles

Shell yor muscles in a pan over ye fire & let ye liquor stand to settle, yn pour it gently off, & boil in it whole pepper, ginger, & cloves, to yor taste; yn put in ye muscles & give ym one boile, yn take ym off & take out ye muscles & lay ym abroad on a cloath till ye next day; yn add so much vinegar to yor pickle as will make it taste well, & also what salt you like, put in ye fish wth a whole Onyon in ye midst & keep ym close stopt.

Make a Pigeon Pye

Make yor: crust ready & lay in butter, yn: mix pepper & Salt together & fill ye: bellies of yor: pigeons, yn: lay ym: in & put in Some large mace, & little Slices of bacon, yn: cover ym: wth: butter & close yor: pye; be sure you: don't bake ym: over much.

To make a potatoe Pye.

Boil yor Spanish potatoes not too much, yn: cut ym: in Slices as big as yor thumb, Season ym: wth: nutmeg, cinomon, Sugar & a little ginger; yor: pye, being ready put ym: in & to ym: ye: marrow of 3 or 4 bones, a handfull of Stoned raisons, & some cittron & Orange roots Sliced, put a little butter over it & bake it let there be a Gill of Sack, 4 Spoonfulls of white wine vinegar, & a little drawn butter & Sugar tossed wth: ye: yolk of an egg, wn: yn pye is enough pour it in & Shake it well together, So grate on Sugar & Send it up.

To make a Almond pudding:

Take half a pound of blanch't almonds & beat ym: in a mortar; put in a little rose water to keep ym: from oyling, yn: boil lemmon pill in many waters till it be tender, put it into ye: mortar wth: half a pd: of butter, & half a pd: of loaf Sugar beat ym: well & putt in 8 yolks of eggs & 3 whites, beat ym: in ye: mortar, so lay it in a dish in 2 Sheets of puff paist, now to make ye: paist, take a quart of flour 3 whites of eggs & one yolk, wth: put to ye: flour wth: a little water, So make paist of it as Stiff as you: can & roll it thin abroad, so lay butter in it & roll it all one way, do so 3 times.

The best way for a Slip coat.

Take 7 quarts of new milk & one quart of water, put some rennet to it, & wn: it is come do not break it down but take it up in ye: milk dish, put it into a cloath & lay it upon a sive till ye: whey be run from it; yn: fashion it & put it into ye:, set a pound weight upon it an hour, yn: take ye: off & set on 2 pd: weight yn: set on 3 pd:, & let it Stand so till 3 or 4 a clock, yn: turn it & let ye: weight ly on till next day, yn: lay it on a chees board & let it ly so 3 or 4 days yn: lay it in grass changing it Sometimes till it be ripe.

A Spinage Tart

Take yo Spinage & pick y: Stalks off, & wash ym in 4 or 5 waters to clear ym from gravel; yn boil it till it be very tender, yn drain it very well & Shred it very small yn put it in a Sauce pan, & Set it over a clear coal fire; & keep it Stirring, yn grate ye pill of two lemmons into it & Some nutmeg, & put in Salt, & keep it Stirring till it be pretty dry, yn put in half a pd of butter & Stir it well, yn put in a handfull of flour, & a pound of Sugar, or more if need be & Stir it very well, yn put in 2 quarts of new milk & keep it stirring till it be boiled very thick, yn take it off & set it to cool, & wn it is cold make yo paist as fine as yu can, roll a Sheet as thin as a Shilling & lay in yo dish so put in yo Spinage, yn cut yo paist in thin Strings & lay over yo Spinage yn melt butter & do over it wth a feather & grate Some loaf Sugar over it, & yo oven being hot bake it, & eat it either hot or cold.

To stew fish:

Take yo pike or carp & lard ym wth pickled fill ye belly wth large Oysters, & so roast it, baste it wth claret & Anchovies & Serve it up wth Anchovie Sauce, wth ye gravie of ye pike or Carp.

To Stew Mushrooms:

Take ym fresh gathered & cut ye hard ends off & put ym into a little white wine, wn they have lyen in it half an hour drain ym from it, & put ym betwixt two dishes, & set ym upon a chaffing dish of hot coals wthout any liquor, wn they have stewed a while there will be a blackish water come from ym wch yo must drain away as it comes, yn put ym into a clean dish wth a sprig of rosemary & thyme, an Onyon 4 corns of white pepper; 4 cloves some lemon pill, a little Salt & good store of ye gravie of mutton, a little white wine and a piece of sweet butter; yn set ym on ye fire & let ym boil till they be tender, yn blow ye fat off ym & take out ye hearbs, spices & Onyon & wn yu Serve ym up, squeese in ye juice of a lemmon, they must be sure to be but of one night growth, & ye latter end of August, or ye begining of September, is ye best time to get ym.

White Puddings.

Grate a peny loaf & wn: yo: have washt & pickt 3 pd: of currans put ym to ye bread; yn boil a quart of cream & put to ym boiling hot; yn cover ym & let ym stand 2 hours, yn grate in half a pound of hogs liver scarced, if beat 7 or 8 eggs q whits, 1 nutmeg 3 or 4 cloves, a little mace half a pound of sugar, a quarter of a pint of damask rose: water & 3 pd of beef suet chopt small: mingle all these wth some salt & so fill yr skins.

To season venison & make a pasty:

First bone & skin yr venison & cut it in nicks up & down wth yr Anise, Season it wth salt & very grosly beaten pepper, let it ly 3 or 4 hours in ye Seasoning, after yo have rubbed it very well in, yn fit it for a square pasty yn take a large half peck of flour, for ye bottom of ye pastie, & put in 2 pd of butter, make it into paste wth hot water, & for ye top paste take half a peck of fine flour, break into it 3 pd & a half of fresh butter, & 6 whites of eggs, rub ye buter & eggs in ye flour a little while & it make into paste, wth cold water, yn roll yr bottom out square & lay butter under yr meat yn take of both sorts of paste & work it very well & roll out yr inbend, well it very well & close it & put some butter on ye top, roll out yr cover but besure it be not too thin, close it well, & make yr out bend of ye paste it leaves, & ornaments to ye best of yr skill, bake it, fair it will take 5 hours bakeing, wn it is drawn wash it over wth a pound of melted butter & fill it up wth ye broath of ye bones, wth yo may also bake in ye Oven wth a little pepper, Salt & water & a little claret, So serve it up.

An Almond Custard

Boil a quart of cream & beat a few Almonds wth Orange flowre water very fine put in wth yr Almonds ye yolks of 8 eggs & sweeten it to yr taste, let it just boil, & wn it is almost cold put in a little Sack, & so put it into yr bason.

[redacted]

Take [redacted]

beef suett

To make Wigs.

Take 4 p.d of floure, put it into a bowle, y.n take a quart of cream sealding hot stir it among y.e floure, & almost a quart of good barme, stir these together into a light paste, let it rise by y.e fire an hour, y.n worke into it 1 p.d & an half of butter, & as much of caraway comfitts, & so shape y.m & lay y.m on papers buttered; they must be about 2 inches thick, or they will run too much abroad: half an hour will bake y.m, y.e oven cannot be too brisk so it do not burn. y.e you may make good ordinary ones w.th sugar & carraway seeds instead of comfitts.

To dres a Pike:

Take Ale, a good quantity of vinegar & a good bundle of sweet hearbs, & w.n it boiles rub y.e pike all over w.th Salt & wipe it off, y.n open it & Save y.e liver & fat, & wash y.e blood out of y.e belly w.th white wine vinegar, boile y.e liver & fat w.th y.e pike w.ch will be done in halfe an hour, y.n put y.e vinegar & washt y.e belly of y.e pike into a frying-pan, & scrape a good quantity of horse raddish & nutmeg into it, w.th half a dozen Anchovies, & w.n it hath boiled a while y.e beat y.e yolks of 4 eggs, & take a pound of butter & tosse it all together till y.e butter be melted, y.n dish up y.e pike w.th Suppets in y.e dish, poure y.e Sauce all over it & send it up hot, if you have no Anchovies, y.e pike will be very good, w.th a little of y.e broath it was boiled in tossed among y.e Sauce.

To make a dish of Cutlets:

Take a backlow or a neck of mutton, & cut it into large Stakes, & flat y.m w.th a cleaver, y.n season y.m w.th pepper, Salt, & a few Shred hearbs, let y.m ly half an hour, & y.n have y.e gridiron ready, lay white paper over it, y.n lay y.e Stakes upon y.e paper, to broile before y.e fire dropping y.m over w.th fresh butter & turning y.m; w.n they are near ready dridg y.m w.th grated bread & floure mixt together, y.n being frothed w.th butter, at y.e last have y.e Sauce made ready, w.th a little catchup, gravie, or strong broth, a little oyster pickle & vinegar, one anchovie & a few shred capers & lemon: season it to y.e taste w.th Salt, having but one boil on y.e fire w.th an onyon Stuck w.th cloves, dish up y.e Sauce & lay y.e meat upon it garnish it w.th Oysters, cockles, girkins or any sort of pickled Sallades & Serve it up as hot as you can, if you please you may half fry y.e Stakes before you broil y.m & Save y.e gravie to put in y.e Sauce.

Almond Pudding.

Take 3 quaters of a pound of Almonds, blanch & beat ym fine, take 4 fresh rolls 2 pd of beef Suet shred small, half a pound of ye greenest fitterns Shred Small, Some mace & Nutmeg beat Small; a quart of thick cream, 24 egg yolks beaten, a little Salt, & a pound & a quarter of a pound of Sugar, when ye Skins are clean fill ym boile ym quick; yu may take ym out & prick ym, & put ym in again.

Goosberry Wine:

Take yor goosberries wn best for eating full ripe & pick of all ye blacks bruise ym in a mortar, & to every gallon of pulp take a gallon of water wch water must be first boiled half an hour & cooled, let ym Stand 4 hours or more; yn Strain ym through a hair bag, & to every gallon of liquor, put 4 pound of Sugar, Stir it till ye Sugar be melted, yn put it up into a vessel & let it stand till candlemas before yo bottle it, I have seen it drawn off soon after Martinmas, & very good strong & fine as Sack.

Sauce for fish:

Take a gill of water, put to it 2 Anchovies, a Sprig of rosemary & a whole Onion, let it boil half down, yn strain it through a hair Searce, put to it half a pound of good butter & a little dash of flour, beat it up thick & put pickles yo please wth a little beat Seasoning.

To Pickle Cowcumbers

Take yo Cowcumbers & rub ym very well wth a cloth, yn make pickle for ym: ym will bear an egge, & boile it very well & pour it on ym boiling hot, & let ym lie in it 24 hours yn take ym out & let ym lie all night to drain; yn take ye best white wine Vinegar & boile it up well with whole pepper, whole ginger & colliander seeds, & a peice of allom yn put in yo Cowcumbers, & let ym Summer but not boile till they be enough & yn pott ym up

To make a Pallet Pye

Take ye Pallets & boile ym very tender yn take 6 sheep tongues to 3 pallets, & 3 sweet breads of Veel, boyle ye tongues wth ye pallets wn they'r boyl'd enough put in ye sweet breads & 4 yolks of egges hard, yn season it wth pepper & Salt Parsly & Thyme shrid small, slice ye meat as ye please & as ye season of ye year is, put into ye pye sparragrass & choice chesnuts, or wth ye please, & wn ye have, place ym in ye paist, put in a pound of butter, wn 'tis baked make a sauce wth verjuice, & ye yolke of an egge, put yt into ye Pye, & Serve it up, an hour bakes it

To pickle Pursling Stalks

Gather the pursly wn 'tis dry put into a pot, yn boyle vinegar & fine water an equal quantity, wth Some jemeca pepper & wn it has boyled a quarter of an hour pour it upon ye pursly boyling hot & cover it close it will be ready to eat ye next day, this keeps good a fortnight

To make sugar Cakes

Take half a pound of double refined sugar beaten & searced & 3 qrs of a pound of butter lay in rose water over night a pound of flow'r put into ye sugar & a penny worth of Mace shred very fine, ye yolks of 3 Eggs & one white, & half make it into lumber paest, & cutt ym wth glass & lay ym into plates or paper & so bake ym

To make Huff Cakes

Take a pound of double refined sugar finely searced 2. Ounces of Almonds blanch.t & bett w.th Rose water 2 Graines of Musk: grinde y.m well together, till they grow white; y.m put in y.e Sugar, & as much whites of Eggs, & Gum-dragon w.th 5 grains of Amber greece, as will make it into a stiffe past & 2 drops of oyle of Lemmonds.

I oftest make y.m of Egg whites & sugar only, & a little perfumed; well bett to make y.m white; & only mixt so stiff as to squirt, for y.e softer y.e paest is y.e lighter th'y will be they must be stiff enough to keep shape y.e great art is to have y.m rise well & not browne

To make Ouse Bridge Cakes

Take halfe a beakn.t of fine flour well dryed, y.n putt to it a pound of currants clean washed & picked a little Sugar & Nutmeg, Mace & Cloves, y.t take after all these are mixed together; butter thin sliced halfe a pound, putt into y.e rest of y.e ingredients sli.d as thin as possibly y.e can. y.n make it into a stiffe paest, w.th light Ale yeast & a good glass of Brandy; so dry it before y.e fire to rise for halfe an hour, & so make it into Cakes, & so butter it thin

To make Meed

Take 30 quarts of water & sett it on y.e fire & w.n it is hot putt in 3 pints of Honney & 2 pound of lofe Sugar let it boyl so long as any skim rises; if y.u please y.e may clarify it w.th whites of Eggs; y.n put it cole into a pot w.th a tap put into it. 20 Cloves, 2 races of Ginger, 3 dry Lemonds sliced, a little Rosemary 3 or 4 bay leaves; 2 Spoonfulls of yeast, & let it stand a Week & bottle it, this y.e may drink in 3 weeks

To make Almond Butter

Take halfe a pound of Almonds blanch.t & beat y.m in a stone morter, put now & y.n 2 or 3 spoonfulls of Rose water, y.n take almost 3 pints of Creem & boyl it well & strain y.e Almonds into it, rubing y.m thorow a hair sive, y.n take y.e yolks of 12 Eggs, beat y.m & strain y.m into y.e creem, y.n set it over y.e fire stirring it continualy till it boyl, y.n sweeten it w.th Sugar, & put it into a fine cloth & ty it not too strait & let it drain all night, y.n dish it up

To make goos-berry vinegar

To every gallon of water, take six pound of ripe goos-berrys, bruise y.m in a morter, & pour y.e water cold upon y.m into a rundlet, let y.m stand in a hot place till y.e stuf be risen to y.e top, w.ch will be in a fortnig.t y.n draw y.e liquor out, & take out y.e berrys, & wipe y.e tub clean, & put y.e liquor into y.e vessel again, & to every gallon of liquor put a pound of sugar, & it will work again, w.th its working close it up, it will be 6 Months before it be fit for drinking

To make Elder berry Wine

Take 20 pound of Malica raysons, steep ye. m 5 gallons of water 9 or 10 days, ye. draw of ye. liquor, & tun it into a vessel & put to it 3 pints of Elder berrys full ripe set it in a warm place to work; stoping up ye vessell very close. about 2 Months after ye. may bottle it & if a greater quantity 'tis very good in ye. vessell this will keep a year; 'tis not fitt to drink till 'tis 3 Months old at ye. least; ye. may add a quart of Elder berrys, if ye. like a deeper collor & let it stand wth. ye. water, & ye. small firmentation upon ye. top.

To make Sugar Loaf Cake

Take 4 Ounces of harts horn & one of Izing-glass, boile m in 3 pints of Water, to a pinte; yn. take a pinte & halfe of thick Cream, boile it wth. a little bitt of Cinamon & Sweet'n it very Sweet, & put to it a pound of Almonds very finely beat; Stir it well together & straine it hard through a thin Cloth, melt yo: pinte of Jelly, & Stir ym. all together & pull it into a glasse yts high, & let it stand till it is cold, yn. turn it out like Jelly.

Clary Water.

To 3 gallons of Beer put 10 handfulls of Clary, of Raisons of ye. Sun 3 pounds, of Anna-Seeds & Liquorrs of each 4 Ounce, & ye. bottoms of 3 White loaves 24 Whites & Shells of Eggs: Stone yo. Raisons, & Steep all these m yo. beer 2 days, destill it off a Limbeck.

To Make Alliar

Take of ye strongest Ale wort, what quantity y^u think fitt let it stand to be so cool, as is Usual to let ye Ale be, w^n y^o put ye yeast to it, y^n put yeast to it & it must stand within ye air of ye fire, it will work much, but w^n it is done working keep it close stopped & have a care ye yeast be not broke; 6 Weeks will be as soon as it will be ready.

To Coller a Pigg

Take him & bone him, y^n lay him in Salt water, & a little vinegar 6 hours, y^n season it wth Nutmeg, Mace, Pepper, & Salt a few sweet hearbs, y^n rool it up & boyle it, in vinegar, water, pepper, & sweet hearbs, & keep it in ye same

To make Frutters

Take Whites of Eggs & beat y^m to snow mix it wth new milk & wheat flour, as thick as will hang upon ye finger, y^n coller them several ways as y^o do Jellys, y^n take beef suet or mutton suet, & let it boyle in ye Pan, & y^n drop in ye frutters

To make Sawsages

Take ye thickest part of ye Mutton, free from fat sinnews & strings, y^n shred it very small wth good Suet, y^n season it wth a little pepper, Salt, mace, & Cloves, w^n y^o fill y^m put to y^m a little Ale, mixt wth a little white wine, or Sherry Sack, if y^o make y^m of porck let y^m lye some time in ye seasoning, & add a little powdered Sage if y^o & have y^m keep any time, fill y^m as dry as y^o can

To make Flummery

Take a pint of ground oat Meal, & put to it two quarts of water, stiring it 5 or 6 times a day, let it stand to settle, take off ye clear liquor, & put in ye same quantity yo take off; & let it stand 9 days if yo would have it souer, if not 3 days is long enough straine it through a linnen strainer 2 or 3 times to gitt all ye goodness out off it: put it into a pan let it boyle as fast as yo can, stirring it all ye while is upon ye fire, let it boyle till is very thick.

To make Goosberry Wine

Take 26 quarts of ripe Goosberrys, & beat ym in a stone trow till all be burst; yn put ym in a tub, & boyle 26 quarts of water, & let it cool yn mix ym together & break ym well wth yo hand; & let ym stand all night yn straine ym through a Canvis or flannen bagg & put it in another clean vessel, wth a top; & let it stand all night to settle, yn draw it off carefully & put it in yo barrel, & put ye Sugar to it wth 3 pints of brandy. to this quantity of goosberrys, put 28 pound of Sugar, well clarified, & wn is cold yn mixe it wth yo liquor & stir it well together, & continue stirring it 3 or 4 times a day; till it leaves singing, if yo Cask want yo must fill it up wth yo Small, wch must be boyled water put upon yo goosberrys wn yo other is strained off, wn it hath done working, cork it, & Clay it up, & let it stand till nigh Christmas; yn bottle it, but not in frost.

To Stew a Hair

Take a hair & strip ye Skin off, yn cut it up like a Rabbit & take about 30 or 40 corns of pepper beaten small & about a small spoonfull of Salt, mingle these together & season ye hair, & put it into a slow pan, wth a pint of fair water, & cover it close, & set it on hot embers & let it stand till its porboyled yn put into a quarter of a pound of butter, about an hour after put in another quart of butter let it stand upon a gentle fire, & be sure it never boyles, it will be in doing 5 or 6 hours; put in ye remainder of ye butter, by degrees, as it is a stewing it will take up a pound of butter troys weight; as ye bones comes out draw ym away; lay sippits of white bread on ye dish & serve it up if an old hair it will require longer time

To make Leggs of Porck like west Jelly hams

Cut yd leggs of porck in ye shape of a ham, & hang ym up 3 or 4 days, yn beat ym wth a rooling pin yn take half a peck of Bay-Salt; one pound & half of Salt peter, one pound of coured Sugar, mixe these altogether, in cool water, as much as ye thing will cover yd ham, & wn ye have stirred all, till they be disolved, put in yd hams, this quantity will do for, let ym lye in this pickle a Month, yn take ym out & hang ym up, in a Chimney, where they burn wood, till they be dry.

To make Cow-slip Wine

Take to 3 gallons of water, 6 pound of ye best ~~sugar~~ boyle ym together half an hour as ye Scum riseth take it off, yn let it to cool, wn its cold, take a peck of ye yallow toppes of Cowslips flowers, ye take a good spoon=full of yeast, & 3 ounces of ye Syrrop, or Juice of Sittron or Lemons mix yd yeast & Syrrop together yn, put im to ye liquor, & Stir ym all together, let ym infuse & work 3 days, cover im wth a clean cloth, yn Steain out ye flowers yn put it into a Sweet cask, well Stopt, yn let it Stand 3 weeks or a Month, in a cool Cellar; yn bottle it, & after a Month more it will be excellent drink, but ye may drink it sooner if ye please.

To make French Bukit

Take 16 new laid eggs put ye whites into a earthen basin & wisk them till ye wisk will Stand upright in them then put in all ye yolks & beat them a little together and have ℔ pound of duble refined Sugar Sifted very fine and dryed by the fire, the rind of 4 lemmonds rasped & dryed before the fire then beat it very Smale and mixed with one pound and a half of fine flawer very well dryed and then mix it all together Stir them a little but not to much then drop ym upon butered paper and dust Sume Sugar over them and blow of what is more then Sticks to ym and take care you doe not take them too much

To make broken brann 40

Take 4 ounce of Izinglass good white layd in watter all night and in ye morning take it out and put it in 4 pints of new milk and let it boyle very slowly sturring it all ye time till ye Izinglass be dissolved and it be a hard Joly then straine it and have ready a pound and a half of sweet almonds beet very smale with a little orring watter to hinder them from oyling put in 3 pound of dublin refined sugar bet and searce very fine and a grain of musk and an amber greas with 5 drops of ye oyle of cinniment set then on ye fire let it boyle very well till it be a strong Joly then take it off and let it be stirred till it be cold that you think ye allmonds doe not settle to ye bottom then put it into ye bason and when it is cold then cut it out in slices

A cock watter to be made in may or June

good for a consumtion or weekness my stomake

Take an old red Cock from ye barn doore pluck his feathers from him a live: then kill him and quarter him and with a clean cloth wipe him away all ye blood from ye flesh then take a hand full of time a hanfull of pennariall as much of rosemary 2 handfulle of pimpernell: 18: dats one pound of Curence a quarter of a pound of reasons of ye sun stoned ye datts sliced then putt half of these herbs into a cold still then lay ye quarters of ye cock in and a top of it ye frutt then upon yt ye rest of ye herbs and power upon ym a pottell of good sherry sacke: then stop ye still very close over night pasting itt round ye nest morning destill it with a soaking fier not to still to fast put into ye glass you drane

into a good quantity of white sugar candy finely beaten both to sweeten & lay the heatt from this you may draw a quart of water take it in to a pint glasse of which you may ayfter mingle together to make it stronger or weaker as you will and forthfore named heards they must be gathered in ye heat of ye day neither must any of those things be washed ——

this water is to be taken one houre befor meales the quantity of 4 spoon fulls more or less sweet as you think fitt with white sugar candy

To Pickle Onions

Take turnips & wash them very clean, Slice them in thin in thin round slices put into ye bottom of yor pott some salt, yn take a Nutmegg a few cloves, & mace beaten very fine, & a handfull of fine peppercorns & a onyon sliced; & lay a lare of turnips, & strew yor spice & salt, & so do till yor pot be full: yn pour in a quart of white wine, or more to cover them, yn may add a little white wine vinegar, Stop it up close & take it with brown bread, or else set it in a kettle of water to boyle till they be tender.

To Pickle Red Turnips

Take turnips & slice them in thin round slices, yn take white pepper beaten, & a little salt mingled together yn lay a lare of turnips, & strew yon seasoning on & so do till all be done; yn pour as much white wine vinegar, as will cover them so close up yor pott, & let them stand 10 days or longer before yn eat them

To make Soft of French puffes

Work up ye. Sugar wth. Steept Gum, Strained & some white of Eggs, & ye. rinds of a Lemmon, grated; make ym. not so stiff a paist as ye. other puffes was; Rool ym. round between ye. hands, as big as little Nutmegs; yn. lay ym. upon paper then press ym. down in ye. middle, wth. ye. finger, then make another a little less, & lay upon those, & press it down a little & lay ym. not exactly on, but on one side, of ye. other half — Set ym. in to ye. oven, till they rise well, & they are Enough — ye. same way make Jocalet Puffes, & Gumbles.

To make Lime Soup

Take 3 quarts of water, 2 good handfulls of Spinage one of Lettice a few Strawberry leaves, & violet leaves a little marjarome & Tyme, 2 blades of Mace, a few cloves a little whole pepper, put those a boyling in a pipkin, or pan, close covered; wn. it boyles put in a penny White loaf half grated, & one side whole, boyle it a little while ye. put in a pint of Cream, thicken it wth. 6 yolkes of Eggs, put in a good peece of sweet butter, & salt to ye. taste, lay ye. bread in ye. middle of ye. dish, yts. boyled whole, & serve it up.

To make Soup of Craw-fish

Take 2 Small carps, tails & gutt ym. wash ym. very clean from blood, seth ym. a boyling, in 2 gallons of water, wn. they boyle scum ym. well, yn. put in a good handfull of Cloves, & Mace, & whole pepper, wth. a faggot of sweet herbs, 3 or 4 good Onions & ye. upper crust of a White loaf. Season it wth. salt, & let ym. boyle till they come to a gallon, or less, yn. Strain ym. throw a half dize & ye. cut ye. crust off 2 french manchets, put ym into a brass pan or silver dish, let ye. dish over a Charcoal fire till it be very hot, yn. pour ye. broth in & cover it very close, to let it boyle till ye. think it will fill ye. dish, ye. design to serve it in

then take a hundred of Crawfish, boyled & picked
cutt them pretty small, lay them about in a frying-pan, with
a little fresh butter; & a little of the same broth, with the
yolks of 3 Eggs beaten up, with a little claret wine put
into the frying pan to thicken it, then pour it all over y
broth, when it's dished, & garnish your dish with whole
Crawfish & serve it to the table.

To Pickle Cucumbers like Mangos.

Take some Cucombers & scoop out the pulp, throw
them into water & salt as they do the Samphire in
the same 24 hours, then take them out of the pickle till they
be scalding hot, then pour the Water from them, & let
them stand in a Collender or sieve, when they are
very dry put them into pickle: made of 3 quarts of
Vinegar, a pint of Mustard, a handfull of salt,
some whole pepper & a race, or two of Ginger,
boyled together. Note that 3, or 4 Cloves of garlick is
enough to put in; & put it not in till your pickle
is cleare, & cold.

To make Mustard

Dry & beate & sifte the Mustard seed, While that is drying
slice a Onyon & horse reddish into vinegar & let
it lie all night, & the next day mingle it: it will
keep 6 Months, that is very Excellent Mustard.

To Make Hogs Puddings

Take the liver & lights, of a hog, boyle them well, the
liver you must crumble in your hands like bread chop
the lights small, mingle them together with as much bread
& beef suet, pepper & Salt a little fennel seed
work it with the yolks & Whites of 4 Eggs with a little
Milk, make it into a stiff paste with a little flower
into roots, put it into guts & so boyle them, the guts must
be the wrong side outward when the stuff is in

To make a Plum

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— plum Cakes

Take 4 bookmonts of flour, 1 pound & a half of butter dry yo: flour yt take one half of yo: flour, & rub into it all yt butter very small, yn take about 3 pints of cream, warm it blood warm yt take one quart of blod barm, 16 Eggs leaving out 8 whites beat yo: Eggs, yn strain yo: cream, barm, & Eggs, into yt flour, & butter, putting thereunto one Gill of Sack, one Gill of Sinamond-water one Gill of Rose-water, infuse 2 graines of Musk, in yo: Rose-water, mix all these together & let yn to yt fire, to rise covering it; yn take yt other half of yo: flour, with Nutmegg, Mace, & Cloves, 3 quarters of an ounce in all, with 2 ounces of Sinamon, let yn be finely powdered & sifted, one pound, & a half of fine Sugar, 12 pound of Currans clean picked & rubbed, 1 pound of Raisins stoned & cut in 4, let yo: fruit warm at yt fire, yn mix yo: dry flour: fruit & spices together, & mix yn wt yt paste wn yt think its risen enough, taking about 2 pound, of Saffron & Common pith cut in pretty squares, mix all together lightly, as yt mix it put a handfull of dry flour to it, & brush it butter yo: pans well before yt put in yo: paste let yo: Oven be very hot, it will take nigh 3 hours baking, don't forget a little Salt.

For Icing.

Take about ¾ pound of double refined Sugar sifted, 2 spoonfull of White Starch powdered, 3 whites of Eggs, a little rose or Orange flour Water, a little musk beat yn very well, all one way all yt time yt Cake is baking, yo: Icing will be very thick & white.

— To stew salt fish —

After ye fish is watered hang it over ye fire 2 hours without boyling till ye least halt 2 hours — to ye quantity of half a larger fish hour — to ye quantity of half a larger fish must be 20 eggs — & a p & half of butter beate ye eggs well & stir them continually over ye fire — with ye butter by degrees — till they be enough — having ye fish ready pull from ye bone in small peeces mix all together — & there will not be the least sign of any eggs —

To make eger butter -

Take ye yolks of 6 eggs hard boyld brate them in a morter with a little sweet butter oring flower water - musk & amber grese if you pleas with suggar to your taste and as much of the rinde of a Lemon grated as will make itt pleasant - Let itt be no stifer then to rub thorow a flare sive into ye glass or plate you serve itt up in Laying itt Lite as you can - - - - -

To make rasin vinegar -

Lett ye vessell be hoopt with Iron and take to every gallon of water 3 pound of malligos rasins stoned or ye other sort if you pleases Baste brown paper over ye bunge hole and prick itt full of holes and Lay a Tuppile of of Tiles hollow over itt to defend itt against raine and Lett itt Stand 3 or 4 hott months in the Sun till itt be fitt for yours - -

To Make Sauce for Wood Cocks

When your wood Cocks are ready draw them then take ye Gulls & Mince them Small & put a Good proportion of onion water to them & as much Salt as will Season it Heat it over ye fire with some crisp thin toast of Manchit in it put a toast under every Cock -

To Stew a Chaldrem

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After your chaldrem is well Cleansed & parboiled take it either whole or cutt in peices as you Like Make possitt Drink of Quitt Syder or verjuce Sett it to Stew with a bunch of Swett Hearbs as time porcely Swet marjoram & Savary Some Limon peale your Spices if intend it white Must Be white peper nutmeg & Mace when it is tender Thicken your Sace with Eggs & verjuce Juce of Lemon you may ado cream to whiten it and dibolue an anchovie to ye Jauce before you thicken it & a Little Salt to Season it

Washorew or Flomary

Take a pinte of Great oatmeale beaten fine put to it pottle of Spring water warmed Lett it Soach a day & a Night then pour of Some of ye thin & Strainc it ~~through~~ through a hare Sive & Boile ye rest well put Some Salt to it when you put it on then into Every dish you Meane to put your flomery in put in two Spounfulls of Cold water, to Make it come out Clebre tho powre it out till it be Cold

To Pickle Osters

Take of ye Largest oysters Lett ye be whole opened & ye Liquor Sauced take out ye oyster & Strainc ye Liquor put ye with only ye Liquor upon ye fire to Scale then have Eggs Some white wine & Blads of Mace Ginger white peper & few Cloves all whole a Little Salt 2 or 3 bay leaves one Larg onion cutt in Quarters put all these into ye white wine Lett them Boyle a pritty while together & when it is Cold put it to ye osters & so barrell them up

To Stew oysters

Strain or Sette ye Liquor yn scald them in ye Liquor till they be tender yn add whit wine Spice onion & Lemon pill & bay leaves when Stew Enough thicken ye Sauce with crums of bread and a Little butter soe serve them with Sipotts & Sliced Lemond you may Stew Cockles or Muscles this way if you Like thers hearbs Stew in a bunch but take them out with ye onion a pill but sewer up ye other Spice

To Pudding in a Hares Belly

Take a Neats Tongue boiled & Cold Grate it & to ye Quantity of Tongue take ye double of Beefe Suite Small Minced Some Sweet Hearbs Nuttmeg & a Little peper & Jenica peper, Mix itt in to a pudding with ye yolks of Eggs and a Little creame put it into ye Hares belly & Roast it Make Sowry Sauce to it with Gravie anchovie or Catchup

To Pickle Lary Cowcumbers or Mellons

Fill your cowcumbers in two & Scoop them & Sett them a draining 3 Hours yn Make a very Strong brine & put in 2 or 3 Heads of Garlick & Hang itt one ye fire till it be fitt to boile ye cowcumr Must be in all ye While yn take them out & drain yn yn take ye best white wine Vinger & a Little asofittita & Salt & Grind yn together till ye Salt be Desolved yn Make your pickle Strong with ye best Made Mustard can be Gott & Some Hors Radish & whole whit peper & dill & Sweet fenell & bay-leaves & a Little of ye tops of Sellery & in a Little time they will be fitt for use

A Lobster Pye

Take 3 Good Lobsters Break ye Sholes y^m Season y^m with peper Salt & Mace Make Cold butter Crust & Lay in your petty Pan y^n Lay in buter & take ye Meat of ye bodys & lay in then upon y^t ye taile & Claws & back it an Hour y^n tak ye chinces & Small Claws & beat y^m in a Morter with 8 or 9 Spounfulls of water Strain it & putt to it ye Juice of an orang Shake it to Together & So Serue it. you Must but Half boile it Lobs otherwise they will Eat Dry

An other Way

Lay a Sheet of past in ye Bottom of your petty pan very thin y^n take ye tailes of Lobsters & Slice them very thin Season y^m with Sporcley time Salt peper & Nuttmeg, Some anchovies Minced Small a few capers ye yolke of Hard Egges; Some Marrow & asparagus Then take one of ye bodys & put to it ye crumb of a Manchett a Little buter & Sour vinegar you Must back it open with ye Claws Stuck round it & ye body in ye Middle it will take Somthing More y^n Half an hour Backing y^n take Some Butter a few anchovies yolkes of 3 Eggs a Little Claret beat well together & when ye pye is taken out of ye oven power this upon it So Serue it up & Eat it as you please

A New Stew of Veale

Take a Leg of veale cut it in collops beat y^m with ye back of a knife Lay y^m a broad one a dish and Sprinkle y^m with a Little Salt y^n strow on them a Little time Stript from ye Stalk a Little marjoram & Savory Shred it Grean & Rubed if rye y^n take a broad Stew pan Lay it one by one dye & Sell it one a Cleare fire then Stew doe Sodding till one Side is Enough to Look white Let y^t doe Enough while y^t is doeing put in a Little peice of butter No biger y^n an Egge & Have Some Grated Bread ready & strow one a Little one on Side y^n on ye other & when they are a little Stuffed put in a Little plane broth to couer y^m Let y^m Stew So till ye Liquor thicken So Serue y^m up puting nothing else in but a Little Shred Lemon

To Make a Plumis Pudding

Take a Calves trundle a quart of Cream Half a Dozen Eggs a Mackit a pd of currans smal mond Ginger Mace & Cloves & Sugar & a Little Rose water a Quanity of Hisop Marjoram pennyroall winter Savory & Camamile shred all this ~~together~~ Small with Some Mutton Suet amongst ye put them into a Bagg & so boile it you may Serve Some with Sheep or Lamb Leaueing out The liner boile it with ye pott uncovered

An Heard Lye

Take a Good Quantity of Greate beats and pluck out ye middle string is Much parsely a Little handful of taragan if it be young as Much Sorrell as of all ye other ye strip in a Good deal of broad Time & Mince in ye peel of one or 2 good fresh Lemons (or pickle) shred all ye Herbs small & shred in ye ripe apples it is quick toasted season with a small hum full of Salt about Half a Spoonful of pepper & a Little more ye ~~Juice~~ ye Quantity of Ginger; add Half a pd of wisked & picked currans put butter top & bottom & strew in a Little Sugar close Bake it cutt it up as ye Juice of a Lemon & a Little Suger or without as you Like its pritty in pettypans

A Fricasy of Peas & the Fresh Vatt

Take ye yongest pease you can Gett put ye in a pan with ~~Half a pd of~~ fresh butter Lett ye frye till they be tender keeping ye tosing and string all ye while ye put in a pint of Scalding Hott water to ye shred parsely and one onion small with a clove or two cut into ye pan when the ye Lequor is almost consumed put in a pint of Cream and Lett ye stand about a Quarter of an Hour one ye fire put ye one a Waseere and send them up for ye Second course

To Friccasy of Eggs

Take 6 Eggs & boile ym Hard Slice ym pritty thinne ym take as Much parsley Shred as with Half fill an Egg Shell one clove of Garlick Shred Smalls a Little Nuttmeg & Little Small peper & Salt & Mix ye Spices with ye parsley ym Melt ye yolks of 2 Eggs, & put of veniger & wallet ye Quantity of ye yolk or Rather More; ym put one a Quarter of a pd Butter Melt it with a Little water ym put in your Slices Eggs Hearbs & Spices & when it is thurrowly warmd Thicken up ye Sauce with ye yolks of Eggs & vinegar & keep it Shook together over ye fire till it be pretty Thick

Direction How to order Brawn

When you Have boned your bore & Cut in fitt Rolls wash it 3 days & Nights changing ye water twice a Day 3 days be sure it be not same water ym dry it very well in a Cloath & Sprinkle it Moderatly with Salt Rowl ye thines End first tye ym Close with Jrickle ym Sew ym up in Clothes & boile ym in a Larg Kettle or Lead with a Little Straw in ye Bottom boile it till you can ~~thrust a Straw Through it ym~~ Sett them Even up taking ye Cloaths of ym first Jn a Tubb one by an other to keep Them Strait till they be Cold for ye Sauce Sett ye water Boile before you throw it upon ye Graines boile it as you Doe Beare; & work it with yest till it be Quick & Clear Then draw it of & Season it with Salt and put it in your brawn — for feeding an old bore to Make him Tender Grind Barley into Meal & Make it into past as Stif as for Houshold bread with hott water ym make ym into Round bales Lay them into his Trow and fresh water in an other trow He Must have fresh whey once a day if you have Milk or whey to Give Him he will Look roller for a young bore of a yeare or a yeare and a Half old you may feed Him with only boil'd Barley Giving not too Much at a time but Little & often if you have not Milk to Give to drinck you may water Mixt with oatmeal ye first 4 or 5 days put dry barley & after boiled to raise his flesh

A Petty Tancey

Take 6 Eggs beat with Salt a pint of Sweet Cream beat ye Eggs very well ye put in all most Half a lb: of Suger to ye Eggs & beat ye well a Gaine ye put ye Eggs & cream together & beat ye well ye put in Half a Nuttmeg & 2 Spoonfuls of Rose water — to coler it a Little tansey & Spinag at least a Quarter of a pint put it not to ye rest of ye ingredients till ye going to put it in to ye pan keep it stiring in ye pan with a Spoon till it be very thick ye Gather it to gether & turn it over upon a Plate & sauce it & Grate Suger over it — May be boiled in a tin —

Woodsorrell Wine

Take, 3 Gallons of water that will beare Eggs 6 lb of Suger Boile & Scim it as for cowslipwine & work it with a Litter yest & in ye working put in your woodsorrell a peck bruise it a Little first ye other put it in whole Straino it & put it into a barrell & Lett it Stand a Month ye bottle it;

To Coller Salmon

Bino it; Lay it in Salt & water 2 pennyworth of Scutching as Much Salt petter a Little Roach Allum, vineger & bay Salt, Lett it Lye 3 days Then Season it with peper Salt Mace & Nutmeg & Sweet Hearbs ye Coller it up as you doe brawn Then boile it in vineger Salt & water wth Some Sweet Hearbs whole peper & whole Ginger when Tis boiled take it out of ye pickle, & Lett it Stand till it is Cold; ye put it to your pickle

To Roast Salmon

Bone it season it with Mace Nuttmeg Sweet Herbs Peper Salt & oysters & coller it up as you doe brawn & roast & baist it with butter till Half roasted & then with Clarrett till it is Enough & dissolue an anchovie In y Clarrett tis basted in a Shallott Nuttmeg Mace & Sweett Herbs & a Little butter soe butter so serue it up

To Pickle Tongues & Hams

Lay them a forthnight in Salt & Salt petter & salt as dissolued take & bring & boile it up with 2 quarts of Salt a Quart of pumpwater & ½ penny worth of Saltpeter Ale Lett the Lye a forthnight Longer then Hang them up where you Burn wood when you Haue occasion to use them Boile them in Hay till you can Run a Straw Through them Some Saw dust of Oake &c

Sherbett

Take 12 Lemons & 3 Orangs Grate of y cut side of them all then Cut them open & press out y Juice then Take 3 lb of Suger beat it Small & put it into a Silver Bason & ~~Mix it with y Kinds~~ & y Juice of y Lemons & oranges when tis well Mixt Sett it y fire Till it be so hot as you can well Hold your finger In it keep it soe an Hour but besure it dont boile then Take it of y fire & when it is allmost cold put it Into a pott if you will perfume it take 20 Graines of Musk & 10 of amber Greace & Mix it with y Suger Before you put it in y Juice y use of this is to Sweeten water to drink if you please you may Make it with Juice of rasberrys a pint of it to 6 Lemons & Madeas above

Craw Fish Pottage

You must Make Strong Broth ye take your craw fish & pick out ye Hinder parts and put ye fore parts Shell & all into a Morter & Beat ym very well ye Straine ym out & wash out ye Shells with some of ye broth thorrow a cullander Grate Some French bread to thicken it & put it into ye broth & boile it Season it with Cloves & Mace Bett Small ~~put~~ in ye Hinder part of craw fish & Bett ym boile theire Must be a Loaf of French bread boile in it & Sent to ye Table in ye dish you may Garnish ye dish with ye Hinder parts of ye fishes

White Puddings

Take a pd of flower & a pd of Grated bread Drye ym well before ye fire then add to ym a pd. of Currans Half a pd of Suger a pd & Half of pict Suit a quarter of an ounce of Mace as Much Sinamon, 12, Cloves & two Nutmeys & a Little Salt fill your Skines not too full & boile ym Softly

A Sheeps Head Pudding

Perboile ye Head ye Shred ye Meat Small and add to it Half a pd of currans a Nutmey a penney Loaf Grated, Suger & Salt to yor taste 4 Eggs, and Cream to Make it into a pudding

To Bake Herrings Wthout Bones

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Take Half a Hundred of Herring when they are gutt them at ye Neck Cutting of ye Heads yn take pepper Salt nutmeggs & Mace beaten yn take a Dishfull pull it wth an onion & slice 2 or 3 Onions into it wash ye Herrings & dry ym well wth Cloath yn put some of ye spice att ye bottom of ye pott yn a Layer of Herring & onions yn pour Some of ye best white wine vinegar one yrm then more spice & Herrings till ye pott is full wth vinegar betwixt every layer Cover it with brown Bread past & Lett ye Heat of ye Oven abate a Little before you put yn in they are Enough when ye bones are Dissolved

To role a side of venison or breast of mutton

Take itt & boyle itt then Cover it over wth herbs & oysters shred together & what seasoning you Likes then role ittup & tie it about a spitt and baste itt with Clarett & Let ye sauce be what drops from itt wth an anchoves & pickles

To Fry Cowcumbers

Take a good Dale of fatt in a frying pan and make itt boyling pare & slice ye Cowcumbers and flower & salt them then put them into ye pan & fry them till they be Crisp. keeping them stiring then put them into a Cullander & Let yn stand till there very dry put ym into som gravie wth an onion & som anchovies & so Let them boyle a Little over ye fire & then dresh them under ye mutton

To order a Cahues Head ye Best way

wash it very & boile it all most Enough and Half of it wth ye tongue put to a Little white wine & a blad of Mace a bundle of Sweet Hearbs one anchovis a few capers & Lemon, a Little thime, Sweet Marjoram & parsley a Little Gravie or Strong broth; Lett them Stew a Little & Season it to yor taste Thickning, 2, raw yolks of Eggs beat wth a Little white wine or verjuice a Little Grated Nutmeg and Shred parsley, put this into yor Hash wth very Little fresh butter; Shake it ye^t it do not curdle & dish it Hot ye haves ye other Side Carbonadoed & roasht over with Eggs yolks & broild very finely wth cockles capers & a Little Shred parsley; Lay it in ye Middle of yor Hash; garnish it with Bolonia Sausages; bacon broiled & Sippots fryed in butter or any Sort of pickle Serve it up as Hot as you can. you May roast ye braines & Season y^m wth Salt Nutmeg & pepper Sage & parsley Small Shred & Some fat of bacon Shred, 2 raw Eggs & a Little Grated bread, Mix all well together & drop them into a frying pan to Help to Garnish yor dish.

To Stew a Rump of Beef.

Put a Rump of beef in a Large Stewpan, take out Some of ye biggest bones Lard it with Great lard very well, you may force part of it & Season it wth pepper, Salt, & Spices, y^n put it in ye Stew pan & put to it ye quantity of Liquor y^t will cover it, a quarte of claret, Mede a pinte of vinegar as Little water as you can. to doe; put in ye oven in ye best, & before you Send it in Strow upon it Some grated bread Lett it in a pretty Quick oven to brown, Make Ragoust of Sweetbreads, pallates, Mushrooms & force Meat to Send it up with; it is best to Set it in ye oven over Night.

A Tongue and Other Pye

Take a Tongue & parter it to be rid then pribbyle & blanch itt with the adder wch must be boyld pretty tender then Cutt them both in dissis & season them with pepper salt & natmeg add balls of forest meat & yolkes of hard eges harty Choke bottoms Asparagrass & what other addition you please putt butter under and over itt with strong broth when it goes into ye oven & give itt a good Bocking

To make Tiggs

Take 3 pound of flower dryed 1 nuttmeg a little mace a little salt & allmost half a pound of Caryway Cumfits mingle these well together ye rub in a quarter of a pound of butter & melt an other quarter of a pound in a pint of Cream 6 spoonfuls of sack 4 eges & ye whites left out half a pint of good yest work these well together & let it stand covered to rise ye make ym up lay ye remainder of ye half a pound of Caryway Comfits on ye top lay ym upon Cap paper well flowerd so bake ym but let not ye oven be to hot & be Carefull in ye bakeing of ym

To make a very good Crust for pattipan Tarts

Take a pound of flower & half a pound of butter broke ye butter into ye flower very small & rub it in very well then putt in a little sugger sifted & work itt well in break in two eges and as much milk as will make itt into a paste and Cover ye pans with itt and Cut as you sett ym into the oven rub them over with a feather and a little melted butter & then sift a little sugger over them & so bake them

To Pickle Samper

Pick it very Clean & throw it into water and take a third part of white wine or Barr vinegar and two third parts of water with a Little salt and put it into a pott and Let it Liquor Cover it. Close up your pott with paste & hang it high over a fire for two hours if you finde it is not tender Let it Hang a Little Longer then empty it into another pott pickle and all & Cover it Close down with a Cours Cloth half a dozen folds and so Let it stand all night then putt it up for yourse

To make Chese Cakes by E.C.

Take two gallons of new milk make it into Curd break it & strain it with two handfuls of fine grated bread thorow a fine hearse wt ye hand then put in ten yolks of eggs a quart of Cream half a p of butter 3 notmegs ½ a p of sugger 6 spoonfuls of brandy & oringe flower water to gather add a p of Currons Cleed very nicely & plumpt mix all together well & beative to beate in a shorter the Curd & butter before the other things be putt in

To make ripe Currans dumplins

Take ye dumplin being made with puff paste & make a hole in ye midle & put in as many ripe currans pick'd as you pleas with a sufficient quantity of sugger so hide it in ye paste & tie it up in a Cloth & boyle it very well then turn it out upon a dish with butter & sifted sugger A N

To make a thick Cheese

Take 26 quarts of new milk: 6 of sweet Cream & 6 of boyling water & 3 spoonfuls of quick runnet: sett these together & w^n it is Come take it up into a strainer & squese it wth ye palms of your hands tell ye whay runs white y^n dipe it into Cold water & take it out presently a gain & put it wth ye same cloth into into your Fatt, thrusting into ye midle of ye Curd a good handfull of Salt: y^n put it in your pres & lay a great weight one it turning it into dry Cloths every howre & ye last time you turn it put a litle salt on top & bottom let it ly all night y^n take it out & keep it pind up in fine cloths two days y^n dip it into scalding hott whay & pin it up as before for a fortnight turning it every day into dry cloths eat it at a years old — — — — — — — — — — — — — — — —

To Pickle Walnots

Keep ye Walnuts in brine till you Pickle y^m, which must be thus, put vinegar anough to cover y^m, when you have boyled ye vinegar, will boyl a great deall away, before ye walnuts be enough put to y^m Cloves, mace, whole peper, garlick, & ponder of mustard seed, let y^m boyl till y^t are enough, they must be prety strong of ye spices & garlick — — — — — —

To Pickle Cucumbers like Mango's

Lay your Cucumbers in water 2 days & 2 nights y^n take y^m out, & take half white wine & half beer vinegar so much as will allwayes keep y^m covered make it scalding hot, & pour it on ye Cucum^{dr} repeating it thrice a day for 3 dayes together covering y^m close always, y^n slitt ye Cucum^{dr} down each side, & take out ye seeds & soft part & putt into each 2 Cloves & a half of Garlick a litle ginger a large sponfull of musterd seed beat, Close y^m again wth tying a thred about y^m Take ye same vinegar put to ye same mace Cloves 3 or 4 rases of Ginger make y^m hot & pour on y^{dr} Cucumbers & cover y^m close for use

A Seed Cake

Take a pound of butter & a pint of Cream, ye yolks of eight Eggs & ye whites of two, a quarter of a pint of Sack, or more, of good Ale yeast, a quarter of a pound of good Orrange pill Cut as small as you think fitt, half a quarter of a pound of Lemon pill beaten to paste, wch work into ye Cake, y^n put to it as much flour as will make it a soft paste Set it before ye fire for a little time y^n put to it a pound of caraway Comfits & make it up & let it be baked in a Quick oven not too hott little more y^n half an hour will bake it make ye Cream no warmer y^n will melt ye butter & ye Cream no warmer y^n

make it as lite as for ye best sort of bred
put in a little salt, if baked in a stone
pot will take 3 quarters of an hour, ye
Lemon & oringe pele cut in peces a
quart of both together —

How to Make a Terrine

You Must make Some Thine Broth with Beefe &
Mutton halfe Boyled & Then take a fillett of
veale Cutt it very Thinne, And Some Parsley &
all Sweet herbs Cutt yem very Small & putt as
Much of ye Broth as will boyle ye said veale
Very Tender observe yt it Must be done in an
Earthen Pott Broad: Such as they putt Baked
Fowle in, & Serue it upon ye Table in ye Same
You Must boyle with ye said veale ye Crusts off
of Rowles very Dryed befor ye putt them into ye
Pott.
Take a pinte (or in proportion of your Terrine)
Blew Pease & Boyle yem by Them selves to a puree
& one Houre before you Serue ye Terrine putt ye
Puree in it & Season it To your Tast, & ye Same
With green Pease wen in Season

To make Rattafera Cream

Take a quart of Cream boyle in itt 6 Large
Lawrell Leaves - wch gives itt ye exact taste
of Apricock kirnels - when itt tasts pretty
well of them take them out & thicken
itt with ye yolkes of 4 or 5 eggs & sweeten
it to ye taste - but be Carefull in ye thick
ninge ye itt does not Curdle for to be smooth
is the Beauty of itt: must keep itt stirring
till itt be Cold - - the young sprouts of
Lawrell I believe may be better than ye
old Leaves -

How to pickle Cockles

Take ye Cockles & wash ym in 2 or 3 Clean waters, & put ym in sive to drain, for 2 hours, yn put ym in a Clean tubb, & throw a prity quantity of Salt among yem, & so let ym lye all night, save ye Liquor ym comes from ym, yn open ym by a few at a time, & very slowly, to make ym look plump; save all ye liquor yt comes from ym & put it to ye other, & set it on ye fire in a pan wth a bunch of sweet herbs, some whole peper, a race of Ginger, a litle salt if ye liquor be not salt enough, sume horse Radish Clean washed sliced, & some good venigar, so boile it well & scume it all ye while it boiles, wn it is well boiled take it of & pour it into Earthen pann, let it stand tell it be Cold, & yn Clear it of into ye pott you intend to keep ym in do not put in any of ye thick yt will be at ye botom, yn put in ye Cockles, & keep ym for your use, if you se ye Pickle be gin to lather ober pour it from ye Cockles & give it a boyle with a litle venigar & Salt doe this as often as you se it stand need, & they will keep all ye year

To Keep Quinces all ye year

Take ye smalest & worst quinces & Cut yn very small, & boile ym in fair Water till it be very strong of quinces ym put to it a litle Salt, white wine venigar, & hony, yn strain ye liquor, being Cold, put in ye quinces into Earthen pots, & pour ye ~~& pour~~ ye liquor upon ym & tye ym close down & never open ym tell they be used

To Pickle Mushromes

Take ye best

To make a Marrow puding — A Doc

Take a quart of cream thicken itt wth the yolks of eight eges then lay a thin sheet of puff paste in ye dish you bake it in and take ye marrow of two large bones took out as whole as you can & season it with notmeg sugar & a very little salt and lay it in limps at ye bottom of ye dish with slices of bread crusted & sake in sack & suger with a little sinamon or notmeg grate and a few rasins stone & plumpd and place between ye marrow & when it goes to ye oven pour on ye crem being also sweetend half an hour will bake itt

The Hunters puding

Take a pound of rasins stoned & cutt into fore with a pound of suett shred small a little notmeg & salt then beate five eges & mix it with the rest with fore spoonfuls of flower tye it in a cloth & let it boyle fore hours & send it up with melted butter

The Box pudings

Take as much suett grated bread & flower half one half ye other & as many currans and rasins as ye other share was with notmeg sugger & salt to ye discretion then wett it with six eges & as much milk as will mix it up pretty stiff butter ye tin boxes very well & fill them & leave ye lids shutt close & tye cloths over them they will take thre hours boyling & when they are turn out will look as if they were bake

China Ale --

Take 3 Gallons of Ale boyle half an ounce of China root in it when it is cold put yeast to it; & wn ready to tun put into it a pd of Double refind sugar broak into lumps a quart of white wine ye Juce of 2 or 3 Oranges or one lemon stir these very well into ye Ale yn take 2 ounces of Coriander seeds bruised & putt em into a bag with a stone to make ym sink let it stand close covered 2 days & one night yn bottle it & it will be ready to drink in 6 weeks but ye older ye better - - - - - - - - -

To Make Cutlets Alibazeen --

Take Veall & shred it wth suet, & a little Bacon, sweet erbs, mace, Cloves, & Pepper, Nutmeg, Anchove, mucherems, oysters, a little bred boyled in water to a pap, & a Cupple of Eggs, make all these into a light forstmeet, cut a neck of mutton large & leve ye bone prety bare yn lay ye forstmeet, quite round ye Cutlet, & butter white paper & put close round itt, only leveing a little of ye bone to turn it bye, & lay ym upon a gred Iron, either bake ym, or dow ym bye ye fire - - - - - - - - - - -

A dish of Piggons --

Half rost yd piggons, & wn Cold butter ym all over & grate bread prety thick upon ym & brown ym in an oven, & so serve ym up - - - -

Piggons Mantenoone -

Take Piggons. & dow y^{n} wth forstmeet all over in ye same manner as ye Cuttlets Alibascen & lay thin Bacon at ye top & bottom in a round Earthen pot & so bake y^{m}. & turn y^{m} whole out, & garnish ye dish wth little pattees wch must be made. of forstmeet. wth chicken & so put in puff past & baked - - - -

- To make a plate for a disart - -

Take cream or half milk & cum it. & w^{n} ye whay is taken from it. put a litle oringe flowr water & sugar to it. & so forse it through a Culinger to lye light like worms - - - - -

To make Almond Chease Cakes

Beat Almonds as fine a posable. y^{n} sweeten & perfume y^{m} & add 6 yolks & 3 whites of egs. & a little melted buter so bake y^{m} - -

To make Beennings-

Take blue milk & make itt into a batter with a Little flower & when tis beate smooth fry itt into a pankake with a Little bitt of butter till itt be prety stiff- but beeure not to burn nor brown itt - then take itt out of the pan & pele of all the brown - & put the other into a morter & beete itt for an houre togeather extremly well - then break in eight eges all but won or two whites - won by won till they be all dispos'd of - put in a little sinnamond & notmeg & as much sifted sugger as will sweeten them a Little sack oring flower water & perfume

then beete them tell they are well mixt- and
wett ye bord or pye plate you lay them upon
with a Litt orrinig flower or rose water & the
same over them- so take them up as equall as
you Can wth a little knife or spoon & put
them into the pan wch must be full with ye
fineest beef- suett rendered & boyld a prety
while- & a nother person must turn them
with a slise all the time thay are dowd
& take them up as thay brown & putt them
into a Cullendar & shake them by the fire
dusting som sugger upon them- & when
they are all drin- serve them up hott- and
garnish the dish with marrow or sweet
meet patteen - - - -

To Make a suet Puding - -

Take a penny loaf grate it as much flower
as bread & as much beef suet as both take
5 egs take two of ye whites out beat ye
egs with 4 or 5 spoonfulls of Cream a little
salt & a spoonfull of Sugar put in it if
yu please half a pd of Curans mix it all
wth ye egs it will be a stif past yn tye it
up in a cloth it will take 3 hours boylein
serve it up wth out sace sift sugar ont - -

To make a puding of Candid
orringe or Lemon skins -

Take thre quarters of a pound of orringe pill
shist thin sixteen yolks of eges well beate

for pickling Hams and tungs

take one peck spanish salt and 5 pound of the Brownest suger you can git likewise 4 ounces of saly peter yt which looks like double Refine suger & 5 galons of pump water then stir them all very well together and let them stand all night then put in your Hams and tunge & let them Ly a month you may put in Beef if you please & let it Ly the same time then Hang them to dry not to Hot

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to make the wafer pancakes

take one pint of milk & 6 Eggs & beat them very well then put in your milk with one handfull of fine flower & one nutmige & mix them all together then put a quarter of a pound of melted Butter.

Lady Anne Chamlay Lemon Caudial

Take skillet & put in spring water & grate ye good part of half a penny loaf into it & grate ye yellow Rinde of Clear Lemon into it & Blade Mace so boyl it till it is through ly enough & smooth then juice in one or two Lemons & ye yolks of 3 or 4 Eggs well beat then put in white wine or Renish & sweeten it to yo taste, & pour it throw a Hare sieve into a Caudial Cup you may perfume it with pastels if you please.

To Make plumb Broth

Take a leg & shin of fresh befe & stew it very well with what seasoning you like then strain it from the meat & when cold is so stiff a?dly that you may cut it with a knife take as much broth as you design to vse and to every thre quarts put a quart of Clarit & to every thre prints of liquor half a pound of fruit but not so many prunes by half as the other with som sinamon & other seasoning thicken it with grated bread & sweeten it to your taste

A Pepper Cake

Take three p^d of ye finest Treble & put tow it half a Gill of sack, y^n weigh 3 p^d & half of flowr or better put to it an ounce of Caraway Seeds, & as many fennell Seeds, being crushed, mix it up to a very stiff paist, & work it very well & put into it, foure spoonfulls of Brandy, & put half a p^d of Candied Orange Lemon pill & Citron & make a houpe of Course paper & put it into & so bake it, will take 2 hours, baking, must be set in a seller a week, a week before it be cut to give a gain

To Make Balme Wine

Take twelve gallons of spring water set it on the fire with six whites of Eggs well beat let it boyl one hour keeping it well skimd then take it of the fire & to nine gallons of of that water put in Eighteen poo^ds of single refined sugar then let the water & sugar boil leisurely two hours, then pour it into a tub till it be almost Cold the put in 3 poo^ds of the tender tops of Balme bruised little then tun it up altogether into a Vessel that will give it room to work & have a good large bung hole to Nine Gallons you may put in 6 or 8 spoonfulls of light new ale yist to be sure to stir it every 3 hours without Omission for 24 hours then lay it close down & let it stand a Month then when you bottle it, put in a little lump of double refined sugar the time for Making it is in June or July

For pickling hams and tongues —

Take one peck Spanish salt and 8 lbs of the Grownest sugar you can got. Likewise 4 ounces of salt peter that which looks like double refined sugar and 5 gallons of pumpiouter, then stir them all very well together & let ym stand all right then put in your hams and tongues & let them lie a month, you may put in bay if you please & lie ye same time then hang them to drie not to hot — —

To pickle pigeons

Take pigeons drest & wash them, then bone them & take parsley, Margerom, time & sage, shred them small & season the inside with pepper, salt, Nutmeg & cloves put some of ye herbs within and tye them close that nothing get out, boyl them in water w.th salt & whole pepper, in pickle for a dozen must be a pint of white wine as much wine vinegar in a quart of water to ye taste, whole pepper & cloves, boyl it well & when ye pigeons is cold & the pickle also put them into ye pot & keep them close covered they will keep half a year if you boyl ye pickle when it begins to mould & put in a little wine vinegar & water — —

To Make a Plum cake

Take 3 pound & an half of fine flower well dryed one pound of butter one quart of Cream let ye cream boil then put in ye butter & let them have a boyl together a little mace small cut 3 pound of Currants 3 quarter of a pound of sugar finly sifted ½ lb of sweet meats cut mix all with ye flower a pint of yist a gill of sack as much Rose water 12 Eggs y whites mix ye Eggs, the sack, Rose water and Cream, yist all together then make a hole in ye flower & stir it all together as stiff as you can Let it stand an hour to rise then turn it into the bond 2 hours with

To Make Wiggs

Take 2 pound of the finest flower & take half of it & break in one pound of Butter troy weight & grate in one Nutmeg into it, & a little salt, and take a pint of New Milk & warm it & mix with 4 or 8 spoonfulls of yist. So mix ye half of flower that hath no Butter in it w.th ye yist & Milk as light as French bread; then set it to the fire to Rise, then work into it ye other half that hath ye butter in it by degrees, when it is well wrought up with a Quarter of a pound of fine Carcaway Comfits divide it into 2 doz: wiggs & role them out pretty thin, & lay them on flowred papers & straw over ye tops of them ye all, 2 ounces of Comfits more, so bake them you may make half of it w.th Currants if you please.

To make Dutch Waffills — —

Take a pd of flower & 5 eggs & as much milk as will make it allmost as thinn as pancake Bater yn beat it all non way for above an hour, yn put in 3 quarters of pd of melted Butter, & two spoonfulls of good yest, yn beat it well together & let it stand close covered up by ye fire all night or from morning till night to rise so fry ym & strow sinamont & suger over ym & nn you fry ym for fritters put shred aple to it

For Cowslip Wine

Let yo. water be boyled an hour then put in ye sug. & stir it till it be well dissolved & let it rise & scum it clear & take it of & when tis a little more than Milk warm put yist to it & pour it upon ye flow. ready picked & stir them well together & let them stand 2 days. then strain them out & put in ye sug. & let it stand in a vessel close stopt 6 weeks or a Month fine it of & put it into ye same vessel cleard & rinsed w. a little of ye same liquor, & add Eg. singlass & a little loaf sugar.

For pickling Mushrons.

Take Buttons of a lights growth throw them into water & wash them well then shift them into fresh & put a good handfull of salt set them on ye fire & let them boil till half the water be gone & ye Mushrons tender take 2 qts of wat. & one of white wine boyl it w. white pepper. Mace Nutmeg cloves a head of garlick or onion bay leaves & put it hot to ye Mushrons n. they are well drained.

from ye salt & water put in a pot to keep for use —

Stewed Mushrooms

Wash ye Clean pool them & Boyl them tender as yo'th. — in salt & water then take strong broth seasoning & a Bunch of sweet herbs, an onion a little wine, Anchovy & thickned wth yolks of Eggs, & Butt. & so shaked together & served up. — Stuffing for a goose

Take Sage shred it very small mix it wth a Lump of Butt. pepper, Salt, & shred onion & make it up wth ye Yolk of an Egg & put it within ye goose tye it up close & so roast it. — — — — —

How to Make a sweet meat Cake —

Take ½ lb of ye finest flower well dryed in an oven & sifted, 1 pound and half of Butter and Mingle it fine with ye flower then put in ye Nutmegs a little Mace a ¼ of pound of sug.^d finely sifted & a little ambergreas with 6 of Curr.^ts picked & dryed Mingle all these well together & take 6 Yolks & 4 whites of Eggs well beaten 4. spoonfulls of ye best Sack a pint of ye sweetest ale yest as much sweet cream boyled Cold, Stir it all together & lay it upon a Cloth before ye fire one hour to rise. Take a ½ of sweet meats Apricock Citron Lemon & Orange pill, Cut them thin & take of all ye sug.^d then mix ye wth yo. Cake & w^n it is very well risen humble it into yo. hoop flating it with your hand & prick it when it goes into ye Oven, it will take an hour and half a Baking. then take double ye of fined sug.^d —

finely beat & sifted as much as you think will just over the whites of Eggs & a little gumdragon steeped in Rose water beat very well together, mix it pretty thick with ye Sugr & stir it all ye while ye Cake is a Baking, then draw it to ye oven Mouth & lay it on pretty thick & let it just harden & then it is fit for use.

To Pickle Barberrys to keep all ye year

Take of ye largest Barberrys & put them in ye pot you design to keep them in then take water & salt & some of ye berrys Bruised and put to it letting it boil well scimming it so put it to ye Berrys keeping them close stopt for your use.

How to Make a Sack posset

Take 2 pints of Sack as much White wine sweeten them and take 10 Eggs wanting 2 whites beat strain & sweeten them also, then pour them to ye wine in ye Bason set it on ye fire & let it heat thoroughly, but not boyl it will begin to thicken then have 3 pints of Cream well boiled with Cinn. & Nutmeg Quartered sweeten it & be sure to keep ye wine stirring all ye time or it will curdle when both is scalding hot as they can be without boyling hold ye hand high and pour ye Cream into ye Wine & set it on a slow fire till it be as thick as good Cream then strinkle on ye top a little juice of Lemon & strew it with fine sugr so serve it up.

To Make Cheese Cakes

Take a Qt. of sweet Cream boil it with Mace Nutmegs & a little Mace when Cold take 15 Eggs ~~wanting two whites~~ beat them and put them to ye Cream by degrees set it on a slow fire & stir it all ye time till it be very thick without curdling so take it of and season it with fine sug. Orange flower water a little sack & a Nutmeg grated you may have some half with Curr.ts which must be plumpt before put in keep it stirring till Cold & put it into puff paist. — —

To Pot Beef

Take of good Beef a lean piece shred it small & take a little of the sweetest Bacon and shred amongst it season it with pepper, Salt, Cloves a little Nutmeg. Then take winter savoury, parsley, sweet Margerom & time & shred them very small & mix all together and put a piece of Butt. in ye Bottom & top of ye Mugs bake ym so bake them & when it comes out of ye Oven take ye gravie from it put it in a noth. pot & Cover it with Butt. so keep. —

How to make Birch wine

Take an anker of Birch Liquor and put 15 of sug. to it boyl it and Clarify it with 2 whites of Eggs till it be Clear let it Cool then put to it 4 spoonfulls of yist put it into yo vessel, having ready in it one pd of Rasins Cut in ye sides ye pill of 3 Lemons a Qr. of an ounce of Cloves stop it Close and bottle it up a Month after — — — — —

To Make English Mango

Take a large green Cucumber slit it and take out part of ye meat, then mix together Mustard vinegar pepper or salt garlick w.th a little anchovie & fill ye Cucumber w.th it tie it up and put it into such pickle as is made for other sallads in 14 days will be a table.

How to pot Salmon

To one large pot a pound of Ginger one ounce and half of Cloves two ounces and half of Nutmegs a an ounce of Mace one ounce of pepper. Rosmary & Bay leaves, then take ye Salmon and scale it very well & wash it before it be opend; then open and strew salt upon it & let it lye an hour then scrape it well of and let it be very well dryed then season and take 4 of Butt.d Lay one a lare of Salmon and a lare of Butt.d till ye pot be full ye over must be as hot as for a prelly large pie when it is baked may remove it into another pot or keep it in ye same covering it with Clarified Butt.d must mind to Butt.d it as well at top as bottom.

To Make Wafers

Take some fine flow.d well dryed 2 yolks of Eggs and one white beaten well together take a gill of cream & one pint of blue milk mixt well together with the Eggs take ye flower and mix it by degrees stir it till all ye little lumps be out make ye Butt.d as thick as for pancakes and sweeten it to ye taste set ye tongs upon ye Charcoal fire & rub them with Butt.d a spoonfull will be enough for one wafer set a salver to ye fire to lay them on to crisp them as you turn them out with your fing.rs.

A good Receipt for a good Cake — Mrs Lavin

Take a pint of scotch Cream and a pound of ye Best Butt.— make ye Cream so warm that it melt ye Butt. Stirring it together till Cold put to it half a gill of sack and a gill of ye Bestale yist the yolks of Eight Eggs & 2 whites well beaten & strained a little Salt but no other seasoning Courses of Lemon & Orange pill Cut very small then — stir in soft as much fine flower dryed & sifted as will make but a soft paste but mix it very well as you do a Pudding then set it by ye fire to rise and stir it — sometimes that it does not harden when ye oven is ready put to it a pound of Carraway Comfits having ye Mug rubd with Butt. turn it in it must — have a quick oven but not too hot less than an hour will bake it, may put a little Mna. water if you please — — — — — — —

To Make a Cheese after ye Allerton way

Take water and warm it and put it to ye Milk yt it may make ye Milk fit to yearn after it is yearned press it down — with two Peoples hands till it be a perfect Cheese; so then Cut it into 4 Qtrs & lay them into ye Cheswood-press it well & turn it; let it stand an hour then turn & salt it If a Large Cheese, will take 8 times salting ye same — Cloth as at first will serve if you make it this day — it will be ready to take from ye salt ye next day. —

How to Make an Oyster Pye. —

Take fresh Oyst.rs & season them with pepper, Salt & Nutmegs with — two or three Pigeons Cut in Little pieces Artichoke — Bottoms stored meat Balls made up with herbs & Anchovis Barberrys Spinnage Parsley some Marrow or Butt.r — with a Ladle of White Wine when it comes out of ye oven must put hard yolks of Eggs your Pye. — —

How to Make a very good Fanzy

Take 18 Eggs put out 4 whites beat them very well with a little Sack, take a spoonfull of flower mix it with 3 spoonfulls of Cream make all these a pint then grate a Nutmeg & a little sifted Cinna. a pint of juice of Fanzies & Spinage beaten & strained with a little Rosewater & Sack and a little Sug.^d grate ma ffrench role or twoo three Naples Biskit sift them thorrow a Colindar keep it stirring upon an easie fire till pretty thick take it of & let it Cool, take a tin pan & Butt.^d it & put it into ye oven & let it stand an hour then turn it out. and for ye sauce take juice of Lemon Sack & Orange flow. wat.^r & pour it on & strain it on. with Carraway Comfits if you fry it in ye pan beat ye Egg shells & scour ye pan wch will hinder it from sticking. —

A Receipt to make small Mead by Lady D

To a Lt of Honey put 7 Lts of water a sprig of Rosmary a sprig of Baulm a little sweet Briar a little ginger and Nutmeg a few Cloves bruised very well & tied in a Cloth Let all these boil in it very well & let it boil till no Scum rises, then put it in a Stand till Coole and squeese in ye juice of 4 Lemons to half an Anchor, then put it in ye Barrel being very Coole with ye peel of one Lemon stop it very Close, and att ye 10 days end it must be bottled this Mead will keep a year you may drink it 10 days after it is bottled. — — — —

To Make Angle Water. —

Take a Pint of Rose water put it in a glass Bottle upon a soft fire Add to it an ounce of Benjamin, half an ounce of Storax — Calamit half an ounce of Calamus Aromatick half an ounce 33 good Cloves; All these finely bat half an ounce of Cinna. 6 — Cloves, Mingle m. all together & let them boyl slowly stoping ye Bottle very Close yt ye spts of these things vanish not — away till that be diminished to ye first part then take take it from ye fire & uncover it 24 hours. Adding to it a Scruple of amber grease & as much Musck & — put it into a Clear Bottle to keep it — — —

A Receipt of Goosberry Wine By W. G. —

Take 3 pecks & half of Ripe goosberrys bat them & put 11 Pts of water to them Stir them together & let them stand all — night then put them into a Sieve & strain them yo. juice in a Cloth into a stand put in a little yeast & strew a little wheat flower over ye top every 4 Pts of Liquor put 3 — of Sug. turn it & bottle it — — — — — —

A Receipt to Preserve Goosberrys. — —

Take a pound & half of ye finest sug. a gill of wat. or more set it on a very quick fire let it boil fast & scim it very well then take a pound of ye largest goosberrys Cut in ye top & ye seeds — pie kee out wth a Quill fill them with sifted sug. and put ym into yo. boyling Liquor & keep them still boyling & scum often taking of ye Pason & shaking them together when — you perceive ye Syrop looks a little thick, take them of & pot them. — — — — — — —

A Receipt to Make Jinger Bread

Take of Cinn. & Annaseeds of each 3 qtrs of a pd Coves —
Nutmegs of each 2 ounces of Liquorice powd. 6 ounces
of white bread one shillings worth y best Malligo
sack 3 qrts of Cin. water one pint Brandy one pint
Jinger bread one pound & brown sug. 8 pound Lott y
Bread be carefully ground & finely sifted y Spices be
and sifted then take y sack & sug. & mix it well in
y pan before you set it on y fire then hang it —
pretty high till y sug. be melted then let it boyl
pretty fast & put in a little strong Beer & when
y Scum rises take it clean of & strain y Liquor
thorrow a clean Napkin & rise out y pan with y re —
mainder of y pint of Beer then set it on a clean fire
& have y Spices ready mixt together to put them in by
degrees so stiring it all y while very well from y
Bottom let it boyl & put in y Brandy & part of y
Bread as you did y Spices when it begins to thicken &
high enough put in all y strong water y remaind. of
Bread boyl & stir it well till it be a thick paist —
then tumble it into a short straw dish. Bread &
tread it 2 or 3 times then make it up must be sure
to sift y print in the best Cinna. — — — —

To Make a white Fricase. —

Take y Chickens & half Roast them Cut them handsomly up take 2
or three Cloves a blade of Mace a little Jimecos pepp. dry
them & beat them very small then mix a little salt & dos
them over y. Chickens put a little Butt. in y frying pan
& fry them finely Brown; take a pint of sweet cream &
y Yolks of three Eggs a little Lemon time & Parsley
shred very small take half a Nutmeg grated a very
little bit of Shallot half an Anchovy a bill of sweet
Butt. mix them all very well with y Cream & pour all y

Butt. out of y pan & when they are ready to send it to y table have y pan very hot over y fire shake it all very well together having y dish ready w th sipits toasted brown to send it up. — —

A Rice Pudding

Take 6 ounces of Rice for a qrt of Milk Boil y Rice in wat. — take a role & grate it take a Nutmeg ton or two 6 Eggs — Beaten very well. Take a pound of Beef suet cut it extra — ordinary fine two or three spoonfulls of Sug. mix — all togeth. & then rub y dish with Butt. and send it to y Oven. — — — — — — —

A Flash For Cold Mutton — —

Save as much gravy as you can, Break y bones and take a little water with y gravy and set them over y fire take a Bundle of sweet herbs an onion and cover them very well with y bones Take a little pepp. & salt season y meat a little before you put it in take out y herbs & onion & put in whole mace & an anchovie a little wine with a spoonfull of vinegr. a few Caps & kidney beans, let not y meat stew above a qr of an hour take a piece of sweet Butt. shake it up very well and having laid a little sampire & Cucum Cut on y dish send it to Table. — — — — — — — —

To Make Marrow Pasties

Take a good Quantity of Marrow rat of large bones break them — carefully Slice y Marrow and season it well with Cinna. & Sugar, then make puff paist and roll it out very thin lay y marrow upon y one half and bring y other over again and wett it a little and Close it and fry them well in Beef — suet upon a Quick fire before you Close them — Strinkle in a little Sack — — — — — — —

To Make a Rice Pudding

Take half a pound of Rice Seed it soft in Skin Milk then take the yolks of Eight Eggs but no whites a gill of good Cream and 3 spoon falls of flower put it into the Eggs before you put in the Cream & mix it very well a little Marrow small cut and a good deal of melted Butt. into the Rice and stir all these well together then make a good paist and lay itt in a dish about itt & so bake itt and when tis enough put upon itt Butt. rose water & sugar

To Make a Quaking pudding

Take a full white loaf Cleave it and put itt into a quart of Milk or Cream 2 hours put a blade of Mace a glass of Sack a little Rose water six Eggs 6 spoon falls of flower half a pound of sugar Boyl them in dishes colour one with Surchinell some with saffron & spinage stick some of them with blanched almonds Cut & take butt. butt thick with Sack & loaf sug. & garnish it round with Carraway Comfits.

A Receipt For Blackberry Wine

Take 30 Quarts of Blackberrys put them into an Earthen pot break them with a thistell and put to them 10 Qts of water Stir them together and let them stand a night and two days, then strain itt thorrow a shive Cloth and put to Every Gallon 2 lb of sug. Stir itt very well and sum it up and Cover itt Close but look often at itt, so let itt stand 2 Months then draw itt into Bottles and put a piece of sug. into Every Bottle.

To Make a Plum Cake

Take half a peck of fine flour and three pound of Butter work itt in cold season it with 3 ℞s of an ounce of Mace & Cloves ½ an ounce of Nutmegs grated half an ounce of Beaten Cinna. a little Coliand. seeds beaten & sifted 2 of sugar 6 of Currs ½ of almond paist ½ of sweet meats a little rose wat. mix with itt two grains of amber grease & same of Musck. set itt over ye fire till itt be dissolved then put it into a gill of sack mix all these up together working itt light put to itt 15 or 20 Yolks of Eggs three pints of new ale yist and as much Cream as will temper itt up not too stiff so let itt lye an hour before ye fire then work itt up & butter ye paper and hoop so set itt in ye Oven and give itt about four hours soaking then take itt out and ice itt.

To Make very good Cheese Cakes

Take 3 pints of good Milk warm itt Blood warm put yo Runnett in and when itt comes break itt carefully with yo. hand then putt itt ye strainer hang itt up and let ye Whey run out take 8 Eggs well beaten a quarter of a pound of Butter putt itt through ye strainer, then putt a pint of Cream a penny loaf of bread grated some Nutmeg rose water sugar and Currants make yo. Crust of a pound of flower a pound of Butter a quarter of a pound of sugar & two Eggs you must bake them in pans or else you cover them.

To Make Ragoo

Take a breast of veal half boyl itt and bone itt season itt with sweet herbs, Mace, Nutmegs, pepper & salt then broil itt on a grid iron take half a pint of Claret a little strong broth an anchovie a few Mushrooms oysters and cockles a peice of butt. give all a boyl in ye stew pan and just dip in yo meat and send itt up.

To Make Small Mead.

Take three Gallons of water and warm itt pull to itt four or five pints of honey. Stir itt till itt be Melted then put in a handfull of Rosmary a good handfull of Balme one ounce of Nutmegs sliced thin a quarter of an ounce of Mace beaten, put in ye pills of 6 Lemons putt ye spices in a little bag boyl it all well and skim itt clear and when itt is very well boiled putt itt into Earthen pots to ~~cole~~ then strain itt and put yist to it and Lett it work, then put itt in a cask with ye bagg of spice with a stone in itt & Lett itt stand a forthnight then bottle itt up so drink itt.

To Make Cherry Cream

Stone ye Cherrys and boyl them with as much Sugar as will cover them, Let them boyl a good while with ye sugar boyl ye Cream to a good thickness and Lett itt stand till itt be almost Cold. then stir ye Berrys and mix them well with ye Cream so dish itt up and scraps on sug.

To Make Temporade

Take pigeons or Chickens and splitt them up having some butter in ye pot butt it scald awhile then throw into it a spoonfull of water and an onion cutt small putt ye lid on close and let it scald a little then putt ye Pigeons into ye pott and cover them close so let them fry keeping ye stirring till you perceive them almost dry then have ready ye spices wch must be mace Nuttmegs & cloves beat together and one race of Ging. sliced and sliced 2 or 3 onions cutt small must be putt to ye Pigeons before ye other things then beat some almonds very fine and mix them in a bason with ye spices in warm water pepper and salt so putt them to ye Pigeons as much as will cover them and let them stand being close covered till you think them fitt for eating and ye liquor not too much wasted so dish them having always rice to go on with them a dozen pigeons will take half a pound of butter and half a pd. of almonds a pint of warm water one Nuttmeg beside other spices.

A very good Plumcake

Take 2 Quarts of flour 2 and half of sweet butter a pint of Cream a quarter of a pt of sack or Rosewater half an ounce of cloves and Mace finely beaten a little cinn. & one Nuttmeg twenty yolks of Eggs & 6 whites well beaten citron and lemon peel cutt in slices putt ye butter in ye cream which must be made warm enough to melt it 3 grains of amber greese and one grain of Musk must be rubbed to powder in a little double refined sugar, half a pound of double refined sugar finely beaten mix ye sugar salt and spices among ye dry flour then the cream & butter warm and ye Eggs and yest strained mix them all together well and very quick then strew a pint of flour all over ye top of it and set it by ye fire to rise a quarter of an hour

Covering itt with a warm Cloth take ℔ of Currs well
washd in warm water and rubd gently in a Cloth sett
them by ye fire that they may be warm 2 ℔ of Raisins
stond and Cutt small take ye sweet meats & mixed
all with ye paist, having ready ye Girdle & a double
Brown paper for ye Bottom well buttrd then
putt in ye paist and putt itt thinner in ye sides
then in ye Middle prick itt in ye top and sett itt
in a Quick oven and if itt be in dang. of scorth-
ing, lay a shoot of pap. on ye top and lett ye oven
stone stand up till itt be well risen one hour & ½
will bake itt is itt before itt Comes out of ye-
oven.

To Make Cowslip Cakes

When they are picked take double w^t fine sugar and as
much water as will wett itt boyl itt till itt be prett,
thick then put in ye Cowslips and stir itt about
and putt in a little juice of Lemon and a little
amber greece being well ground with sugar
Lett itt not boyl with ye Cowslips but lay itt
upon pye plates and when Cold Cutt itt in ye
fashion you please. thus you make Cakes of
violets Rosemary flowers juice of Mint or
juice of Wormwood

To Make Raspberry Wine

To 2 gallon of Raisins well broke with yo. hands take 2 Quarts of water mix them well together and Lett them stand twelve hours then strain itt and to a gallon of Liquor putt two pound of sugr. Cask itt close for 6 weeks then Bottle itt.

To Make Orange Wine

Take 6 gallons of water and twelve pound of ye best powder sugar 4 whites of Eggs well beaten putt them into ye sugar and water Cold, then Bett them Boyl three Qtrs of an hour Scum itt well take itt of ye fire and when itt is Cold putt to itt six spoonfulls of yist and six spoonfulls of syrop of Lemons very well beaten together with ye juice of 20 good Oranges and the thin yellow rinds of half of them Lett all these work together 2 days and 2 nights then tun itt up and Bett itt stand 14 days or more if ye weather be Cold then Bottle itt you may add to ye mixt ingredients a Bottle of Renish wine if you please.

A Very Good Receipt for Small Cowslip Wine

Take a peck of Cutt Cowslips to 6 gallons of water 2 lb of sug. to a gallon and a Lemon and a half adding all the skin and 2 spoonfulls of yist to a gallon this will keep a year

To Make Rankins

Take a Quarter of a pound of Cheese an ounce and half of grated Bread 2 Yolks and one white of Eggs & the part of a pound of Butt. beat them all very well single and then mix them all together and beat in a little more and stir in 3 spoon fulls of good Cream this quantity will make six little Toasts which must be cutt round and toasted Crisp Butt. ye toasts & putt them into a dish and lay ye Mixture upon them and putt in as much butter as will let them boyl gently & keep them from burning. then have a hott fire shovell to hold over them to make them brown att ye top & then serve them up in a Scan dish.

To Stew Rabbits

Putt in ye bellies a little fine parsley and onions then boyl them very tender and take ye herbs out of them and pull them all in little pieces taking out all ye skins and bone then lett them on to stew in a little of ye broth, and take ye herbs, onions pepp. and salt and a great many hard Eggs small shred and putt into a good deal of Melted butt. so shake itt well together and serve itt up.

Virgins Milk

Take 4 ounces of allom a pint of water boyl them well together and take half a pd of Litharge of gold boyl itt well in a pint of Vinegar then strain them both while they are hot and mix them together bottle itt up and itt will keep seven years itt is good for red faces and heat in ye face

To Make ye Right Cold Cream

Take 4 ounces of oyl of Bitter almonds fresh drawn 4 ounces of ye oyl of red Cold seeds 2 ounces of ye oyl of Ben 2 ounces of white wax shave it very thin and putt it into an Earthen pot sett it one slow fire till it be well molted then put in ye oyls and as much sperma Ceti as will lye upon a sixpence keep all these on a soft fire Continually stirring till ye wax & Oyles be well mingled then put in a little rosewater & keep it stirring with a Cane stick till it be Cold keep ye quantity wch you do not use in a Glass and pour upon it fair water wch will keep it from growing yellow & once in a week change ye water and beat it well it will come white again

To Make Oyster Sausages

Take a pd of a fillet of veal as much beef suet pound it very well then beat in a bowl a pound of ye largest Oysters well washed in their own Liquor from gravel when ye strings are not seen & till beaten fine season it wth bett Nutmeg Mace and pepp. savoury time Violet leaves and other savoury herbs as fine shred as possible a little Lemon pill and powd. of Bay leaves this season to ye taste fry it over ye fire and season as you like keeping ye spices & herbs a sand. to add as you please then beat in ye yolks of 2 Eggs if it be too moist add a little grated bread so role it up with flower some in balls others in sausages with a little butt. or marrow in ye Middle as big as ye top of yo. thumb so fry them.

The Glaze Biscakes

Take 3 quarters of a pound of ye whitest Starch finely sifted a Quarter of a pound of double refined sugar sifted 11 Eggs Leaving out nine whites temper them together with five spoonfulls of Rose or Orange flower water beat them two hours with a wooden splatter without intermission then butter ye Biscake pans and litt ye oven be ashott as for white bread.

To make Bean Bread

Take a pound of almonds and a pound of double refined sugar sifted, Blansh ye almonds in Cold water and slice them into ye sugar very thin take ye white of an Egg and beat itt with Gumb dragon steepd in Orange flow: water and a spoonfull of ye same to beat the ye froth mingle ye almonds with a knife as lightly as you can make them not to wett then lay them on wafer sheets hollow & bake them in an oven not to hott must rise butt not brown.

Stuffing for a Leg of Mutton

Stuff itt with sweet margerom winter savoury marrow nuttmeg two pickled herrings the sauce must be Claret anchovy shallot and ye gravie that runs from itt.

To make a Claret pudding

Take a pint of sweet Cream a quarter of a gill of sack a little rose water, Salt, Cina. and Nutmeg a few Carraway com fits & Eggs thicken itt with Claret and grated bread or Biscake and a good quantity of marrow and sweeten itt to yo. taste may infuse a little safron in ye sack to keep ye Colour butt ye dish & bake itt in puff paish

How to Pickle Girkins

Gather them in ye Cool of ye day and rub them with a Coarse Cloth and lay a lare of spices in ye pott as Mace Cloves long pepper and white pepper then girkins and a lare of dill ye pickle must be vinegar and a little salt wth a little Allom ye Bignes of a nutt You must litt them stand within ye air of ye fire till they Change keep them Close Coverd up then take their pickle from them and Boyl itt well and putt itt to them scalding hott and keep ye Close Coverd be not discouraged att their first changing wch will be very yellow.

Cherry Wine

Take to Every 3 of fruit a pound of sugar and a quart of water give ye water and sugar a warm upon ye fire and stone ye fruit & putt to itt, Lett itt stew upon a gentle fire a quarter of an hour then let ye Liquor run out without pressing and putt itt into another Stone pott for 3 weeks Close Covered then Bottle itt and tie itt down.

How to make a green goose pye

Take your goose quarter and season them wth pepper, Salt & Mace butt most of ye last and doo itt the ye Night before you use them, Lay some goosberrys and Barberrys in ye pye wth Balls of forcett meat made thus a handfull of veal shred small a little ~~fat~~, time, parsley and other sweet herbs wth a little onion butt cutt so small thatt not to be discerned season itt ye same of ye pye & make them up wth grated bread and an Egg and putt a great deal of butt^r^ in yo. pye, may shred a little sage small to lay upon ye goose with ye seasoning — — — —

To make Sausages — —

Take ye fillet of ye pork and cutt itt pretty small then beat it in a mortar with double ye proportion of same, season itt with Cloves, mace, Nuttmeg pepper, and Salt and a little fine shred sage mingle itt well together & take a little Sack and little Cream as much Eggs beaten as you think will lighten itt mix them together and itt will make them fill better if you please you may leave out part of ye same and putt in suet —

To Jugg a Hare

Take time, winter savoury, sweet marjorom of each a little double ye quantity of sage. Cutt them small and season them with ~~Nutmeg~~, Mace and a little pepp^r^. 2 Anchovies half an Onion Cutt very small with ye liver so Roast itt in ye Dolly and have butt^r^. and gravie sauce. — — — — — — — —

To make a Light Plum Cake By M.H.

Take 3 lb and half of fine flour well dryed a pd of butter and a quart of Cream. Melt ye Cream boyle, then putt in yo. butt. & lett them have a boyl together. An ounce of Mace small cutt 4 of Carr.s & 3 quarters of a pd of Sugar sifted, 1 lb a pound of Cutt sweetmeats mix all these w. yo. flow. then take a pt of Wist a gill of Sack as much rosewat. 15 Eggs only 7 of ye whites beat then well & mix all yo. Liquids together, & make a hole in ye flow. and stir itt well together into a Light paist then lett itt stand an hour to rise, then turn itt into yo pan two hours will bake itt.

This is a Light good Breakfast Cake.

To make white broth, a handsome spoon meat for Supper.

Take veal bones and old Cocks butt not fatt boil them till ye broth be strong, then putt in Nutmegs quartered Cinna. and mace a good quantity when itt takes of ye spice will take itt of and lett itt boile and scim of ye fatt and strain itt too a gallon of broth, putt 3 pints of ye best sack, a pint of white wine, twelve yolks of Eggs well beatt, with Rose or Orange flow. water, with a little amber greace, if you please then putt in your broth and give them a boyle, and when tis ready to take of putt in yo. Eggs and keeping itt stiring all one way till itt be a little thick then have ready when you take itt of plambt raisins blanched Almonds & Cutt dates and putt into itt then pour itt into a mug. when you putt itt warm itt will keeping itt stirring and sweeten itt with loaf sugar according to your taste the dish must be garnished with Biskett wafers and sweetmeats

To Candy Angelicoe ye best way

Take ye Stalks in may before they be String a lay them in water a night and a day shifting itt thrice in ye time then scald them till they be tender and peel ye skin off and lay them in a clean cloth and press them gently till they be dry then put a layer of sugar in ye pan and a layer of Angelicoe till all be dispossed of Cov: itt close and set it by a day or two till ye sugar be dissolved - then give it a scald together and set it by another day & then boyl them up to a Candy height and lay it upon plates to dry. To a pound of Angelicoe a pound of double refined sug: beat & sifted.

To make Raisin wine

Take 20 pound of Raisins stitt & a little chopt: putt them into an Earthen vessel boyl a kettle of clean water 3 quarters of an hour & boyling hott put a quart to every pound. & cover itt down close & stir it well every day ten days together. then strain itt through a sieve & put the Raisins into a Canvas bagg & in a clean cheese or Cider press. Force out the rest of the Liquor. That nothing of goodness may be left behind. then put itt into a Cask with a pound of Loaf Sugar or better & stop itt up close & lett itt stand nine weeks then dissolve six penny worth of Isinglass in water & put it into the vessell stir it well together. & stop itt up close for 3 weeks longer & then bottle it.

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To Make Pasticaks.

Take a pound of double refind Sugar finely sifted & grind into it 12 grains of the finest musk & 3 grains of of Amber grease half a Spoonfull of the Spirrit of Jessamy half a Spoonfull of the Spirrit of Benjamin mix all these very well together & so mix itt up to a past w.th gum Dragon well steepd w.th Orange flower water or Spanish water so when itt is a past rowle itt out and cut itt with your Thumb & mark them with Scralls & set them to Dry.

To Pickle Wallnuts

Gather the Wallnuts when a pin will run through y.m then put what quantity you please you please into ordinary vinegar, for a fortknight, then remove them into fresh vinegar for the same time, till you have removed them thrice, keep them close covered within the vinegar for those which are not covered will turn black; Then take a gallon of the best white wine vinegar, and put into it Coriander Seeds, Ginger, carraway, seeds and Dill seeds, of Each an Ounce, 2 Ounces of Pepper and 2 oz of Mace and one of Cloves, half an Ounce of Nutmegs, bruise the seeds a little, Cut the Ginger and Nutmegs grosly; Put all these into the Vinegar, & let them just boil-up, with a handfull of salt; Pour it into a dry stone vessel, till it be cold keeping it close, then taske your wallnuts, well drained out of the Vinegar, and put them into a pot with a large head of garlick with a dozen cloves stuck into the garlick, place your nuts close, and strew 4 ounces of mustard seed finely beaten and sifted all over the nuts then pour the pickle and seeds to cover the nutts and lay something upon them to keep them under the Liquor, least they turn Black.

Hartshorn Flumery

Take a quarter of a p.d of hartshorn, put in it 3 pints of water, boyl it to a stiff Jelly then strain it and let stand till cold; then put to it a quarter of pint of Cream let it boyl together with a spoonfull of Orange flower water put it in China Cups let them stand till cold put the Cups in warm water to make it turn out.

To make Lemon water

Take 16 Lemons and pair of the out Rind very thin which done pour upon them 2 Quarts of the best Brandy Take then 1 pint & half of fair Water & 3 pounds of white refind Sugar which you must boyle & skim clean putting it into the Brandy & Peels with ~~half~~ half a Pint of milk made hot After you have kept it together 3 Days close stopped take a Funnel & put a Sheet of Cap Paper into it. Stirr up your Brandy & pour it into your Funnel letting it drop into a dry Bottle to be preserved for your Use

Orange Pudding

Take ye yellow pareings of six sevill oranges and boyle them tender & beat them in a marble Morter to a fine paist & put to them three quarters of a pound of Butter & nigh as much sugar & beat it till all is very smooth in it then put in ye meat & Juice of fore oranges beat it well ready to be Baked before you put in ye yolks of twelve eges well beat & run thorow a sive mix it all very well together & putt it into puff paist not filling them to full Bake in in a quick oven they maint be scorch nor ere eat by Top a quarter of an hour will Bake them Carrots may be made the same way leave out ye orange and boyling the Carrots

To Make Peloe

Take a Loyne of Mutton & Cut it in stakes not toosmall put as much water as will cover it, and when it Boyles scum it very well, then put in some Cloves Mace ginger Jemica pepper & white pepper sweet herbes and let it Boyle to-gather, then strain it all out togather wipe your pott Cleane & put the meate into it again with a quarter of a pound of butter five or six little onions shred very small put a ladle full of ye liquer to it, and let it stve togather a little while scum of all ye fatt of the liquer and season it with salt then put it into your meat have a pound of Rice picke and washed and put it into your pott when it boyleth and when the liquer is almost gonn hang your pott up a little from the fire and let it fry untill it is Dry keeping it stiring for fear it should burn you must send in a plate of pickles with it ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

To Make Pastcalls /

Take a pound of double refine Sugar finely Tinsed & Grind into it 12 Grains of the finest Musk & 3 Grains of Amber Grase half a Spoonful of the Spirits of Jesamy & half a Spoonful of the Spirits of Benjeman mix all these very well together & so mix it up to a paste wth Gum Dragon well steep'd with Orange flower water & Spanish Water so when it is a paste rowle it out & cut it with a Seal or what you please mark them with a Seal & set them to Dry. ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

To pickle Mushroons ~

Take half white Wine & half vinager and put in what quanty you think convenient of Mace Clobes & notmeg and still it in a cold still ~ take the Mushroons pele them & throw them into water and salt ~ then take them out & put them into a pan ~ & set them on a slow fire to drain out the Water then strain them from the Liquor & when cold put them into ye pickle & cover them close for keeping ~ ~ ~

White Elder Wine ~

Take fore gallons of water ~ eight pound of sugger good either Loafe or pouder ~ boyle it three quarters of an houre and Scim it till it is perfectly clear then take it of ~ & when the sirrup is almost cold put too it half a peck of pickt Elder flowers before they turn or decay & put a little new yest too it ~ & let it work two days ~ then put it in a vessell that have had Wine or Brandy in it ~ & when it have done work ye stop it close & let it stand thre weeks till it is fine ~ and then bottle it for ye use ~

we finde it better to abate som of the flowers and add a cupple of Lemmons in the working ~ ~

Orang Marmalet — Lady Carr —

Take your oranges & steep them in water a day and a night shifting the water then rasp them & cutt them in halves & pick out all the meat then boyle the skins in two or thre waters till tender then beate them in a morter till they are a soft & smooth past then pick the seeds from the orrang meat & put half as much past as meat & measure it axactly & mix it well togeather & to every pinte put a pound of sugger & ½ a pound more in consideration of the Lemon Juice wch must be put in to give it a quickness then Jentley wet ÿ sugger & boyle it up to a Candy hight and then put in ÿ meat & scald it till it melt your sugger & let it simer a very little then take it of & when it is coole put in ÿ Lemon Juice and set it upon the fire agin but to be no hotter then you can indure ÿ finger in to be sure not to boyle

To Make a Biskett Cake ~ ~ ~

Take a pound of flower dry it: and a pound of Sugar sifted, and a pound of sweet Butter mix them well together half an hour, have ready twelve Eggs well beat, leave out half the whites, then put them in very gentley, and mix them a quarter of an hour, then put in 2 Ounces of Seeds; butter your Pan and put it in the Oven as soon as possible. An hour and half will Bake it the Oven must be pretty Quick. ~ ~

To Pickle Wallnuts. ~

Take your Wallnuts the latter end of June or the begining of July, put them in a Kettle of water, and let them Boyl tell they be Tender, then put them in a strong brine of salt and water, making fresh Brine and shifting them every morning for nine days togather, then take them out and rub them with a Cloath, put them into your Pickle Pot, and lay a Lare of Wallnuts, and some Salt, Garlick, Dill, Ginger, both the Pepers, Cloves, and some Crushed Mustard seed, and then an other Lare of Nutts and cover them with the seasoning as before continuing this Method tell your Pot be full, put something upon them to keep them down when you put your Pickle to them, take your best white Wine Vinager and boyl it and Pour on enough to cover them, when it has stood

three or four Days, boyle your Pickle again pour it on hot, take out the thing which you put to keep them under the Pickle, and tye a blader close over them that no air get to them. The Quantity of Spices for four hundred of Wallnuts, a quarter of a Pound white Pepper, a quarter of Jamica pepper a quarter of race Ginger, two Ounces of Cloves, three heads of Garlick, two handfuls of Bay leaves, a Pint of mustard seed, and twelve Quarts of Vinager.

To Make Apple Mince Pyes Mr. Sayers Receipt

A Pound of Currans, a pound of Apples paired and grated, & weighed after they are grated. A pound of Suet shred small three quarters of a pound of Sugar, put Sweat meats, Spice, Sack & Juice of Lemon, as in other mince Pyes, they are good eighther Hott or Cold.

A Lemon Pudding

Take ye rinds of two Lemons grated, & put it in a Mortar with three quarters of a pound of Sugar, & ye same weight of fresh butter, beat it well together yn grate a nuttmeg into it, & put in eleven yolks of Eggs, work it very well, & put it into a Dish half an hours bakeing is enough

Mange — to rub the dog with this Ointment

a Pint of Train oil —
half a Pint of oil of Turpentine
a quarter of a Pound of Ginger, in Powder,
half an ounce of Gunpowder, finely powdered
mixed up cold — —

Ointment Red mange

4 oz. quicksilver
2 oz. of venice Turpentine
1 pound of Hog's lard —
the quicksilver & Turpentine to be
rubbed together till the globules disappear
rub in an ounce - once a day upon the part
affected for three days successively —
This is to be used when the Hair comes off, or
the Redness appears

Roughness in lieu of too much scratching
one Pound of native Sulphur
one Quart of Train oil
one Pint of oil of Turpentine
Two Pounds of Soap
every three or four months

To make Friars Chicken Soup.

Take one large Fowl, cut it the same as for a Fricassee put it on to boil with as much water as you think will do for your soup, with four large Onions, a little Celery and Carrot; when the Chicken is boiled enough, take out the vegetables, and add about a pint of good veal broth. Let it boil, then add a little Parsley chopped very fine.

Just before you put it in your tureen put in two eggs well beat; put it on the fire to boil &, then dish it up.

To make A Sauce for Cold meat, &c.

Take two or four eggs, boil them hard, then pound the yokes in a mortar, put a spoonful of mustard, pepper and salt, three spoonfuls of oil, one spoonful of vinegar, and break the yoke of a raw egg to prevent the sauce from curdling.

For Beef Steaks with Potatoes.

Take some thin slices of rump of beef, flatten them, and season them with a little salt, pepper, &c. Dip those slices into a little butter, that the gravy may not drop out whilst broiling.

You must have some parsley chopt very fine with butter, salt, pepper, lemon, &c. When your beef steaks are done put the above ingredients under the steaks, and all round put fried Potatoes of a fine brown colour. Beef steaks are also served with oysters.

Dr. Scudamore's receipt for against constipation

℞. Pulv. Scammonii opt. gr. xij
Extract Colocynth C. ℈ij
Extract: Rhei — ℈ij
Sapon. Castile — ℈i
Ol: Cinnamo gutt. v
Misce fiat mass in pillulas viginti quatuor div.
Capiat ij hora somni pro re nata

Dr. Scuddamore receipt against Constipation

A Description of Mr. Hay's Pills

℞. Pill. Hydrarg. Gr. iij
aloes Spicat. extr. g. ij
fiat Pillula omni nocte sumend

℞: magnes. carbon. ℥ij
Soda Carbon — ℥iss
Sp. Ether Nitri — ℥iij
Amm. Comp — ℥iss
Aq: pura. ℥ viij
capiat cochl ij bis die

in a letter from India it is said

a cure for cholera has just been found out here – viz –
"A Pill compounded of Two grains of black Pepper
"assafoetida – and Opium. of which never more than
"two are necessary for a cure are effectual Cure".

about gudans non ego – but I
hope it may
be so AJS.

— Eno's Fruit Salt —

1 oz Tartaric Acid
2 " Epsom Salts
1 " Pulverized Sugar
1 " Carbonate of Soda
1 " Citrate Magnesia

Dose 2. Tea-spoonfull.

— Mother Sygell's Syrup. —

1 Pennyworth of Guinguacum
1 " Aniseeds
1 " Aloes.
1 " Cayenne Pepper (not all in)
1 " Spanish

Boil in one Pint of Water, and simmer down to one Gill. When cold add ½ Gill of Whisky.

Dose 10 to 20 Drops in Cold Water

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

For Carrif: Harness

One Pound of Ivory Black
one Pint of Neats foot oil
Half a Pound of glue size
Half a Pent of Turpentine

all to be mixed together & let simmer over a slow fire half an hour — let it then stand 24 hours before used It is to be put on with a Sponge as light as possible —

for Brass Harness

Half an ounce of Rotten stone half a glass of the spirit of Turpentine — rubbed with a flannel —

for plated — or silver

One Ounce of Charcoal mixt with a glass of Spirits Turpentine applied with a Sponge —

To counteract the effects of Poison from Copper or Arsenic

A Table Spoonful of Powdered Charcoal is a complete Antidote mixed with either Honey Butter or Treacle taken immediately — Within two hours after administer either an Emetic or a Cathartic —

For a Scald

Apply as much dry Oatmeal immediately & the part as will cover it, & tye it over —

For a Burn

Of Linseed Oil, Honey & Bees wax an equal quantity, Stir them together over the fire till all is melted, & keep it stirring till cold all one way Spread it on a rag & apply it changing it at first twice a day —

Eye Water — R: Hey of Leeds

Rose water or distill'd water four ounces Goulard & Tincture of Lavender Twenty drops of each —

Dr. Headham

On the beginning of an Inflammation in the Chest

Two grains of Calomel to be taken in a pill and a Blister applied to the Chest

Dr. Headham

Simple Medicine

A Desert Spoonful of White Mustard Seed to be taken morning & evening

For a Lax in the Bowels for a child about four years old Mr Lamb.

Calomel one grain
Rhubarb four ditto
Tincture of Opium 3 drops

For ditto

Starch half a dram
Sugar one dram
Antimonial Wine 20 drops
Tincture of Opium 5 drops
Water four ounces
One Table spoonful three times a day

For ditto

Rhubarb eight grains
Ipecacuanha ~~two~~ grain

For the Stone

Take the back bone of Scate - pick it clean from the fish - then break it in peices & put it in a little pipkin & tye it close down with a thick paper & send it to the oven after bread is drawn & put it in several times til it will crumble in ye fingers - then beate it into fine pouder & sift it through Tiffany tye it close and keep it dry & it wil continew a yeare very good

Take as much of this pouder as wil lye on a shiling in a glass of punch every morning fasting an hour or two after it & take it directly for nine togeather then rest thre mornings & take it as before - but when you finde ye self easie once or twise a week is enough - this pouder is not forsing but gently disolves & brings away all that ocations that dismal complaint - a Childe may take it in a less quantity

For ye Dropsey a great Diuretick

Take half a pound of Cumphry root two Ounces of stick Liquorice, sclice ym ~~thin~~ together, & boile them in five pints of spring watter, tell it come to three pints, sweeten it wth brown Sugar Candy Take half a pint in ye morning, ye same at Night

Powder to be Given in Labour

Take of Granes of Paradise half an ounce, Saffron, & date stones & white Amber of each one ounce, cummin seeds the double quantity of the rest, reduce these severally into fine Powder & sift it thro a cypress sive give this only when pain is wanting ten Grains in a little Burnt wine or Ale if the after Birth be hard to come away give it a gain & in case of a dead child give Sixty Grains. you must not give this Powder but in Cases of necessity. for it quickens much. make it into Balls with Gum dragon

For ye Cholick by Dr Cade

Take Pill Aleophangine, Pill Stomach with Gums, Gum Guiacum, extract of Gentian, of each two Scruples, salt of Steel one dram, powder of Rhubarb, half a dram, Oyle of Wormwood Chymical, six drops, Elixir Proprietatis wth out acid a Sufficient quantity to make it into large Pills. Take three every night, drinking four Spoonfulls of ye Juleps after each dose

The Juleps

Take Milk Watter, & black Cherry Watter, of each two Ounces, ye greater Compound Wormwood Watter, & Compound Piony of each one Ounce, Philonum, Romanum one dram, Spirrit of Mint one dram Syrop of Diacodium half an Ounce, make these into a Juleps

— To make a Sweet flower Pott —

Take a large China vessle wth a Cover & put into it violets, Roses Orange flowers Pinks myrtle leaves Lavender & Rosemary flowers, Sweet marjoram, & mix wth them a good quantity of bay Salt, stir & Shake ym often, & in a dry day take ym out, & Spread ym to dry for a few hours, to prevent there turning mouldy, put some Jesamine flowers in a fine lawn rag, & put them for a day into ye pott, yn take it out or it will give ym an ill smell, — —

This pott will continue 20 years, when you wod at any time perfume a Room stir ym well, & let ye pott be open for two minutes

Dr Meads Stomatick Draught. to Stop a Vomiting — — — — —

— — — — — —

Take of barley Cinamon Watter one Ounce. Juice of Lemons, half an Ounce. Salt of Wormwood or Salt of Tartar. one Scruple. mix for a Draught. — This is given in Vomitings, & is to be repeated after each vomiting, until it Stops, but it is so effectual to this purpose as seldom to require many repetitions before it takes place, it is also good in Fevers — — —

— — — — — — —

The Hysterick draught by Lady Reves.

Take two Ounces of Diacodium, one Ounce of Peony Treacle, Hysterick watters, Mint, Hysop, & Pennyroyal, of each two Ounces, tincture of Saffron three Drams, Castor one Dram, three Spoonfulls is ye Dose

For ye Piles. by mrs Whittfeild --

Take as much flower of Brimstone as will lye upon a Shilling mixt up wth ye best Honney, taken wn you goe to Bed,

For a Weakness. - - - -

Take one handfull of deal saw-dust & put it into a quart of milk, wch must be boyled, to a pint, stirring it to keep it from running into lumps, -- half a pint must be drunk in the morning, & ye same quantity before goeing to bed - - - - -

A Syrup for a Cough

Take one quart of white Poppey heads dryed, cutt y^m in small peices, seeds & all then put y^m into five quarts & one pint of Spring watter, set y^m on ye fire, let y^m Just boyle, y^n take it of, put it into a pan & cover it close, & let it stand all night, ye next morning, put it into ye pott a gain & let it stew over a slow fire, for an hour, y^n wring y^m out in a peice of flannell as hott as yo hands can endure, & as hard as possible, y^n take two Ounces of Liquorice scraped, & sliced thin, two ounces of Marshmallow roots, washt & scraped clean, & sliced thin, y^n put y^m both into ye Liquor, & boyle it an hour, y^n take it of & run it through a flannell bag once or twice to clear it, y^n to every pint of Liquor, put a pound of 9 penny Sugar, boyle it to a Syrup, y^n take a quarter of an ounce of Saffron, pulld to peices, & sow'd up in a peice of muslin, put it in a Cup, & before ye Syrup is boyled enough take a little up & put to ye Saffron bag, & squeeze it out, y^n put y^t in bag & all into ye Syrup, a little before ye Syrup is enough to have one boyle or two, y^n pour it into a pan bag & all, let it stand all night y^n Squeez ye bag out as hard as y^u can, & bottle ~~for~~ it up for use

For a man, or woman, take 2 or 3 Spoonfulls with as much Sack warmed with ye Syrup in, at goeing to bed, but no other time, & for a Child one Spoonfull, & 2 of Sack, if y^u please may mingle as much watter with ye Sack

Powders for ye Asses milk Dr Winteringam

Take - of Crabs eyes, & red Coral prepared each two drams, of Lac Sulphur a dram, of Chymical Oil of Cinnamon four drops, mix y^m & make a fine powder, to be devided into 8 papers, ye dose is one every morning, wth a draught of Asses milk — — — —

Sr Hans Sloanes incomparable Receipt for ye Stone & Gravel - -

Take - a pound of ripe English Juniper berrys put them into three pints of Mountain Wine, to infuse, & simmer over a gentle for six hours, by wch time it will be thick, then put to it three pints more of ye same Wine, wch again manage as before, y^n take it from ye fire, strain out ye liquor as much as you can, wch put into a Silver, or Bell metal sauce pan, & add thereto, three pound of good loaf Sugar, wch boyle to a Syrup — — — — —

In any Sympton of Stone or Gravel, take ye quantity of a meat Spoonfull in a Glass of white wine, morning & Evening, or oftner provided there may be Occasion

Sr Hans Sloane's bitter for a Dropsy

Gention, Snake Root, of each one dram Mustard Seed half an Ounce, winter Bark two drams Oringe Peal one dram white wine three pints, to be infused one day or longer, — — — — — — —

Lady Buckworths Receipt for ye Dropsey

— — — — — — —

Take an Ounce of Gum Guaicum, put it into a quart of of ye oldest Rum you can get, Shake it very often till its all dissolved,

Take one spoonfull, or two, if ye Person be strong, in three or four Spoonfulls of white every morning keeping warm — — — — — —

A Receipt for ye Jaundice, by mrs Rouse,

Take a Lump of ye best Rubarb slice it, & torrefie it before ye fire, yn take as much as will lye on a Shilling, in a spoonfull of white wine & drinc a Small glass of white wine after it this doe Morning and Evening, for nine days together,

this has cured a black Jaundice where ye Physician has given ye patient over,

Dr Ratclifs bitter Draught

Roman Wormwood an Ounce, tops of Centaury a pugil, Coriander, & Cardamom Seeds, of each two drams, Spring watter a pint & half boileing hott poured on ye Ingredients covering it close up, let it stand eight or ten hours Strain of ye Liquor, & pour to it an Ounce of Steel wire — — —

Take four, or five Spoonfulls every morning fasting, & at four in ye afternoon — — —

Sr Hans Sloane's Bitter

To a pint of french Brandy, put two drams of Gentian & half a dram Cochineal, ye thin rinds of four Civil Oranges, wth out ye white part, let ye Ingredients infuse in ye Brandy forty eight hours, yn filter it,

May take a small Spoonfull on any disorder of ye Stomach in a glass of good white Wine,

A Receipt for a Rhumatism by Lady Clark

Take half a Dram of Gum Guaiacum, Powderd, in three spoonfulls of Milk watter fasting, dont eat any thing in two or three Hours after, but keep very warm, it must be taken four days together or more,

A Receipt for ye Cholick, Mr Winteringham

Take of Galangal three Drams, of ye Seeds of lesser Cardamoms & Cubebs, & of Species Diambre, each one Dram, of Simple Fennel Watter, & ye more compound Wormwood Watter, each Six Ounces, Infuse ym in a vessel close stopt, in a gentle heat, for four Hours, yn clear it of. The Dose is two Spoonfulls in ye morning, & at five in ye afternoon, in half a pint of German Watter

A Receipt for ye Cholick & Jaundice

Take One Ounce of Anniseeds, powderd, four pennyworth of Saffron, a sixpenny weight of Castle Soap, shaved very thin mix all thees together, in a pint of mountain wine, & infuse it 12, hours shakeing it often, yn take a third part at night, an other next morning, & ye last, at night again, Straining through a bitt of musling

A Receipt to Cure a Farcey Horse

Take a good quantity of Blood from the Vein nearest the Place affected with the Farcey, then take a Pound of the best Rozen, beat it to Powder and divide it into five Parts, and with fresh butter make it into five Balls, and giving one every morning fasting for five mornings to-gather, and tye him up from meat for an hour after you have given it him, If it spreads farther repeat the Medicine

A most excellent Medicine against ye Plague

Take three pints of Muscadine wine, boile in it, a handfull of Sage, as much Rue, till a pint is wasted, yn strain it, & set it on ye fire a gain, yn put therein of long Pepper, Ginger and Nutmegs, of each ye third part of an ounce, beat all together into a fine powder, let it boile a little, yn put therein two ounces of Treacle, one Ounce of Metridate, & a quarter of a pint of Angelico watter, disolve ye Treacle, & metridate in ye Angelico watter before you put ym in, — —

Take of it warm both morning & evening in yo bed, a spoonfull, or two if infected, & sweat after it, but if not infected a spoonfull a day is sufficient, half in ye morning, & half in ye evening, to prevent infection,
this is good also, in ye Small pox, Measles, Surfeits, or Fevers,

To Make Lady Pembrokes Hartburn Lozenges. &

Take three ounces of Chalk, one Ounce of Crabs Eyes, — five scruples of Bole almonack, four Scruples of Corall, two Scruples of Parle, One Scruple of Nutmeg and one Pound of white Sugar Candy, Beat all these into a fine Powder, and mix it into a Paste with Orange flower water or Spring Water, Roll them out to what thickness you please and cut them into little Cakes, & let them dry in the Air.

An Ellixer for ye Cholick

Take of Sinacum Chipps, Elicumpane roots, Liquorish sliced, Coriander seeds bruised & prepared with Seanna of Alexandria, each of these two ounces, half a pound of Raisons of ye Sun, stoned infuse y^m in two quarts of small & one quart of double Annseed watter, let it stand Tenn days y^n strain it off into Bottles

Give three spoonfulls in a fitt of ye Cholick, it may be taken twice a day if ye fitt lasts, this cordial is good for a surfeit, ye same quantity as for ye Cholick, it is also good for a Cough or weakness of ye Lungs take one spoonfull every morning

A Most Excellent Medicine for the Gripes.

Take half an Ounce of Rubarb slice it thin and put it into half a Pint of Duble Distill'd Annaseed water, let it stand twenty four hours. Take three or four spoonfulls Night and Morning or at any time of the day when Griped.

Mrs Cornish's Receipt for a Weakness

Take a Gill of Rose watter, a quarter of an ounce of Gum-dragon, a quartr of an ounce of red Corall a quartr of an ounce of white Corall, a quarter of an ounce of Amber, a quarter of an ounce of Spodium, let ym be all powderd & ye Gum disolved in ye rose watter, if too Stif add more rose watter strain it out, & mix yo powders in it, put in eight ounce of white Sugar Candy, take it now & yn, Liquid or dry made up like Losenges —

Mrs Dixsons Receipt for a Weakness

To 3 ounces of Isinglass, put 3 pts, of Spring watter, when boiled, to neer A Gelly, put in these pouders, A qr. of an ounces of Cinament, serced, & as much dryed rosmary, as will ly on A half Crown, when pouder? & serced then lett all boil togather, till it is a very stiff Gelly, then put one spoonfull of this Gelly, into A qr. of A pt. of Chicken or Veale broth, & drink it ye first thing in ye morning, & an hour affter 3 spoonfulls of oak bud watter, with one spoonfull of maligo Sack, in it & repeat this in ye afternoon, & so to be Continued 9 days,

Mrs Whitfields recpt for a weakness —

A pint of sack whay wth 7 dates boyld in it to be eate & ye other drunk - - - - - - - - - -

Mr Carrs recpt for a stringuary - - - - - -

A quart of barly water drunck wth an ounce of gum arraback infused in it - - - - - - - - - -

For Rheumiteck pains by Mr. Kendall

Take 6 ounces of sassaprilla hartshorn white sanders and Ivory of each two ounces put them one night into nine pints of spring water in a pipkin close covered infuse them over a soft fire for 12 hours, then put in six drams of Liquorice and three handfulls of Agrimony leaves boyl it well for an hour till it is wasted to 6 pints then strain it of and drink half a pint warm in the morning, and att 4 in the after noon and the last thing when you goe to bed, and if you can no other drink for the space of 6 weeks when you use this drink forbear eating salt meats or Sauce.

For a Cold or Cough.

Take a Gallon of water and 2 Quarts of Bram a thick Marshmallow root, boyl this to two Quarts then strain it, and put to the Liquor two ounces of green Liquorice a pound of Malaga Raisins an ounce and half of Cinnamon, then set it on the fire and let it boyl a Quarter of an hour, add to it a little before you take it of a pound and half of Loaf Sugar; strain it and keep it in bottles for use.

A Coffee cup full of this made as hot as it can be well drunk, should be taken att night as soon as the person is in bed, and the same quantity in the morning an hour before they rise.

To make an Electuary for cleansing the teeth.

Take of the finest Dole powdred fine & a little burnt alome powdred fine as much as you can hold betwixt your finger & thumb & about half as much powder of cloves & as much of the powder of murr as there is of alome & cloves together & so mix them all together very well & work it up to an Electuary with honny you must beat it till it be very well mixt & be smooth to keep for your vse it preserues the teeth & gums & cleanses them very well.

A Cure for an Ague - -

Two hours before ye fitt com - take two heads of garlick ye as much of ye best saffron as hellf ye weight of a six pence - beate them togeather to a perfect paste ye lay itt all over ye finger next to ye little non of the left hand put a Cloth or Lether close round itt ye then binde itt above ye below ye Joynt as hard as ye person can indure itt especially below & and keep itt on till after ye time be past of ye fits coming on.

A Cure for a Jandis -

Take three spoonfuls of ye Juse of Hartichoke Leves stampt In a glas of White Wine every morning fasting - -

A cure for an Ague

Thirty grains of Scritken Ele bruse and put to steep all night in a pinte of Canary a quarter of wch let ye patient drink an houre before ye fitt com on if a Man or Woman may take half of itt - - -

A Worm Medecian by Mrs Harrison

Take an ounce of wormseed & bruse it take halfe an ounce of flower of brimstone mix them well togather & give the bigness of a small walnutt mixed in honey in the morning fasting take it three dayes & rest three tell it is takeing nine times & fast an hour after itt if honey is not liked itt may be ~~ex~~tracked

To make Barly wash for the face

Take a quarter of a pound of Bitter Almonds & blanch & beat them very fine with six spoonfuls of sack then put to it a Quart of barly water 2 penny worth of creame of Tarter finely powdred the white of egg so mix itt all very well together & straine it through a thin towell as hard as you can squese it & so bottle it & put a little honey watter it & it will keep it from sowering dont wash with it when it is sowre. you must make the best barley water with an ounce of pearle barly to 2 quarts of soft spring water when it is boyled down to a quart throw that first water away then boyle it as before & do so 3 times saveing the second & third water. when it is cold & settled poure of a pint of each of the two last waters & put to your almonds be sure to keep it in a cellar or where it is coole.

To make a Past for scowring the hands

Take ox or bulls gaule & boyle it & put to it a little greated bread a quarter of a pound of bitter allmonds beat very fine half a pound of reasins stoned & beat to a past an egg beat & mix all these very well & stir them over the fire till itt be as thick as hasty pudding then beat it up in a marble morter with six spoonfulls of Queen of hungary water or brandy which you please.

06

A Fomentation to Lay to the Side in a fitt of the Stone. —

Take of the Leaves of Mallows Marsh: mallows, pellitory of the wall tops of wormwood, of Rosmary, and Southernwood of each one handfull, and half, the flowers of Cammomile, Melcolt, Elder of each two handfulls, Juniper and bay Berrys of each a quarter of a pod, the Seeds of Caraway, annaseeds, Cummin and Sweet fenel, of each two ounces, let all these be cut, and bruised, and stitched up in two flannel bags, and boyld in a Convenient quantity of water, and so applied as hot as can be born, the Side ought to be anointed with the ointm: of Marsh: mallows, before you lay the bags on; you may dry the bags carefully after you have used them and they will serve once or twice afterwards.

Dr Lowers Stomatick Tincture.

Take of Gentian root sliced thin of the yellow peel of Oranges, of Calamus aromaticus, grosly beaten, of each one ounce, of Rhubarb sliced, half an ounce, of Annisseeds and Coriandersseeds bruised of each three drams, of Hiera picra, 3 drams; Infuse them warm, twenty four hours, in a quart of white wine, then strain, and take of itt three or foart spoonfulls every morning, fasting an hour after you have taken itt.

The Fistula drink

Take Southern wood, wormwood, Bugle, Mugwort, wood Bettony, Sanakle, Plantane, Dandilion, wild Harvill water Bettony, Sinkfoil, Ribwort, white bottle, daisy leaves, hony suckle of wood bind, Egromony, Liverwort, Celandine, wild angelico, Strawberry leaves, mint, Scabius, violet leaves, Comphry, Clowns alheal or Brown wort, hawthorn buds, Oak buds & Bramble buds, take two handfulls of every one of these sorts of herbs, and dry them in a close room, and put them in paper bags, and when you use them take three handfulls of all these herbs well mixed together, then put them in a brass pan with a quart of white wine, and a pottle of spring water, let them boyl till ½ be consumed, then strain itt & stir in a pint of honey, and stir it over the fire, till you can scum itt so scum it well, and let it stand to be cold, and bottle it and let the party take 6 spoonfulls, fasting 2 hours after, and as much att 4 a clock in the afternoon, not omitting to take itt.

This not only good for a fistula, but any inward trouble att the stomach or hardness att the belly. ~

A Receipt to Purify the Blood by Mrs Crawfield

Take Sarsaparilla Sliced thin 6 ounces, Sassafras Sliced thin 2 ounces, Guaicum Bark 2 ounces China 2 ounces Ivory 2 ounces Liquorice 2 ounces; infuse them in eight quarts of Spring water, twelve hours after, add half a pound of Stoned raisins of the sun, Fennel, Coliander and Annice half an ounce, then boyl the whole down to 6 quarts, let it be cold then strain it & drink it.

The best Smoke to clear the Sight. By Dr. Appleby

Take Liquum, aloes, Storax Sassafras bark, & amber of each one dram and cut Bettany half an ounce, Rosemary flowers or Rosemary itself one quarter of an ounce; and as much tobacco as Rosemary mixed together, it is to be taken in a pipe when you go to bed, or as often as you please, this is excellent for to cure coughs, Rheums, and to free the head from any pains.

A Drink in a fit of the Stone.

Take Marsh-mallow roots, and liquorice dryd of each one ounce, to be infused, in a quart or three pints of Posset drink made with Lisbon white wine and Milk.

FOR THE STONE

Two ounces of the Syrup of Marsh-mallows, one spoonfull of sweet oyl half a pint of white wine, half a pint of ale mixt together, as much Cream of Tartar as will lye on a Sixpence as much oyl of turpentine as will make the Crum of Tartar into two pills; take the pills first, and drink the draught after.

The Clyster.

Take of juniper berys one ounce, boyl them in a pint of water untill better than half a pint remains; strain it and then dissolve in it one ounce of Castle Sope, and one ounce of Venice Electuary, two ounces of Diatum Emilicum, Chymical oyl of juniper twelve drops.

This is the quantity for a Clyster by Dr. Cyprianus's directions.

Stomach or hardness at the body.

Dr Harries Receipt for the defluction of Rehum upon the Lungs or a great Cough —

Take of Sersaprilla cut; half a pound of china root cut 2 ounces, of Sasafras wood cut, one ounce and half, boyl them in 6 quarts of water, to 3 quarts; about half an hour befor it's boyl'd enough put to it Ground Ivy Shred nine handfulls Hyssop Shred 3 handfulls a quarter of pound of Raisins of the Sun, bruised to a mass & of Liquorice cut one ounce of Sweet fenal Seeds bruised Strain it & put it into bottles here of drink a pt every morning & Evening. — — — — —

Dr Chambers Blistering Plaster —

Take white pitch 4 ounces Venice turpentine one ounce and ℞: melt ℞: together carefully ov. a slow fire ℞: melted: Take 1 ounce of French flies finely beat and Sereed Stir all well together with one ounce of ℞ Sharpest vinegar you can get: So Stir it all very well together, and putt it in a pot and keep it for using. —

Mrs Todd's Receipt — —

Take half a handfull of Centrey and ℞ a handfull of Cardous & ℞ a handfull of Cammomile flow. & half a handfull of mother of time & other time, half a handfull of Sage one handfull of Bettany ℞ an ounce of gentian root and a quarter of an ounce of Seanny one handfull of horse shoe Stubs. You Call these in 3 quarts of Spring water to 3 pints and drink a draught of itt for 9 mornings fastings and walk or run after itt. — — —

To Make red Lip Salve —

Take one ounce of white wax 2 ounces of pomatum 6 pony worth of Balsom of Tirrow a good Quantity of Alkonnet root Boil all these till you see itt of a good Colour then Strain itt and keep itt for use. — — — —

To make a very good Lip Salve.

Take 6 ounces of Marrow one ounce of white wax 2 ounce of pomatum half an ounce of oyl of mace slice ye wax very thin and put itt into a little skillet with a gill of rose water and a few stoned raisins let itt boil well then put in ye marrow and let all melted strain itt through a thin Rag and make ye skillet Clean and put itt in again and ~~melt~~ to ye oyl of mace and pomatum.

The Infused poppy Surfeit Water

Take 6 quarts of ye best Brandy 2 qrts of Cold poppy water 2 of Raisins of ye sun stoned one pound of figs ~~stoned~~ sliced 4 ounces of Liquorice scraped and pulled to pieces 2 ounces of Annaseeds put all these into a deep Jarr with a wide mouth and stir them well together then put in 3 pecks of Corn poppy leaves ye blacks Cutt from them stir them all together and let itt stand 3 days close covered. then strain itt and let itt stand 3 days longer to settle then Bottle itt close up. —

The Vertues. —

It Cooleth ye head, liver and kidneys it procureth sleep in fevers it allayeth thirst it easeth pain in ye head stops bleeding and is admirable in pluresies surfeits or when ye blood is over heated in all hott diseases may be given safely. —

To Make a paist for ye face By S. B.

Take a quarter of a pound of Bitter almonds blanch and beat them to a fine paist using a little Rose water to keep them from oyling take a pint of white wine mix them very well set them upon a quick fire and stir it till it come to such a thickness as will turn out of ye pan then mix it wth 2 drams of spermaceti and stir it well together & putt it up if you make it for ye hands ~~putt a little~~ white bread & ye Yolk of an Egg.

To Make ye Green Balsom

Take 2 gallons of ye best sweet oyl take Lavender Cotton feather few Camomile southernwood worm wood ~~Roman~~ wormwood French wormwood Smallage green sage ~~pur~~ Cy Mary gold Bawes hop tops Single mallows Sorrel take a handfull of these herbs 2 handfulls Lavend. tops 5 handfulls Red rose Bawes one peck shred all these very small and putt to them 3 pints of ye oyl and Cett them stand 10 dayes stirring them every day then putt the rest of ye oyl to it and boyl it all together over a soft fire till ye herbs be crisp then strain it into an Earthen pot and when its sakkd take ye Barsh and put it into Bottles for your use

This is Excellent good for a Cough or stoping in ye stomach one spoonfull wth sug. d. m^g Morning fasting and fast one hour after it the same quantity when you goe to bed to a child 3 or 4 drops upon sugar often in a day ye drogs is good for horses.

~~To Make Sengreen~~

~~Take Pigeon or Chicken and putt them up~~

The Perfume

Benjamin 4 ounce Storax ½ an ounce Coarthem to a powder and putt ye oyl of Lignum Rodes 2 dram oil of Cloves 10 drops oil of sweet Margerom 6 drops Civit 3 grains Musk 4 grains dissolved in 10 drops of Rose or Orange flow. water and so made up.

Sweet Powder for Linning By Mr.

Orace roots 1 pd. and half Calamus a ltr of a pd. Long Cyprus ~~half~~ of a pd Lignum Rodium one pound Cassia Lignum 2 ounces garbell of Cloves 2 ounces Sutt ye roots and add to them some rose buds dryd and two or three handfulls of sweet Marjerom coarsly Cloves and mingle all these together

The King of France's paist for hands

Take 2 ounces of ye 4 Cold seeds half a pound of Bitter almonds ye Crumb of a two penny white loaf ye yolks of 2 Eggs 1 dram of Borax 2 drams of Spermaceti 12 grains of Camphire 1 pt of Milk; blanch ye seeds & almonds and coar them very small mix all together and sett itt upon a gerke fore till itt grow thick then take itt of and putt itt in potts for yo. use.

An Excellent Receipt For Palsie Water of great Vertue for a Drainesse in ye Head & Weakness of Sinews

Take of Lavender flow.rs picked Clean and stripped fill a gallon glass then poor on them good spirit of wine to fill ye glass then set it to stoop in a warm place for six weeks close stopt if you cannot have spirit of wine, then take exceeding good Aquavite and take flow.rs of sage Rosemary, Bettony of each one handfull Burrage flow.rs Buglass flow.rs Gilly Conwall flow.rs and Cowslip flow.rs of each two handfulls. digest them in good spirit of wine gather every one in it's season take Paulm Mother wort Spikenard Bay leaves and if you can gett ye leaves and flowers of Orange trees of each an ounce. Cutt or chop these herbs and put into ye spirit as afore.rd. then take Citron pills & Lemon pills yellow Sand.rs in powd.r of each an ounce Lignum Aloes one dram put these in ye spirit of Juniper the stones take out one ounce and shred them then distill it all in a Limbeck save it in several glasses till all ye vertue be out put in this water of fine prepared pearl two drams of prepared Samarage stone one scruple of good amber grease musk and Safron of each half a scruple of dry red roses of yellow & red sanders shred small of each one ounce putt these in a fine screenett Bagg and hang them in it close stopt.

This water is of great vertue in all swoonings Weakness of ye heart and decaying of spirit in all appoplexes Palsies Epilepsies pains of ye Joynts coming by cold braises outwardly bathed and dipped in it strengthens ye Memory and stomach take it inwardly and bath it outwardly take of it a Quart.r of a spoonfull fast a Qtr of an hour

A Receipt for deafness

Take a spoonfull of Brandy & as much vinegar, mix these with a spoonfull of ye sap that comes out of a Female Ash — that bears Chatts put it up in a Little bottle & drop it into ye Ear Morning & Night or oftner as you please, this Cured one that was deaf 20 years; you must let ye Ash stick be of a good thickness & lay it cross ye fire & sap will drop out at each End. — — — — — — — — —

A Plaster to stay vomiting Lady Carr

take dryd mint & gum mastick of each ounce white Corrall halfe ounce & four ounces of the powder of Barly oyle of mastick & oyle of Quince of each ounce & halfe Bees wax ½ ounces venice turpentine 2 ounces take the mastick & Corall & mint & Barly & Beat them all to powder & sift them with the wax then put in the turpintine & the oyles then the powders mix them all well together & make it into Roules & so spread it upon Lether & Clap to the stomack. —

The Gaskin Powd. By my Lady Cay

Take of white amber white Corrall hartshorn Crabs eyes red Corrall, of ye Root of Contrayerva of each ounce of ye black of Crabs Claws as much in weight as all together beat ym severall into powd. & searce them thro a tifany so — make them up in gilly of hartshorn & dry them w th — a moderate heat ye Crabs Claws must be in March or in September. — — — — —

A Receipt for a Weak Child

Take of Unguentum Rosinum two ounces, of Unguentum Martialum an ounce & oyl of Mace half an ounce & dissolve all together over a gentle fire & keep for the aforesaid use & anoint the Child twice a day with it & rub it well into his joints before the fire

For a sore breast

Take 2 spoonfulls of ordinary sope & 2 spoonfulls of honey & as much salt as will serve 6 Eggs. Boile them all together till it be as thick as treacle it must be kept all ways stirring lest it burn, & spread on sheepes leather it will burst the scalder heal

For a tickling Cough

To a pound of old Conserve of Roses & ¼ of Rasins after the same is stoned & as much white sugar Candy sifted & beat with the conserve 44 drops of spirits of Sulphur and 44 drops of spirit of Vitriol three drops must be added to the rest & after well mixt must be taken when the tickling returns falls a little upon a knife point

For the piles

Unguentum populium to anoint the part two or three times a day

A Receipt for a Rheumatism

Take 100 Lead oyl of Olives 8 oz. boyl them to ye consistance of a plaister & afterward add Camphore an ounce opium a dram to make it up. Take of the best spirit of wine 8 ounces extract of Opium a dram, mix them together. Take Fumitory, sanicle grass Germander of each a handfull Lignum Vitæ, China roots of each two ounces sassaparilla 3 ounces Sassafras an ounce & half water Cresses Annaseeds Coriander seeds of each half an ounce slice & bruise them to a gross powder & boyl them in 4 Quarts of Ronish & 4 Quarts of water to half the Quantity. Take Germander, Chamepills of each a handfull. fine senna one ounce & half, of Rubarb 3 drams, sallop & Jaw both roots of each one ounce. Black Hellibore 2 drams, Annaseeds, fennell of each a dram & half, the bark of Guiacum half an ounce dwart Elder an ounce, Let all be bruised to powder infuse them in 2 quarts of Ronish wine — — — — — — — — — — —

A Drink for one that troubled with humours —

Take a gallon & ½ of beerwort one handfull of Elder Leaves a handfull of the inside of elder bark, an handfull Angelicas ½ a handfull Elecampe, boyl them all together a prtty while then strain the herbs from ye drinke & let it stand till it is all most cold then put some yist to it when it is Cleared enough bottle it & drink a gullfull 2 or 3 times a day or oftener. — — — — — — — — —

A Powder for Convultions —

Two ounces of an after birth dryed & finely powdered single
peganny root & Gentian root of each an ounce, & like of dead
mans scull, all finely powdered, mix them all well together, &
give to Children, as much as will lye upon a twopence, 3
days together in black Cherry water, let it be given
for three Moons, 3 days before & fall of the moon: & 3
days after to man or woman, as much as will lye upon
a sixpence — — — — — — — — — —

The Worm oyntment

Take of Lavender, Cotton, Wormwood, Rue, Wallnut
leaves, Southernwood, ribwort, Spearmint & savin ~~each~~
of each three handfulls strip them from the stalks & shred
them very small & boyl them in 3 pound of fresh Butter
unwasht till the herbs be hard stirring it all the time —
then strain it into pots for the use. When you give the
~~worm~~ powder let the navill & the stomach of the Child
be anointed with this. — — — — —

Mrs Vains Receipt for Worms. —

Take two ounces of French barley, a pennyworth of
Cinnamond a pennyworth of Liquorish & a Quarter of
a pound of figgs; boyl them in a Qrt of water till it comes
to a pint, then stram it & give it as oft as they please
either night or day — — — — — — — —

A Plaister for ye Breast By Mr^s Mary

Take an ounce of white wax an ounce of oyle of almonds a spoonfull of parmacity the Bignes of half an Egg in fresh Butter melt all this together still keeping it stirring spread it thin upon a new Cloth so lay it warm to the Breast put flax or wool under her arms dipt in Brandy or hungary water let it be laid on as soon as you can after being bemg brought to bed. The plaister must be taken of every night and warm & the Breast anointed with what left of making the plaister must be laid on warm again the flap opened out & new dipped be sure the plaister be big enough to keep the Breast very warm. — —

A Pullis for a sore Breast —

Take 3 gills of blue Milk & half a handfull of Marshmallows and as much Cammamile and one penny worth of safron & half a handfull of Oatmeal boyl all these together very well & then put in a little hogs grease or butter if you cannot bide the smell and then lay it on pretty hot every day afresh —

A purge for Children of all Ages

Take of Choice Rusbarb thin sliced two drams burnt harts horn grosly powdered one ounce infuse them one day in a glass bottle of table beer that will contain ab^t a q^rt cork it very close and shake it very often in that time and let ye Children drink of it 2 or 3 times a day for their ordinary drink when a pint is gone fill it up again & so do for 3 or 4 times till all the strength be gone the Children drinking all the while as you find it work may give a Larger or Lesser quantity — —

A Purge for a Child

Take one ounce of senny divided into three parts with half a Quarter of Annaseeds & half an ounce of Dickoras & a few fennal seeds th. a little Brown sugar, set it to infuse in a tankard with a gill of water da half all night to strain it & give a spoonfull in ye Morning —

A Cure for a sore breast

Take stone horse horns which grows on the legs about ye knee dry it well before the fire & take a thimble full thereof & one thimble full of ye powder of Mace put these into a quart of Ale ale drink the same at four times — first at Morn & last at Night as warm as new milk — Continue this day after day till Cure; washing the drink when out apply no plaister nor pultis during the time but only a scarlet or red cloth upon ye breasts. — — —

A Pultis for a sore breast

Take a Quart of new milk a large handfull of water Cresses half a handfull of oat meal, boyl them a little ye. put in sweet butter or sweet shot a little & let all boyl together to a pultis & lay it pretty warm on every day fresh you may make as much at a time as will serve twice, & lay on warm. — — — —

To Make the Calibiat wine

Take 2 ounces of stool prepared with sulphur, Safron ½ a dram in a bagg as much Castor in a bagg infuse them in a Quart of white wine — — —

A Recⁿ for the Rickets or any weak Child

After 9 or 10 days of May is past take one quart of black snails gathered as clean from grass & earth as you can then put them in a pewter dish & cast half an handfull of salt on them & let ym stand then an hour till they have cast all their eye then take out all their skins & beat them as you do eggs till they be short & comply froth, then take half a pound of May butter new churned made all of May milk & work it with ye eye & butter together with the hand as Leaven letting no heat of the fire come to it so anoint ye Child by a good fire from ye neck to ye foot only the stomach & ye part of ye back that is opposite, pin a piece of cloth from ye arms down under the shirt & let it wear it eight days & not change yt Linen the Child must be anointed 3 & no more & but every other night the first thing it takes after anointing must be a little Claret wine poyset drink & keep it warm.

The Eye Water

Take of fully & white sugar Candy in powder, each as much as will lye upon a shilling & of ye Celestial stone as much as will lie upon a silver twopence, Mix the powders together & tye them up in 6 or 7 pieces of thin Muslin & put ym into a bottle with a gill of white Rose water shake it well together, it may be used in half an hour but will be better with keeping.

A Worm Plaister

Make mithridate so much as will make your plaister & mix with it powder of Aloes & powder of wormwood of each alike quantity & if in winter a much powder of rue but y juice is much better, make it no thicker wth y powders than to spread without running must be laid upon shoes leather & cut with a small end which must be to be laid an inch or two above y pitt of y stomach & it must be sure not to touch the navill for if it doe will make them sick

A Rec^t for a very sore eye

It is proper to take 8 or 10 ounces of blood from y arm and purge the day following with a dram of pill Cochia in pills apply to y eye at night conserve of roses & to y temples the white of an egg mixt with bole Armenack — — The water for y eye is plantain and rose water of each — 2 ounces sugar of lead 10 grains vitriall 2 grains & alittle honey mix all together & wash the eye after

For Convulsion fits

Take 6 onions of y largest size, roasted, & as much male peyany Root as will lye upon ones 4 fingers, & beat them in a mortar with a penny worth of the oyle of Rue; & then apply them to y belly of y child, when y fits comes, & if y child receives advantage by it; & y fits begins to abate of its violence then renew it again for two or three days when y fitts are in Coming — — — —

A Receipt for a Rhumatism & Collick - -

Take three quarters of an ounce of Rhubarb powdered caraway seeds fennill seeds of each an ounce brown sugar candy two ounces - corrainder seeds half an ounce powder of Liquorrish an ounce Crem of Tarter an ounce all these made into a fine powder & as much as will lye on a half crown take in the mornig fasting & at night for a week

A Receipt for the Kings Evil -

Take one ounce of Lignum vitee and put it into a new pitcher with fore pints of spring Water paste ye pitcher close up and set it into a pot of water on the fire let ye water boyle fore hours then take out ye pitcher & when ye liquor is cold let ye person drink ye forth part of a pinte or more in ye morning fasting at fore in ye after noon & ye last thing goeing to bed continewing the course for a yeare together if it be not cured before this quantity is for a Childe a person in years must drink a greater proportion at a time - you may let the Lignum vitee remain in ye liquor all the time it is drinking & must be taken sprin and fall after ye peson is cured - - -

For ye sore or sweeling lay ye leaves of hounds tongue whole not bruised and apply it fresh night & morning - wash ye sore with plantine water - -

A Worm ointment

Take ye Compound ointment of Althea one ounce - ye ointment of Arthanita and martiatum of each two drachms - oyle of white Lillies and of Chamomile of each thre drachms - mix them togeather for a Linament - - this Cures hardness of the bellyes from winde and obstrucktions - kills worms - and five or ten drops of oyle of Khodiam added to itt gives itt a very gratefull smell - - -

An Excelent ointment for a burn

In Aprill or ye beginning of may take reed Dock root scrape & slice thin a good quantity into a pan of may butter unsalted - sett itt on a gentle fire & Lett itt hang thre hours In a moderate heate then Boyle itt till you thinke ye goodnes of ye roots is out & strain itt into pots for ye use

The Bitter decoction

Take tops of ye Leser Sentry & Camomile flowers each a pricill Gentian root half a scruple fine Senna & Cardis seeds each a drachm - boyle itt in six or eight ounces of Water to fore

A Worm plaster

Take London treackle half an ounce - pouder of Hieripicre a drachm - Juice of Rue or Wormwood as much as will soften itt - so spread itt upon Leather and Lay itt to the stomack - - -

A Drink In a fitt of the Stone

Take Marshmallow roots & Liquorice dryed of each one ounce to be infuse[d] in thre pints of [illegible] posset-drink made with lisbon White Wine & Milk

To make syrup of Marsh Mallows

Take of Marsh Mallow roots two ounces reed cisers one ounce the roots of asparagrus liquerish & kasins stone of each half an ounce y[e] Branches of Marsh Mallows pellitory of y[e] Wall - Burnet. Planton black & white Marden hair of each one handfull of the fore great and fore lesier cold seeds of each thre drams - boyle them in six quarts of water till only fore remain to w[ch] add fore pound of sugger & boyle it to a syrup & be sure to boyle it enough if you dont it will imediately turn Sour

A Drink instead of Ases Milk

Take two ounces of pearle Barly two ounces of hartshorn - boyle them in two quarts of spring watter till one third be consumed then put in a dusen Snails - washed and boyled and two ounces of candia Eringeo root and let it boyle a little while then strain it off and take six spoonfuls of it and one of Milk warmd in the morn[g] and at fore in the afternoon - it must be warm by setting the cup in scalding watter -

To make a Black plaster good for any
Strain - Bruse - or - swelling - - by M M -

Take a pinte of sallet oyle - & better then thre
quarters of a pound of yellow virgins Wax
half a pound of white Lead two ounce of
olibanum - two ounce of ffrankinsence -
two ounce of mastick - two ounce of
myrrhe - a quarter of an ounce of Cam
phire - all beaten & secirst fine & putt
In severall papers - then take a skillet
will hold more then a Gallon - put In
the oyle & Wax & sett itt over a slow fire
till ye wax is melted - shake In ye white
Lead & stir ym well together & Lett itt boyle
half an houre - then by Little & Little your
Frankinicense & boyle it - and so In Like
manner shake in ye olibanum & mastick
then ye Myrrhe very Carefully a little
att a time Leste itt rise over ye pan - when
itt Lookes as Black as Jett - take itt of ~~and~~
the fire and putt in ye Camphire & stir
itt till itt be so Cold to make into roles
wch you may putt in the papers the
Gumbs was In - and itt will keep many

Take of burnt Hartshorn - Rue barb - Seany
wormseed - Coraline of each an ounce &
pouder them very fine - & mix them well
together a Child may take as much as
will Lie upon a threpence or six pence
itt must be giween In a spounfull of
treakle - - - - Continew itt thre morn

This is a pouder for Worms

The Rickit Drink - - —

Take Harts: tongue - Liverwort Horehound Maiden: Haire. Agrimony - Rosemary - of each half a handfull - Liquoris - Maddar roots - & Tamarisk bark - of each 3 drams, China: root: half an ounce - Curans 2 ounces - Rasons of ye sun stoned - an ounce - Anaseeds - & Sweet fenell seeds - of each 2 drams - Cut ye herbs - Sclise ye roots - & bruse ye seeds - boile y^m in a Gallon & half of midling Ale to half - put it to work wth barm in a convenient vessell - w^n it is well wrought - give 3 ounce every morning sweetend wth Sugar Candy - adding to every dose half a scruple of cream of Tarter -

purge y^m once in 10 days wth Syrup of Succory wth Rubarb - & Syr: of Roses Solutive wth Agarick - of each half an ounce — —
after ye use of ye decoction - for some weeks bath 2 or 3 in ye Sulpher water —

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--Cordiall Milk Water--

Take leves of medowsweet, Carduus benedictus, Goats rue, of each 3 handfulls, mint, & comon wormwood, of each 2 handfulls & an half, Rue an handfull, and an half, Angelico, an handfull bruise ye herbs & put to y^m a gallon, & an half of new milk, & destill y^n in a cold still - -

--- Pectorall milk Water--

Take of Garden snailes wth ye shells on & bruised half a pound, piggs blood, a pound, Ground Joy, & maidens Hair of each, an handfull & an half harts tongue a good handfull, Liquorice, & Annisseeds Crushed, of each an ounce & an half, rasons stoned 4 ounces, milk 6 pints destill y^m - - -

--Mrs Vains receipt for worms--

Take two ounces of ffrench Barley, a Penyworth of Cinamon, a pennyworth of Liquorish, & a quarter of a pound of figgs; boyle these in 3 pints of water till it comes to 3 gills, y^n strain it & give it as oft as they please either night or day - - -

A receipt for Chilblains & kibes

Take two peneth of bee wax - one peneth of rosin, the brames of a goose ege or Hoys fatt one or two spoonfuls of oyle melted all - togeather & strained into a pott, so keep it for use - tis good both to breake & heele - -

To Make Soape - -

Take 2 old pecks of whinn ashes, burnt before ye whinns be in bloom, a new peck of lime that have never got well lay ye ashes upon a clean flowr, & make a hole in ye middle of y^m & put in ye lime y^n strinkle 3 or 4 quarts of water upon it. y^n cover ye ashes close ober it, till ye lime may be well burst, y^n put it into a tubb with a quantity of boilling water y^n stir it a litle with a stick, let it stand 2 hours, pull out ye tap, & let it but just drop of, y^n put ye lee into a cettell, & put in, 8 p^d of suet, shed amongst it, & let it boyll 2 hours, w^n it is almost enough stirr it all ye time it is upon ye fire, put in a litle powder blue, mixed with a litle of lee into it if y^u please, put it into a dry slaf tub so cut it out next day into what form y^u please - - -

To Wash Buckens

They must fill ye Tub wth ye linen laing ye most Durty at ye bottom, y^n put one a very Ashe Cloath, to a tub y^t holds 4 Bushels, put upon ye Ashe Cloath 3 Gallons of Clean sifted Ashes, y^n put up warm water, & let it stand a prety while, y^n draw y^t off & put up more warm water, & so Keep puting up & drawing of a bout half a day; but ye water must never boill for y^t will drent in ye dirt, they may find when tis Bucked Enough by y^e ~~[illegible]~~ runing out of ye lee clearer & Clearer, w^n tis done wth warm water let it stand a while, & draw y^t water Clear of before you put ye water to go to washing otherways it will break ye maids hands, it may be drove one day & washed ye next or All in a day wch they will, tis ussiall here to put a row either of Wormwod mercury or cookcopits, upon ye Ashes Cloth befor you put it upon ye Ashes, so y^t it makes ye Bucken wash ye slipperer & whiter it must be wod Ashes. In 2 or 3 times Experiena will teach ye maids beter y^n all I can say as for ye quantity of ashes & so forth — They say tis ye best way to water wash ye linen wth soap & warm water before tis put into ye Tub, some do & some do not —

A receit for worms

Take of wormsed & flowre of brimston the quantety of a nutmeg but their must be two parts wormseed & one flower of brimston mix them well together & then put as much honny to them as those that takes it likes they must take this for thre days together & rest three y^n take it so a gain till they have taken it nine days fasting at least an hour after takeing it — — — — — — — —

For ye worms

Take rea, savin, moagwort, wormwood, penny royal & tanssy, an equall quantety, boyle them gentlely till the infution be very bitter, then strain & drink, a gill, or pint, morning noon & nitght, & three hours after each dose must take a glister made of ye same ingredients — — — — —

A Glister for ye Worms — — —

Take a pint & half of Salt Beef Broath & boile in it, 2 Thimbles full of brused Wormseed, w^n it is comed to half a pint — Strain it, & w^n hue Milk Warme, Stire in it as much fine powder of Alloways, as will lye on a single penny, & give it ye Child hue Milk Warm — — — — — —

The Beaf y^t ye Broath is made on, should be prity fatt, & a bout tendayes, or a fortnight Salted at ye most, but not quite fresh, for y^t wont doe — — — — — — — — —

A Receipt for ye Stone or Gravell —

Take two Gallons of White Wine, two Quarts of Canary, & two of Ale — Ginger — Galingall — Cinamon — Nutmegs — Grains — Mace, Anniseeds, Carriway-seeds, Coriander seeds, & Fennel-seeds — of each two drams, Camomile, Sage, Mint, Red-roses, Thyme, Pellitory of ye Wall, Wild Marjoram, Wild Thyme, Lavander, Pennirial Saxifrage of each one handfull. ~ Fennell roots — Parsley roots, Setwall roots, of each one handfull. ~ Bruise ye Spices, & ye herbs, & slice, ye roots, put yn altogether into an earthen-pot & let yn stand Sixteen hours, stirring now & then —
Destill all in an Alembeck upon a Soft fire, Mix ye first quart bottle, & ye third together, The Dose is two Spoonfuls of it Sweetned wth ye Syrup of Althea once or twice a week for prevention — — — — — — —

An Excellent Water to strengthen ye Eyes by Layn.

Take in May or June half a Still full of Grey Snaills In the Shell bruise them and putt them Into the Still with as much Callindin In flower as will fill itt up so distill itt off & In July or August when eye bright is In flower Still itt and take a third part of eye bright water to the Snaill water and bathe ye eyes in ye morning as oft as you pleas tis an admirable thing if Constantly Continued --

To make ye Plaster for stomack

An ounce of oyle of mace, an ounce of oyle of Turpintine, an ounce of white pitch, an ounce of bees wax, melt all together & keep it for your use, so spread a little on a leather cut fit for ye stomack & grate a little nutmeg upon ye plaster it is good to prevent Consumptions as all deflections of rahm - - - - - - -

-- To make Lossenges --

Take a pint of Scabius water & a pint of Hysop water a pound of green lickquoras Scraped & sliced, lett them Stand all night by ye fire on ye embers ye next day strain it out into a silver bason, set it on ye Coals, let it not boyle, but stand till it be very thick yn take double refined suger Searsed very fine a litle in ye botom of ye mortar & a spounfull of ye Liquor yn sugar on ye top & beat it very well till it be a past yn work it & print ym be beatting more of ye liquoras & sugar till all is beatt.

The Perfume Cakes

Take of Ligum Rhodium 2 ounces, storax an ounce, Cinamon a drachm, musk sixs graines, oyle of Cloves 6 drops gum dragon disolved in rose water a quarter of an ounce ye Ligum Rhodium storax & Cinamon being in fine powder & ye musk finely rubbed in a mortar wth ye ole of Cloves & mixed wth ye powdars, y^n beat it into a pulp. wth ye gum dragon disolved in ye rose water & make y^m into little cakes & dry y^m carfuly upon a dish by ye fire or in a slow oven —

To Make ye Bitter drink

Take Sentry. Cardise, Camomile flowres of each a peneth. Cardis^d seeds, & Sittron, Seeds, of each a peneth, Gentian roots, a peneth, 4 drams of Scane, boyle all these in 2 quarts of water, tell ye third part be Concumed, y^n strain & drink, half a pint in ye morning, & After noon, fasting an hour after each — — — —

For Kibes or Chilblains upon The Heels Feet or Toes

Take two peneth of Bee Wax one peneth of Rosin the bignes of a Goose ege of Hogs fat melted over a slow fire with two spoonfuls of oyle well mixt together so strained into a pott for Constant useing will both break and Hedle with great safety — —

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For A Cancer in ye Breast

Train oyle dyed in Lint fine poudr of Alloway strowd upon itt or the Ruce of itt green were batter than a nother Lave of ye same for two or three Laver warmd over a Chafing dish of Coles and lay itt fresh upon ye Breast once a day

A most Excellent drink for ye Scurvy

Take Southern Wood Worm Wood Bugloss Mugwort Wood bittony Self Heal Sinach Plantane Dandelion Kibwort White Bottle Bramble buds Agrimony Wilde Angelica Cumphry mint Scabius Strawberry Lves violett Lves Daysies wth ye roots Honey Suckels Avens Cinquefoy Hawthornbuds Oak Leaves ground Ivie take of each of these one good Handfull and putt them into 3 gallons of Water & Lett them Infuse all night & boyle them the next day upon a Slow fire till Half be Consumd: or better then strain them well & putt into ye Liquor two quarts of the best white Wine one quart of good Honey four whites of eggs well batt Sett itt on the fire and Lett itt boyle till itt Cast up a thick Scum then strain it throw a flan bagg & when tis Cold bottle itt and drink half a pint att a time in the morning Afternoon and att night

A poudr for Winde

Carraway Seeds 3 quarters of an ounce Liquorice and White Sugar Candy of each 3 quarters of an ounce Rubarb & Cream of Tarter of each a quarter of an ounce poudr all these very fine & mix them together & Lick itt often in a day

Dr Ratclifes recept for a Consumption

Take of prepared Crabs claws, prepared Crabs Eyes, prepared Pearll, white sugar Candy of each ʒ drams, Devide ym into 12 papers of wch take won every morning in a spoonfull of Asses milke drinking afterwards half a pint or a pint of ye same milk — — — — — — — — — — —

yn take Concerve of Hipps Conserve of Red roses Each one ounce & a half prepared read Coral Powder of Haly each 2 drams with ʒ ounces of syrup of Maidens hair to make it a soft Electuary — of wch take ye quantity of a walnut about 10 or Eleven of ye Clock in ye morning & at 5 in ye after noun drinking afterwards ʒ or 4 spoonfulls of ye following Julip — — —

Take of milk water a pint & half Cowslip water half a pint Cinamond barley water 2 ounces white sugar Candy as much as is Sufficient to make it a Julip — — —

The Drink

Take of Sarsaparilla & China roots sliced of each one ounce Harts Horn & Ivory of each 2 drams maiden hair a pugill Canded Eringo roots six drams, boyle thees in two quarts of spring water till it comes to one quart & half a pint, & so drink of it morning & evening & for your constant drink — — — — — — — — — —

To make ye Red wound oyl

Take a quart of ye best sallad oyle, put therein 2 ounce of salladine flours, 2 ounce of rosemary flours 2 ounce of Cumfrey flours, 2 of red rose leves, 2 of Camomile flowers, & ¼ ounce of St John wort flowr ye stirr ym well together yn putt in half a pint of ye best aquavita & half a pint of ye best turpintine half a pint of good white wine vinagar, stirr them all together, put yn into an earthen pott past it up wth fine paste, boyl it in ye pot 8 hours yn strain it & let it stand to settle, yn cleare & put it up for ye use — — — — — — — —

— It is god for all woundes — — —

— — Old or new — — — — —

a Concumption plaister

Take of Burgandy pitch Rosin bees wax of each 12 ounces an ounce & half of course turpintine an ounce of oyle of mace, melt all these togethr & pour it into cold water & pull it like bird lime for an houre to gether then spread it on sheeps leather & grate a nutmeg upon it, & lay it on ye stomach — — —

A Jelly for a Consumption or any weakness

Take ye hinder leg of an ox & cut away all ye fatt flesh
yn bruise all ye bones sineus & grissles yn take an old cock
not fatt take away all ye fatt about ye rump dresse & bruise
him to pieces take 4 calves feet, do not boil but blanch them &
bruise ym to pieces a pound of dates stoned & sliced & ye thin skin
next ye bone taken out a pound of raisins of ye sunn stoned
a pound of blew currans a pound of white sugar Candy half
a pound of hartshorne a quarter of a pound of ivory 6 peny
worth of saffron mace nutmeg & cloves of each a quarter of an
ounce halfe an ounce of cinamon a quarter of an ounce
of marygold flowers, an ounce of Camprey an ounce of eringo
roots a handfull of sweet herbs & 6 penny worth of leaf gold
do not wash any of these but mix all together & put yn in
an earthen pot put no water at all to yn close it very well
with paste & set it on a kettle of watter on ye fire keep it
boiling 4 dayes & nights till all ye virtue be come out of ye
ingredients yn strain out ye liquor & let it stand till cold
take of ye fatt & make use of ye jelly keep hot water to
fill up ye kettle as it boils away & be sure ye water comes
as high as ye ingredients otherwise they will spoil you
may take 2 spoonfulls at a time no warmer yn to melt it
& squeese a little juce of lemon into it

To stop a purging

Take 10 grains of rewburb powdered ye
bignes of a nutmeg of Conceryte of wod sorell
ye bignes of a large pee of Diascordim mix
all these together & give it ye patient
if to a child 5 grains of rewburb

An admirable oyle for strains or broken bones by L Tent

Take mugwort ~ red sage ~ lavender buds ~ cammomile ~ lavender cotton ~ germander ~ sweet Marjoram ~ rosemary ~ winter savory ~ hyssope & perowinkle ~ of each three handfulls ~ shred ym small & put ym into 3 pints of neats foot oyle & one pint of ye best oyle olive ~ set yn on a gentle fire & let yn boile softly for a quarter of an hour ~ yn let ym stand till ye next day ~ yn warme it & strain out ye herbs & put in halfe a pint of brandy & halfe a pint of ye spirit of wine ~ let it boil very softly a quarter of an hour & yn strain it out ~ you must use it in this maner ~ ~ ~ ~ ~
Take a quarter of a spoonfull at a time & just warme it over a pan of coals ~ yn take it off & rub it well into ye place greived with a warm hand till it be near dry ~ yn have pece of flannel ready & lay it hot upon it ~ wearing it constantly upon it & chaffing it morning & evening till it be perfectly well ~ this oyle must be boiled first in a skillet ~ but must be poured into an earthen pipkin & be close covered ye 2d time ~ It has recoverd limbs yt have bene lame several years ~ having bene both benumb & witherd ~

~ against ye tooth ach & Rhume in ye teeth & jaws ~ ~
~ nbyt Mrs Vain ~ ~
Take a quart of old crab verjuce put it into a pipkin put to it ye quantity of a wallnut of roach allom a few bruised cloves ~ rosemary & time of each a sprigg boil all to a pint ~ when cold bottle it ~ when you use it warm it & hold a spoonfull on ye side of your mouth ye pain is or soreness it will dry ye rhume & fasten ye teeth ~ ~ ~ ~ ~
~ ~ For ye heart burn ~ ~
Take new milk & put to a penny loaf sliced ye bread way still it in a cold still & let it drop upon white sugar candy and sticks of cinamond ~ ~ ~

The best sort of red powder ~

Take of tormentill roots & Leaves Sabius pimpernell cardius bataw Scordium angelica Leaves of each a handfull washed & dryed in a Cloth Shred & a little bruised - put them into a pinte of white wine stiring itt oftan - Let it stand 24 hours then strain itt. ~~& put in fresh liquor more~~ and take one pound of ye best bole almonack finely powdered & sifted put it into a bason & strain in as much of the white wine as will make it like butter stiring it well & oftan setting it in ye Sun when it is dry put in more of ye wine & so dow till all be in - when you put in ye last put in with itt Mithridate diascordium burnt Hartshorn & turmerick of each one ounce - Saffron oriental bezar and Contra Aura of each half a quarter of an ounce - Alcarmus half an ounce when it is dry make it into balls for ye house you may make itt only wth herbes and wine & it will be good for a great many disases ~ It is excellent in all fravours ye small pox ye measles Colick Agues or any other distempar being taken as much as will lie on a shilling in any sort of Cordiall water & sweat after itt a little may take it 3 times or more if need requires itt ~

A poultice for a venome ~

Take rue angelica Sparment and mastewort otherwise called pallitory of Spain Shred them & boyle them in new milk thicken itt wth bread poultice high & so apply itt ~ ~

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To Make a good Lip Salve ~ ~

Take white wax an ounce - pomatum two ounces Balsom of peruu 6 penneth and a good quantity of Alkannett roots boyle all these together till you see it of a good Culler then strain it into Card Coffins for ye youse ~ ~

~ The Lady Hodgsons eye water

Take of ye best Aloes - white sugar Candy and Lapis tutty prepared of each half an ounce of Camphire a quarter of an ounce - wash the tutty in breast milk of a boy three times letting it stand three hours each time upon it - so put ye ingredients into a pinte of Sherry Sack shake ye bottle well every day for 3 or 4 days - 3 or 6 times a day ye when you youse it you may mix it with fennel water weaker or stronger as ye eyes require ~ ~

~ For ye griping of ye guts

Take pidgons dung dry it & beate it to poulder then mixt it with diascordium and take the bigness of a nutmeg att once & it seldom failes to Cure the patient ~ ~

~ Against ye tooth acke & wormes in ye teeth

Take a quart of old Cider vinegar put to it ye quantity of a walnut of rock Allom a few bruised Cloves rosemary & time of each a sprig boyle all to a pinte & when Cold bottle it the when ye youse it warm it & hold a spoonfull in ye side of ye mouth where ye paine is or soreness it will drye the wormes and fasten the teeth ~ ~ ~

Liquorich Tea a good Pectorall:

Take an ounce of Liquorich & bruse it wth a pestle & draw it out into strings add thereto one dram of sweet fennel seed bruised & a few leaves of Ale Roof to wch pour a quart of boyling spring water keep itt for youse in a silver tankard or tea pott & take every day two small tea dishes thereof very warm att medicinall hours especialy at 4 in the after noon & going to bed.

itt is an excellent remedy against shortness of breath proceeding either from a fitt of ye Asthma or som stopage in ye breast caused by a great Cold.

if ye breast be sore before you drink this at night take Conserve of hips & Lucatellus Balsom mixt well together ye quantity of of a small notmeg.

The Leaden plaster.

Take 2 pound & a quarter of ye best & greanest Sallad oyle with a pound of red Lead & a pound of white-beat ym into dust then take 12 ounce of Castle Soape incorporate these well together in an earthen pott ye the Soape may Com upwards sett it on a smell fire of Coles an hour & half always stiring itt then make the fire somthing bigger & boyle itt till it be the Cullor of ye boylt then drop a Little on a board & if it neither Cleave to it nor ye finger tis enough then take ye Cloths not to Cours but of a reasonable Holland & when you have dipt them rub them with a slight stone it will keep 2 years ye older ye better so Long as it sticks tis good the vertues of it are these

if it be Laid to ye stomacke it provoketh appetite & taketh away paine ye same to ye belly it eases Laid to ye back it Cures ye flux & running of ye reins or weakness in ye back it healeth all bussers & swellings it takes away ackes & breaches fallons pishes & impostumes & heales ym it drawes out any running humour without breaking ye skin ye same Laide to ye head is good for sore eyes

Lucutallas Balsom

Take of ye oyle of Swallows 3 pound - oyle of St Johns wort - 2 ounces - oyle of bayes 3 ounces oyle of potrels Juniper & spike of each an ounce - one ℔ of venice turpintine washt in rose water till it be white - one ounce of naturall Balsom. 4 ounces of red Sanders one ounce of yellow wax - melt ye wax in ye oyle of Swallows on a soft fire then put to it ye other oyles then mix with ye other oyles bring it to ye Sanders stiring it Continuwaly & lastly take it from ye fire & bring something more then luke warm add to it ye turpintine still stiring till it be Cold - both to incorporate ye turpintine & hinder ye Sanders from falling to ye bottom - this will be ye better for age - when it is thus made put it into a pott well Leaded - & Close tyed up in some box or tub buried in ye earth a or 4 monthes wch will add much to its vertue

For a sore throte or Squinsey an excellent receipt

Take a killock newly cast up by ye mole open it and take of ye fresh fat & pick out ye little pebbles & put it on a dish over a Clear fire with a little vinagar and oyle of roses or Sallett oyle Let it stew well together a pretty while till it be hott then spread it on a strong dubble Cloth as hott as you can suffer it lay it all under ye throte & leave this Day morning & night keeping very warm - & in 3 or 4 times doeing will speedily Cure - warming it again with a little fresh oyle

A Consumption plaister

Take frankincence white pitch bees wax & oyle of mace of each one ounce dissolve ye all together upon a soft fire & spread it upon sheep leather grate nutmeg upon it & Lay it upon the stomacke

Incutallas Balsom

Take of ye oyle of Swallows 3 pound - oyle of St Johns wort - 2 ounces - oyle of bayes 3 ounces oyle of petrels Juniper & spike of each an ounce - one p of venice turpintine washt in rose water till it be white - one ounce of naturall Balsom. 4 ounces of red Sanders one ounce of yellow wax - melt ye wax in ye oyle of Swallows on a soft fire then put to itt ye other oyles then mix with ye other oyles being hott ye Sanders stirring it - Continually & Lastly take itt from ye fire & being something more than Lukewarm add to itt ye turpintine still stirring till it be Cold - both to incorporate ye turpintine & hinder ye Sanders from falling to ye bottom - this will be ye better for age - when it is thus made put it into a pott well Leaded - & Close tyed up in some box or tub buried in ye earth a one q month wch will add much to its vertue

For a sore throte or Squinsey an excellent

Take a killock newly Cast up by ye mole open it and take of ye fresh fat & pick out ye little pebbles & put it on a dish over a Clear fire with a little vinagar and oyle of roses or Sallatt oyle Let it stew well together a pretty while till it be hott then spread it on a strong dubble Cloth as hott as you Can suffer itt Lay it all under ye throte & raise this Daw morning & night keeping very warm - & in 3 or 4 Dayes Dowing will speedily Cure - warming it again with a little fresh oyle

A Consumption plaister

Take frankincence - white pitch - Ybers wax & oyle of mace of each one ounce dissolve ye all together upon a soft fire & spread itt upon sheep Leather grate nutmeg upon it & Lay it upon the stomacke

Lucatallas balsom

take of ye oyle of swallows 3 pound - oyle of St Johns wort - 2 ounces - oyle of bayes 3 ounces oyle of petrels Juniper & spike of each an ounce - one ℔ of venice turpintine washt in rose water till it be white - one ounce of naturall balsom. 4 ounce of red sanders one ounce of yellow wax - melt ye wax in ye oyle of swallows on a soft fire then put to it ye other oyles then mix with ye other oyles being hott ye sanders stiring it - continually & lastly take it from ye fire & being something more than luke warm add to it ye turpintine still stiring till it be cold - both to incorporate ye turpintine & hinder ye sanders from falling to ye bottom - this will be ye better for age - when it is thus made put it into a pott well leaded - & close tyed up in som box or tub buried in ye earth a 6 or 7 monthes wch will add much to its vertue

For a sore throte or squinsey an excellent receipt

take a killock newly cast up by ye mole open it and take of ye fresh fat & pick out ye little pebbles & put it on a dish over a clear fire with a little vinagar and oyle of roses or sallett oyle let it stew well together a pretty while till it be hott then spread it on a strong dubble cloth as hott as you can suffer it lay it all under ye throte & leave this daw morning & night keeping very warm - & in 3 or 4 times dressing will speedily cure - warming it again with a little fresh oyle

A consumption plaister

take frankincence white pitch yellow wax & oyle of mace of each one ounce dissolve ye all together upon a soft fire & spread it upon sheep leather grate nutmeg upon it & lay it upon the stomacke

A Lucatallas balsom

take of ye oyle of swallows 3 pound - oyle of St Johns wort - 2 ounces - oyle of bayes 3 ounces oyle of petrels Juniper & spike of each an ounce - one p of venice turpintine washt in rose water till it be white - one ounce of naturall balsom. & ounce of red Sanders one ounce of yellow wax - melt ye wax in ye oyle of swallows on a soft fire then put to itt ye other oyles then mix with ye other oyles being hott ye Sanders stiring it - Continuably & Lastly take itt from ye fire & being something more than Luke warm add to itt ye turpintine still stiring till it be Cold - both to incorporate ye turpintine & hinder ye Sanders from falling to ye bottom - this will be ye better for age - when it is thus made put it into a pott well Leaded - & Close tyed up in some box or tub buried in ye earth a or 4 monthes wch will add much to its vertue

For a sore throte or squinsey an excellent receipt - take a killock newly cast up by ye mole open it and take of ye fresh dirt & pick out ye little pebbles & put it on a dish over a Clear fire with a little vinagar and oyle of roses or sallatt oyle Let it stew well together a pretty while till it be hott then spread it on a strong dubble Cloth as hott as you can suffer itt Lay it all under ye throte & leave this Day morning & night keeping very warm - & in 3 or 4 times Dressing will speedily Cure - warming it again with a little fresh oyle

A Consumption plaister

take frankincence white pitch yellow wax & oyle of mace of each one ounce dissolve all together upon a soft fire & spread it upon sheep leather grate nutmeg upon it & Lay it upon the stomacke

Lucutallas balsom

take of ye oyle of swallows 3 pound - oyle of St Johns wort - 2 ounces - oyle of bayes 3 ounces oyle of potrels Juniper & spike of each an ounce - one ℔ of venice turpintine washt in rose water till it be white - one ounce of naturall balsom. 4 ounces of red sanders one ounce of yellow wax - melt ye wax in ye oyle of swallows on a soft fire then put to itt ye other oyles then mix with ye other oyles being hott ye sanders stiring it continualy & lastly take itt from ye fire & being something more than luke warm add to itt ye turpintine still stiring till it be cold - both to incorporate ye turpintine & hinder ye sanders from falling to ye bottom - this will be ye better for age - when it is thus made put it into a pott well leaded - & close tyed up in som box or tub buried in ye earth 6 or 7 monthes wch will add much to its vertues

For a sore throte or squinsey an excellent receipt

take a killock newly cast up by ye mole open it and take of ye fresh fat & pick out ye little pebbles & put it on iedirons over a clear fire with a little vinagar and oyle of roses or sallatt oyle let it stew well together a pretty while till it be hott then spread it on a strong dubble cloth as hott as you can suffer itt lay it all under ye throte & leave this daw morning & night keeping very warm - & in 3 or 4 times dressing will speedily cure - warming it again with a little fresh oyle

A consumption plaister

take frankincence - white pitch - bees wax & oyle of mace of each one ounce dissolve ye all together upon a soft fire & spread itt upon sheep leather grate nutmeg upon it & lay it upon the stomacke

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For a sore throte or Squinsey an excellent

take a killock newly recaist - Cast up by ye mole open it and take of ye fresh fat & pick out ye little pebbles & put it on a dish over a Clear fire with a little vinagar and oyle of roses or Sallett oyle let it stew well together a pretty while till it be hott then spread it on a strong dubble Cloth as hott as you Can suffer it lay it all under ye throte & leave this Daw morning & night keeping very warm - & in 3 or 4 times Doing will speedily Cure - warming it again with a little fresh oyle

A Consumption plaister

take frankincence white pitch Bees wax & oyle of mace of each one ounce dissolve all together upon a soft fire & spread it upon sheep leather grate nutmeg upon it & lay it upon the stomacke

The Surfeit Water ~

Take agrimony balme wild thime dittany goats tree mint penny royall wormwood tree sage & scabious of each a quarter of a pound rosemary half a p^d^ germander and scordium of each a p^d^ rosa solis half a p^d^ featherfew fumitory sweet Marjoram wild marjorom hysope & Lavender of each a quarter of a p^d^ tormentil root & branch of each a quarter of a p^d^ fern roots a quarter of a p^d^ angelica root & branch of each a quart of a p^d^ dragons a p^d^ Elecampain roots butterburr roots & Comon burr roots of each a quart of a p^d^ nettle Cammomile hearts ease Masterwort celandine burnett wood sorrell pimpernell horehound cardins pellitory of ye wall scurvie grass saxafrage mugwort & Centuary of each a quart of a p^d^ Borrage bugloss flowers marygold flowers red rose Leaves & Cowslips of each a quart of a p^d^ Clover July flowers 6 ounces poppies a p^d^ brattany & quart of a p^d^ corrander seeds Cardamummes Cubibs gallingall sweet fennell seeds annise seeds Carraway seeds cloves notmegs & mace of each an ounce Grithridate vertice treacle gentian & Lednarn of each two ounces bay berrys & Juniper berries of each a quart of a p^d^ orings skins & pricker shrad all ye herbs very small bruised & slice ye roots very thin & put ye mixture in earthen pott well Leaded with 3 gallons of right brandy & Let it infuse fourteen days before you still it ~ ~

The Surfeit Water

Take agrimony balme wild thime dittany goats tree mint pennyroyall wormwood tree sage & scabious of each a quarter of a pound rosemary half a p^d^ germander and scordium of each a p^d^ rosa solis half a p^d^ featherfew fumitary sweet marjoram wild marjorom hysope & lavender of each a quarter of a p^d^ tormentil root & branch of each a quarter of a p^d^ fern roots a quart of a p^d^ angelica root & branch of each a quart of a p^d^ dragons a p^d^ elecampain roots butterburr roots & comon burr roots of each a quart of a p^d^ nettle cammomile hearts ease mastarwort celandine burnett wood sorrell pimpernell horehound cardins pellitory of ye wall scurvie grass saxafrage mugwort & centuary of each a quart of a p^d^ borrage bugloss flowers marygold flowers red rose leaves & cowslips of each a quart of a p^d^ clover tulyflowers 6 ounces poppies a p^d^ brattany ex quart of a p^d^ corrander seeds cardamummes cubibs gallingall sweet lennell seeds annise seeds carraway seeds cloves notmegs & mace of each an ounce methridate vertice treacle gentian & ledanum of each two ounces bay berrys & pimpernell roots of each a quart of a p^d^ orings skins & ginger shread all ye herbs very small. bruise roots & slice ye roots very thin & put y^m^ in earthen pott well leaded with 3 [illegible] of right brandy & let it infuse [illegible] before you still it.

The Surfeit Water ~

Take agrimony balme wild thime dittany goats tree mint penny royall wormwood tree sage & scabious of each a quarter of a pound rosemary half a p^d^ germander and scordium of each a p^d^ rosa solis half a p^d^ feathersfew fumitary sweet marjoram wild marjoram hysope & lavender of each a quarter of a p^d^ tormentil root & branch of each a quarter of a p^d^ fern roots a quarter of a p^d^ angelica root & branch of each a quart of a p^d^ dragons a p^d^ elecampain roots butterburr roots & comon burr roots of each a quart of a p^d^ nettle cammomile hearts ease mastarwort celandine burnett wood sorrell pimpernell horehound cardins pellitory of ye wall scurvie grass saxafrage mugwort & centuary of each a quart of a p^d^ borrage bugloss flowers marygold flowers read roses leaves & cowslips of each a quart of a p^d^ clover July flowers 6 ounces poppies a p^d^ brattany ex quart of a p^d^ corrander seeds cardamummes cubibs gallingall sweet annell seeds annise seeds carraway seeds cloves notmegs & mace of each an ounce dittibridate vetrice treacle gentian & ledna[illegible] of each two ounces bay berrys & juniper berries of each a quart of a p^d^ orings skins [illegible]er shread all ye herbs very small bruised & slice ye roots very thin & put y^e^ [illegible] an earthen pott well leaded with 3 [illegible]s of right brandy & let it infuse [illegible]s before you still it ~ ~

The Surfeit Water —

Take agrimony balme wild thime dittany goats bur mint penny royall wormwood rue sage & scabious of each a quarter of a pound rosemary half a p^d^ germander and scordium of each a p^d^ rosa solis half a p^d^ featherfew fumitary sweet marjoram wild marjoram hysope & lavender of each a quarter of a p^d^ tormentil root & branch of each a quarter of a p^d^ fern roots a quarter of a p^d^ angelica root & branch of each a quart of a p^d^ dragons a p^d^ elecampain roots butterburr roots & comon burr roots of each a quart of a p^d^ nettle cammomile hearts ease masterwort calandine burnett wood sorrell pimpernell horehound cardins pellitory of ye wall scurvie grass saxafrage mugwort & centrary of each a quart of a p^d^ borrage bugloss flowers marygold flowers red rose leaves & cowslips of each a quart of a p^d^ clover tulyflowers 6 ounces poppies a p^d^ brattany ex quart of a p^d^ corrander seeds cardamummes cubibs gallingall sweet fennell seeds annise seeds carraway seeds cloves notmegs & mace of each an ounce methridate vetrice treacle gentian & ledna each two ounces bay berrys & juniper berries of each a quart of a p^d^ orings skins & cher-shread all ye herbs very small. bruise & slice ye roots very thin & put ye in earthen pott well leaded with 3 qts of right brandy & let it infuse 3 days before you still it —

The Surfeit Water ~

Take agrimony balme wild thime dittany goats tree mint pennyroyall wormwood tree sage & scabious of each a quarter of a pound rosemary half a p^d^ germander and scordium of each a p^d^ rogal solis half a p^d^ featherfew fumitary sweet Marjoram wild marjorom hysope & Lavender of each a quarter of a p^d^ tormentil root & branch of each a quarter of a p^d^ fern roots a quart of a p^d^ angelica root & branch of each a quart of a p^d^ dragons a p^d^ Elecampain roots butterburr roots & Comon burr roots of each a quart of a p^d^ nettle Cammomile heads rase Masterwort celandine burnett wood sorrell pimpernell horehound cardins pellitory of ye wall scurvie grass saxafrage mugwort & tentary of each a quart of a p^d^ Borrage bugloss flowers marygold flowers red roses Lews & Cowslips of each a quart of a p^d^ Clove July flowers 6 ounces poppies a p^d^ brattany ex quart of a p^d^ corrander seeds Cardamummes Cubibs gallingall sweet annell seeds annise seeds Carraway seeds cloves notmegs & mace of each an ounce ithridate vetrice treacle gentian & Ledna each two ounces bay berrys & Juniper ries of each a quart of a p^d^ oringe skins er-shread all ye herbs very small. bra ces & slice ye roots very thin & put ye in earthen pott well Leaded with 3 s of right Brandy & Let it infuse s before you still it ~ ~

The Surfeit Water ~

Take agrimony balme wild thime dittany goats tye mint penny royall wormwood tree sage & scabious of each a quarter of a pound rosemary half a p^d^ germander and scordium of each a p^d^ rogal solis half a p^d^ featherfew fumitary sweet Marjoram wild marjorom hysope & Lavender of each a quarter of a p^d^ tormentil root & branch of each a quarter of a p^d^ fern roots a quarter of a p^d^ angelica root & branch of each a quart of a p^d^ dragons a p^d^ Elecampain roots butterburr roots & Comon burr roots of each a quart of a p^d^ nettle Cammomile hearts ease Masterwort celandine burnett wood sorrell pimpernell horehound cardins pellitory of ye wall scurvie grass saxafrage mugwort & Centuary of each a quart of a p^d^ Borrage bugloss flowers marygold flowers red rose Leaves & Cowslips of each a quart of a p^d^ Clove July flowers 6 ounces poppies a p^d^ brattany ex quart of a p^d^ corrander seeds Cardamummes Cubibs gallingall sweet fennell seeds annise seeds Carraway seeds Cloves notmegs & mace of each an ounce mithridate vetrice treacle gentian & Lednar of each two ounces bay berrys & Juniper berries of each a quart of a p^d^ oringe skins & ounce shread all ye herbs very small bruise ye spices & slice ye roots very thin & put ye into an earthen pott well Leaded with 3 gallons of right Brandy & Let it infuse 3 weeks before you still it ~ ~

To Cure a Strain ~

Take wormwood strip itt & shread it to a handfull of itt you must put halt a pint of wine vinegar & an handfull of salt stir them verry softly a quarter of an hour then bath ye place grieved with ye water & Lay som lef ye herbs hott upon it so binde it up close & dow itt once in 12 hours if need require ~ ~

For a Scald head ~

First anoint ye head a night or two wth a Little olive oyle then take water that stands upon Corn beate itt with as much Cream & anoint ye head till it be well & itt is a sartain Cure ~ ~

A drying drink for the Evill ~

Take half a pound of ye Wood of Life & put itt into 3 quarts of spring water Let it infuse 24 hours & drink about a gill of itt morning ~ ~

For a Cough ~ ~

One ounce of syrrope of poppies ~ one ounce of syrrope of vilets ~ one ounce of oyle of sweet almands ~ one ounce of syrrope of red roses ~ 6 ounces of hysope water & 40 drops of ye spirit of vitriall ~ ~ ~ ~

For ye Collick ~

Take a spoonfull of red nettle seed in a glass of any Cordiall water ~ ~

~ an Excellent preventing plaster ~ ~

Take mithridate ~ mirrh ~ saffron ~ & a little honey ~ make it into a plaster & grate a little nutmeg over it & Lay it to ye stomack ~ ~ ~ ~

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The Table

The Table

To dry Pears:

Take ye largest pears & pare ye & bake ye in a large stone pot in an Oven as hot as for pys. ye lay ye one by one upon Sheels of tin or dripping pan, & lay hard corn Straw under ye & set ye in ovan to dry after bread or pys has been drawn & let ye stand till they be dry enough to keep for ye use

To make Alamode

Cut ye beef in thin slices & season it wth mace, Nutmegs Clo[illegible] in some whole pepper, & blades [illegible] ye bottom of your stew pan, ye [illegible] & an Anchove, ye lay an other la[illegible] lare till ye have done all ye be[illegible] of Milk & a quart of Claret, a q[illegible] ye beef & leave it cover it wo[illegible] it 3 Anchoves is enough for the[illegible] Marjorum in a bunch or Shred wth [illegible] it so Shake it well together: wh[illegible] you may do Mutton Lamb or veal y[illegible] & put 2 quarts of Milk & fat [illegible] ye, ye lard it wth Bacon [illegible] ye other Seasoning & put [illegible] some of ye beef to cover [illegible] of lean bacon & butter [illegible] other things betwixt e[illegible] do: ye take three pints [illegible] of Venigar pour this upon [illegible] ke full 3 hours to stew [illegible] k: put in Sgme & Sweet [illegible] a white Onyon if you love [illegible] dish it upon Soppets [illegible] put in less pepper [illegible] & less venigar as ye like

To make Oringe

[illegible] of ye best powder Sugar, [illegible] water cold: ye hang it [illegible] it well & take it of [illegible] least & 6 Ounces of [illegible] of fifty good Oringes & ye [illegible] together two dgs & [illegible] if ye weather be co[illegible] of Leanish wine if ye please