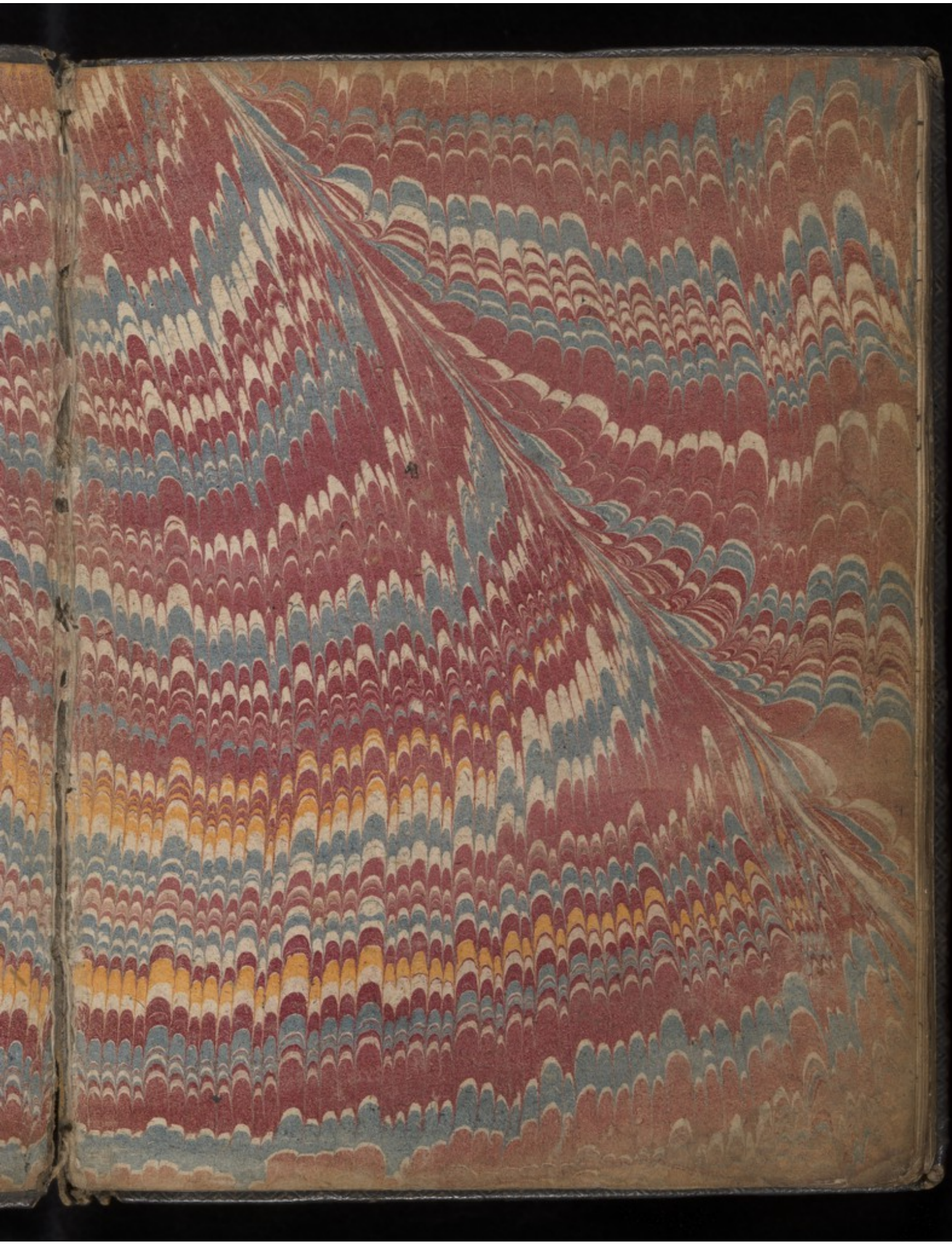

I am Dear Lone
Your most humble

To Make Angells Bread

Take a pound of the finest flour of pearle Barley, a pound of white Sugar Candy bealen and searched an ounce of red pearle ponderd then strew a strewer of flower, & one of Sugar & one of pearle into a Gelly pott and soo doo till the pott be full then paste it up or tye it downe with a paper and sett it into the owen with a batch of browne bread, then take it out, and if it will not slip out of the pott, breake the pott, & keep it for your use, make it into powder and take a spoonfull of it in any Spoone moate for your breakfast, or you may eate it dry; It is very good for Consumptions, or to make one fatt

To make Suger of Roses

Take 1 pound of the powder of read Roses and mixe it with a little Juyce of Lemon till it be very stiffe, then take 2 ounces more, then halfe a pound of very fine Leafe Sugar & wett it in water, and boyle it till it Come to Sugar, then putt in the powder of Roses, warm it upon the fire, but let it not boyle, Stirring it with a knife or Spoone, then take a pye pleate and Rub it with butter very thin, & Sett it stand till it be Could, then putt out into what fashion you please, & keep it for your vse; It good for a Cold

To make Sirrop of Woodsorrell

Take the Leaves and Shootes of woodsorrell cleere picked Stampe and Straine them. then let it Stand untill it settle, then take the Cleere and put to a pint of it a pound and little more of Sugar double refind, being all molted Sett it one the fire and lett it have a good boyle, then putt it into glases and keep it for your vse

To make Conscarue of woodsorrell

Take a pound of woodsorell cleane picked & a pint or more of woodsorell water, and boyle the woodsorrell in ye water untill it be soft and all the liquor dryed away, then put to it 2 pd of sugar, and soe boyle it till it begin to gelly then putt to it ye Juyce of halfe a Lemon and stir it, then boyle it a little while after, & keep stiring of itt till it be almost Cold, then put it into potts

To make Almond Biscuite

Take halfe a pound of almonds blanche in Cold water, beat them with Rose water till they doe not alister if you think fitt, lay 7 or 8 musk Comfitts disolued in Rose water which must not be above 6 or 7 spoonfulls for fear of spoyling the Conlor, when they are thus beaten, put in halfe a pound of sugar finely sifted, beat that and the almonds together till they are well mixt, then take the whites of two eggs and 2 spoonfulls of fine flour that hath been dryed in an owuen, beat these well together and powr it to the almonds then butter your pleats and dust your Cakes with flowr and sugar and when they are a little browne draw them, and when the owuen is Cold, set them in again one browne paper and they will beake whiter

To make Hartshorn Gelly

Take a cleane Earthen Botle put into it 3 handfulls of harts horne, fill it with water, stop it close, sett it in a panne of boyling water, lett it boyle 8 hours, then put it up and season it with

Sugar and Lemon peele, or as you please — 11 4 — 1 — 11

To make Orange chipes

Pare your oranges very thin, boyle them in three waters, then weigh a pound of them, take a pound of fine Loafe Sugar — make a Candy, then put in your peeles and lett them boyle a good while, then putt them and the syrop up into a glass, leave them a day and a night in the glass, then lay them upon white paper, Sett them in a warm stove and let ye dry

To make Orange marmalett

Take 3 pound of oranges, lay them in steepe 2 nights and 2 dayes shifting them 3 times, then boyle ye in three or 4 waters, lett all the waters boyle before you put them in Except ye first, be very Carefull they break not, then weigh them, take the weight in powdered sugar, except one pound, take to a ~~pound~~ of Sugar a pint of water, make a Clarifie of it with the white of an Egge, then Straine it through a Sive, Cutt your oranges, take the meate out and Kernells, Slipp halfe your Kernells, Cutt them small, & putt them to the meate, Cutt the peeles into small diamonds, putt them and the meate into the Clarifie, and Lett them have a scald upon the fire, putt them up close Covered till next day, then boyle them up with a pond of double refined Sugar, Stir ye very well least they burne to the bottom, when it is a pretty stiff Gelly, put in the Juice of 2 Lemons let them have only a warme one ye fire, take it off put in some Ambergrese lett it stand a Little, then put it up into your glass — — — — — — — — —

To make Sugar Cakes

Take 5 pd of fine flower well dryed 1½ of sugar, 6 yolkes of Eggs 3 pound of butter, then put in a handfull or more of Coriander seeds, then kneathe it all up together, and so make it into Cakes, Cover your past wth a warme Cloth till it is made, Cutt your past with a glass, when you sett your Cakes into the ouen you must sift fine sugar upon them, if it be double Rofind it will make them look much better, you must make the ouen noe hotter then for ordinary Cakes —— Remember to steepe your Coriander seeds in Sack and to warme your butter

To make Almond Cakes

Take a pound of double refind sugar, beat it and search it all through a fine search, keep a little of the last to strew upon the Cakes when you sett them into the ouen; take a pd of Almonds put them into water over night; the next day blanch them and Cutt out all the specks, and dry them very well in a cloth, then beat them with as much Rose water as will keep them from oyling, and as you beat them lay them into your searched sugar; You must take two spoonfuls of greated bread, & mingle it with your searched sugar then take the whites of 5 Eggs and beat them up to froth, and as the froth Raises mingle it with your other things, and soe stirr them together, then take the paper & wafer bottom, and soe lay them one it just when the ouen is ready but strew a little flower betwixt the Paper & the wafer

To make a very good Comfett Cake

Take 4 [illegible] of the finest white flower & 1½ pd of the best Sweete Butter, break it in bitts into the flour then rub it aboute ye Handes, till it be all like fine greated bread, that noe butter be seene, then take a pint of very sweet Cream and as much milk if the cream be thinn putt in the more and the less milk, heat it as you may well hold your finger into itt

To make Gumballs

Take a pd of flour ¾ of Sugar well beaten 8 Eggs, but 2 whites ~~well~~ beaten 4 spoonfulls of Cream, 1 spoonfull of Rose water knoade all together & rolle it and tye it in knotts as you please, keep a hott Cloth over it till it be ready then take rose water and Sugar thicked together, and doe it over them with a feather just when you Sett them into the oven upon a buttered pye plate

To make Goosberry Cakes

Putt your goosberyes into a pott, & Sett it into a kettle of water let them boyle tell they be very tender, then Straine them gently by a little at once, that you may have none but thin Syrup, take fine Loafe Sugar weight for weight, boyle your Sugar to a Candy height, then putt in your Syrup, boyle it a little, and put it into papers, and store it with a gentle heate

To make Apricock Cakes

Take Apricocks drest and quartered, to 1 pd of Apricock take ¾ pd of loafe Sugar beaten Small, put it into ye apricocks in a skellitt, Set them on a Soft fire, untill the Sugar be melted then boyle it

it quick and when the Apricocks begin to be tender, take out 8 or 9 spoon fulls of thin syrup, then bray your Apricocks, and boyle them up quick untill it begin to rise from the sides, & then it is anough, put it in papers

To make Cowslip Wine

Take 5 gallons of running water and a bushell of Cowslip flowers picked, 20 of malaga Roasins washed, rubd and shred, put all this into a good light Tubb, Cover it with a clean linen Cloth and a blankett and sett it in a Roome where some breath of fire may come to it, and lett it stand 9 days, but stirr it with a stick 3 or 4 times a day; for it will work upwards, and strain it through a hair sieve, and putt it into little runletts, when it hath stood 2 or 3 days, bottle it in little glass bottles, and putt into every bottle a little lump of sugar; and you may do with Jolly flowers & Elderflowers

To make Leeches

Take half milk and half Creame and take Jeeing glass and lay it in water, then boyle it in ye milk with a stick of Sinimon in it, and lett it boyle till it be stiffe anough to Cutt, then season it with rosewater & sugar

To make a bakt Puding

Take 3 meanchetts and cut them in thin slices, then boyle it soft, then take 8 Egs, ye yolks of 7. & one white and beate them very well, boyle the bread in a quart of Creame, then stirre in the Egs and a handfull of fine flower and a sliced nutmeg & some groond Citron & orenge, then putt it all in a dish, and lett it stand $\frac{3}{4}$ of an hour heate the oven as hott as for white breade, when the bread and Creame is boyled, lett it stand a while Couered Close to soften the bread, and then bruise all the little lumpts of ye bread, then putt the Eggs in, & rosett the flowr in 3 spoonfulls of rosewater and stirre it in very well. If there be any Lumps in it runne it through a Cullender, and then put in the sliced nutmeg and a little salt and a spoonfull of sack and sweeten it with sugar to your taste, then put in the Citron and orenge well mixte together & a little melted butter.

To Collar Beefe

Take the thinn end of a flanke of beefe take all the skin and strings out, then put to it as much pump water as will Couer it, put it into a wooden or earthen vessell, then put in as much salt peter and stirre it in till it is soe strange as to beare an Ege, then put in 6 or more Cloves of garlicke 6 onions quartered, let it stand 3 days together, but the onions must be taken out at the 2 days end, then hang it one a hooke to drame 2 or 3 hours, then take sage Sauary, Majoran.

& Taragon of Each what quantity you think fitt, dry ye herbs and rub them or mince them very small, take also peper, Cloves, mace, Ginger and nutmegs what quantity you think fitt, beat them very small mixt them together and season the Inside of the Beefe with it, then fould it and bind it very Close with a pack thrid and lay it in an Earthen pott, putt to it a quart of water and as much Clarett, or what quantity the Beefe requires, then take the skins of the Beefe and lay upon it, then putt it in an oven and bake it, when it is half baked take it out and turne it againe, and lett it in againe, and lett it stand till it be baked, then take it out and hange it up, and so do it, you may do veale the same way - - - - - - - - - - - - - - - - - -

(10) make Rasberry Wine

Take 3 gallons of Spring water and boyle it in a pann half an hour, then take 4 pd of roasins of the Sunne, wash them, and stone them and dry them, put them into the water as soone as it comes of the fire, take 5 quarts of fresh Rasberyes, bruise them, and put them into ye water and also a pd of Loafe Sugar, stire it all very well together, and put it in another pott, and lett it stand 2 days in a Cellar Close stopt, Then runne it through a haire sive into another pott, and putt in halfe a pd of Sugar more

mord, soe lett it stand anight and aday to sottle, then draw it into bottles, and putt into every bottle halfe an ounce of sugar, soe keep it close it will be fitt to drink in a fortnight, and will keep 6 weeks

Another Rasberry wine

Take a gallon of sack or Rhenish or white wine, put into it 3 qts of Rasberyes bruised, and halfe a pound of sugar, let it stand in a cellar, 2 or 3 dayes, then straine it and let it stand anight to sottle, bottle it and stop it very close, and put into every bottle a lump of sugar

To make Cherry Wine

Take of the right English Cherryes, truth them with your hands very small, and soe lett them stand 3 nights in an oxell of stone in a cellar or cold roome, then runne them through a strainer, to every gallon of Juyce put in 3/4 lb of sugar, let it stand aday to cleare, and soe bottle it, put into every bottle halfe an ounce of sugar

To make Paste of Plumes peares or Quinces — To printe

Take any sorte of plumes or fruite and boyle it to make up to marmolett hight, and when its cold, with fine searcht sugar beate it in a morter to a perfect past, then print it and stone it

To make white marmalett of Quinces

Boyle your quinces whole unpared, and being very well boyld, take sume out of poard and coard them, and reight them, and to a pd of quinces take a pd of sugar or mord, and put in sume water and lett it boyle to a very thick syrup, then take it of and let it coole, and being a

a manar Cold, put in your quinces, set it one the fire againe, and let it boyle, stiring it continually, till it be thick anough to be putt into the boxes — — — — — — — —

To Presearue Cherryes

Take 10 a pound of Cherryes $\frac{3lb}{4}$ sugar and wett ye sugar with the Juice of goosberyes stone the Cherryes, and put them into the sugar, and boyle them up quickly till they are a golly, then skinne them — you may doe soe with Currance — — — — — — — — —

To make Syrup of Jelly Flowres

Take 10 a pound of fine sugar a little more then halfe a pint of water, and boyle it to a syrup, haue your flowers ready cut and brused, then put them into the syrup boyling, Couer them up close till next day, then Lett them haue one boyle and straine them through a lanne straner, put it up, the more flowers you put in the thick= =er the syrup will bee, this way you may make syrup of violetts or Cowslips or damaske Roses, you may when it is done put a glass of sack into the syrup of Jelly flowers

To presearue Apricockes

Take 10 a pound of Apricocks $\frac{3lb}{4}$ of sugar, stone ye Apricock and peare them handsomly and beate the sugar very fine, and strew some in the bottom of the prosarueing panne

and lay in the apricokes as you pare them, and strow sugar on, and soe lay a row of apricockes and then lay sugar one them and couer them up, and let them stand all night in the sugar the next day boyle them pretty quick till they be pretty tender then couer them up 2 or 3 dayes, and then boyle them up pretty quick till they be anough - - - - - - - - -

To preserue wallnutts

Take ye wallnutts off ye trees when a pinn may goe thorow them, before they haue either cornell or shell, and sett yem one a fire in a skellett of fair water, and boyle them shifting the water 2. or 3 times, till they pill of the outer skinne, and then put in water, when you take them of the fire, as you pill them putt them into other cold water then to a pd of wallnutts put a pound of sugar, and to a pd of sugar half a pint of water, sett it one a fire till it be quite melted, then put in the wallnutts and let them boyle gently being close couered for the space of one howr, then set them by for 3 dayes being close couered, then boyle them till they be tender and the syrup thick, you must stick in every other one a clove and boyle a blade of mace

To make an Oatmeale pudinge

Take less then half a pint of oatmeale that is cutt, and boyle a quart of creame and pour one it, and couer it up all night and put to it 6 eggs, but 3 of the whites, a pd of beefe suett pickt from the skins and finely sliced, & a greated nutmeg a little. Rose water and a little sugar to sweeten itt to your taste it must be baked in an oven not too hott $\frac{3}{4}$ of an howr will beake - - - - - - - - - - - - - - -

To presearue Quinces whole

Take your quinces, pard ym and coard ym and put them in cold water as you pard them, then put a pd of quinces a pd of sugar, and almost half a pint of water, and set it one ye fire, till it be quite molted, then put in the quinces and let them boyle very softly close couered till they be very tender, If the syrup be not anoughe you may boyle it more after the quinces be taken up, take ye quinces kernells and tye them up close into a fine Ragg, and boyle them with them, It helps it to gely - - - - - -

To make very good Cheese Cakes

Take a quart of creame and let it boyle, and put in the yolkes of 8 Eggs well beaten with a little cold creame, then let boyle a little while longer, then take as much Cheese Curds as a gallon of new milk will make, you must press the whey cleane out of the curds, and let it stand till the curde be dryp, and beate it in a morter put a little salt in the curde, then mixe them in the cream the creame being cold, then season it with sugar, Curans, mace, nutmegs, and a little Rose water and the yolke of 3 raw Eggs - - - - - - - - - - - - - - - - -

To make the paste for ye cheese cake

Take 3 pints of flower finely searched, then take as much warme cream as will make it into paste with the yolks of 2 Eggs and 1 white, and as much sugar as will make it sweete, the past must be made very stiff, then beate it with a rolling pinne till it be smooth, then rolle

it out very thinne and bake it in a quick oven, the crust will be the better being made with Cold Creame - - - -

To make a Sack Creame

Take a quart of creame and boyle it with mace, then take it of the fire, and put as much Sack in it as will turne it, then put it in a dry Cloth, and let it hange till all the whey be come out of it, then take out the mace and season it with Rose water and Sugar and beat it with the back of a Spoone - - - - - - - - - - - - - -

To make A Lemon Creame

Take a pudding pan full of faire water and halfe soe much rose water, the Juice of 2 good Lemons, in which the lemon pill is sliced small and stopp'd all night, the whites of 3 Eggs and the yolke of one, with as much double refined Sugar as will sweeten it to your taste, stirre it well together, and straine it through a haire sive, then Sett one a good quick fire of Charcoale in a pewter dish and stirre it continually, till it come to the thicknes of creame or some thing thicker, lett stand till it be Cold before you eate it - - - - - - - - -

To dry Peares

Take the first orange pears, pare them and lett the stalks be on them, bake them in pots, couered over with househould bread dough, when they are Cold lay them in pewter dishes one by one, pour the Syrup on them and sett them in an oven after

bread, and when that heate is over, turne your pears out of the syrup to the side, and from the seeds into the syrup, then heat the the oven a little and sett them in againe, fashioning them in the oven as they dry, soe bring dyed enough in the oven, they will keep with once mouldiny

An Excellente Scurvey grasse Ale.

Take Sassaparilla 6 ounces Polypodium of the oake 4 oz= Seny aniseeds, fennelseeds, & Coriander seeds of each one ounce Lickorice 2 ounces, Rhubarb ½ ounce Agrimony, maidenhair, & Lindewort, of each 1 handfull, Scurveygrass 2 peckes, these are for 3 gallons of ale, the drugs must be sliced, the herbs picked and beaten and put into a bagge with a stone upon them to keep them downe in the ale, you must leave Roome in the vessell, for the ale to worke, which will be ready to drink in 4 days — — — — — — — — —

To make Conserue of Red Roses

Take the buds of red roses, and cutt of the whites and tops of them, and take all the seed from them, if you doe not make it the same day, lay your roses betweene 2 earthen dishes, then to every pound of roses take 3 pound of Sugar the finest you can gett, beate them in a stone Morter till they be smooth and not Launs to be soon put it in potts and it will keep 3 or 4 yeares, the elder it growes the better — — — — — — — — — — — — —

The Lady Haughtons Cake

Take 3 ½ lb of butter, and work it well with your hands till it be like a creame and put to it the yolks of 6 eggs and 4 whites well beaten, then mingle your creame and eggs, which must be but a pint of raw creame, wth 2 qts of good ale yest, beat them well, and then put it in by a little at a time with your butter, as you put it in, worke it with your hands, then take 7 lb of flour well dryed, and put to it 3 ppd of sugar, some cloves and mace and one nutmeg beaten, mingle your flower and sugar and spices together, then stirre it in by a little at a time into ye creame wth butter and yest and eggs, wth a quarter of a pint of Rosewater and sack, when all these are well and throughly mingled together, strew in 8 ppd of currans well washed and dryed, keepe it with working till you sett it in the oven, lett it stand 2 hours in the oven — — — — — — — — — — — — —

To make good Sausages

Take the fatt of a loine of porke, cutt out the better parte of it next to the neck from the bones and skinne, and shred it till it be all in ~~bones and~~ mash, then take an ounce of cloves and mace and an ounce of nutmegs greated, 2 ounces of pepper, beat your spice and sifte it, take a handfull of sage, halfe a handfull of winter savory picke from the stalke, ye herbs mince very small, then take the crum of 2 penny white breads, steepe all night in water, wth the pill of a lemon or orenge, squeeze your bread from the water not too dry, then take the yolks of 12 eggs, mingle your seasonings with your breads and eggs, then put it to your meate, season it well with salt to ye tast, then take a ppd of beefe suet and mince it very

small, and mingle it well together, and fill the guts or you may fryes them without guts, softly ~~and so~~ in butter and rolled in flour — — — — — — — — —

To make Spanish Pappe

Take a pint of sweet cream, and 3 spoonfulls of fine flour of rice finely searched, and 3 spoonfulls of rosewater, and 3 spoonfulls of double refind sugar, 3 whites of eggs beat them very well, and then mix the rosewater and flour of rice and sugar with them, and beat them well, boyle your creame, and then put in these carefully and keep it striking till it boyle and be pretty thicke, put it into little wine-glasses, made in the fashion of a sugar loafe, and when its cold set it one a plate and serve it up — — — — —

To make Rasbery Cakes

Take ye Rasberyes bruise ym and straine ym put some of the Juice from them and put to ayd of Rasberyes $\frac{3}{4}$ ℔ of sugar finely beaten, set them one a fire and keep it striring till it be boyld hott, but not to boyle, then poure it out, and let it stand, till it be cold, stiring it some times, then put it upon sheets of glasse in what fashion you please, then sett ym in a stone or in an oven, and if you dryes them in an oven, put a brike in the oven and set the plate one it, keep them constantly routh one heate till they be quite drye — — — —

To make Goosberry paste

Take your goosberys before they be quite ripe, and put them into an earthen pott, stopp it up close and stove it in a pott of water on ye fire, till they be tender, then rubb them through a haire sive, then to every pound of goosberyes take $\frac{3}{4}$ lb of a pd of Sugar, and set it one ye fire till it be through hott not to boyle, take it of ye fire stirring it sometimes till it be cold; when it is cold put it in little earthen saucers or pannes aboute the ~~breadth of~~ yr thumb naile, and stove them till they will turne out of the pannes, then if you make them in broade pannes put them out on sheets of glass, and cutt them in what sheapes you please, then stove them up till they be dry; Thus you may make rod curants or white, but be sure noe water come into them as you stove them, Doe ye Quinces and plumes soe, but alter the Sugar according to ye sharpness of the fruite, but boyle the quinces and ye pippins, for they will not stove; Lay ye pastes of Quinces and pippins on glasses in sheapes, before the stoveing — — — — — — — — — — — — — — — —

To dry Cherryes

Take your cherryes and stone them, and take to ½ lb of Sugar a pound of Cherryes, and as you stone them fling them into the Sugar; put your Sugar into the preserving pann, wett it first with a little Juice of Cherryes, and boyle them till they be pretty tender, then take them of the fire and let them stand close couered all night, then take ym out of the Lyquor, and lay them on the bottom of sieves, one by one let them stand till the syrup be quite drained from them, set them in a warme oven not too hott, for too much heat spoiles them, when they are a little dry, turne them on cleane sieves, to drye ym up, if the Lyquor be not too sharp, you may put in more cherryes and more Sugar to them — — — — — — — — — —

To make Biscuittes

Take a pd of Sugar & ¾ lb of flowr, 8 Eggs and but 2 whites, 5. Spoonfulls of creame, 2 Spoonfulls of rosewater, a good handfull of Coriander Seeds steeped in Sack beate the Eggs well and mingle the Rose water and creame wth the Eggs, and stirre them with your Sugar, then beate them very well in a boule, and bake them in tinne pannes, and butter yor pann - - - - - - - - - - -

To make A Seede Cake

Take 5 pound of fine flowr, dry it in a warme ouen, take 2 ½ lb of butter, and rub it into the flowr, then take a pinte of good alegesh and a little Rose water and a pinte ~~a little~~ creame, and make your dough, and lapp it in a cleane hott Cloth, and let it lye and rise before the fire till yor ouen be hott, then put in a pd of Biskitt Cumfetts, and a pd of Caraway Cumfetts, make it up and sett it in the ouen as fast as you can, it will be baked in less then an houre and a half - - - - - -

To make Egge Pyes

Take Eggs and boyle them hard and pill them, and to a pd of Eggs take a pd of beefe suet & mince it very small & the Eggs, and then mixe it together, and season them with beaton nutmegge & Salt rose water and Sugar and a little Ambergrosse & a pd of Curants, less then an howr will bake them - - - - - - - - - - - - -

To make a white Poole

Take a quarte of good sweete creame, boyle it with a sticke of Synimon take the whites of 6 Eggs and beate them very well with a little Rose water to keep them from oyling, and skame them from the threds of the Eggs, then put in two or three Spoonefulls of hott cream beating it altogether, then put them into yor Creame, lett it haue one warme ouer the fire, stiring it, and be carefull it doe not burne, then put

in the dish and serve it up, stike some little sippetts aboute it dipped in rose water, if you please you may make another of ye yolks of ye Eggs, only boyle mace in it instead of Cinnamon, and sacke for the sipetts instead of rose water — — — — — — — — — — — — — —

To make Buttered orongds

Take 12 Eggs, halfe the whites, beate them well together, putt to them the Juyce of 2 orongds and season them with fine sugar, Rose water & a little Ambergreece, then straine them through a fine Cloth, and sett them on a chafeing dish of Coales, then putt a little butter in it, the quantity of a walnutt, and stirre it continually till it is thike, and soe dish it — — — — — — — — — — — — — —

To make Porke Like Collard Beefe

Take the Hogscheeks and lay them in water 24 hours and shift ym twice, then boyle them tender, when they are boyld take all the bones and blacke Kornells out, and throw some salt one them, then clap the 2 Insides together, one broad end and one sharp end to meete, then rolle them up close in a cloth as you doe brawne, and sett them up till they be cold in a thinge that they may stand upright in, then sauce it as you doe brawne, till you see it ready to eate

To make Hippocras.

Take Cinamon 2 ounces. bruised Ginger. 1 ounce, one Nutmeg bruised 6 or 7 cloves bruised, 1 pound Sugar Infuse or lay in steep all those in a pottle of Claret wine all night and in the morning breed it well, and let it runne through an Hypocras bag, and to make it Cleere, put into it two spoon fulls of new milk, and lett it runne after till it be very Cleare — — — — — — — — — — — —

To make a good Hache of a calves heade

Take a calves heade and boyle it till it be halfe boyled, then take it up and cutt it into thinne slices, & cutt of all the skinns and kornolls and put it into a stowing panne with strong broath, that other meat hath bound boyled in except salt beefe, as much as will stow it well, put to it one onyon, 2. or 3 cloves, a little mint, sage and parsley the braines, if you please, cleane picked & shred, a peece of lemon pill, a couple of Anchouis; when it is almost stowd put in a pint of oysters with some of the liquor & some mince capers, and when it is Ready, take halfe a pinte of Claretrome or white wine, and beate in it the yolks of 2. Eggs well beaten, soo put it in your Hache, shaking it together till it have a scald, then put in the Juice of a lemon, and take the 2 great bones and lay in the dish, and pouro the meate one itt - - - - - - - - - - - - -

To Boyle Chickins

Put parely into the bellies of them, and a little mace if you please, boyle them in mutton broth, or water, when they are boyld cutt them in the middle, take out the parsley and cutt it small, putt the chickins in the broth againe, wn they are cutt, and give them a little boyle, then putt your parsley into some beaten butter with sugar and Elder veniger and shred capers, then lay sippetts all over the dish bottom with a little broth on them; butt just to soake ye sippett, then lay ye chickins on them, and pouro ye sauce on them - -

To make An Artichoke Pye

Boyle your Artichokes very tender in water and salt, & take of ye leaves, then cutt the bottoms in -

Quarters, and season them, or turne them in beaten Cinamon & Sugar, then doe them as you doe the oysters and pottatos - - - - - - - - - - - - - - - - - -

To make puffes

Take 2 gallons of new milk, putt 2 unnett to itt, when it is come putt it in a cheese fatt and prest out all the whey, then beat it, and take 2 handfulls of blanched Almonds, putt to it 4 Spoonfulls of Rose water, then be always beating it, putt in a little Salt 2 greated nutmegs, 3 Spoonfulls of creame, a spoonfull or 2 of Sack, one greated leafe, then butter sheetes of paper and lay them one very thick and high, your oven must be as hott as for meanchetts - - - - - - - - - - - - - - -

To make Sausages

Take a foreloyne of porke, lett it be very fatt, cutt of the skinne and all the bones, then shred it small, as for mince pyes then season it wth Salt, cloves and mace & nutmegs, 2 Eggs whites and yolkes, & halfe a penny Loafe greated, mingle all those together, and sod full yor skins, & frye or rost them

To Fry mushromes

Take the hardest mushroms, and pare them, and as you pare them fling them into Salt and water, then wash ym in two or three Salt and watars, then sott them on in a little watter and salt and parboyle ym, then take them up and draine them from

from the water, and frye them in sweet butter, when they are fryed put alittle melted butter on them, and throw alittle sliced nutmeg on them, soo you may doo them to stew y^e. stew them in alittle white wine, beate the yolks of 2 Eggs and put to them, thicken them as thicke as if butter were in it, doe the same to pickle them, parboyle them in salt and water, then pickle them in the sharpest white wine veniger, and putt in them some mace and 2. or 3. cloves ~

~ A Syrup for acolde ~

Take Syrup of Rops, Syrup of Jujubes, Syrup of Venigar of Each 2 ounces: Syrup of Erisimo 2 oun: mingle them together and putt them in a glass, and take two spoonfulls att night when you goe to bed - - - - - - - - - - - - -

~ To make marmalett of Damascenes ~

Take damascens and weigh them, and to 3^lb. of them put one ^lb of sugar, cutt the damascens and take out some of ye stones, or all if you please, and as you cutt them strew alittle sugar on them; If they bee nott good damascens put in almost halfe a pint of water, but if they be good you need noe water; when you set them on the fire fling in 2. or 3 handfulls more of sugar, and in the midle of ye boyling fling in 2 handfulls more of the sugar, it cleares them; then boyle them up quicke till you thinke they will cutt. ~

~ To make Conserue of Barberries ~

Take 3 handfulls of barberries and putt them in a small

Smell pott, and putt to them 2 or 3 spoonfulls of Rose water, and lett them seethe till they be all almost couered with liquor straining through as much as you can, then seethe them after for the space of one houre very softly; stirre it still, and putt in your sugar att times, & let your taste guide you — — — — — — — — — —

To Preserue Peare Plums whole

Take to the weight of the fairest plumes in the finest sugar, only 5. or 6 plumes more, then wipe the plumes, and give them a cutt one the slitt side, then put halfe a pinte of water to ye sugar, only keaue out some of the sugar to strew in them at ye last boyling, then sett it one the fire till it boyle, still scimmge it, then take it of and lett it stand till it be almost cold, then put in the plums one by one the slitt side downward, then sett them one the fire againe, still turneing the plums in the syrup, lett it not boyle but onely simpey till you see them through scalded then putt a sheet of cleane paper one them, and sett them up till next day in a roome where there is a fird, but not too neere ye fird, the next day sett them one the fire againe lett the fire be gentle, takeing them ofton of, then couer them up as before and doe the same againe next daye, still takeing them ofton of, and setting them one gaine, but lett them not boyle for feare of discouloring them, & doe the same the next day againe, & then the next day boyle them quicke up, strewing the sugar on them and when they are anough they will be dry tender, if you will you may boyle the syrup againe — — — — — — — —

To make Cleare meate of peare, plums or any other plums, or Apricocks, or cherries, or goosberries &c

Take any of these fruitts and put into a silver Cankard, and sett it one the ~~the~~ fire in a kettle of boyling water then take it off and Lett it settle, then poure the Cleere off it, and to a pinte of Joyce put almost a pound of Double refined sugar, and boyle this sugar to a candy, then put in the Juyce to the Candy, Lett it but Just warme, and take it off and putt it into little earthen sauncers, and sett them in an oven or Stone till they be sod dry, as you may with a knife turne ye out of the sauncers, and then putt them one sheets of glass and cutt them into what sheape you pleaseij and soe sett ye sheets on a brick in the oven, and still turne them till they bee quite drye

Plage water

Against any infectious diseas, as ye plague, or burning feanour, small pox, or mazlis, and also after a surfett and may be given a woman with child in ~~ffit~~ of ye mother, or in other cases of necessity, as also to children in convultions

Take sage, saladine, Rosmery, Rue, wormwoode, Rossolus, mung=wort, Pimpernell, Dragon, scabiose, Agrimony. Balme sardum, cardus, benidictus, buttony flowers and leaves, Centaury flowers and topps, mary golds flowers and leaves, St. Johns wort flowers and tops each of them ~~and~~ a hand full then take the roots of Patasitos

or butterburr, the roots of Fermontell, Angillica, Allycompane Gentian Peony, Lodoary, & Lickorice cleane scrapped and sliced of each of ye ¾ ounce wash the herbs and shake them in a cloth till they be dry, then shred them and mix them with the roots, putting them altogether into a gallon and a halfe of the best white wine, steep ye altogether in a cleane earthen pott well lidded, and soe lett it remaine close covered 2 days and 2 nights, stirring the herbs and roots and wine together one a day, then distill them in an ordinary still with a soft fire, cooling the still often with a wett cloath, receiving about 3 pints of ye first running, and as much at the second, and a quarte the 3d running, ye last as much as it will runne; It will be 2 dayes and 1 night stilling; Remember you lett not the fire goe out till it be done, and paste your still close with rice paste 4 spoonfulls is enough to give att a time. It must not be stilled in a Limbeck - - - - - - -

To make Syrup of Colts foote

Take to every 6 handfulls of colts foot wiped cleane on a dry cloth, 1 handfull of Isop, stamp and straine it all, then sett it a coole collar close covered, till it grow cleere, then gently pour of ye cleere gently, set it over the fire and clary it with the white of an Egge, then take it of and straine it, then take some Cowslip flowers and rosemary flowers & maiden haire of each 1 ½ handfull to every pinte put in an ounce of Lickorice scrapped and sliced and set in a skollitt over embers close covered, and lett it

stand and stone for 12 howrs, then straine it and to every pint putt a pd of Sugar, and when it is boyled to a syrup and putt to a quarte of yt syrup, one pinte of Read rose water, and to every pinte of water you put in, put 1 ounce of Sugar Candy, and so boyle it to a syrup; when you put it up, put in the Lickorice you tooke out before, & lett it lye in Continually - - - - - - - - -

Conserue of Quinces after the Best Manar

Take 2 gallons of the fairest water and sett it over the fire till it be like warme, then beate the white of 5 or 6 Eggs & putt them into the water and stirr yr well, and let the water seeth, and when it riseth all upon a curd, then scumme it off, and putt into ye water 7 lb of Sugar & as any scumme riseth, skimme it off, then take Quinces, pare yr & quarter them & cutt out the Coards, and take as many pound of Quinces as of Sugar, and putt them into the Liquor & lett them seeth, untill the Liquor be as high coulloured as french wine, and the Quinces very tender, then straine ye Quinces through a faire washen cawls, with some of ye liquor with all if they will not easily goe through, and if you will make it very pleasante put a little musk in rose water, & put it thereto, then put it into a faire vessell and seeth it till it be of such substance, as you will have

see pag 5

have it, and that it may be cutt with a knife when it is cold, and putt it up into a box, and if you please you may lay Gold upon it -

To make Spiritt of wine

Take half a pint of the spiritt of sack put into it 1 oun: of Benjamin and soo much Storax powdred, lett it stand in a glass bottle before the fire till it be well mixed with the spiritt, a graine of Ambergreece will add to the goodness of it; they water is not only good for the haire, but also a good wash for ye teeth & face, when you use it, you must putt 3 drops of it, into 2 or 3 spoonfulls or a wine glass of water, and it will turne it white, take of ye scumme ye will rise on ye Toppe, and soo use it - - - - - - - - - - - - - - - - -

see page 5: - -

Jelly of Hartshorne

Take a quart of water, 2 oun: of Hartshorne, lett it boyle till it Jelleys in your spoone, then take it of and lett it runne through Canas, then season it with Sugar Candy, and ye Juyce of a lemon, a stick of Cinamon and a sprig of marjoran, let this steep, then take ym out when you eat it - - - - - -

Paste Royall

Take marmelett of any fruite and mould it up in searched sugar, soo rolle it thinn, and print it in moulds & dry it in a stove - - - - - - - - - - - - - - - - - -

Lady Pereyes Cake

Your flour being well dryd in the oven after manchets, & cake creame, take 3 pound of it, & 7 lb of Currants well picked and Cleane washed and dryed, 1 1/2 lb of fresse butter, work your flour and butter well together, till you Cannott dessorne one from another, then season it as you think fitt with aquantety of Nutmegs, Cinamon, Ginger, Cloves & mace, & putt to it 3/4 lb of Loafe sugar with a little salt to season it, the yolks of 6 Eggs with 1 white, and putt to them a quart of a pint of Sack and a pint of strong aleyest, & mingle with them, and putt as much creame into it as will make it all into avery soft past, work it well together, and Sett it before the fire a quart of an hour to keep it warm in the meane time gett ye oven hott as for manchetts, but before you put it into ye oven, you must either hoop it with a paper or a wooden hoope to keep it from runing about, wash it over with ye yolk of an Egge and sack

Aquamirabilis good ffor a consumption or any diseas in ye Lungs

Take of Galanga, Cardamum, Culebes, melelott flowers Cloves, mace, Ginger, & nutmegs of each a dram, make them into fine powder, and infuse them a night in 3 pints of good whitewine, & a pint of aquavite or spirit of wine, ye next day distill them in a glass still, with a reasonable quick fire, It will be very good in a Rose still

but not soo strong nor soo much in quantity, a pint & neere a quart of ye Juyce of Saladine, with ye white wine & spirit of wine; & ye other Ingredients must bee mixt as you put it into ye still, put some fine Browne Sugar Candy well beaten into ye bottle you sett to receive your water soo make it a little sweete and hang aboute a graine of saffron in a Bagg to give it a colour

An Excellente Perfume Watter

Take a dram of muske, a dram of siuet an ounce of pome=citron pills, a pottle of damask rose water, and lett them steepe in a week or two, & once in 3 days bee Jogging ye watter, untill you have disolved them. This is an excellent water to wash a glove or to use in a morning at makeing ready. ye pills of oranges well dyed and ground with a little muske and Benjemin are a very good ground for ye glove — — — — — — — — — — — —

The French Queens Perfume

Take 2 spoonfulls of Muskadim, of Ambergreese 2 graines 8 spoonfulls of damask rose water, 12 Cloves bruised, as much powder of benjamin as weighieth a halfe penny, boyle these together as the very ayre is soo Excellent, that it will kill Mothes — — — — — — — — — — — —

Rosbery Or Goosbery Creame

boyle Rasberyes or Goosberys, and straine a good many into creame till it bee thicke and season it with rose water & sugar, lett it stand till it bee cold

To make a cold Possett

Take a pint of whitwine the Juyce of 1 Lemon = spoonfools of verduce, a little rose ~~water~~ water, a branch of rosemary, with as much musko sugar as you think will sweeten it, beate all these together a quart of an houre, then let it settle, and straine it into your possett, then take a quarte of newmilk & stand upon a table or Joynte stole and let yor possett be on ye ground, and so pouro in yor milk into ye wine as softly as you can stirring it about; strow sugar upon it, & let it stand till you vse it

To make cracknells

Take a peck of flowr, and of butter melled, & races of Ginger and 8 Eggs, tempor thes together, then take a qt of sack and a pd of sugar, boyle it a little, and put it in almost boyling butt, put in a little barm and make it into pasts and fashion it into cracknells, then put them into a panne of boyling water and when they arise to the topp, take them out, and put them into cold water a little, & strew some branne upon ye bord, and prike them and bake them - - - - - - - - - - - -

To make Cracknells another Way

Take a peck of fine flowr & 15 Eggs, breake ye whites & yolks together, and a pd of fine sugar well beaten, which you must put to ye Eggs, with some Aniseeds, Coriander

Seeds & whole popper, & a little sault, mould it as stiffe as it is possible, and put noe more liquor then will make them into Cracknells, and pinch ye sides w.th your finger dipt in a little rose-water, set over the fire a pann of a gallon full with water, and make it boyle as fast as you may, then put in your Cracknells, and when they begin to swim at the topp take them out, and lay them upon a fine Cloth, that hath some flour thin sifted upon it, then when your oven is hott as for manchett, lay your Cracknells upon papers and put them into the oven, but if you see them rise too fast, put them downe with ye hands before they be too hard, and when you see them well baked, take them out - - - - - - - - - - - - - -

To make Jelly of Rosberys

Take your rosberys and put them in a pott and stopp it very close, and put it into a skillett of water, and when it hath boyld an houre, take out the thinn Juyce, and when you have as much as you will, weigh it with sugar, boyle them till they Come to a Jelly, which you may perceave by drawing your fingers ond of backe of ye spoone - - - - - - -

To make Syrup of Verjuyce

Take a pint of rosewater, and a pint of verjuyce, then to to every pt. take a pd of sugar, let your sugar be solud in your water and verjuyce, then put it into a skillitt, & sett it one a soft fire, and when it boyles skimme it, & soe let boyle till it come to a reasonable thickness, then take it of & let it coole & soe kett it be kept in bottles

To make Gelly of Pippins

Take pipins, pared, quartred and Coared, then take to every 12 of them a quart of water, and let them boyle a pace till all the strength of the apples be gone out, then strain the apples out, and take to every pint of y^t liquor allmost a pound of sugar, and boyle it very fast a quart^r of an howre, then put in a sliced orange and let it boyle a pace, till you find it will Gelly, but but before it be quite enough, put in a little Juyce of Lemons, and be sure all the while it boyles you skimme it very cleand, the Orenges must be cutt very thinn and boyled in faire water, till the Bitterness be out of them - - -

To make Gelly broth

Take a knuckle of veale and breake it, then put it into a pipkin that will hold 6 qts, when it is boyled halfe away, put in halfe a handfull of reasins of y^e sunne $\frac{1}{4}$ lb of peale barly, a little cloves & mace, and a bunch of sweet herbs then let it boyle to 3 pints, then take halfe an ounce of hartshorne, and put in it - - - - - - - - - - - -

To make Collops of veale

Take veale Cut it very thinn hack it with the back of a knife, take 3.or 4 Eggs, beat them very well with a little nutmegg and salt, take margoram, winter savory & Rosemary of each a little quantity, chopp y^m and mix

with the Eggs when you beate them, then dipp your slices of veale in them, and fry them a little with sweet butter, & put them into a dish with some sweet butter and let them stew half an howre with all y graveyt comes out of the pannes, so serue them up with sippets in y dish & Capers ~ ~

~ To make whafers ~

Take a pint of cream not too thick, $\frac{3}{4}$ lb of sugar, as much flower as will make it batter as thick as for pannecakes, then put in a pretty many beaten cloves & sifted, and a little beaten mace, then make ye whafer Irons hott, wipe them very cleane, and rub them over wth a little butter in a Rogge, so put on a spoonfull of your stuffe upon your whafer Irons, then lay it upon y fire again, so when you think y whafer is a nough, take it off, and put in another, and role them up in what fashion you please ~

~ Woodstreet Cake ~

Take 8 pints of flour dryed and warmed before the fire, Currans to washed and picked and dried after they are plumped in y water then dried very hot before y fire, 22 Eggs halfe y whites put away 1 pd of loafe sugar finely searched & beaten, half an ounce of cloves & mace well beaten, 2 $\frac{1}{2}$ lb of butter, a quart of cream and a qt of good aleyest, put ye sugar cloves and mace into y flour and mingle them well together, then have your butter and creame ready melted, being set in hott water to melt, & heate the creame somewhat warmer then blood warme then put ye eggs and yest being well beaten and strained

strained together, then mingle it up as soone as you can put therin 2 graines of Ambergreed, & 1 grame of musk, beaten very small wth a little loafe sugar, when it is ready put in your creame and currants, and mingle them in wth all speed, ye oven must be ready before you begin your past, you must have large paper, and that must be buttered, and soe sett upon ye hoope, & fill ye paste into the hoope one hour & a halfe will bake it - - - - - - - - -

How to Ice ye Cake

Take 2 whites of Eggs 4 or 6 spoonfulls of Rose-water, & 1½ lb of double refined loafe sugar beaten & searched small through anery fine search, then mingle well ye Eggs and Rose water, it must be beaten all the time the cake is bakeing, till it be as white as snow, when ye cake hath staid the time as before sd draw it and if it be browne, pare it and brush away the dust lest it spoyle the Collour of ye Ice. ye blow it with a pare of Bellows that noe dust may Remaine, let it be almost cold, then put on ye Ycein all over with a spoone, ye topp and side, then putt it in ye oven upon the paile till it be dry, not shutting the oven, when you beat the sugar wth the Rosewater and Eggs, putt in 2 graines of Ambergreed and one of musk very small beaten

An Excelent pomatum

Take 5 lb of ye fatt Leafe of a Hogg, pill of the skinn and cutt it into thinn slices, and put it into a Basin

of spring water shifting the water 3 times a day for 3 or 4 days together, you must doe it in frosty weather when the frost is like to hold, set it abroad in feard weather, ther longer it is freezing the better, then prepare 3 ou: of cuumber seeds hath them and beate them in a morter till they be oyly, then take amarchmallow roots and a whole lilly roots, and a peice of Briony and 3 or 4 pippins, scrape and wash the Roots, pare and slice your apples thinn, and also the roots, then take along Gelly pott and put a lay of fatt and a lay of seeds and other things till your pott be almost full, then tye it up close and set it in a pott of boyling water and lett it stand there 6 hours together, then take it out and take of the Cleere of it as much as will runn through a cloath, put to it a pint of damask Rose water, and beate it when it begins to be cooll for 3 or 4 hours together if this water be foule or muddy, put as much fresh to it and poure away the first, when it is beaten pure white, put it up and keeps it for your vse:

A Gelly for the Consumption

Take the hind legg of an ox cutt away all the fatt flesh and bruise all the bones sinews and grissles, take an old cocke and not fatt, take away all the feathers about the rumpe, slitt him downe the backe, and take out all the intrills then wipe him cleane with a cloath and bruise him all to peices, take 4 calves foot blanch them but do not boyle them and bruise them to pieces, take 4 knuckles of veale and bruise them to pieces, take 5 lbs. of dates, and take out the

the stones and the inward skinn next the stones: 1:pd of blew currants 1:pd of Rasins of ye sunn stoned, ½ pd of hartshorne, ¼ of juory. 2d worth of saffron ¼ of cloves & mace ¼ of Cinamon & as much nutmeggs, 6d in leaf gold 1:pd of white sugar, ¼ of Marygold flowers, a handfull of sweet herbs, some comfry and Eringo roots, doe not wash any of these, mixt them allogether and put them in an Earthen pott, put no water to them, Close your pott on the topp with past, and set it in a pott of water over the fire, and there keep it boyling 2 nights and a day, till all the vertue be come out of the Ingredients then straine out the Liquor, let it stand till it be cold, then take of the fett and make use of the Jelly, you must fill up the pott with hott water as it boyles away — take this in a morning fasting or at any other time upon an Empty stomack, but 2 spoonf: at a time warme, and if you like it a little Juice of Lemon.

To make Clotted Creame

Take a little brass pann of milk that containe 2: gallons a piece, let it stand all night, the next morning set it upon an easie fire, take heed you doe not breake the cream that is upon it, when you see it begin to boyle or rise up, then pour upon it softly in ye place where it riseth a pint of good thick cream; and when you see it Just boyling againe, then take it very Carefully of ye fire, that you doe not breake ye Cream, then let it stand a day & aniight before you take the cream off, Cutt it into 4 Equall parts, & with a Scimmer take it of that ye milk may draine from it, then strew a little sugar at ye bottom of ye dish and scraped som upon it, and then serve it up — — — — — — —

An Ointment for the face in the Small pox ::

Take 2 drams of Talch; filled with anery fine file; 2 drams of Beans flower; 2 drams of Loafe Sugar ½ dram of Borax all in fine powder; then take ye whites of 3 Eggs; and the Juyce of a lemont, and wth a sponge reduce them into water; then straine it through a fine Cloth, and set in a silver dish over a soft charcoale fire and as soon as they are warme, by degrees put in all the powder — and a spoonfull of Hony; keeping it continually stiring, till it be well mixt, then put in a little gumdragon steeped in Rosewater; stir it well together and put it up. You must cutt pieces of fine Holland fitt to Every part of the face; and spread it thinne wth this; and warme it and lay it on at night; and in the morning wash it of wth warme Sacke; it must not be used till ye pox be quite dry ~

~ Another for the same ~

Take ½ th of Butter unsalted, then Take 30 house Snailes out of their Shells and boyle them in the butter till they breake; then straine it into a pott; and when the pott begins to dry, anoint once in 2 hours or oftener the face with this Ointment, it being first a little warmed, It must be done wth a feather —

~ An Excelente Rect: for a Cough ~

Take 2 oun: of Browne Sugar Candy: 1 oun: of Conserves of Roses; halfe an oun: of flour of Brimstone, 3 oun: of Syrup of Coltsfoote, mingle them and Take them on the pointe of a knife —

~ A Cire cloth ~

To asswage any swelling, or Cure any Cutt or to lay on any sore new or old, or to heale chilblands, or Ribs, broken or not, or for any Straine —

Take Hony 2 spoonfully Sallad oyle 3 spoonfully Beef suitt 6 spoonfully. Boars grease as much. a peny worth of frankincense, a peny worth of Bees wax, as much of red lead half as much Rozen. To make this let your suitt gums and wax boyle, till they be throughly melted, then take it of the fire, and put in your Lead oyle and hony; beate & Loade very well, then set it on a gentle fire & stiring it let it boyle till it looke something darkish; then take a linen cloth not over fine; and dipp it throughly in this; and roll it up together; It will keep a yeare

The Snaile water

Good for Agues, feaver or Jaundice Consumption or wind.

Take a peck of Garden shell Snailes wash y^m with beere, and take away the slime and froth. then put them into a sive and let the beer runn away from them, then heate ye oven hott anough to kill them, make ye oven very cleere and put the Snailes into it and let them lye till they are quite dead, then cleane them and take a quart of Earthworms and with a knife slitt them and strew some salt on them wash them very cleane in water, and beate them and the Snaile shells and altogether to pieces, then put into ye pott Angelica, Caladine, Beare foote, Agremony, Bittony, woodsorell of each 2 handfull of Agremony, Sorrel, red dock roots 2 handfull, the pith taken out of the inner rine of the Barbery tree 2 handfull of rue 1 handfull of Tormentick, Fennigreeke & cloves of each an oun: of harts horne 6 oun: Safron 1 dram the spices must be beaten to powder; put ye Snailes and worms upon the herbs, then put in 3 gallons of strong ale or low wine, then put in the spices and harts horne, and set the top of ye Limbeck on, and stop-

This is to be Stilled in may

stop it with rice dough; and let it stand all night; and so still it, stopp up your glasses; & in 24 hours you may draw 10. qts. of water you may give of this water to old people 3 or 4 spoonfulls; to young Children but halfe a spoonfull - - - - - - - - - - - - - - - - - -

= A Cordiall = Water =

Good for Surfeits and colds; and to provoake heate; or for fainting & vomiting

Take a pd of Loafe Sugar finely beaten; put to it a quart of running water, stir it well together; and straine it through a Cotton Bagg 3 or 4 times; then put to it a pint of Damaske Rose water, a pint of ye best Cinamon water; a pint of Angelica water, as much of Rosolis water, as much of Clove water, a quarter of a pint of Aniseed water, 3 pints of ordinary aquavitae; mingle all these together, and pour it four times through your Cotton Bag; then take halfe an oun: of musk Comfetts bruise them and put them into your glasses you Intend to keep ye water in; shake it together; and put it up for ye use —

= A Cordiall to make one sleepe =

Take 3 spoonfulls of Syrup of Coraslips; and 1 spoonfull of diascordi=dium; mix them together -

= Dr. Stewuens rare Water =

Take a gallon of Gascoine wine; halfe an oun: of ginger; as much Cinamon; Cloves a quarter of an oun: as much mace and as much nutmegs; 2 oun: of grains; 2 oun of Caraway seeds; 2 oun: of Aniseeds; 2 oun: of Fenell seeds 2 oun: of Lickorice 2 oun: of Galling=all; 2 oun: of Camomill; take Sage mint and red Rose leaves time petony; Rosemary; Organy; marjaran, Pennyroll, Pony mountaine, wild time laundredy, of each of these a handfull; bruise the spices small and beat the herbs, and put all into the wine, let them soake 12 hours stiring it often, then still it in a Limbeck, and keep ye first water by it selfe, for it is the best; the second is not so good

This water cureth the stomach very much; it cumforth the spiritts it preserues greally the youth of man; it helps inward diseases coming of acold or sweakings of apalsie, it cureth contractions of sinews and helps ye Conceptione of woman ye are Barren, it killeth worms in the body, it aswageth the gout, it cureth the cold dropsie, it helps the stone in the bladder and in the Raines of the Back, it cureth the Canker, & helpeth shortly a stinking breath ----------

An Excelente Eye Water

Take anewlaid Egge and make a hole at the topp of the Egg shell, and pour out the white into some cleane pott, then throw away the yolk & the tread, then take allum beaten and sifted, a piece as big as small nutt, 2 spoonfully of pure verjuice from the Crabs without any mixture, then put the white of the Egg into the shell againe; and set it on the ombers stir it with a little stick and when you find it a little hard ready to boyle, mix the verjuice and the powder of Allum together, before you put it in stir all together with yor stick and let them boyle in the Egg shell till it begin to be hard againe; then straine it out through a fine Ragg and let this water be used, if the Eye be very sore drop it 3 times a day, let the party lye one their back while a little be put in the Eye with a spoone, and lye so very still for a quarr of an hour after; If ye Eye water and feele grauelly it is a good signe. It is Exceeding good for sore Eyes if it be not white or blacke carrides, this must be made still once in 4 or 5 days, if ye sore nott of ye Eye Continue ---------

Wallnutt = Water an Excelent Cordiall

Take walnutts in the begining of June, beat ym in a mortar

then still them in a bladder or ordinary still, keeping the water by it selfe, then gather more wallnutts abouts midsumer day, and use them as you did the other, and keep that water by it selfe too, and about a fortnight after midsumer day gather more wallnutts, and use them as you did both the other, keep that water also by it selfe, then take a pt of each and put it together, then distill them in a stillatory still of glass and keep the water close stopt up for your use.

This water helpeth all manner of dropsies & all manner of palsies being used with whitewine fasting; it is good for the eyes, if you drop one drop of it into them, It is very good to help the Conception of a woman if she drinke of it one spoonfull one a day in whitewine. It will make a face very feare if it be washed therewith, It is good for all Infirmitys in the body, and drives out of it all Corruptions if it be drunke moderally wth whitewine or Conduite water, It killeth wormes in the body either of young or old drunke wth wine or by it selfe, if wine have lost his Collor, put in a little voiall full of this water & in 3 or 4 days it will rectifie it againe:- - - - - - - -

An Exclente Scurvey grass ale

Take Sassaparilla 6 ounces Polypodium of the oake 4 oun: Seny, Aniseeds 1 oun: fenell seeds 1 oun: Carowaye seeds 1 oun: Liquirice 2 oun: Ruburb ½ oun: Agrimony 1 handfull maidenhair 1 handfull Lindwood 1 handfull Scurvey grass 2 pecks: these are for 3 gallons of ale. the drugs must be sliced & the herbs pricked and beaten and put into a Bag wth a stone upon them to keep them down in the ale. it must be put in when the ale hath done working, and it will be ready to drink in 4 days, you must leave room in the vessell for the ale to worke -

A Diat Drink for the Stone

Take of fonell roots, parsly roots, smallage roots, madder roots, scurvygrass roots, savory roots, fernebrake roots, caparback roots, ashbarke, tamarisk bark, of each an ounce: Agrimony — Estrachdader, maiden hair, of each a handfull, flowers of Burage, broome, Bittony, Cowslips of each a handfull, fenell seeds Aniseeds of each an ounce: Hang all those in a Boulter bag into an hogshead of 5 gallons of ale, when it hath done working stop it close, and after 5 dayes drink of it ~~continually~~ Constantly —

To make Triacle Water

Take an ounce of hartshorne shaved, boyl it in 3 qts of Cardaas water till it comes to a quart, then take of roots of Gentian, Cypress, Tormentill of each an ounce: of blessed thistles, Angelica — Citron rinds of each an ounce: marigolds 2 ounce: Buckloss flowers & Cloue Jully flowers of each 2 ounce then take a pound of the best old triacle, dissolue it in 5 pints of rhildwine and 3 pints of read rose water; Infuse all these things 24 hours, then still it in a glass or ordinary still close pasted up about: drink 4 spoonfulls of this sweetned with sugar, if you give it to a child less quantity will serue according to the age of the Child, This water is to be took last towards bed time, unless in a fluxe of extremity, It is good for any Infection and in a feauour, for the yellow Jaundice, for Agues, for Convulsion fits to restore spirits, for worms & for fainting —

To preserue Goosberryes my Cousen Joneses way

Take 2 quarts of the largest white goosberryes and stone ym and as you stone them put them into fair water & when you have stoned them all have a skollitt of hott water and put them in and let the skellitt stand one the fire till the skins cracke, then pill them as you doe a Codlon, but take the skollitt of the fire & Couer it and take ym out as you doe ym and they will pille the better; then have ready a strong surup made of a pd of Sugar and put your goosberryes non by non into your presarueing pan; and put your syrup to them and put them on a quick fire and give them one quick boyle and skim them, and let them be all night in the sirup; the next day draw a matter of a point & a half of Juice as you doe for Cleare cakes; and be sure you draw it soe as it does not turne red which you may doe if you mind to ponder the Juice out as it comes; then take 3 quarters of a pd of Sugar and make a Candy and when it is come to a candy height but not too high put in your Joyce and give it a stirr about and then put in all your goosberyes and give them a heate over the fire and skim ym then take them all out with a bookin Cleare from the syrup and lay them in a white dish, and then sett the syrup over the fire and boyle it up as quick as you can and skim it and runn it through a fine Canuas strainer; upon the goosberyes and when they are almost cold glass them up, they must be done with double refind sugar -

=How to presarue Rasberryes. my Antt Tallbotts Way=

Take a pointe of the Joyce of Rasberryes and to it a pd of Double refind sugar= boyle it till it all most Jelly then put in it a quarter of a pd of pickt rasberyes the fairest you can get and boyle them as fast as you can till the syrup Jelly on a plate if add ye Jeuce of red Curance to your Jeuce of Rasberyes, they will not only looke but eate better when cold put them up

To make A gooberry foole

Take ye goosberyes and pick them and put ye into clean water & boyle them till they be as thick as you cannot know what it is, and to a q. take 6 yolks of Eggs well beaten with rosewater season it with sugar then straine in your Eggs and let them boyle a little then take it of and put it into a broad dish and let it stand till it be cold before you eate it - - - - - - - - - - -

How to make my sister Fitzgeralds Almond pudding

Take halfe a pound of Almonds blanch and beate them very small with a little Rosewater & sugar then take 6 yolkes and 2 whites and beat them well together, shrede a good handfull of marow or beefe suet very small, then take one handfull of fine greated bread and a spoonfull of flour a quart of thick creame, and a little nuttmegg greated, mingle all these together and beake it in a dish with puffe paste - - - - - - - - - - - - - - - - - -

To pickle Oysters my sister Fitzgeralds Way

Take the greatest oysters open them finly in a dish and let it settle then put the cleanest of it into a skellitt with a good quantity of Salt, and halfe a pint of white wine and 3 or 4 spoonfulls of winiger, boyle all this and skim it cleane, then put into it a spoonfull of grosse peper and some holemace anutt mog quartred and let it boyle a little then put in ye oysters and let ye simper but not boyle, then take them up into your pott but let the liquor boyle a little after ye it is almost could power it on your oysters and when they are quite cold stop them up close - - - - - -

To make oatcakes my sister Fitzgeralds way

Take 10 ewdy pottle of flowr halfe a pint of ale barm and neae aquart of spring water put a little milk into the water and let them be well mingled and lye an hour by the fire then work them up with more flowr, and let them be workt till the dow leave your hands then make them into what frame you please and beake them one a griddle - - - - -

= To make the thinn oatcakes =

Take a pottle of oat meale, & aquart of white wheate flowr take a good quantity of water and a little barm and milk as much as will make them like pancakes batter drop them one the griddle and so let them lye tell the be enough - - - - - - - -

= How to Make macerons =

Take 10 a pound and 2 oun: of Almonds one pound of Leafe sugar search your sugar and mixe it with 4 whites of new laid eggs takes out the treeds, beat your batter thus; mix it till it looketh white, then take your Almonds being blancht & beaten -

= To make my sister Fitzgeralds perfumes =

Take 3 oun: and a halfe of Benjamin lay it all nights in Rose water, then take halfe a pint of damaske rose leaves the whites being clipt away, beat them fine and mixe them with the benjamin, then put to it a oun: and halfe of the best sugar finly beaten, of civitt musk and amber gredro of each a quarter of an oun: very finly beaten work all thes together like a past make ym up in small cakes and put damaske rose leaves one each side of every one of them & lay ym to dry where neither sunn nor wind cometh, turn ym aside to day and in a month they will be dry, then put them in a box close with cotton

To make pasteles De Boche

Take a pd of rofined sugar pound and search it very finly then take a quarter of an oun: of Ambergreece halfe as much musk and grind them in a morter very fine then put to it the sugar, and wett it with gumdragon steept in rose water as much as will make it into past, then beat it and make it into past & into little cakes as big as a peny - - - - - - - - - - - -

To make lemon Cakes

Take 4 lemons grate them slightly then grate them as neere as you can, then take halfe a pd of sugar and beat it small and put in as much water as will wett it and let it boyle softly till it come almost to sugar againe, then take it of the fire and wring in the Juice of a lemon & put in the greated pill & a little pastell and set it one of fire and give it a warm, and so take it off and drop it into cakes as fast as you can - - - - - - - - - - - - - - - - - -

To make pottage Meager

Take 2 handfull of sorell 3 quarters of a pd of butter let them boyle together then put too it neere 2 qts of water one onyan and 3 Cloves boyle all together 3 quarters of an hour then take it of and put it into a porringer 4 yolkes of Eggs well beaten with a spoonf: of winger, mingle it soe and dish it with a crust of bread in the midle - - - - - - - - - - - -

To make wormwood aquawitca

when the woman is making the water let her put down into the pott 2 pts of the second drawing and in the same pott one quart of hony one pd of Sugar 2 oun: of Sweet butter halfe a knagin of white salt one pound of Aniseeds well Cleard and pounded small in a morter then put it into the pott, 2 pound of Lickorice well scraped and beaten asunder, then put it into the pott, then gett some wormwood which must be taken asunder by ones hands, and powr in downe with a stick into the pott untill it be full, then Stop up the pott and have it drawne as other waters but the woman must have a care for it is exterordinary stronge - - - - - - - -

Speare mint water

Imediatly after takeing out your wormwood water is the best and Seasonablest time to make your spearemt water is as above the 2 parts of the second drawing to put into the pott then to put into it the full of spearemt: and soe stop it close and draw it in kinde - - - - - - - - - - - - - - - - -

To make Raisin Wine

Take 2 pd of raisins of the sunn stond and halfe a pound of loafe Sugar and the Juyce of 2 lemons and the pile of one, put these into a deep earthen pott, then take a gallon of spring water and let it boyle halfe an hour then powr it into the rest of the Ingrediance in the pott and Cover it very Close only you must stirr it once a day for 3 dayes and then bottle it up and let it st en for a fortnight - - - - - - - - - - put

How to preserve Quinces whole

Take quinces not twoo bigg and beford you either ~~scrape~~ pare of core take your weight of sugar very fine then take a greale skollitt of water and set it over the fire then coare your quinces and make a hole through ye midle, put them into your skellitt and boyle them & whilst they are boyling make your syrup, to a pound of sugar put halfe a pint of spring water and when your syrup is made put your Quinces in as fast as you can pare them, you must put them into a silver ba=son one a quicke fire, boyle them fast that your syrup may be aboue your Quinces, turne ym continually and with a silver bodkin stabb ym through, that the syr==rup may goe through them, afoon as the said syrup begins to grow clamie take ym up and put them into glasses, you must not thinke of putting more then one glasse, or two into a glass, and when your syrup is coldenough put it to them &c - - - - - - - - - -

How to make fried almons

Take to a pound of almonds one pound of pow=dred sugar and a boule halfe a pint of water boyle them to a candy height, soe shake them and stirre them aboule till they are quite dry, stirr them aboule in the pann whilst theire is any heate in them - - - - - - - - - -

Mrs. Cutbeards Receipt to make little Biskitts

Take 6 Eggs whill and yolks, a pound and a quarter of Sugar and one pound of flowr, dry and beat your Sugar, and let the weight be a pound and a quarter, beat your Eggs first with a whiske, then beale your Ingredience all very well together with a wooden shike, then drop them upon sheets of paper and sho sifted Sugar upon them take it of againe, then when they are baked take them carefully of the paper, wth a thinn knife as soone as ever they are baked take them of the paper

Mrs. Cutbeards Receipt to preserue Orange peeles

Take ye orenges and pare them, and putt them in water peele and all boyle them in two watters that are made brakith with salt and a peice of allum, boyle them till they be tender, you may take out the meate before or after they are boyled, you may fling them into cold watter, then boyle them in a syrup for halfe an hour they may boyle pretty fast, then pott them up, soe let them stand till you are ready to use them, then when you are ready to Candy them up wash them in fair water and boyle them in a strong syrup till the come to a Candy height, then stir the sirop about them, and lay them with a couple of forkes upon a sue to drye - - - -

My Sister Kildares Receipt to make Cheescakes

Take 2 quarts of thick cream and as much strekings, mingle them together and make them as warm as new milk, then putt in a spoonfull or two of runnet when it is come, doe not breake the Curd but hang it up in a cloath untill all the whey be runn out then beat it in a morter, two hours, then mix them wth a pint of sweet creame & yolke of twenty eggs and two pound of Sugar one nuttmegg groaled a pound of sweet buter, a little salt and rose watter - - - - - - - - - - - - - - - - - -

How to make Orange pudding

Take the yolke of 6 new laid Eggs, and beale them very well, then take [illegible] a proportioned dried Orang pill, and shred it smale and put

and put with the yolks, then take halfe a pound of sweet fresh butter, and melt it in a skellitt ouer the fire, then take ½ a pound of very fine white sugar, mix all this together in a basson, you must louse your dish you intend to beake it in w:th puffe past under and ouer, it will be baked in lest then an hour - - - - - - - - - - - - - - - - - -

To Stay the bleeding at y:e Nose

Take the green leaues of Rasberries newly gotherd and rub them betweene your fingers and apply them to the nostrill that bleeds, twill stoppe with smelling to them - - - - - - - - - - - - - - - - - -

To make pith pudding

Take the pith of an oxe and let it be very well picked from the blood skins, and throwne in fairer and rose water changing the water when they are collourd, when you think it cleane anough, put it into a basson or wooden dish, and boal it very well, blanch and pound some almonds very well, half as much almonds as pith, take some sweet cream, and boyle ~~in~~ it some Cinamon, and mace, and to the pith of an oxe you may put the yolks of eight Eggs and the whites of 3 or 4 beat them w:th your cream and put it to your pith and almonds and season it with sugar and salt to your tast when it is altogether if you think it too thin you may put a few Crumbs of bread when it is fitt to put into guts you must cutt your marow into good big peeces, and put in with it, a quarter of an hours boyling is anough you must shave your guts, and a little before you fill them throw y:e in rose water.

To make Blacke Cherry wine

Take blacke Cheries bruise them wth your hand stones and all, and throw them into a Jelly bag, and let them stand and drop of themselves, as long as they will, and then let that liquor stand and settle, & then poor of the cleare, and to every quart of that cleere liquor, put 3 quarters of a pound and 2 ounc: of double refined sugar, and let it stand till the sugar is disolved, soe bottle it up. - - - - - - - - - - - - - -

To make Liver Puddinges

Take a quart of cream, and eggs, some of the horse liver when it is boyled, wett the liver in milk and rube it through a sive till a good quantity be disolved, then add to it a little grete bread, some cloves and mace beaten very small, a pound of sugar half a pound of Currance picked, half a pound of good beefe suett shaved wth salt, mix all these together and fill the skins

How to make the perimead Creame

Take one ounc: of hartthorne, and three ounc: of Gomarobace, and as much Jeeing glass, put these into a stone bottle wth a pint and a half of water, stop it close and lett it boyle 3 houres in a pott of water, then straine it through a Jelly bagg, and lett it coole, then have ready a hundred of almonds ready beaten very smale with rose water, a quart of thick sweet creame a pound of loafe sugar, a little musk and Amborgrese, put all those into a Jelly bagg and set it over the fire, let it be scalding hott but not to boyle, then put it into narrow bottomd glasses till it is almost could, it must stand a whole day before you take it out, &c. Sticke it with long peeces of almonds or sweet meates

To make white puddings

Take a qt. of cream, and a quarter of a pd of blanched almonds beaten smale, a pony manchett grated, ten eggs with halfe of the whites, two nutmegs grated with halfe a pound of marow and halfe a pound of sugar, and a little melted butter, mix all these together, with as much salt as will season it, soe fill the skins — — — — — — — — —

How to make mace Cakes

Take halfe a pound of butter a pound of sugar an ounce of mace finely searched, mingle all these together, roule them out but not too thinn, cutt them round in a drinking glass and beake them in a slow oven — — —

To beake a biskitt in a pann

Take a pd of flour and a pd of sugar, and dry both before the fire, then take eight eggs, and the whites of but 2 and beat them well with a whike, then put to them ye sugar and flour, beat it very well together, then put to it an ounce of Caraway & Coryander seeds beat it too hours or more, then put it into the pann, and let it stand in the oven an hour or more, the oven must be heated as for tarts.

How to make a french Creame

Take a pottle of new milk, and put to it a pottle of ill a gallon of sweet Creame, and put it into an earthen pott, and set it on a soft fire, you must keep ye fire of a certaine heate all day and all night, the embers must be about it wole hastily & soe be tuft, this cream must never boyle at all, and when you serue it out cut great peeces of it & lay ym one a dish and throw sugar on itt — — — — — — — — — — — — — —

How to make an almond creame

Take aquarter of apound of sweet almonds, blanch and beat them in amortar, wth rosewater, straine them into aquart of sweet cream, and season it with fine sugar, then put it into askollitt, and stir it till it boyle alittle, put it into your dish and eat it if you please when it is could - - - - -

To Dry Cherryes

Take cheries and stone them then take one pound of hard sugar aqt of water, and boyl and scum it, and then put it in 6 pd. of Cheries and let them boyl very fast being couered, let them boyl till they look cleere, then draine the sirrup from them, lay them one by one in dishes and sett them in a warm ouen, when they be dry one the one side turne them that the sirrup may serue to dry more, keep ym close from loseing the Collour - - - - - - - - - - - -

To preserue white Corrence

Take the fairest bunches of white Curance pick out the black ones & att ye hoale pick out the seeds with aneedle, then take their weight in fine sugar beaten strow the bottom of the preserueing pann with it, and lay your bunches therron, stroe more sugar on them & boyle them as fast as you can to a syrup - - - - - - -

To preserue plumes all the yeare for tartes

Take aquantity of plums, take halfe soe much sugar, then take an earthen pott, and stroe in first a lay of sugar and a lay of plums, soe doe till your pott be full stroeing sugar on the topp tye the pott close wth paper, and set it in an ouen wth upple pyes, when you draw them, draw ym and set it in the ouen againe, after ye houshold bread be drawne, thus you must doe 5 or 6 times

To make Syrup of Voylotts

Take to halfe a pint of violett one pound and q^r of sugar sod mingle them well together, and in a glass or Jelly pott set it in water boyling close couered till the Syrup be of a good Collour, and thick anough, then take it out, and when it is could put it up

My Lady Bennets way to make Syrup of Clove Gelly flowers

Take 3 quarters of a pd of clove gelly flowers, cutt of all that is white, bruise them in stone water, and put to y^m a pint of Gilly flowr water, put y^m in a gelly pott, & stopp y^m close, tyd them downe wth paper, set it one the fire in a pott of hott water 3 hours, then straine it and put to it a pd and a halfe of sugar, wth ambergreece and muske, tyed in a bagg, then set it on the fire again in water, and sod, let ye water boyle till ye syrup be thicke anough

Lady Bennets way to make Clear Cakes of any fruite

Infuse ye fruite in a silver or stone pott in boyling water then take the clear liquor, and to a pint take a pound of double refind sugar, wch you must boyle to a sugar again and in the boyling be sure you stirr it not wth the edge of ye spange, but wth the backside, let ye sugar be cold, then put it into a stone morter, and beat it fine, then put your liquer to it, and set it one the fire till ye sugar be melted, but att

it not boyle, then pour it into pannes, and drye them in a stove, and turne them, when ye uper most side is drye — — — —

To make Syrup of Mornd

Take a pound of citterne pills set them in eight pints of water till thoire remaine but two pints, put to it a pound and a half of fine sugar, and boyle it to a syrup, and the end of the boyle ing put into it 2 graines of musk — — — — — —

To make Quence Cakes

Take quences boyle them very tender, then pare them and slice them to the Coare, then set the on some embers to drye in a pewter dish, then take 2 or 3 of the worst quences, cut them in peices and boyle them in some fair water, till they come to a Jelly, then straine them out in a basson, and take 3 times as much sugar as you have dryed quence, beat the sugar very fine, and beate the sugar and quence well together in a stone morter puting there to a little of the Jelly, and when it is come to a past, take it out and make it into Cakes, and print it and lay it one aboard in a dish to dry by the fire — — — —

Mrs Whitelockes way to make Past of Orenges

Take ye best collourd Orenges you can gett, and boyle them in water, and when you take them out of the water, squeese ym as hard as you can, and take to every quarter of a pound of orenges, take 3 quarters of a pound of pipins they must be scalded very tender, and take them from the skinns then beat ye orenges and the pipins in a morter together till ye orenge be very smale

then straine it through a Course cannist Strainer, and get out of the orange as much as you can, weigh it & to every pound of it, put one pound of Sugar, first boyled to Sugar againe, and to every pound of past put the Juice of a lemon, or more, set it one the fire and let it boyle, put in a little ambergreese and musk and take it of, and when it is could lay out in plates in a stone, turning them - - - - - - - - - - -

My Lady Lyles Way to make Citterne Cakes

Take a quarter of a pound of Double refined Sugar, wett it in Citterne water, or of orange flower water, have in readiness Citterne pills, minced small, and scraye a good spunge full of Sugar, wett wth as much Juice of lemons and spiritt of Cittern, as will make it moist & some twenty graines of Ambergroose and muske magestricke of pearle in powder, mingle all these wth ye pill, and then boyle your Sugar to a Candy height, and stir it & drop it - - - - - - - - - - - - - - - -

To Dry Figgs Blew

Take the fairest soundest and full ripest figgs you can gett put them into a skellit of could water, let them boyle as fast as a piece of beef, till they be tender then take

them lay them out one by one, to draine out the water, then
pill of the thick skinne, and have in readinesse a thinn sirrup
made of single refin'd sugar, ye weight of the figgs, then
put them into a pewter dish, which gives the blew follow
boyle ye till they looke cleare, then draine them out of ye
syrrup, and have in readinesse another sirrup made of double
refin'd sugar, boyld pretty high and thick almost to a Candy,
and lay the figgs in it, till they be throughly hott, but not boyld,
soe warme them every day for seven or eight dayes together,
then draine them out and lay them one plates to dry gently
in a stove, turning on pewter platts, have a great Card of breaking
them — — — — — — — — — — — — — — — —

To Candy apricocks wth halfe the weight of Sugar

pare ye apricocks and skale them, take 10 a pound of apricocks
halfe a pound of sugar, a pint of water, when your water
and sugar is boyled, put in your Apricocke and boyl them,
till they be cleare, then heate them 2 dayes morning and
evening, without boyling them out of the sirrup; and search
fine sugar on them; set them in a stove till they be drye

To make marmalett of Cherryes

Take 10 a pd of sugar 10 pound of Cherryes stoned and
stalked, put the Cherryes into a pann, and boyle them
till all the liquor be dridd up, and be in the thickness
of marmalett, then put in your sugar, and boyle it
and put it into your glasses — — — — — —

To make Jelly of Damsons

Take a stone pott or silver tankard, and fill it with Damsons, set the pott into a skellitt of water, and keep the water boyling all the while, till there be a good deale of Liquor come out of the damsons, and as fast as of liquor comes power it out into an earthen or silver pott, for it must not be put into pewter for changing the collour, and to a pint of liquor put a pound of Loafe Sugar which must be boyled wth a little water till it comes to sugar againe, then take the sugar of the fire and lett it stand a little while then put it to your damsons liquor, and sett it one the fire againe, and soe let it stand till it be quite melted, when it is pritte Could, put it into your glases or Jelly potts, and keep it in a stone and set in it a Chafing dish gr. - - - - - - - - - - - - - -

To make Juice of Lickorish

Take one pd of lickorish the greenest and thickest stalks scrape the rine cleare of them cutt them in little slices and put them into a new pipkin, pour to it a pint of scaby water, a pint of Isop water, cover the pipkin, and let it infuse all night but not boyle, in the morning straine straine the liquor hard, and stampt the Lickorish in a cleane stone morter, and put the liquor in a cleane ~~stone~~ dish, and set it on a chafing dish on a chorcoale fire, soe let evaporate, not stirring it but stirring it ofton to keep it -

from sticking to the dish sides, that it is to wast till it come to the thick=nesse of Jelly, then take it from ye fire, and put to it one pound of double refin'd sugar beaten with 3 graines of musk & ambergrise search your sugar take part of the Jelly and part of the sugar, wch worke it wth much labour in the morter to a past, and soe by degrees doe all the rest, and then form it into what fashion you please then keep it in boxes in a closett neare the fire, let it be throughly dry before you use it. — — — — — — — — — — — —

To French Pottage = of Ducks

take a bony peece of beefe & a racke of mutton & a knuckle of veale, and put them to boyle together in a pott, and after you have scumed the pott very cleare, throw in a dozen & a halfe of Ducks with a little salt, and after it hath boyled for the space of 3 hours, take out the meale and empty the broth — — —

My Lady Willoughbyes way to preserue Citterne

Take the fairest Citterns, and rub them well with salt, lay them in water a night and a day & shift the water, then cutt them in peces and take out the seeds & Juice, then let them lye in water one night, then put them into a good quantity of could water, and sett them over a good Charcoale fire, boyling them a pace till they are tender, and turning them as they boyle, if you would have them tast much of the pile, then shift them not, but if you would not have ~~have~~ them tast of the pile, boyle them in 2 or 3 waters, but be sure it be fresh water and that it boyles when you put the Citterne in, then take out the Clearest & lay them one by one upon a cloath laid upon a table, then take for every pd of Citterne halfe a pd of sugar weighing them when they

when they are first put into the water, and to every pound of sugar, take halfe a pint of water, and set it on a charcoale fire, stirring it a little till it boyle, rosbarus a little water to raise the scume when it boyles, put in the whites of 2 eggs and scume it, and when it begins to boyle againe pour into it the quantity of 4 pounds of bitterne a quart of Ronish wine or the Joyce of the bitterne being wrunge out with a strainer, then boyle it fast scumming it all the while till you see it look cleare, then lay your bitterns as close as you can in a deep pott but be sure you bruise them not, then strainer out the syrrup to them and cover them in it, and soe let them stand till the next day, and then put out the sirup from them, and heate it scalding hott and pour it on them, and put those that were undermost upermost the day before, and soe heate the syrrup for eight dayes together, they will be never the worse if you let ye lye a fortnight or longer in the syrrup, then take the piles off 6 or 7 deep colloured orenges, and boyle them well into waters & pills of them being pared very thinn, change ye water twice, when they are tender, cut of all that looke white on the inside; then cutt them into long narrow even peeces, and take about 20 appleJohns and as many faire good pipins the apples must be green not mellow, pile & pare ye & pick out ye speale, and quarter and core them into fair water, put them into as much water as will cover them, and set them over a charcoale fire, and let them boyle almost to pap, then straine them through a cloath that is thick & it

may looke cleare, then take the poeight of sugar double refind and put in the orenge pills and boyle them and skim them and when it begins to Jelly straine it out and put to it the Juice of 6 lemons strained and let it Jelly againe, then put in alittle bagg of ambergrease and give it aboyle and fill up your glasses with it putting in your bitterne out of the syrup

To make Candy of Rasberyes

Take one pd of Rasberyes and break it with aspunge and boyle ym till they come from the prann bottom, then have ready another skellitt, one pd of sugar and fair water put to wett, and boyle it to the height of maimous Christow ym. mingle your Rasberyes and syrup together, when it is alittle coole pour it out upon pye plates, and set them in the sunn or stove to dry, and turne them till they are drye — — — — — — — — — —

To dry Plumes

Take to apd of plums apd of sugar, beat your sugar very small & strow some one adish, and set your plums on it, then sprinkle alittle water on them, and couer the plums with more sugar, then sprinkle more ~~water~~ and couer them with another dish & sett them into the oven; being pretty hott, and there let them stand till ye skins be broake, then take them out and let them stand till next day, and draine the syrup from them, then set them againe in the oven being but warme; and turne them that they may be drye one both sides; then keep them in close papers the syrup you draine from them will serue to drye two pds of plums more with alittle sugar strowed in ye boyling of ym — — — — — — — — —

To make peach Chipps

Take your peaches cut them and pare ym in little thin slices, and put them in a bason and lay a lay of sugar and a lay of peaches, set ym over the fire till the sugar be melted, then let them lye in the syrup 3 days, and put them on glass plates, and dry them in a stove turning them — — — — — — — —

To preserve Quinces Redd

For every pound of quinces take 3qr of a pound of sugar very fine, then take your quinces and pare ym make a hole through them stop them with paper, and when they are a little parboyled, pare them and put ym into the water & sugar, and to a qrd of sugar put an ale pint of water, then let ym stand on a soft fier till the sugar be melted, and then boyle them uncovered, very softly, and have a care your quinces looke not too clear and when they are about halfe done take to every pound of sugar two spunge full of gelly of quence kornells wch must be laid in water skinn ym well — — — — —

To preserve white peare plums

Take yor pear plums and peare them and to every pound of them take more then a pound of sugar finly beaten & searched, & dried, take one halfe of the sugar and put the plums in it and put it in water to wett ye sugar and let them boyle very softly and when they are pretty well boyled, and that the syrup begins to change Collour —

have your other part of Sugar made into Candy, and lett ye Boyle till the Syrrup be pretty thicke put them into the pott & put your Syrrup to them when they are could. — — — — —

To make quideny of rasberries quinces or other fruite

Take core and pare ye quarter pipins, slice quinces, and boyle ye in water, plumestoned and boyle in water alittle rasberies, break yt aspunge, and boyle awhile, and take the cleare of the liquor, goosberyes use as pipins, when any of these are soft tis boyled take to ahalfe pint of any liquor halfe apound of barberie Sugar, let it boyle to agelly, let it coole alittle and then pour it out into the printt which must be laid in could water and wiped dry with acloath, when your cakes are could take them out with awett hand into the boxes, laying the printed side uper most, take less Sugar for your Rasberyes and pipins

To preserue barberies

Take agood many picked barberyes and scald them alittle, ye fairest bunches, make the Surrup of about ½ apint of rose water and apound of Sugar, and boyle therein apound of barberries, and when they are anough take them out of the Syrrup and coole them a little, after put them together with the Syrrup into the glasses. — — — — — — — — — — —

To dry Apricockes

take Apricockes and Stone them and lay them in water as you pare them, that they be not black then Scald them

scald them till they be very tender, then take them out & lay them one aboard pricked very full of holes and put ym in an oven where white bread is baked, and as they dry, turne them and prick them, take care the oven be of very good temper, for if it be too hott they will be though if it be too could they will be blacke — — — —

To preserue goosberryes greene

Take a pann of water & set it on the fire and when it is milk warme put in your goosberies being pricked through and couer them close for halfe an hour, then have another posnett of water warme and put them into it like sort, coddle them 3 times in fair water, for that will make them green, then pour them into a sive & let the water drame from them, then put them into as much clarified sugar as will couer them, and lett ym sirrup leasurely close couered lett them stand simpering in the sirup a whole hour, then take them of the fire and let them stand till they be could, the next day warm them againe twice or twice, then take them up and boyle the syrup by it selfe, they will looke as greene as aleeke and keep — — — — — — — — — — — —

To dry = goosberyes

Take some prosserued goosberys, and plump them into a bason of seething water, and suddenly pour them into a sive to let the water from them, and then wipe them with a cloath, and lay them one by one upon a board, & sprinkle som sugar upon them and set them in a warm oven, and in 2 or 3 =

days or they will be dry, then box them — — — — — — —

To make Curran Cakes

Take rodd and white curence together, boyle them & straine them very well, put them into a candy, and to every pint of Juice put a pound of sugar, and drye them — — — — — — —

To make Cleare Curran Cakes

Take white curence when they are halfe ripe, and when they are pickt put them in stone pitcher and boyle them in water as fast as you can for an hour, let the water boyle before you put in the pitcher, then take the Juice and put it into a candy a pound of sugar to a pint of Juice, soe put them in glasses to drye —

To make Apricocke Chips

pare your Apricocks and cut them in quarters, or thinner which you think fitt, lay them in a pro sahuding pann, and powre a candy over them made wth the finest sugar, and boyled soe high till it throad when you hold it upon the sprunge, boyle the chipes a little to cleare them, and soe lay them out upon pleates, and turne them over seuerall times, untill they be dry, the faster you dry them the better — — — — — —

Another way to make Apricocke Chipes

pare & cut your Apricocks, and cleare them in a sirrup of fine sugar soe lay them on plates, and spread fine sugar over them pritty thinn, till they be dry, for both sorts of your Apricocks must not be too dry — — — — — — — — — — — — —

To make Cleare cakes of Apricocks

Take Apricocks not too ripe, and pare of the rod sids or any specks and put them in a stone pitcher, and put to them a third part of white amber plumes, other wise call ed. whigald plums, or any other cleare white plums that will make them gelly, and boyle the ~~pitt~~ pitcher in a pott of water very fast, less then an hour, put this ~~in a candy~~ Juice in a candy, a good pint to a pound of sugar, & soe dry them — —

you must keep all the Juice warm, till they be put in to a glass for feare it should loose the Collour — — — —

To make Apricocks Another Way

Take ripe Apricocks, pare them & stone them & to every pound of Apricocks weigh a pound of Sugar, take some too spungfulls of the pd and boyle the Apricockes 10th: it very fast, with the other part of the sugar make a Candy, then put in the Apricocks, the stuffe being boyld anough, soe put it in glasses, you may put one pound and a quarter of ye Apricockes because they will boyle away —

To dry Apricockes

Take fair Apricocks and put them in a thinn Syrupp of fine sugar to cleare, warme them 2 or 3 times, & at the last warming put them in a thinn Candy and before they be could lay them out hott to be dry & turne them every half hour upon cleane glass plates and close them to make both sides alike, dryed Apricockes must be stoned and pared — — — — — — —

To make Cherry Cakes

take the best cherryes newly gethered, and cutt them in 4 ins a pann to preserue the Juice, to every pd of cherryes take 3 quarters of a pound of loaf Sugar boyled as fast as ever you can, and when it is anough put it up in glasses to dry — — — — — — — — — —

To make A Tansy

take 10 eggs take out 2 of the whites, beat them very well, then take a quart of sweete creame, a meanchett & halfe greated halfe a pound of sugar & one nuttmegg greated, two handfs of spinage, a little Tansy beate it and straine it soe put in that Juice & a little salt, mix it well then frye it, you must stir it that it stickes not to the pann, when it is anough flatt it to the pann that it may be browne, soe turne it to browne the other side, when it is anough put it into your dish and squise 3 orenges on it & some suggar — — — —

To make Almond pudding

Take almonds one pound & blanch them and beath them well with a little rose water, then take a quart of creame and ten yolks of eggs well beaton & as much sugar as will sweeton it well, two nuttmegs scraped with a knife, two penny meanchitts greated, mix all well together, then put in half a pound of melted butter, stir it just as it goes into the oven, make a little puffe past, and put it into the bottom of a dish soe beake it, make bread puding the same way, onely you must leave out the almonds — — — — — — — — — —

To make Almond Butter

Take 1 th ½ of ye best almonds and blanch them & cast them into fair water, as you blanch ye cast them into a mortor and beate them, boyled up with a few cariander seeds you must put in but a little at a time, and when they are well beaton straine them out very hard, you may beat them over againe with a little rose water to have all the goodness out of the almonds, then take two quarts of the best sweet creame, and set it one the fire, and boyle it

it up with your almond milke that you have straned from the almonds, then take it of the fire and let it coole, then take a thinn table cloath & hold it straight and wth a ladle cast your creame all ouer the cloath upon the top, and when you have done, take your ladle and scrape all the bottom of the cloath to gett out all the whey, when you find that the whay is well out of it, scrape your butter togethor of ye cloath and put it into a white earthen bason, to keep it coole, then season it with rose water and sugar to your tast, if you like it you may put in a little sack very little will give it a tast. — — — — — — —

To make a venison paste

Take 2 good hunches of venison boned, 14 quarts of flour and about 16 eggs and but 8 of the whites of them then take 5 pound of butter, and breake it in peeces into the flour, then wett it with could running water, then take the venison and season it wth pepper and salt, and lay it even, and order soe that it may be all of one thickness, then slice two nuttmegs in it and at the bottom of the paste lay a matter of a pound of beefe, or mutton suite, beaten with a little water or olie cutt small, then lay it in the venison the fatt being laid undermost thereof, then stroe on a little popor, and if the venison be not very fatt

put a bout aquarter of a pound of froth butter in peeces one ye top of it, if it be fatt venison leave out both the butter and fruit, and just when you set it in the oven powre in halfe a pint of spring water or abouc, if you take the side take the skinn that was, pull of it when you goe to season it lay that all ouer, if it be the haunce legg, put the skinn of a legg of mutton ouer it, and when it is baked take of the skinn when you open the pattie, seuen london faggotts will not heate the oven halfe anough to beake it, or 3 shaudt of fourtt halfe ~~enough~~ let it stand in the oven for seuen hourdt to soake, and if you think the pattie to be too dry, take the bonds of venison and bruise them and season them & put them into a pott with fair water, or clarot wine, set this into the oven with the pattie, & when you open the pattie powr in the grauie that comes from the bonds. J

To make a caraway Cake

Take 4 pound of the finest flowr, one pound & ½ of sweete butter, break it into bitts into the flowr, and rub it betweene your hands till it be like fine gratt bread, then take one pint of thicke creame and soe much of milk heate it till it be soe hot that you can but just hold ye finger in it, put a little sack in your flowr, then take of ye best ale at least ½ a wine pint, straine it into ye flour with a little rose water, then powr in as much milk as will make it cleand & make wine from your hand put itt into a warme cloath, and setting it before the fire turning it

it sometimes, it will rise very much, when you think it is
risen enough put it into the thing you made it in & boyle it alittle, and powr on it apound and a half of biskett finly groaled, and 3 quarters of apound of Caraway Comfetts. mingle them as fast as you can and make it up and put it into the oven as fast as fast as you can, your oven must be as hott as for meanchitts, it will be apt to burne therefore lay papers on it, half an hour will beake it, if the oven be right or alittle more 3 fingers doop it is thick enough. Mrs eles her way that lived wth my lady Fairefax — —

To make Links of Sausages — —

Take the largest of the chines of porke, & that is called alist, and shred them smale, and mix with them some mutton suit smale shred amongst them, then ~~season with salt~~ put some sage smale shred amongst them, then season it with salt peper & nutmegs & ginger with some caraway seeds if you please this is all — — — — —

To make little plume Cakes

Take 4pd. of the best loafe sugar finely beaten and searched and apound of sweet butter, rub your butter & sugar together then take apound of flowr and rub in with your sugar and butter, but before you put in your flowr, rub in 4 yolks and 2 whites of eggs and 2 spoonfulls of rose water, then put in nutmegs, cloves, and mace, beaten and searched, then take apound & aquarter of Corrance wash them and rub them cleane, and then mix them

woll with the rest of the things, then put them in biskett pann and Ice them over with rose water and sugar before you sett them in the oven - - - - - - - - - -

A Water for a soare mouth or Canker

Take a pottle of forge water and one handfull of greene elder sprouts, and as much sage, boyle these together with alittle honey and alittle allom, then straine it and lett it settle and then take the Cleare of and put it in bottles for your use -

How to make pates of a Kidney of a lame of veale and the fatt belonging therto

After the veale is rosted and cold mince the kidney & fatt together very small as small as till it comes to a past then mix 3 eggs but 2 whites, broake your eggs into the meate before it be fully minced, then chop it & put a whole grated nutmeg with it, & alittle sault and then sweeten it to your taste, then have as many tosts as you think it will containe alittle tosted; then lay it on prity thicke, then put them into a frying pann, with a very little butter but turne them not, but take them pann and all off the fire and hold them before the fire to browne the top of them - - - - -

To stew oysters in the shells

Take great oysters and put too or 3 into one shell with the liquor to them, alittle butter 2 or 3 leaves of sweet margarom alittle pepper set them on the fire and lett them have 2 or 3 warms one the one side and soe much on the other and soe serue them up - - - - - - - - - -

To make pease pottage

Take 6 qts of strong broath made of a legg of beefe a knuckle of veale a pound of leane bacon, then take 3 or 4 qts of green shell peas boyle them almost enough then strame away the water, if yor peace be young beat the shell of your peace in a morter then strame them wth a little of the broath of your peace, boyle it warm & it will make ye broath greene, then put these altogether in a large pott or pipkin then put into this broath another knuckle of veale a peece of the leane end of a neck of mutton 1 lb ½ of fatt bacon, & a little time, sweet margarum, winter savory put in as much spearemt as ye rest of ye herbs tye them together and put them in when ye broath is a quart boyled, then put in sorrell spinage & younge lettis with a little parsly cutting them but not small & 3 cloves & grose peper & when it is halfe boyled, put in a quart of greene peace the greenest you can gett shelled halfe a pound of sweet butter. season it wth salt, boyle the 6 quarts above staid, till it comes to 3 quarts or little more then take the top of 2 french loaves sliced very thinn, dryc as hard as you can in an oven, lay this at the bottom of yor dish before you take of the broath, skim of the fatt very cleane, then take a quart of a pd of butter, the juice of a lemon, put it in & pull all upon the broad putting it upon hott coales till it boyles up a little but not boyle it too much for feare of ye boyling of ye butter, after ye peas comes to be one you must not serue it up without broad, it will boyle very thick as you see

put in bread accordingly, place in the midle of yor dish what meat you please, pigions are the best — — — — — — —

To Rost a shoulder of mutten in y Blood

Cutt of the shoulder as you doe a shoulder of venison, then steepe it in the blood while it is warm, and soe let it lye allnight and in the morning take a pretty deale of peny Royall, sweet marjaram time and peny Royall & winter savory chop them smale mingle it with grealed bread peper & salt with some of the cold blood then stuff your mutten thick with it, & lay some of it round the shoulder, then wrap the call of the sheep round about the shoulder, then rost it well and serve it up with venison sauce — — — — — — — —

To make the whipp Sillibub

Take a pint of white wine and halfe a pint of sacke 3 quarters of a pound of sugar the juice of a lemon put it in a deep Crocke & stire thy well together then put to it a quart of creame, and whip it with a burch rod till your rod stands up right in it, put in the peele of a lemon & take it out agame when it is halfe boal if you let it stand 3 or 4 days before you eat it, its the better — — — — — — —

To make fine Ginger breade

Take dates and take out the stones, & beat them in a stone morter put in some Cinamon ginger & mace finly beaten and sifted and a few crumbs of bread and some sugar and beat it all very well together till it worke well then print it & dry it — — — — — — — —

To Souse a young Pigge

Take a pigg and scald it and take out the bonds & roule it up like bravone, in every collour sprinkle slitt nutmegg, then bind it up & let it be loaded with Liquor, then take ginger and mace and good bundle of Rosemery & time & a pint of white rome, salt & a little veniger, then let it boyle till it be tender & take it and put it into an earthon pott liquor & all and let it lye in that liquor 3 dayes

To make Saffron Cakes

To a quart of a peeke of flour take at least a quart of new milk, boyle it & melt therin halfe a pound of good butter and a pound of sugar add thereto 4 peny worth of saffron drived & powdred, and halfe an oun: of Caraway seeds, stirr them well together, and kneed all up with a pint of new ale yeast, then lay the dough before the fire for halfe an hour, before you beake it - - - - - - - - - - - - - -

For Redd Rott Eyes Rumes

Take 12 spoonfulls of rodd fenell water, put to it as much white rose water, as much white Coperes as 4 large peas, as much prepared Putty in fine powder as you can lay heaped on a sixpence at foure times; as much white sugar Candy in fine powder as of Putty mingle all these together very well with a spoone stirring it in a bazan at least 2 hours together, then put it into a glass and keep it close stopt, it will keep a yeare when you use it sheake ye glass & it may mingle, you may use it morning, noone, & at 4 of ye clock but not later, wash ye out side of ye eye

How to preserue Cherryes

take ye best flanders Cherrys stone them & weigh them after they are stoned, and to every pound of cherrys take a pound & a quart of brazile sugar beaten, take halfe your sugar and put it into ye skellitt, take as much water as will melt your sugar, and then put your Cherryes into your sugar, and when they haue boyled a little take them of the fire & scume them, then put them againe on the fire, and throw in the rest of the sugar by little & little as they boyle, then as fast as you can and still as the scume rises take them of the fire & scume them cleane, then set them on the fire againe, and when they are almost ready, put to a pound of Cherries, 6 oun: of the Juice of redd Currants drawn by Infusion, and give them but one boyle, and when they are enough put them out of your prosouding pann syrup and all, when they are almost Could put them up — — —

To Preserue Rasberries Whole

Take the best and wholest and fullyest you can pick out of what quantity you haue, then take the remainder and cover them half way with water, and infuse them and straine them out of a hair sive, but bruise them noe other way then by laying a white plate upon them to make them drop through the sive; you can doe but halfe a pound well at once, and to that halfe pound take three quarters of a pound of sugar boyle it to a candy height, then put halfe a pint of ye Juice of Rasberies, boyle it with the sugar once, and then put 5 ounces of your picked Rasberryes into it, and boyle it fast up, Keep them well scumd and when they are could enough pott them up as you doe the cherry Curants, they are to done the same way, onely you are to stone and cutt of the blacke &c.

To make Marmelett of Rasberries

If you haue Rasberies anough take them all and infuse them without water, and take halfe of them & straine them, and the other halfe mash all to mash then take your cleare Joyce, and put to it your mash and to a pound of it put a pound of sugar, boyle your sugar to a candy height, then put them in and give them a boyle, scumm them cleane and empty them hott into your pott you keep them in, to make marmelett of white rasberries you must haue the Juice of white Curans or goosberyes &c - - - -

A fine powder for Linen

Orris roots 2 oz and a ½
Lignum Raodian six ounces pared
Lemon pile one ounce & a halfe
Cloues 4 ounces & a halfe
Cipress rootes 3 ounces
Damask rose leaues dryed one pd & a halfe
Benjamin four ounces & a quarter
Storax 2 ounces & a quarter
Labdamum one ounce & a dram
Sweet maviorum 3 ounces
Calamus Aromaticus 1 dram
musk Codd six drams
make all these into a grosse powder

A Remedy to hinder the Markes of the small pox being Recomended as a safe one, By Mad.: DeMurphy

When they are ripe, runn a silver needle through them to let out the matter, then wipe it of wth the softest lavone ragg, afterwards wash them wth the like ragg very gently in the water of mustles luke warm: The mustles after being washed dryed cleare, must be put into a dry clean skillett, upon a cleare fire, and when the water comes forth of them, keep it for your use &c. — — — — — — —

Madd: DeMurphy had the experience of this on her selfe, and it was recomended to her by a nunn as an Excelent remedy, who Employed her selfe in attending the sick — when mustles are not to be had, mutton with the fatt cleare picked off may be boyled, and the cleare broth therof may be applyed as the other &c. — — — —

To preserve Barberyes

Take some pipin water and put som barberies into y pipin water, and infuse them and straine them and take to a pound of the Juice, put two pound of Sugar then take a pound of barberyes stond & the blacks cutt of, take a pound & a halfe of your Sugar boyle it to a lardy height and put to it halfe your Juice and all your barberies boyle them, & scumm them, then take the other halfe pound of Sugar and throw into them as they are boyling & at the latter end, put in the rest of your Joyce & when you think them anough take them off

Birch Wine

pierce ye birch tree about a yard from the root and put in a spigott and a cockott, and tye a bottle under it, you may doe soe to 20 trees together, and wn you have gotton a good quantity together boyle it, and when it has boyled a little, put in some ginger and a little sliced nutmegg & some coriscoth and sugar, and then boyle it a little more & scumm it, and when it is of the warmness of worte put in your barme and let it work like Bare then tunne it up a week and then bottle it wth bits of sugar, and stop them not too close for feare of your bottles, it is not only brisk & pleasant but very wholsum & restorative, much of the nature of Asses milk for all paines & aches whatsoever - - - - - - - - - - -

A purge

Take one dram of Senna, and halfe a dram of tarter and one ounce of mana then take a quarter of a pint of spring water, and boyle it, and put in these Ingrediences and tye it up in a pott close, and set it in the Chimny by the warmth of the fire all night, and strame it out in the morning and give the party, this may be given to a child of six years of age and adding another dram of Sena to it it will be strong anough for a man or woman

A Rec: for children for the wormes

Take 6 graines of powder of rubarb, & 2 grains of rosen of Jolup and mix it in a spoonfull of Syrupe of roses or violetts this may be given to children of six soun eight or nine years of age, give them some posett drink or broath in the working of it — — — — — — —

Take of Camacoids 3. drams & ounces of springe water, and halfe a dram of remoortarari: and halfe a dram of Coriander seeds bruised; boyle these together in an earthen vessell close stopt for halfe a quarter of an howe, then straine it out, and infuse in it whilst it is hott 2 drams of Senna pith from the stalke, and a little shrod; of the best muschu thinn sliced one dram, let them infuse all night without any other heate, in the morning straine it through a flanon with very little squeezing; add a little sugar to it and drink it

S.r Abram Yearnous Recipe written by Himselfe

For a plurisy

Take a hott meanchent hot as it comes out of the oven cut it just in two, dip one halfe in tracle, ordinary tracle will serve, aply it as hott as the party can indure it to the grieved place, then take the other halfe and dip it in the tracle and clap it one the back just againe the other bind it on with a towell and let it lye on till morning, repeate this twice or thrice, this is good

for a bastard plurisyes or any wind in the windpipe or paine in ye wright side — — — — —

A Drink for the Same

Take 4 quarts of spring water, boyle therin a quarter of a pound of french barly, & one ounc: & a halfe of red pease, one ounc: of marsh mallow roots slicte, let them boyle tell they be boyld to 2 qts & a pint, then take a quarter of a pound of the finest virginey hony & put to it & let it boyle tell a pint be consumed Drink this for ordinary drink as long as the paine Continues — — —

For the Scurvey

Take 2 great handfulls of garden or sea scurvy grass or both, pound them in a stone Morter, then straine them soe hard as to gett out all the Joyce then set them on a silver tumbler upon Coole ambers, not to boyle but to raise the scume, then take the scum Cleare off, add to it as much of ye best white wine, & the the Juice of 2 or 3 orenges & drink every morning — — —

Another for the Same

Take a quart of new milk & a pint of spring water put them on a fire till it boyle, when it riseth pour in a quarte of ale & make a Cleare possett, take away all the Curde & have ready a cloare earthen Jugg with a wide mouth and then take a handfull & a half of scurvy grass break it with your hands very small, then pour the possett drink to it very hott upon it, and stop it up close, keep it Constantly by the fire, drink half a pint of it in the morning fasting & half a pint at four a Clocke, Repeate this often

For A hecock or Consumptiue Cough or Tisick Cough

Take an ounc: of new Joyce of Lickorise put thereto half a dram of Olibanum, mixt it together on a marble Stone wth a mullitt, adding to it 9 drops of Chymicall oyle of Aniseeds, wth four grains of the best tenant musk & grind it well together upon the stone, and make it in Lozinges and put one in your mouth going to Sleep

Mrs Sibalds powder to be giuen in Sack

In feauers or in the small pox or measles, but in an ague in Carduus water, twice a day before the Cold fitt and going to rest 7 grains at a time, for a loosnesse give it in Claritt wine 15 grains to one of a full age and to a younge body a lesser quantity & in the small pox ye rule is to give Children 2 grains more than their age

To make small Caraway Cakes my Cozen Bernardes Way

Take to 3 quarts of very fine flour one pound of fresh butter, and rub the butter into your flower, ye yolks of 4 eggs & the whites of 2, halfe a pint of ale barm & as much Cream as will wett the flour wth the barm: then worke the paste & Cover it up & let it rise a while by the fire, when it is rison have ready halfe a pound of sugar & halfe a spoonfull of Caraway seeds & mix both together & soe work it into your paste

To make my Cozen Barnards Little plumb Cakes

Take one pd & a halfe of the finest flour, 12 eggs but put but 4 of the whites, one pd of sweet butter 3 quarters of a pd of sugar, 2 pd of Currance well washed, mix these all together & it will make 3 dozen of Cakes

The Rare Beeffe Pye made by the Castle Cook

Take a surline of Choyce beef & bone it and take out all the sinews from it, & boat the flesh wth a roulling pinn, then take 3 pound of the best

beefe suit, mince it very small with a little time winter savory
marjoram peny Royall & a few leeke blads incorporate these
together, w.th some fresh sheepes blood, season it pretty well
with sault & grose peper, put the beefe into a convenient
deep pan the flesh being stuffed with some of the Ingredi=
=ance & the rest put about it, let it lie thus all night
and in the morning put it into your past or pie and set
it in the oven by six of the Clocke, & draw it at 12 but it
open & power into it two poringers fulls of warmed grauy
sheake it well in your pie & serue it up = = =

= To Hash a Calues head =

Take a calues head & parboyle it in as little quantity of li=
=quor as it will lie in, take it and hath it in peices as bigg
as an oyster, then bruise all the bones & boyle them in the
same liquor, and put thereunto 4 Calues feet clouen in
two, then boyle all together with a bunch of sweet herbs
and a peice of leane bacon, the breath to be attended
and scumed very well untill it comes to the quantity of
a quart or there abouts, then take up your Calues feet
and Cut them in lesser peices & put them to the hash
meat of the Calues head, then straine your liquor throg
=ugh a Cullender and put it into your hash meat w.th sea=
=soning, a little grose peper tyed up in a Rugg & then
out againe a little salt & little salt & an onion Cut in
two pieces & some cloues & mace, then handing your
balls made of these ingredione following, some of the

the Leane of a legg of veale & beefe suett, force them together very small, in the forceing of them add to them some time & sweet margorant & a little peice of an onian with a little peper cloves & mace with some Capors & halfe a dozen oysters force all these together till they be brought to a part, then roule them up in balls some Long and some round, then have ready wth them thirty or forty oysters, then put all your meat into a frying-pan or stewing pan, and when it is boyled & scumed then put in the balls & oysters with some little bits of Bacon butt thinn, then put there unto halfe a pint of white wine & a pd of sweet butter and some peeces of marow, let it be very well tossed, then cutt a penny cett round way and toss them, layd round in the bottom of ye dish & soe dish it & set it upon some Charcoale a little while, then have some almonds ready blanched and cum them upon it, & great some nutmegg over it, & ale=mon cut small & a good handfull of Capors, then garnish it with some of the balls & some marow pasties & what you will the braines after the veed call is taken of must be choped small and well washed and then put into the hash meat when it goes in the frying pan

To make sope

Take ten peckes of the best wood or wood ashes and moist-
=ten it with water soe that none of it be dry, yet not too wet
and get 2 pecke of good Rock Lime, first makeing a hole in
the middle of the wett ashes, and put it into the ashes &
sprinkle it with water, then Couer it with the ashes soe
as the fume or smoake may not get out, for about a
quarter of an hour, at which time you must guide a
Koud, and where the tapp pinn ought to be must be left
quite open, & soe put a wisp of Straw made round, aboute
the hole of the Koud, upon which you must lay two Stones
slanting soe as to meet at the uper part and strow Straw
upon them then put it into the keeue g^or^ ashes and soe let
it stand for ½ a quarter of an hour then you must fill
up the Koud with fair water, and keep it full by degrees
till it begins to runn, you must be sure to have a vessell to
receive the lyes that runs from the Keeue, then you
must take two ordinary pailes full of the strong Leese
and the small Leese you must put into a pan wth th 40 of
fallow or Kitchin Stuffe, and let it boyle, and as it boyles
away, fill it up wth leese that comes from the Keeue, & soe
as you goe to bed fill up the pann wth the Leese &
leaue a fire under it to make it boyle till next morning
then take the Leese that runs allnight and put it into y^e^
pan and let it boyle with the rest in the pan for 2
or 3 hours then put into it your strong Lees, and soe let
it

and soe let it boyle, till night, then put some bay salt into the boyling Leese by degrees till you see the Liquor breake soe as that you may pscaue the Sope to come from the Leese then take the Sope off and let it stand a little while, then gett a small box with little holes both in the side and in the bottom, and lay a course cloath thereon, then take a skimming dish, ad scum the sope from the former Lees and put it into the box, and as you fix up the box wth the Sope, you must sprinkle it wth Indigoe very well boyled in some of the former Leese to make it blew as you think fitt, and wn it is between hot and could you may cut it into what form you please

To Make a lime water to dry up any water with humour in the Leggs

Take to agallon of raine or spring water, one pt of hott Lime, let the water be ready to boyle, put yor lime into a praile, and throw the seething water upon it, and then keep stirring of it for an hour at least, & let it stand 24 hours, then scum it very cleane, & cleare it of the Lime, you may either beath your leggs in it, or wett cloaths in it & ware about yr legs & it will dry any humour

To Make My Sister Fitzgeralds Meade

Put to of water a gallon of pure hony boyle it well and let it be still scimming untill an eight part and more be consumed, then put it into a wooden vessell, & let it stand 12 hours, then poure it gently into another vessell leaving all the drugs behind, then let it stand in the second vessell till it be quite cold, and the remaining drugs quite settled then turn it into the barell leaving ye drugs behind (as before you did) then put into the barell half a pint of good ale barme stirring it well with a stick, then let it stand till it has well purged it selfe by working, & when you find it has quite done working, stop it up close & let it stand 3 weeks in ye barell before you bottle it 3 weeks more in bottles makes it fitt to drinke

To make Clove Gelly flowre Wine

Take 3 gallons of water foure pound & a half of sugar the whites of 3 Eggs beaten to a froth, & mingle all these together; set them over the fire & let them boyle very well together, & scum it very cleane, then take it off the fire and when it is cold add to it the flowers of about 1200 Clove gelly flowers, & when the water is of a cleere red colour strainc out all the flowers through a hair sive then take a browne toste pretty well toasted & pritty large & very hott spread it one both sides with barme, and put it into your Liquor and

and when it has worked very well, tun it into a ferkin then add unto it a quart of good maligoe sacke & ye Juyce of 3 lemons & 20 Cloves & a little Lemon pile and stop it up for 3 months & then bottle it, & after a month you may Drink it

To make Currance Rasberry or Goosberry Wine

Take 3 pd of Currance 3 pints of spring water a pd of Loafe Sugar finly beaten, pick the Currance very Cleane & pound them and stop them in the water above six hours, then straine them out & mingle the sugar with the Liquor and keep it stirring till the suggar be disolved, then tun it up and stop the forkin very close and let it stand for 3 or four months, & then bottle it and after being bottled for 2 or 3 days you must heave up the Corke a little for feare the bottles breake, then stop them up very close, and after a month you may Drink it, the seeds that you ~~take~~ straine from the first water put them into a tubb of other water, and when the water is red straine out the seeds, and to every five quarts of the Liquor add a pound of Sugar & when it is disolved turn your Liquor, & let it stand for a weeke, and then bottle it, & after 3 weeks you may drink it, & soe you you may make it as strong as you please & keep it all ye yeare onely ading more or less suggar according to the shortness or the lenght of the time you intend to keep it

To make Plume wine

Take a ferkin Containing ten gallons more or less, and fill it with any Sort of plums and put to it as much water as it will hold besids, and stop the ferkin Close and soe let it stand for a fort=night or 3 weeks, and then draw it into an earthen vessell and to Every 3 quarts of Liquor add a pound of Sugar & then tun the Liquor into a Runlet and let it stand till you intend to bottle it provided it be w^th^in halfe a yeare, for if you keep it long^e^ you must add more Suggar to it, or if less time, less Suggar and within 3 weeks after bottling it you may drink it

To make Apricock Biskitts

Take apricocks and pare them & cutt them in pieces & put them into an earthen pott to Stew, set the pott in boyling water till the Apri=cocks be to mash, & then rub or Straine them through a hair Cive, and to the pulp, take threetimes the weight thereof of Double re=find Sugar, being first well beaten & searched through a silk Search, then beat the pulp and Sugar together till they become very white, then drop it on pie platts in little Cakes & dry them in a hott ouen or in the Sunn, and then turne them wth a thinn knife, and those of them that you find hallow you are to fill up againe with Some of the pulp you are to keep for that purpose

Powder for the head

About the last of may or the begining of June) for th^e^ the hearbs are in there strength, take of Sage Rosmary & time winter Sauory Sumer Sauory Sweet margrum & bittony of each alike quantity & Spread them thinn

thinn upon dishes, set them into an oven after bread is drawn, stop them up and soe let them stand till next day, and soe set them in the oven againe the oven being made hot as before, & soe they must continue till they be powder dry, then they must be rubbed small & beaten with a pestell in a mortar to powder, then sift them in a line & put them into a peaper and keep the powder for yor use = as thus =

When yor head is coming take the powder of cloves a quarter of an ounce finely beaten, mix it with [illegible] a handfull of the powder of hearbs and soe upon the hair & strow in the powder upon the ground of the head & open the mould & crowne of the head especially, lay rudy lay of hair over the powder to keep it in, thus doe once a week, combing out the one & pouring in the other; it is exceeding good for a moist cold braine for all Distillations cecationing coughs, to prevent palsys & other distempers of that kind = = = =

To Make Mrs Rivedans boyld Conserve of Woodsorell

To a pod of woodsorrell picked from the stalkes a pint of spring water & when it is ready to boyle put in the sorrell by little & little till it is all in then let it boyle till it be very tender, then have

have a pd & a quarter of Loaf Sugar finely powdred put it into them, then let it boyle till you see it come Cleare from the Skellitt bottom, Conserue of Roses is to be made the Same way, only to a pd of Roses you must take a quart of watter and 3 pound of Sugar & the Roses will take much more boyling

To Candy Angelicoe
Mrs Riredans Way

Take the angellicoe and Cutt the Stalks from the leaves and to euery pound of those Stalkes, way a pound of Sugar put the Stalkes into a quantity of water that you think will couer them, & keep them under water with a plate & a stone then the next day boyle them in a large broade pann with good Store of watter & auery quick fire till you find them tender, while this is adoeing take halfe a pint of watter to euery pound of Sugar, and when it boyles Clarifie it with the whites of 2 or 3 Eggs, and when it is Cleare scimed boyle it to a Candy height, then take of yor Angelicoe being boyled tender, & have as many hands as euer you Can gett to pile it, and soe throw it into yor sugar soe boyled, & when it is all pilled set it on a quicke fire & boyle it till you drop some of the Sirrup that it will stand & not runn, then take it & knot it with as many hands as you Can gett — boyle this where the aire or wind Comes to itt —

To Make Orange Marmalett
Without the Rines of ye Oranges

Take a dozen of the best barmadus orenges pare them & let them lie in water a whole day & aniight shifting

shifting the watter 2 or 3 times, then take them and dry them one by one Gently and make a hole at the top & take out the pulpe & pick the Kernells out from the pulpe, & take about a qua: of a pint of water & boyle those Kernells in tell it grow like thinn Gelly, then powr it from the Kernells, and let it stand by tell the pulpe is boyled Take to the pulpe of those 12 orenges above a pint of spring water, & set them on a quike fire & let yu Continue to boyle fast till you see them looke Cleere and grow prettie thicke, & then have 2 pd & ½ of double refind Sugar beaten & put into the pann & boyle them up wth it very fast stirring of it all the while, & then wn you think it is Cleare & thick anough put a little wth a spoone upon a plate and if it does not runne about it is anough, then put in the Jelly you made of the Kernells & the Duce of a Lemon or 2, & if you will a little Ambergreff & give it one boyle or 2 after these are in, then take it off the fire, and set it in the aire to Coole or if you boyle it in the wind under a window or at a door it will have the better Collour when it is cold, put it in glasses If you Can gett neither lemon nor Ambergrosse it will be very good wthout them, the rinds of the Orenges you looke the pulp out of are to be done at Mrs Cut beards receipe doreth, & the pareing may make Chips soe that

noe part is lost of ye Orenge;

To Candy Ringo Roots

Take of the Largest roots boyle them till you find them tender, then pill & slitt them & take out the pith and throw them into Could water, where they must Lie for 6 hours then take them out of the water, & take to Every pd of roots a pd of Sugar & a pint of water & boyle it to a thin=ge Sirrup, then take it of the fire & when it is Cold put in the roots & boyle them a quarter of an hour, & skim ym very Cleane, & let them ly in the sirrup a day or two then shaine them out & to Every pd of the roots which you doe) add to the same Sirrup one pd of Loafe Sugar & boyle it up to a Candy height, and when it is almost Cold put in the roots & boyle them till you see they will Candy then Twist or Tye them in what sheape you please

To Cure the Falling Sickness

Take a quantity of Large red earth wormes alive & put them into fair water to purge them of their slime & grauell, which renew two or three times a day untill they Looke Cleare & Transparant which will be in 2 or 3 dayes at most, then put alive into a pott oven or a dish or pann untill they are dry for powder, then pound them Small & Searce them through a fine Searce, & give the patient as much thereof as will Lye on a shilling, in about half a pint of ale or bere not very strong, if for a Child a less quantity according to ye discretion & ye Childs age, there being no deanger you giueing them as much as

of the powder as you can get them to take, It must begin
the first day of every Quart.r of the moone, untill y.
fitts are Cleare gone, which will be in a month or two
at the most (w.th godd blessing) the patient forbearing
in that time all wine & strange liquors, & must not
eat the head of any thing Nor any Roots, Cabage or
Keale — This Receipt is very good for Convulsion fitts or
for the wormes — — — — — — —

To Make Almond Tarts

Take half a p.d of Almonds blanched in faire water, and
beat them well in halfe a dozen spoonfulls of Rosewater
then put into them a p.d of white sugar & beate them
againe, then take a quarter of a pint of thicke Cream
ten Yolkes of Eggs & 2 whites, a small glass of sacke
wherein you may put a little muske, a large Lemon or
2 orenges, a quart.r of a p.d of melted butter, two or 3
peeces of Citterne some minced & some cutt in thinn
slices; Then Roule a peece of puff peast, & spread it
over the bottom of the dish; then put it in w.th bars of
paste — — — — — — —

To make Apple paste

Take Apples & Coddle them & to a pint of y.e pulpe take
a p.d of Loafe sugar, & dry y.e sug.r in y.e pann very
very well, & have your pulp in another pann

& lett it stand on the fire till you see it Rise from the bott=om, then take yor pulpe of the fire & pour it into yor Sugr and stir them together over the fire till you see the Sugar quite melted & drop them into pans to dry

To make Orenge Biskett

Take ye Orenges & quarter them, & watter them 3 dayes, changing the watter morning & euening, then dry them well in a Linen Cloath but it must be very Cleane, getting the watter very well out, & weigh them, & to Euery pound of Orenges put two pound of Sugar, & pound the Orenges in a stone morter & stroe in the Sugar as you pound them, & when it is pounded very Smal spread it round the brom of a pewter dish & set them to the fire, & when they are dry anough to Cut them into what sheap you please, & turne them upon other dishes, yor Sugr must be powdred & sifted before you weight it, you may doe Lemon the same way, only to them, but one pound of Sugar

To make puffes

Take ½ a pd of Cifted Loaf Sugar & the white of one Egg and the Juice of a Lemon, & beat them very well together, when you put in the white of the Egg & Juice of ye Lemon add half a spoonfull of Orenge flower water & a spoonfull of Coriander seeds, beat them together with a stick till they look as white as the Sugar it selfe then drop them upon plates & set them in the oven (not too hott) and Lett them dry Leasurely

To make Royall Biskitt

Take one ℔ of sweet Almonds & blanch them, boyle the rosine of two fresh Lemons very tender, pound ye as soft & fine as you can beat them ~~altogether~~ & then put in your almonds & beat them altogether when you are beating them for feare they should runn to oyle, take the Juice of a lemon & white of an Egge beaten together & now and then put in a drop or two; when you have beaten them very well & fine make them up what shape you please

To make Lemon Creame the Lady Warwicks way

Take foure Lemons & grate the out side till you can see the white rine, then put the Juice of the Lemons to that which is grated & let it stand 3 or 4 houres — then take the whites of 8 Eggs, & 2 of the palest yolkes & halfe a pint of water, & so beat them all together & straine them with the Lemons, then set them over a smale fire not letting them boyle keeping it shriring till it be as thick as Creame, & then put it in what you will, to serue it up in

Orange Creame is made the same way only add more yolks of Eggs to make it last yallow & sweeten it to ye Tast

To make Chacolette Creame

Take a pint of creame & boyle it & asmuch Chacolett as will Colour it to yor mind, & asmuch Sugar as will sweet-
-en it to yor taste, then thicken it with the yolkes of 2 or 3 Eggs & soe serue it

To Bake Beefe

Take the short Ribs or a buttocke peece of beefe, some 4 stone & let it hang 2 or 3 dayes to mortifie, then take away the bones grisles & skinns wch you find betweene the the flesh, & beat it softly with a wooden pestle to make it tender, then season it wth pepper Cloues & mace, and if you loue it larded, lard it wth as smale a lard as your little finger, & either put it into a strong earthen pott Cou-
-red wth Course paste, or a pye made wth strong paste, wth 3 or 4 pound of Suitt minced in the bottom of the pott or pye & made wth auent; soe bake it 6 hours according to the discretion of the Cooke, two dayes after poure the grauye from it & it will keep a fortnight, if you intend to keep it longer, when you poure the grauie from it fill it wth Clarified butter, & soe spend it cutting it the crosse way of the lard; if you would haue it looke red, after the beefe has hung before you season it, let it lye in faire watter 24 hours wth sume salt, & a little salt in the watter it is though that this beefe does better without suitt only the fatt of the beefe & some times a little butter

To make Mountaine Creame

Take 3 gallons of milk one nutmeg bruised, & six blades of mace, tye up the spice in a Ragg & then boyl it in the milke, and when it boyles up put in a quart of sweet creame & stir it well together, then take it of the fire & put it into 3 earthen pans, & stirr it till it be Could, yt let it stand 24 houres, & then seume of the creame, & season it wth Rose water & sugar, And if you please you may put a little Ambergreese into the Rosewater & beate it wth a whiske till it breakes like butter, but let it not come quite to butter; then take it wth a spoone & heape it high one a pleate & soe serue it;

To make Plume Biskett

Take a good quantity of plumbs, before they begin to turne, & put them on the fire to stue, & when they are all to a mash, runn them through a fine haire Cuie, & to a pint of the pulpe take a pound & a halfe of Loafe Sugar, & put them into a Bason, & beat them together wth a spoone, and as you beat them put in the white of an Egg, beat it all till it turnes as white as milk, & drop it upon papers & put it into an oven after white bread, or into a good hott stoue & soe cooling heat till you see them quite Drye; this may done also when the plumes are through ripe

To make Westphalia Hams

Take good gammons let them allonlighe two or 3 dayes, then wash them with halfe white wine & halfe water, dry them with a Towell, then Rub them with white salt, & a tenth part of salt pettery, take then som great basket or powdring Tubb and put at the bottom a finger thick of salt ground very smale & there upon lay a thinn lay of Hysop Sage Savory bay leaves and rose mary, then lay the fleshy side of your gammons there upon makeing another lay of Herbs and salt upon the backs of them Continuing so till the baskett be full prestring them very hard & leaving them so 14 dayes to take salt After that time, take them out & hang them in some very stanch Closet and for 5 or 6 dayes make a fire of Juniper under them (for want of Juniper I think the shaveing of fir will doe well) letting it Every day to burne out to smoak them, Hang them afterwards in a garrett & they will keep 3 or 4 years, when you begin to Eat them if they be too drye boal them well with a pettell & powr upon them dureing a day 3 or 4 times Luke warme water and a handfull of brand and when you will boyle them in good hay & put them in a Kittle powring still Cold water as it dominisheth till they be anough

Diachilon plaster

Take the minilage of the seeds of fenugreeke of Lin seed & of marshmallows of all a pound, of old Salett oyle 3 pounds let all boyle to the Consumption of the minilage straine it & then add thereunto of golden lytharge, reduced very small a pound & a halfe, let all boyle with allow fire to the Consistancy of a plaster

To make Mountaine Creame

Take 2 gallons of milk one nutmeg bruised, & six blades of mace, tye up the spice in a Ragg & then boyl it in the milke, and when it boyles up put in a quart of sweet Creame & stir it well together, then take it of the fire & put it into 3 Earthen pans, & stir it till it be Could, yt let it stand 24 houres, & then seume of the Creame, & season it wth Rose water & Sugar, And if you please you may put a little Ambergrease into the Rosewater & beate it wth a whiske till it breakes like butter, but let it not come quite to butter; then take it wth a spoone & heape it high one a pleate & soe serue it;

To make Plume Biskett

Take a good quantity of plumbs, before they begin to turne, & put them on the fire to stue, & when they are all to a mash, runn them through a fine haire Cuie, & to a pint of the pulpe take a pound & a halfe of Loafe Sugar, & put them into a Bason, & beat them together wth a spoone, and as you beat them put in the white of an Egg, beat it all till it turnes as white as milk, & drop it upon papers & put it into an oven after white bread, or into a good hott stone & soe cooling heat till you see them quite Drye; this may done also when the plumes are through ripe

To make Westphalia Hams

Take good gammons let them ellorlighe two or 3 dayes, then wash them with halfe white wine & halfe water, dry them with a Towell, then Rub them with white salt, & a tenth part of salt pottery, take then som great basket or powdring Tubb and put at the bottom a finger thick of salt ground very smale then there upon lay a thinn lay of Hysop Sage Savory bay leaves and rosemary, then lay the fleshy side of your gammons there upon makeing another lay of herbs and salt upon the backs of them Continuing so till the basket be full pressing them very hard & leaving them so 14 dayes to take salt After that time, take them out & hang them in some very stanch Closet and for 5 or 6 dayes make a fire of Juniper under them (for want of Juniper I think the shaveing of fir will doe well) letting it Every day to burne out to smoak them, Hang them afterwards in a garrett & they will keep 3 or 4 years, when you begin to Eat them if they be too dryes boal them well with a pettell & poor upon them every a day 3 or 4 times Luke warme water and a handfull of brand and when you will boyle them in good hay & put them in a Kittle powring still Cold water as it dominisheth till they be anough

Diachilon plaster

Take the minuilage of the seeds of fenugreeke of Lin seed & of marshmallows of all a pound, of old Salett oyle 3 pounds let all boyle to the Consumption of the muilage straine it & then add thereunto of golden Lytharge, reduced very small a pound & a half, let all boyle with a slow fire to the Consistancy of a plaster

To pickle Mushroones

Take those that are white & broad close & prime pile them & cutt them in small peeces, then put them into an Earthen dish very close Covered to boyle with their on Liquor wth Salt & Cloves, when you see them boyled anought throw away halfe there Liquor & put them into a pott wth veniger beaten peper & salt stop the pott they are keept in very close

To doe them hott

put them in peeces in the erthen dish & Cover ym close on the fire & when you find soe much of their one Juice come out of them as will make ym boyle, Cutt in some Sues & salt & Cloves & boyle with ym after the mushroons is boyled, put in sum Cutt parsley and a good peece of fresh butter & some peper & lett it boyle a little, then dish them

To preserue Mushroones

To drest hott all the winter, boyl them as before derected to pickle wth a good quantity of Sault & peper put them into a good broad erthen pott or large pipkin Liquor & all together & lett them stand till they are Could, then take some sault butter & melt it, & Cover them wth it & when you haue ocasion to vse any of them Cutt of a peece of the butter & take them out wth a spoon & melt that peece of butter wth som mace & fill up the hole againe that they may not take Aire

To make A Frigacye of mushroomes

put a good peece of butter in a frying pann & lett it fry a while, then put in the mushroomes, then cut in som Onions smale into the pan & fry it againe & some parsellye cut very small & when it is almost enough put a little vineger & pepper into the pann & soe dish it, If you like it you may add the yolks of 2 or 3 Eggs

To make Elder Wine

Take a good quantity of full Ripe berryes of Elder gathered free from Raine or dew, then pick them from the stalk & bruise them & haueing gained all the Juice put 3 quarts of good spring water to 6 quarts of that Juice, & stire it very well together, then put into it as much very fine white powd^r sugar or fine Clarified hony as will make ye Liquor strong enough to beare an Egge, then stire on a swift fire in a vessell to boyle & scum it as it riseth, till it be Cleere, then take it of the fire & putt it into a Conueniant vessell to Cooler & when it is throughly Cold, put into that quantity of Liquor neere halfe a pint of quick Barm of Ale, & soe lett it worke as you would do ale, Then tunn it into a firkin or vessell proportionable to ye quantity of Liquor, & w^n it hath stood in the vessell (well stopt) 3 weeke or a month, draw it into bottles putting a little Loafe sugar into each bottle, and soe Corke them very well & keep them for your use

To make a Slipcoat Cheese

Take agallon of new milk & a pint of cream, boyl a pint of spring watter & put to it, & when you find it about the heat of milk from the Cow put in yor runitt, let it stand close Couered till it be come very roll, then take it up with a thinn seiming dish, and lay it in thinn slices in yor Cheesfatt, till it be full to the Edge, then throw the strainer ouer it, & haue a round board that will goe within the Cheesfatt, & press it with 2 pound weight, and when it is settled fill it up againe with curds, as before & press it again with 2 pound more weight, & add two pds more weight, Every time till all the curds be in, then lay a stone weight ouer it all, and in halfe an hours time turne it into a Cleane wett Cloath, soe let it stand till night, then shift it into seuerall wett Cloathes, wett in Cold watter and soe let them stand till next day at at night; then put it in a weak brine for 12 hours, then take a layer of groon Rushes & on the topp of them som groon nettles newly gathered without stalke, or ash tree leaues; then lay on the Cheese & a good quantity of Nettles againe & Rushes one the Top of them, & renew the Leaues every third day, In tenn dayes it will be ripe

A medisone for A Sore Breast

Take 2 yolks of Eggs & beat them on a Trencher & put to to them one spoonfull of hony, then take about the big=nes of a walnut of pure hogslard without salt, & bruise it amonge it with the point of a knife, if you see the breast be like to break put in halfe a spoonfull of Venice Tur=pintine & mix with these other things, put in as much fine wheat flour as will thicken it like fine past, soe as to spread upon holland or fine doulas, soe warm the plaster a little before the fire & put it on the breast It dries it, still putting a fresh plaster to it, & keeping the breast washed Cleane with warme milk & watter, If the breast doe breake make tonts of lint & spread them with this plaster & put in, & weare the plaster on the top of the tonts, & continue it till such times as the breast be well, This plaster put to any womans breast after she is brought to bed will put back ye milk & keep her from A Sore breast, If you find that there be an ague in the breast, take a wooden dish and put it into a pott of boyling watter; that the dish may boyle in the watter, then take it out & put it as hott as hott to the breast as it can be indured & hott Clothes upon the breast, This will sweat the breast and take the Ague out of it, then dress it with the plaster

An Exelent Receipt for A consumption

Take a pottle of 2dd Cows milk & a pottle of Snails shells & all bruise the Snails shells & all, put the snails and milk into a Still, with a quarter of a pound of Aliompona roots, half a pound of ~~Raisins~~ Stoned Reasons, four oun: of Liquorish scrapt & bruised, one oz: of Aniseeds bruised, a good handfull of Colts foot, as much of Asbegbawne, Still all these together —

Drink a draught of this Every morning fasting and another in the Euening if it be not sweet enough, sweeten it with Sugar — — —

To make Caraway Cumfitts

Take a dozen of fine flour & put it into a broad platter then take almost a quart of Extraordinary good barm not bitter and lay it in as you would lay lenen for breade and set it before the fire covered for an hour, then take 2 pound of fresh butter, & rub it & the barm & flour very well together, then take the whites of 12 Eggs and 2 or 3 yolkes & beat them well together & put them to it, then take a quarter of ~~a~~ an ounce of ye best English Saffron dry it well & pound it purely, & mix it with as much warm milk as you think will wett ye flour, when you have wraught it a little Take a p^d of round Caraway Cumfitts & a few beaten Cloves — and as you Knoade it Strow them very well that they be mixed equally, then cut into Small Cakes & if

you pleas you may print them pritty, then prick them and so bake them, your dozen of flour will make you 3 dozen of Cakes

To make Caraway Cakes

Take a dozen of fine flour & putt it in a broad platt or thin take almost a quart of Extraordinary good barm not bitter, and lay it in as you would lay Loudn for bread, & lay it before the fire coured for an hour then take two pound of fresh butter & rub it & the flour & the barm together very well, then take the whites of a dozen Eggs & 2 or 3 of the yolkes & beat them well together, & put them to it, then take a quarter of an oun: of y.e best English Saffron dry it well, & pound it purely, & mix it w.th as much warm milk as you think will wett y.e flour, when you have wrought it a little take a pound of Round Caraway Cumfetts, & a few boaton Clouds and as you knead it throw one it & be sure you knead it very well that there be an Equell mixture of the Cumfitts, then cut it into smale cakes, & if you pleas you may print them, if not roule them out very thinn & prick y.m and so bake them your dozen of flour will make three dozen of Cakes

The best way to make sirrup of Any kind of flowers or blossomes

Take any flowers of which ~~which~~ you Intend to make sirrup of, & put them into an Earthen pott, press them downe into it & then boyle spring water very well & powr it upon them let the watter Cover them ouer about an Inch. Cover them with a paper & koncher & Sett yt by the fire all night neave the Embers, then straine them out in the morning & in Every pint of the Liekquor take 2 pound of the best brazile sugar & disolue it in it & let it stand 3 Weekes disolueing in an Earthen or Siluer vessell stiring it Every day till the sugar be all disolued, then putt it in bottles and keep it for yor use, It will keep four Yeares

An Exelent Receipt for a dropsye

Take about an ounc: and a half of the Glanum root, Clean scraped, and slised very thinn, and put it into aquart of white wine, and let it steep 2 or 3 dayes, and then drink a sack glass full of it Every morning, or less if yor stomack will not bear soe much

A Receipt for convulsion fits

Take mugwort water & king royall water of each a like quantity & so every spoonefull of mixed water put one drop of oyl of amber & give yn well together & let ym be given assoone as yu deserne a fit to apreave & in ye fit take 4 or 5 spoonfulls & so give as much in a spoon as ye child will take ye child must take noe other norishment tell ye 4 or 5 spoonfulls be gien it may be given every half or more if ye fits continue a hole day tho ye fits leffen every time ye water is given

A receipt for an ague

Take ye small roots of yarron
scrape ym very cleane & cut ym
small & put ym in a thin
sarcenet bagg ye breadth of one
hand make a loope att ye
round ye neeke yt it may fall
upon ye pitt of ye stomack & to
loose one ye side that it runs
ye wast put on ys bagg an hour
before ye fitt comes & let it stay
9 dayes

Drink to be taken with ye
bagg in a quart of pottet drink
sage sorrell & dandylyon of each
an equall proportion drinke
of ys pottet drink colon ye hot
fitt & hot ye cold fitt if ye be
cured before ye nine days ye may
leave of ys drinke but ye must
not ye bagg till after ye nine days
is over

How to wash gloves to keepe long clean

Take halfe a pinte of rose water or orenge flower water & infuse in it ½ oz of gum arraback over night in ye morning take 6 penyworth of maste & 12 penyworth of spirit of wine dissolve ye in ye gum & rose water & set it on ye fire & let it boyle. ye turne ye gloves inside out & wash ym over & let ym drye ye turne ye gloves againe & wash ym with a sponge with ye grain of ye leather one way & when both sides be dry wash ym again & so let ym dry & when ye are so dry as not to stick one to ye other put ym in a booke or under a presse to smooth ym

A receipt to make quince wine

take ye quinces pare ye quarter ym & put ym in a press all ye juice well out & let it stand foor three dayes cleaving it of every day ye sweeten it to ye taste & let it stand 24 hours after ye suger is in yt it may worke & so bottle it

The Lady Burlingtons receipt to break
ye impostume in ye body

Take ye weight of a gold crown
of frankincence beat it very small
& take a bigg pippin cutting ye
core out of it yn put ye frankincence
in to it yn bind it fast with a thread
ytnone of it spill out & bake it
in a slow fire till it be very soft
yn mingle it together & give it to
ye party having eaten nothing
three hours before & fast as long
after it yn may give it three
mornings together

For a woman in trouble

Take a large drought of
clarite wine put in to it
a cleave burnt charcoal thru
times yn take it out & give
it ye woman to drinke

for chilblains

take 2 ounces of virgins wax & as much ~~[illegible]~~ burgundy pitch & of olibanum, one ounce mix & make ym in to a salve according to art

A salve for burne scald or greene wound or any kind of malignant sore

take salad oyle Rosin burgundy pitch hoggslard & beeswax all of ye best & of a like quantety in weight boyle ym all together in a skillet till they boyle thrice yt haveing roome enough allowed ym to rise y strain it out in to a pott & keepe it for yse it is to be taken inwardly for a bruise & spread one a linnen cloth very thin when outwardly applyed with lint & some there on rolling ye sore approved

A Searecloth plaster for a paine in ye back or shoulder

take of farrace Jos olibanum & diapalma of each a like quantety melt ym in a new earthen pann y is prepared & lay it on ye part reserving all ye be used

An infallable poultis for a swelling
in ye breast or any other part to breake
Take 6 or 8 spoonefulls of linsee
dryed & beat very fine & boyle it in
milke wch it is boyled take it off & put
there in linsee oyle & turpintine
about an ounce of each & so apply
it warme & repeate it dayly till ye
swelling be broken wch how soon
are bett thus to a pint of milke put
about 3 ounces of seeds one of oyle
& halfe an ounce of turpintine

A strengthening scave cloath

Take 2 ounces of red lead put a quart
of a pint of choyce oyle melt ym
well to mix by half an hours boyling
wch dipe in neb lowzen or double
& so apply it letting it remaine as
long as it will one ye part

An excellent plaster for ye wormes

take halfe an ounce of allowayes
& halfe an ounce of wormeseed & a
small quantety of worme wood &
a quarter of an ounce of turpintine
beate all these in a morter together with
as much oyle of all as will make it of a
spreading cory & anoyle ye sore at it on
leather w^ch & apply to ye navell
& pitt of ye stomacke

A glister for ye same

make halfe a pint of posset drinke put there in a penny worth of worme seed & as much aloes powdered boyl this there in & with a little sallad oyle give it ye afflicted

A excelent receipt for ye yelow jaundice Lady Jones is

take nine worms ye biggest you can get wch have knots in there skines wash ym in water & sabe very well yn tye ym in a ragg & boyle ym in spring water & make a water gruell of ye water & a little saforne in ye cloth wr ye worms

Mrs Scarfons Receipt for ye scurvy

Take 2 handfulls of scurvy grasse on handfull of water cresses on handfull of brook lime cut ym small & put ym in to a bottle & put a quart of brandy to ym & after 2 dayes take 4 spoonfulls of ye strained & ye juice of an orange every morning fasting

Lady Tandales Receipt for ye bloody flux or trinell

take a spoonfull of grains & bruse ym & boyle ym in a pint of milk to a gill yn swallow ye grains & drinke ye milke after it ye doe at night for 10 or three times

Mr Stapleton's Receipt for a sore breast

Take of ye pavings of a stone hors hooves & dry ym in an oven till ye beat to powder wch must be sifted through a tiffany sifter y take as much of ye powder as will lye upon a sixpence & put to it ye same quantity of nutmegg made in to fine powder mixt both in a spoonfull of ale & let ye party take it fasting in a morning & ye like at 4 of ye clocke in ye afternoon drinke half a pint of ale after it & fast 2 hours apply nothing outwardly to ye breast onely keep it warme & refrain stirring meates

Lady Burlingtons receipt to an impostheum in ye body

Take ye weight of a gold crown of frankincense beat it very small & take a bigg pippin cutt ye core out of it & put ye frankincense into it & bind it fast with a thread y none of it spill & bake it in a slow fire till it be very soft & mingled together & give it to

ye party having eaten nothing three
hours before & fast a long after yu
may give it three mornings

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ye best cure for a gangering

give a large does of Linfs allteralyes
cordiall or any other cordiall yt is
a strong on & wash ye bruse with
spirit of wine

for consolation fits in old people

take a greate quantity of large
knotted earth wormes & put yn
in faire water & shift 2 or 3 times
a day untill ye looke cleere & will
be in 2 or three days, & put yn
a line in 2 a hott oven or else a
gridle turning yn till ye are dry
enough to beate to powder being
well pounded search yn with a
fine search & take of ye powder
in half a pint of ale or beere as
much as will lye on a groate ye
first day of every quarter of ye moone &
three hours after it & abstaine from
eating of all brines & from any strange
liquors & all roots cabbidge & keale

to make spirit of saffron

take 2 ounces of ye best saffron
rub it bit from bit put to it
3 quarts of ye best sack & one quart
of damask rose water put on ye
head of ye still & so let it stand all
night in ye morning draw it off
with a gentle fire & so spread it
it to ye taste with white
sugercandy

ye lady Athers Water

take red sage salendine rosemary
rue wormwood ~~[illegible]~~ mugwort
pimpernell dragons scabious
egrimonie balme scordium lentuari
cordus betony rose solis of each
a good handfull, angelica roots
butter burr roots gentian roots
fennell ledoary liquorish of
each half an ounce, slice ye
roots & shred ye herbs & put
ym into a gallon of white wine
& 2 quarts of brandy & let ym
stand 10 dayes & 10 nights yn
still ym in a cold still & let it
drop 2 pon a pound of ye best sugar

A receipt to make ye lime water

take 3 pound of ye black lime yt is
burnt put it in to earthen pots & set
on ye fire 2 full gallons of spring
water & when it is ready to boyle put
it in to ye lime by little at a time &
let it stand 6 hours yn serune of ye thin
serune yt will be ye one if yn take
of ye clear into a lary gally pot
put in to ye three quarts of water
safrans english liquorish sliced
thin annyseeds bruised of each
ounce & a quarter of an ounce of
mace half a pound of ye bis
bles corrance let these stand &
infuse 4 days stir it 3 or 4 times
a day yn powere ye water from ye
ingredients bottle it up & keep
it for yr use

ys drink being drunk twice a
day in ye morning fasting & before
supper & a gentle walke after it
yu may put a little sugar in it
if yu like it & warme it a little
yn take half a pint at a time
it is good against all obstructions
what som ever it may be used
inward or applied outward it
may be used by way of infusion

to wash any wound with it, it is
good against ye stone in ye blader
or kidnays it cleanseth & sweetneth
ye blood it strengthen nature it
helpeth shortness of breath it
stayeth by urine it cures ~~consumption~~
consumptions & dropsy it procureth
appetite it killeth ye wormes it is
very good for ye gout & cold
palsey some times it cases children
to bleed but very seldom but fear
it not

To make pidgeons body Ran alaughs way
take fresh pidgeons bone ym & seas
ym with cloves mace & salt put ye
livers & gizards with in ym boyle
oatmeale & water together strain
it yn put ye pidgeons in & also put
a few cloves mace pepper & ginger
& som white wine vinegar, n ye
pidgeons are boyled enough take
ym up n both liquor & pidgeons are
cold put ym together they will be ready
to eate in less yn a weeke & may be
eaten with oyle & vinegar.

to make conlip wine Lady Ranalaughs way

take 9 gallons of spring water & 22 pounds of powder sugar boile ym together very well with ye whites of 6 eggs well beaten, yu may cover this hott upon a bushell of conflips cover it close & let it stand 24 houres yn straine out ye conflipps & put in 4 toasts of browne breade well toasted & spread with yst one both sides & put in ye joyce of 6 good lemons & ye pill of one yn cover it againe & let it worke & wn it is worked well put it in a vessel fitt for it with 2 bottles of renish wine & 2 of sack let it stand a moneth yn bottle it out & corke it well & it will be fitt to drinke in 2 moneths if yu boyle ye water half a way before yu measure it ye wine will be better & must not be put to yest to hott

to make purfet water

take a handfull of cardus 2 of wormwood & to of mint put in new milke hot from ye cow so much as will cover ye heards & let ym steep all nigh next morning still ym until ye yarbes be dry it must be made in cold weather. let ye milke turne

to make Jaffages Lady Bavynours

Take a forchine of porke let it be very fat cut of ye skin & all ye bones yn shread it small as for mince pyes yn season it with nutmegs & 2 whits yolkes & all & halfe a penny loafe grated mingle all these together & so fill yr skins & fry or roast ym

Per me Dionisius Hickey

To pickell mushrooms Lady Saralanghs way

Take those mushroomes as looke of a
pricolor at ye bottom for ye other
are not good peele ym & shake
out all ye red & lay ym in a pan
& couer ym with salt & let ye
have purged ym selues yn cover
out all yt water & put ym
in a sauce pan with as much
white wine as will couer ym
& som mace cloues & peper & son
shallots & let ym boile till ye are
enough yn take out ye mushroom
from there liquor & yn ye are cold
lay ym in a glass with a open
mouth & yn yu have layed ym
in ye glass betwen every layer of
mushroom put som hott peper
mace & cloues & bay leaues & shallots
till yu have almost filled ye glass
yn power ye liquor & pickler
yt is shall be upon ym & ye top
yt ye ye close with a leshen

Lady Saralanghs todredge ym

Take ye red as ye
pill ym & sirop out & dry ym
doe ym for pickling & couer

ym with the salt & w^n ye have purged
ym selves power out ye liquore
& put ym in a sauce pan with a
pint or more of white wine
with cloves mace & pepper &
shallots & n n ye are enough
have ready some sweete
marjoram parsely & winter
savory shred ym small & put
in to ym & let ym have a boyle
or to & put in a peece of butter
& have ready three or foure
yeolkes of eggs beate with
a little vinegar & stir in
amongst ym till ye come to
ye thickness of a fricassee & put
ym in yr dish with lemon
one ym

to pickle mushroom Lady Fettangus
way

take yr mushroom pell or
scrape ym throw ym for an
hour into faire water yn
drane ym cleare from ye water
& put ym into a skillett with a
hand ful of salt & foor three

slit onyers let ym boyle halfe an
hour in there one liker till ye
are tronke & tender y take ym
& straine ym from ye liker
yn make ye pickell with white
wine to every quart of white
wine halfe a pint of vinegar
halfe an ounce of mace & cloves
one nutmeg to bayleffes som
hole pepper let all thes boyle
up together yn bath are
cold put ym together

To make pastefory Cheese cakes

Take three pints of flower finely
serched y take as much water
cream as will make it to a
paste with ye yoales of 2 eggs & one
white & as much sugar as will
make it sweet ye paste must be
made very stiff yn beat it with
a rolling pin till it be smoot
yn role it out very thin & bake
it in quick oven y crust will be
ye better being made with cold cream

Posset posnne water for ye
feuerisey

Take a still full of hott stone
horse dung & steepe it in 4 or 5
quarts of good ale ye night
before ye still it yn take one pound
of beaten ginger & one of horse
redish roots sliced sixe penie
worth of saffron & a quarter
of a pound of raisins treckle
or metredate so mixe all ys
together & still ym

ys water cures ye scurvey is
good for all maner of surfit.
& it purges ye blood so yt if you
take it three times a weeke
three spoonefulls at a time
in ye morning fasting you neede
take noe other physick all ye
yeare

eau pour le visage

prenez un pot de bon vin
despagne ajoutez semblable
un pot de lait fraichement
tire deux livres de veau sans
aucune graisse coupes le en petits
morceaux, deux gros pigeons
peaux, jaunes coupes aussi
par morceaux six aeufs
frais avec la coque et deux
citrons coupes par tranches
metes le tout dans un alambic
de verre et le distilles au bain
marie jusques a ce quon
savoura en suite dans des
phioles de verre a un endroit
qui ne soit pas humide cette
eau est fort bonne pour
nettier le tain beau et frais
one son peut laver le soir
et le matin et a toute heure

a plaster for a fever

take stock jellyflowers leaves &
stamp ym with ay salt & lay
to ye hand wrist

Lady Mashes receipt for gooseberry

Take for every eight pound of fruite a pound of suger & a quart of water boile ye fruite & steepe it twenty four hours in ye water, yn let ye cleere liquor run of through a hair sieve to wch add ye sugar yn put it in to an earthen pot close covered a fortnight or three weeks yn draw it in to bottles well corked found donne in three months the end it will be ready to drinke during ye 24 hours it must be well stirred

To stope ye bleeding at ye nose

Take ye greene leaves of albeies fresh & rube ym betwen yr fingers & apply ym to ye nostrill yt bleeds fritis stop with smelling to

To water porrye fowl

Take bean blossome elder flowers fennel tansy flowers of each to good handfulls with tansy one handfull stepe all thes in a gallon of butter milke foure & twenty houres & still it in a pewter still & sweete it, if it please ye to every quart of water put in one ounce of beaten powder of beriamon.

To make sirrup of Elder berys

Fill an earther pitcher yt is red lead north in full of elder berys prick them very clean & stop it up close with a duble paper upon ye tope of yr pitcher & put it in to a pot of boyling water & let it boyle three or foure houres, & yn strine yt & every pint of liquor put a pound of sugar & boyle it as ye think convenant

Mrs Sybolas Receipt of ye cold creame

Take half a pint of sheeps foot oyle new drawn & half an ounce of bitter almonds new drawn half an ounce of oyle of tarter 3 drames of ypermalett & 2 ounces of ye purest virgins bees wax strain ye sheeps foot oyle before ye begin but all together in a white ivther bason set it one a skellet of water over ye fier let ye water be kept boylins for an hour till they be well incorporated yn take it from ye fier & yn it is almost cold beate it up well in cundit water till it be as white as snow yn let it stand in cundit water nine dayes shifting it once a day

ye cold purfit water

Take 6 handfulls of cavoys 3 handfulls of specre mint 3 handfulls of worm wood cut ym small & put to ym a gallon of new milke & set ym next morning in a cold still

to make ye french Roules

Take one quart of new milke let it be warme & put to it one pint of ale yeast & half a spoone full of salt mix ym well together & put to it 3 quarts of ye finest flower & mix it together yn make it pretantly in to loaves & put it in to dishes & cover it with a woolen cloth & let ym stand halfe an houre yn turne ym out of ye peele & put ym in to ye oven & let ym bake one houre

a receipt to make ye fine pancakes

take 16 eggs well beaten & a quarte of thick cream a nutmeg & a little salt let it stand 2 houres wn yu ar goeing to fry ym take 2 spoone fulls of flour & mix it well with 2 or 3 poone fulls of ye creame tye a little bit of buter in a ther rag & butter ye pann very well with it before yu fry ym

a receipt to make hearts horne gelly

Take a cleane earthen bottle put in to it 3 handfulls of harts horn fill it with water stop it close set it in a pan of boyling water let it boyle 8 houres yn yn put it up & season it with suger & lemon & rules or as yu please

to make ye browne bread creame

croome unleavened browne bread in to ye creame ye boyle y^m season it with salt & sugar & so serve it up

to pickle concombers

Take ye best english concombers and doe not rube y^m but put y^m in to a earthen pott y^t mix water & salt so strong as will bare an egg boyling hot & skum it & put it boyling hott upon y^m yn cover y^m close downe

& let ym stand till ye next day
yn take to quarts of ye best
white wine vineger ye ought
& one quarte of beare vineger
ye vineger must be boyled with
spices nutmeg mace cloves &
a little salt & ferell & white
peper take ye cowcombers
from ye salt & water & put
ye vineger boyling hott upon
ym let ym stand close couered
for a fortnight & put a few
bay leaves wth ye ty ym downe
wth som hoose nedlish if ye please
at ye fortnights end boyle ye
liquor again & put in more
vineger & power it boyling hott
& afterwards once a mounth
for too or three mounths ye
must still be kept couered
with vineger

For the Gripes

To a quart of white Annis seed water put an ounce of Rubarb slict let it stand a night at least As much longer as you please take three spoonfull at a time if that do not work you may take more two or three hours after or if the gripes are only in the stomach it may be taken oftener as they would take any other cordail, tell it works Beer Ale or wine will gripe milke and water with a little rosmary boyled in it is ye best Drink it must be two parts milke and the third water and taken pritty warm water gruel or thin Chicken Broth is the best diet taken pritty often flesh is bad and tis no great matter if eat no bread till the Dietemper is a bated, black Churry Brandy is very good to be taken some times if the Looseness is very bad plain nants brandy is better.

Dockter Lowers Receipt for the Paines of the Lems

Take of Sarsaparilla cut small half a pound China 6 ounces maidenhair 3 handfulls, Elder flowers 4 handfulls Fir Tops 3 handfulls Broome Tops 4 handfulls Hang these in a bag infuse Gallons of small Ale when it works with 3 ounces of Ash keyes drink it for your ordinary Drinke

The Bitter Potion

Take the topps of lesser Centory and flowers of Camomile of Each three Pugills, Roots of Gentian 2 Scruples Senna and seeds of Carduas of Each three drams boyle all in a quart of spring water untill it come to a pint then let it stand untill it be cold strain it and drinke a quarter of a pint every morning fasting or fast an

Lower or more after it

An Abselut Recipt for the Scarvey by An Egiption

A Quart of white wine three Drams of the salt of woormwood, a hand=full of Garden Scurvigrass leaves four slices as Thick As a shilling of the Blue Flower Dolives Roots stepe all these together in the white wine bruise y^e Scurvigrass and tye it up in a fine Ragg, as Also the three drams of the salt of woormwood in an other Ragg: After they are stepit 24 houres squesse ye Scurvigrass, & ye salt of woormwood in ye wine and then Druide it into three Partes and drinke it in three ~~Rooles and~~ mornings, and fast till noone—

An Aproued good Drinke for Preuenshon of the Stone, to be Taken Euery Chaing and full of the moone the day before The same day and the day After

Take a quart of milke and when it boyles put in a pint of white wine, then take of the Curd, and boyle in the Clear posit pellitary of the wall marsmallow Roots and plilopendula Roots scrapdd and sliced of Each halfe a handfull let these boyle a bout halfe an hours then straine it out and druide it into 3 parts let it be warmd and put into Each draught halfe an ounce of Sirouys of marsmallowes when you haue drinke it walk a bout, and fast 2 hours and I hope you nuer haue Agrdat fitt of the stone more if you obsrue the time and take it Constantly take it in the morning fasting

A Receipt for ye Leurvy

Take a quart of ale halfe a pint of mustard seed a handfull of greene broome cut small a bitt of horse redish euer morning drinke halfe a pint of it fasting & fifs 2 hours after it put into ye Juice noch ye keepe close stoped halfe a pint of fresh ale every morning & drinke it so whilst ye drinke is strong

John J John Lowdey

an aproued Receipt for a Cough

put a little fine sugar in to a spoone & drope into it 10 drops of balm of gilead & put a little barley water in to ye spoone take it downe drinking after it a draught of ye following barley water of halfe a pint

take three spoone fulls of barley & put it into three pints of spring water boyle it till it comes to a quarte in three percells of water, throwing away ye two first & in ye last boyle a handfull of oxeyes flowers & an ounce of Eryngo roots candied & it has boyled strain it & use it as a bove directed yt you may take as long as yu thinke fit ye first thing in ye morning & ye last at nigt on onely a mornings

to make ye Irish Wbey bath
take three gallons of spirit
of malte put to it halfe a pound
ane seed & two ounces of ~~carye~~
caryway seeds dust & cleare
ym yr fruty in ye spirit
& halfe an ounce of cloves bruised
put thes all into ye limbeck yr
ye coder is one if yu must close
ye pot with flakes wheat flour
& ye white of 2 egs & make a dough
& stuke it round ye mouth of
ye pote before yu keepe ye
limbeck full of cold water &
wet cloath a boute ye
nipes yr take to pound
of ye best spanish liquorish
scraped & knocked & opened
& very wel dryed in a oven
or ye bottom of an horne
pote & it will all most rube
to powder yr put ye liquorish
in to ye pot yu put under yeppe
to take ye liquor yt runes of
now all is run of ye limbeck let
it stand 3 weeke stiring it every
day

To make scouch collops

Take ye slices of veal & beat them very well one a table yt take clarified butter fry ym well till they be throwly warm yn put ym in to a sauce made with gravey & onion and a little mace an anchouie or two cut in & stew over a gentle fier till it be ready to send to ye table, yt take ye yelk of one egg and a little cream put it all in to a frying pan imediatly before yu dish it throw a little salt & shake all ye sauce & meat well together over ye fier & it will thicken ye yelk of ye egg must be beaten with ye cream before it be put to ye hott sauce, yu may if yu please squees in a lemon

take
stew it
in ye meat
ammes

To make a rabbit or Chicken pye

take two rabbitts & boyle ym very tender & two tongs boyled also & peeled three sweet breads of veale cutt all these in thin slices yn having yr pye ready with butter in ye bottome lay in yr meat being finly seasoned with pepper salt & mutmeg as ye season of ye yeare is as mango or hartechoke bottomes yolks of hard eggs some oysters & marrow yn lay in good stove of butter & take it n. it comes out of ye oven defolue two anchovies in a little onion water with a little liquor out of ye pye & ye yolk of an egg beat together put all in to ye pye shake it together & send it to ye table in ye roome of tongs yu may make use of chickens or oysters or pigions & sweet breads bake it in a loofe bottome pan with ye crust of a tart

not
of a
day

To make a Brown friasie

Take some chickens or rabbits cutt ym in peces as bigg or small as ye please take some fresh butter fryed brown & ye meat being fryed pretty well put in a little water some parsley & little sinnes chopt a little pepper & salt & a little onion beat the yelks of 4 eggs & when yr meat is fryed enough put in yr eggs shake all together & put in a little gravie

to make a sack posset

Take two lue eggs beat ym very well put to ym half a pint of ale & half a pint of sack half a pound of sugar straine it put all these upon coles keeping it stiring one way till it be ready to boyle boyle a quart of good creame take it boyling hot & therefore softly into ye other liquor keeping it still stiring till all ye cream be in & all yt colles from under ye bason cover it & let it stand a quarter of an hour then put in to ye liquor half a grated nutmeg

To make a green pudding

Take two penny loaves grated very fine two spoonfulls of very fine flower & mingle it with ye bread & take a nutmeg & slice in to it with a good handfull of parsley time winter savery marjeram & some organe mary gold flowers chopp all these small put in marrow if ye have any if not good beef suet take a good many currans mingle all these together wet it with six eggs but two whites & a little wine ty it in a clean cloath & boyle it in a beef pot

To make a ragoe

take a breast of veal & halfe roast it & put it in a stew pan with gravy made of beefe or mutton put in a little

mace & a litle nutmeg cutt in
pieces a shertlott or two a slice of
lemon pell and some whole pepper
& litle salt ye cover it and let
it stew when it is allmost enough
putt in a pint of white wine
with some gravey young parsley
& some young sives cutt a french
roule & lay in ye dish when ye
meat is enough strain yr broth
throw a shartlott in to yr sauce
pan and beat two or 3 yelks of
eggs with a good peice of butter
thicken yr sauce over ye fire &
when yu pope it over ye meat
squeese in a litle lemon

the proper broath for a consumpt in

tak a chiken & 3 pints of water
boyle it till it be consumed to a pint
& a halfe ye strain out ye meat
& take out ye meate & take one
proper bruise it in a morter yr
let it stew over ye fire in yr broth
for halfe a houre close covered break
yr bones of ye chiken before ye
put it in

Lady Bartlews receipt for a carrat pie

Take 2 greate carratts & to little ones
grate yn & take a penny loafe grated
& halfe a pound of fine sugar & take
halfe a pound of butter melted 10
eggs but 4 of ye whites & one nutmeg
& 2 cagelets of flower & a pint or
a little more of milke mix all these
together yn put puff past round ye
dish & bake it yn it comes out of ye
oven stew sugar wine & butter
melted lets yn an houre will bake it

To make a boyled puding take
a pint & halfe of milke & flower
enough to thicken it as thike as
pape beate three eggs & put in
it and a very little suett cutt
small & a quarter of pound of
currans & halfe a pound of
raisins & salte & ginger & nutmeg
& let it boile & well togethe

To make a frikasey of ye
rabits or chickens very small
ye fry ym with butter ye melte
an onchoary put in ye butter
almost all ye fry ym with
take of ye onchoary & water &
ye yolke of an egg well bete
and a little melt butter put
in ye pan & give ym a very
shake over ye fire to thicken
ym

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to make an otmell pudding
Take a pint of cutlings & three
quarters of a pound of reason of
ye sonne & salt mingle them to
gether ye ty it close ye may
leave it neere a quarter of a
yard before ye begin to ty
it put it in ye pott when ye
water is like narme let it boyle
to hours & a half put salt in ye
water ye serve it up with
a gravell of thicke melted butter

to make a plaine flower pudding
take a pint of milke & three
eggs well beaten yr stir it well
with flower till it is a thick
pape put salte ginger & nutmeg
so put it in a pott of boyling
water & when it is enough take
it & serue it up with thicke
melted butter

To make ~~a~~ almond milke for one
yt is sicke or feavrish..

take an ounce of ye cold
seeds & 3 almonds beate ym in
a mortar yr power in a quart
of barly water by degrees stir it
well before yu strayne it put in
a little loafe sugar to it put
three pints of water to a greate
handfull of barly let it boyle to
a quarte..

to make a baked pudding

take a quart of milke & to
every loafe cut of ye crust
& cut ye in thin slices & put
boyle it and breake it well
& let it stand to cool & break
halfe a dozen eggs mix all
well together & a poonefull of
flower & almost halfe a pound
melted butter & sugar &
nutmige & bake it

for a brewse

take halfe a pint of sweet
oyle yalow beeswax one
penny worth melte it together
in a pipkin & put it into a place of cold
water & beate it up together
with a knife & poure the
water from it & boyle one
egg & crumble ye yolke of ye egge
to ye rest & mix together in pott
in paper it is for plasters

in faire water & spread it on
it as thinne as ye can possible
to dreape it twice a day
but never wipe ye sore

for ye gripes in ye stomack
take 4 drames of rubarbe
& put it in to halfe a pint of
white aniseed water drinke
4 spoonefulls in a morning or
at any time

To Pickle French Beans

Gather them dry and young before they have strings: then
lay them in a strong brine as will bear an Egg; of Cold water
and salt: keep them all under it lett them lye nine Days then
take them up to draine then put them into a kettle of Cold
water sett them on a fire lett them boyle a turne or two;
and take them up to draine dry; when Cold put them into
Cold whitewine vinegar; Make it just boyle turne them often
and they will turne green: then take them of poure all into
a Lett to a peck of beanes; putt one ounce of pepper halfe an
ounce of Cloves & mace all whole one Nuttmegg foure bay leaves;
mix in ye spice with ye beans stopp it close till Cold: and keep all
under ye pickle and sett them in a Cooll dry place.

To make an neates foote
pudding

Take an neates foote & mince
or chore it as small as for
minced pyes y^n grate a halfeny
loafe & 6 eggs well beaten
& three quarters of a pound of
currans mingle all these with
a grated nutmeg & a pint
of creame & a little salte
& sugar to season it & yu
take put it in to a bag &
boyle it for it will take a
good deal of boyling put butter
& butter & sugar for ye
sauce

for ye gravell

Take an Acorne ye better peele
it and grate it in to a plate of
white wine & when ye party has
taken it ye must keepe him selfe
very warme for halfe an houre

an approved receipt for ye palpitation
of ye hart

Take three pound of mellick line
put to it three gallons of boiling water
stir it a while together with a stick
let it stand & settle all night in ye
morning pour of ye clear, take ye
liquorish sticks four ounces shred
ym small & annisseeds boiled four
ounces sassafras bark three ounces
infuse all these in ye water four
dayes ye straine & drinke half
a pint fasting in ye morning &
as much at foure a clocke in ye
afternoone

for ye retraction of ye nerves take
a vibin of crimson tafeta like
a gowne next ye skin

to take away any buttons or redness in ye face

you must melt an ounce of hogslard & yt put in to it ye quantity of a hazell nut of salt & mix ym well together & ye same quantity of pepper & powder of brimstone when yu ye it warme it lay it on ye face at night in ye morning wipe ye face with a warme cloath yt yu must doe for fortene or fifteen dayes during ych time yu must not wash yr face

To stope ye bloody flux or any other bleding

Take a peece of ye roote of sicorcey yt bares a white flower it must not be cut with any instrument of iorn or steele & put it under ye party yt has ye bleeding & in an instant it will stope ye blood

An approved Receipt for a consumption

Take ye pluke of a read bull calfe & eight quarts of read cowes milke and ~~bottles~~ a handfull of balme as much of mint & as much of sweet sope & as much of read sage & some oker bungs deride ye pluke & milke with all these yarbs equally in two stills & put it in to bottles & drinke it with lot sugar ye first thing in a morning & at ye afternoone & ye last thing at night deride a pint in these three droftes if yu will drinke more & offner ye better

A Very good Ointment for a Scald Head

Take a little hogs fat just of ye Kidneys put it into a Skillet, & set it over ye fire with a good handfull of Camomile and a little house green, boile y^m together very well strane it & boile it 2 or 3 times then put it into a pot & use it as you have occasion: Rub it on ye sore as oft as you please & put a paper on it, & Comb ye scroof of it as often as it comes on still doing it with ye ointment it will make a perfect Cure

Receipt for all Sore Throat

Take 3 penny-worth of Linterlect Dry, and Cream of Tarter, and take it at night ye Last thing.

For pimples in a face

Take an ounce of french barly let it stand in a pint of water all night & strain it out in the morne & let it boyle till ye barly is tender y^n strain away ye barly & pound an ounce of bitter almonds into ye water &c. & a quarter of a pint of Rhenish wine

Lady Poscoat's Receipt for Brest Water

Take 8 ounces of Lapes Calaminans heat two pieces make ye Red hot in a Crucible 9 times and Quench ye each time in a Quart & half a pint of pure White wine; make 4 ounce of Lapes tillio 3 times Red hot in a Crusible And Quench it each time in a quart of Red Rose Water, when you have has Directed Let ye Stones be pounded to powder in an Iron Morter & put into a new stone bottle That ye wine & Rose Water be put to it Stopp it very Close & Shake it Twice a Dey & after 9 days you may use it. pour pour a Little of it upon a Linen Bag in a Chency Cup & Lay it all over ye Brest 2 or 3 times a Dey you must never warme ye water or ye Linen but Let it Cold to ye Brest nor never wet ye same Clothe with out washing & when you Quench ye Stone Keep ye Vessell very Close Covered ye no steame may get out.

Jun 3d 1 — 1707

Recd of the Lady Cathrine Fitzgerald the sum of 3 pound & shillings & 10 pence in full Discharge of Debts Reckonings accompts Demands whatsoever from ye beginning of ye world to this Day being June ye: First 1707

Received by me William Kirkby

for a Cancer in a breast or a kingswell any wher

Take a pint of woodlice three heads of Jentrey ye woodlice bruse yem & put ym in to a quarte of small beare & let it sumer tell it comes to a pinte & halfe straine it off & put it in to a bottle to drome fuls take in a morning fasting & eate nothing tell ye houre after & take to two refuls to houres after dinner

to mingle ye Tresses / take halfe a peck of
Tenche halfe a peck of unslacked
lime & sift yn fine & beat yn well
together for three hours whilst
dry & ye sprinkle a little water
one it with ye hand & beat
it three hours after ye sprinkle
a little more water & beate it
other three hours ye more it is
beate ye better it will be it
must at ye furdest be used ye
next day or it will be spoyled

To make Chees soope

Boyle fairre water in yr pott of fresh put in som butter & salt & when yr boyle all together put in sum green cabbage sarogards or sprouts & a crust of bread afterwards slice yr bread for yr soope as small & lay it one yr soupe dish yr slice an other quantity of yr fatest chees yr can get & lay it one yr said dish to cover ye bread yr fill out yr soope or broth out of ye said pott & put it into yr dish & lay it cover over yr coales for a good while yr serve it up to table

To make a good sipe yr frenche way

get an earther pott & put in to it as mu meat as yr think nessary for yr quantity of broth yr would have boyle yr meat till it be tender & cim it very well & when it begins to boyle when yr think its thro ly boyled take another little pott where yr meat boyled & boyle ym a rave from yr meat slice yr bread & put it into a sipe dish & leave yr one a lo for a good while cover it & let ye bread soak all most all ye bouilon

The Plaister for A Cough. and Consumption

Take Burgamy pitch, Rosin, Bees=wax, each of ye. two ounces; Melt the together, then take an ounce and half of Course turpentine ones of Oyle of Mace; Melt all these together, and spread itt upon Sheepskin the fleshy side itt being well Pricked first when itt is spread grate some nuttmeg upon itt and Lay it to the Stomack. Cut the Plaister like A heart and Lay the broad end uppermost. You must warme itt only with your hand.

To Make Ryd puddings For the Shortness of Brith and wheasings

Take a litle water well Boyled and mix it with Ryd Flower being a Sufficient quantity to cover the Bottom of a plate it must be well Stirred all the whele its Boyling and not be madd very thicke taken wth Butter or wthout as you please

An extraordinary good Receit for the Small pox —

Take fresh Sheeps dung. Some 30 of the Litle Buttons &. Bruse & mixe them wth cold Cinnamon water till all the Substance is taken out, then Strame the gross part out of it & of the Cleare give 2 or 3 or more Spoonfulls att a time for 3 times in 24 hours if there be any ill simptoms as Loosness or Bloody water or the pox falling or Convulsion motions and God it gives a Strange chainge for the Better. I think the all people ought to know it — — —

A receite for Sore Eyes

Take a quarter of a pint of white Rose water put into it 12pennyworth of the powd of Tutte and with your Eyes oflen wth the water — if the rume be very great take a bille of the Conserve of Red Rose, and wett it wth a bille of that water put it in a fine Cloath and Bind it upon your Eye when you goe to bed at Night wash it of in the Morning wth ye same water

A Recipt for the Consumption

Take 2 Livers out of 2 Red Bullcalfs bring ym home the Minit they are taken out & cut ym into thinne Slices w^th^out washing ym. then take 8 worth of common Red Sage & picke the weeds out of it then Lay into your Pile a Raw of Livers & then a Raw of Sage till the Pile be full & Lett it Pile very Raw. put a quart Bolle and 8 ounces of the Brownest Sugr Candy into each Bolle. God drink a chocolat cup in the Morning & fast an howr after it the Same quantity att 4 in the afternoon and the Like quantity when you god to Bed

To Make Snale water for Hart Burnings

Take one peck of house Snailes one quart of Red Cowes Milke one handfull of Spearmint one handfull of Ballme and one handfull of Coles ~~foot~~ all Mixt together and draw that in a Cold Still

Take 5 Spoonfulles in a mornings fasting and 5 att Night when you goe to bed the Best time of taking of it is in the Spring and fall

A receite

Mabie Avon

Fin

with it & keepe it a little while
in yr mouth & in a morning rube
yr teeth with teare put yn in
spoonell & burne yn over ye
fire & sift yn & bett yn to
powder powder

February ye 22 1706

Lady
Lord off the Catherine Hitchard
for too pair shoose — 0 8 6
in full of all acount 18 6 0
~~to make ye crust for a venson~~ Georg Addison
~~take 6 pound of flower~~ 2 pound
to make a venson pasty
crust take 6 pound of flower
& 2 & a halfe of butter ye
a good proportion for a large
pasty ~~put the~~ fillet as ye
bottom & butter a top

A stomacke plaster

Take Rosin. beeswax burgundic pitch an ouncle of each melt yme & put to ym three quarters of an ounce of ordinary turpentine ½ of an ounce of oyle of mace melt ym together & spread ym upon sheepes leath cut plaster wayes & grate an nutmege upon it as soone as it is spread ys is an excellent remedy against a consumption to lay one a fresh one every month

a receipt for ye tyrnes or sinews in ye teeth take a branch of a fig a moore tree scrape of ye out side ye scrape ye greene & boyle it in water till it is of a high couler ye wash ye mouth after

W

P

C

Chess slipcoat
by by the the
the land
of god into

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G

An Indix of the Seuerall within Receipts

A:

B:

C:

A Receipt of my Lords physicke broath =
for A paine In his Side

	£ s	£	s	d
Take polpe of Tamrinds	£1 =	00 =	00 =	06
of the best Senna well picks	£1 =	00 =	01 =	00
Duackus Seeds — — —		00 =	00 =	00 = 01
Creame of Tarter — — —	£1 =	00 =	00 =	02
Oyle of Sulphure — — —	£1 =	00 =	01 =	03
The bagg & proparing the Ingridiene according to Order — — —		00 =	00 =	06
		00 =	03 =	06

Being all mixt for the Earle of Clancarty's broath by Dr Hickey's Ordr

put all those thing in the Bagg & sow it up in the Belly of a pullett, & put it into 2 quarts of water, & lett it boyle till 2 quarts be boyled away or there=abouts

nothing behind you, which being done gather them together into little heaps, at a pritty distance one from another, & let them lye; till the sunne & wind hath dried them; then pile them handsomly together; laying them a little hallow; & haueing Cutt some of the Earth; Couer all the roots quite ouer, leaueing only a vent hole at the toppe, & one non side and to let them rott 2 or 3 days, till the earth be a little parched & dried, then kindle it & set it on fire; wch when it is Consumed you must breake the hard burnd Earth in peeces, & spread all ouer the ground, & after that teare up the earth wth auery long plow, into great & deep furrows, then tomb it, or dunge it

Certaine powders of simples to be now & then mixt with the provender giuen to a horse

Powder of Aniseeds, Licorice, Fenugreek, Sermorick, bay berries or Brimstone, white lilyes roots small Chopt, Enula Campane roots if green & newly gathered otherwise dried & beaten to fine powder, the roots Polypodium of the oake; or its powder, Sauen, March mallows, Rue, Isop, horehound, or Colts foot; these either small Chopped if they be green, or else dried & ground in powder

SLI

The best way to Enrich pasture or meadow

The best way to Enrich or reduce barren pasture or meadow of what nature or Condition soeuer, to fertility & goodness, is to carry unto these grounds about the Month of march, the soyle of streets within Cities or Townes, and the pareings and gatherings up of the High wayes much beaten wth travell: also the earth for 2 or 3 foot deep wch lyeth under the dunghill when the dung is removed which is a rich mould, and Excelent good, not only for this use, but for gardens or Orchards

The fine earth or mould wch is found in the hollow of old willow trees; rifeing from the root up to the midle, is also very good

How to Cleere grounds ouerrune wth Gorse, broom Furrs or the like weeds

About the latter end of Aprill or begining of may you must Cutt up these woods as close to the ground as possibly you can, & then binding them up in fagotts, lay them up in a dry place for necessarye vses; then you must cause your labourers wth hacks picks & such like Tooles to stub up all the Roots wch were left in the ground, to the very bottom of the same leaueing as neere as you can nothing be hind you

1703

Kathrier Fitzgerald her Booke

beware of hym

C. 1

God and from him he said

Hell you and and

Grave Cryer you

Hel from God turne

Martha

Rodgerson God to do

Betimes in the Morrowe

B Betimes up the Ludlow and

in Coventry and

B live unprunes C Collons

Batts and Lathes and Anderson

C C Colons

B

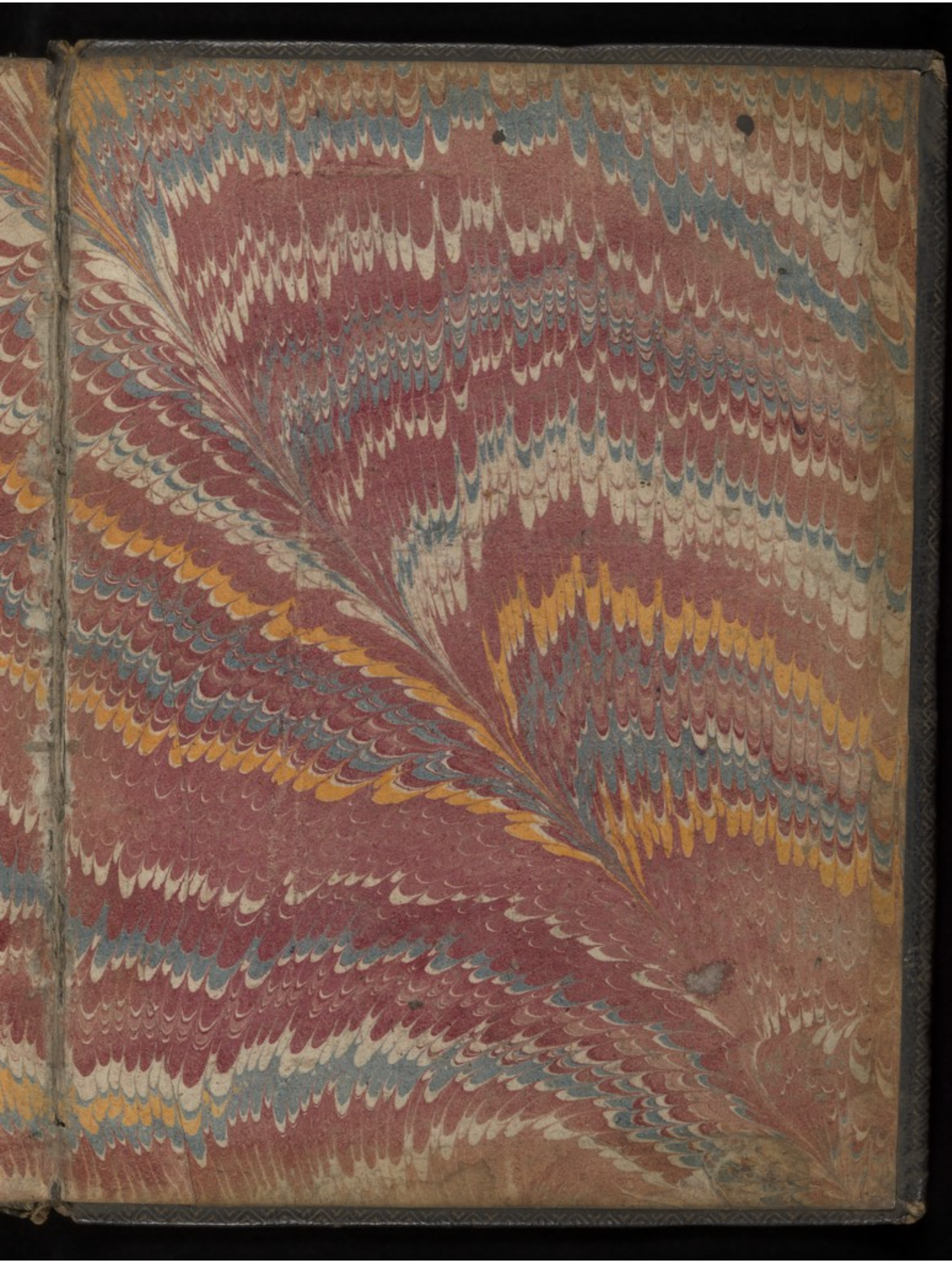
Mr Gay

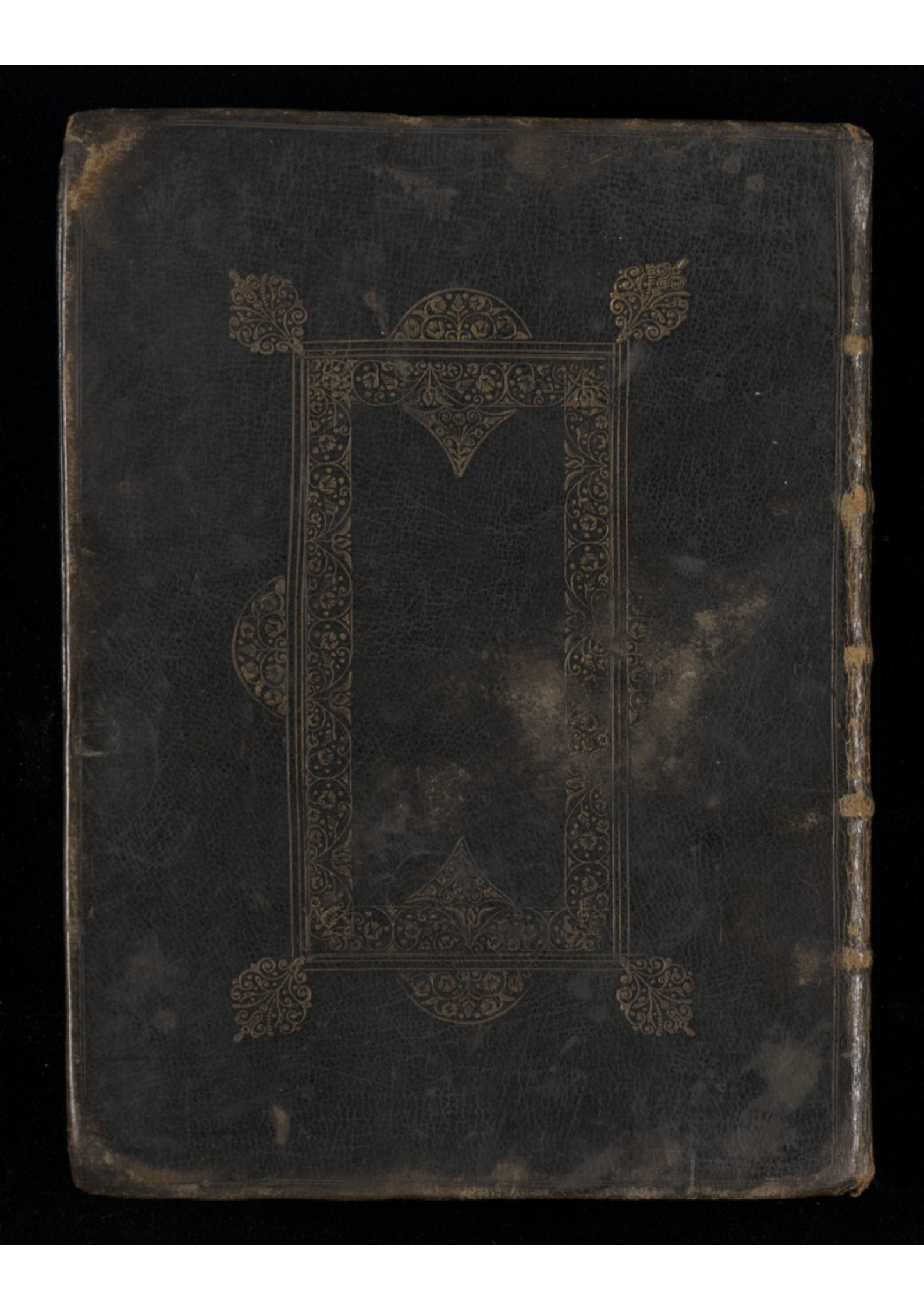
John

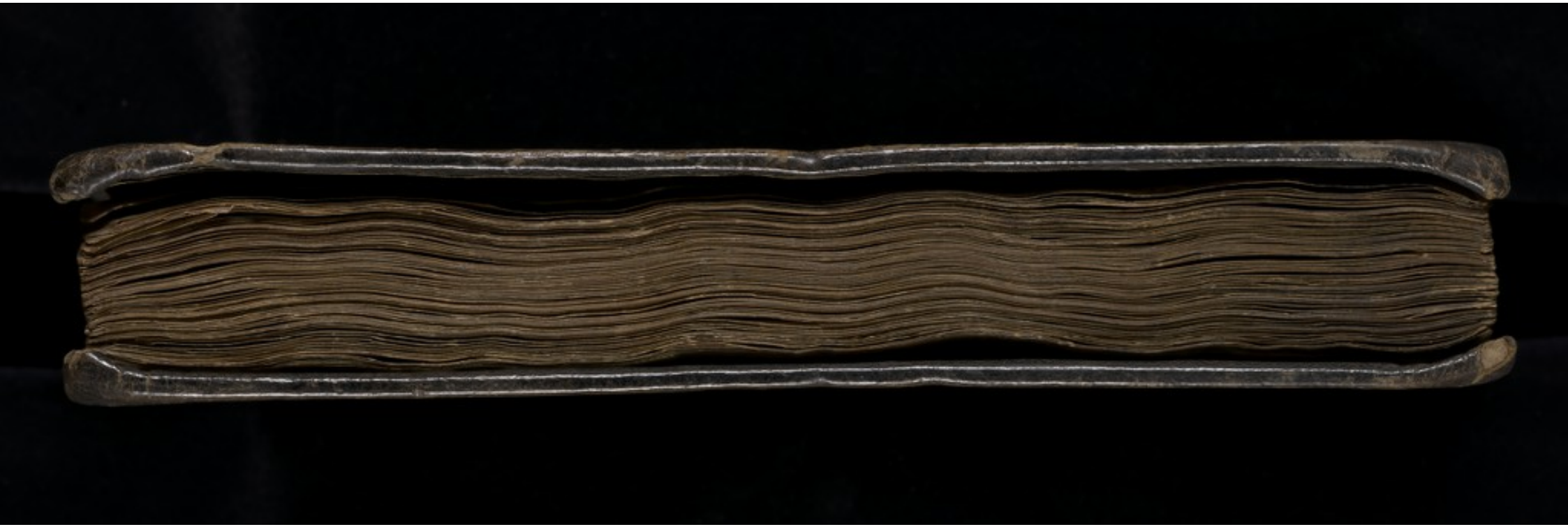
James Howell

To make a good hand

1706







Make Angells Bread

nd of the finest flour of pearle Barley, a=
te Sugar Candy bealon and seavched an ounce of sed
d then stvew a strewer of flower, & one of sugar &
le into a Gelly pott and soo doo till the pott bo full
up or tye it cvrone with a paper and sott it into the
at out, and if it will
t for your use, make
ny Spoone moato for
good for Consumptions,

So

mixe it with a little
o 2 ounces more, then
tt it in water, and
powder of Roses,
ing it with a knife or
h Butter very thin, &
o what Fashion you
do

raues and Shootes of woodsorell cleere picke Stamp and
. then let it stand untill it settle, then take the cleere
int of it a pound and little more of sugar double
all molted sett it one the fire and lett itt have a good boyle
to glases and keep it for your vse