Chantrell, Mary (& others)

Contributors

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CHANTRELL (Mary) [& others]

Book of receipts

(Dublin) 1690

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Mr William Shrimpton
169

To Dry Goosberys:

Take the great Dutch goosberys cut of the tops make a slite in the side take out all the seeds. haue a silver bason of water on the fire when it is ready to boyle take it of the fire let it stand a little while then put in your goosberys couer them close and let them stand till the skinn will pele of them. then pele them as fast as fast as you can and as you pele them put them in cold water when the are all peled take to a pound of goosberys half a pound of double refin sugar finly beaten and half a pint of water. put your sugar and water together in

your Siluer bason Set it on the fire ~
when it begins to boyle put in your goo=
berys. make them boyle with all speed-
afoon as they doe look cleare take them
of the fier and take them up out of-
the Syrup. soe lay them on a Siue to drain
Sirup from them then make a thin
candy and poar on them hauing them ~
laid ready in a Siluer bason. let them
Stand 2 dayes heating them twise a day then
take them out of the candy lay them on
glasses Set them in your Stoue turning
them euery day when the are dry put them
up in boxes to keepe

To preserue Currance.

Take to 4 pints of Juice of Currance to 4
pound of Sugar. you must Stone a pint of
euery faire currance. put your 4 pound
of Sugar and 4 pints of Juice of currance
together into your preserueing pan your
Sugar must be double refind finly beaten
Set them on a euery quick fier Stir it a
little till your Sugar is melted when
it is ready to boyle put in your Stoned
currance with the waight of them in
Sugar let it boyle all ouer the pan euery
fast Shake them gently then take them
of and Seume them Soe doe 4 or 5 times
till

Till you see the Scum it will be a very good Jelly then take it of the fire and put a clean Sheet of paper all ouer the pan to take of the litle Scome which will be apt to lye between the fruite that your Spoon cannot well come att then put it in glasses to keep:

To make Jom of Rasberys:

You must doe it just as you doe the preserue Rasberys only you must Stir it with your Spoon when you put in the fruite and make it all bat boyle it and Scume it before you put in your fruit:

For your preserued Rasberys you may take half Juice of Currance and half Juice

Juice of Rasberys for that will be the best Jelly

To preserue Rasberys:

Take a pint & a half of Juice of Rasberys three parts of the pint & half must be Juices of Rasberys and one part Juices of Corrance. put it into your preserueing pan. put to it a pound and a half of refined Sugar finly beaten Stir it and Set it on a very quick fire. Stir it a little till your Sugar is melted and when it is ready to boyle put in a pound and a half of very large Rasberys with a pound and a half of Sugar shake them gently and Sett them on a very quick fire make them

them boyle very fast all ouer the pan
then take them of and Scume them
and shake them gently and Set them on
the fire againe Soe doe 4 or 5 times till
you See by the Scume it will be a very
good Gelly then take it of and put a
sheet of clean paper ouer it to take
of the Scume that is apt to lye between
the fruite that your Spoon canot well
come at you must beware to take the
Scume clean from the Sides of the pan
as it boyle and not Stir it with your
Spoon after the fruit is in but Stir it
often.

To Dry Cherys:

Take the best Kentish Cherys before the are
to ripe. Stoan them and to 5 pound of
Cherys take one pound of good Loafe Sugar
finly beaten you must lay a layne of
Sugar at the bottom of your preserving
pan and then put in your Cherys Strowing
Sugar between them as you put them in
then let them Stand till the Sugar is melted
then Set them on a quick fire and be-
-sure Shake them when you heare them
begin to rise: Soe let them boyle quick
all ouer your pan a little while shake
in them then take them of and couer
them close and let them Stand a little
then

Then Sett them on the fier againe shake them often then take them of the fier & couer them cloase doe soe 3 or 4 times then poure them into a Clean earthen Steen-pott couer them cloase and lett them stand till the next day then heat them againe and let them stand till the next day then take them out of your liquor and lay them on siues one by one the hole of the Cherys laying downward next the siue then set them in the Ouen besure let not your Ouen be to hott soe lett them dry when they be dry you must haue some warm water and wash them then dry them one by one in a dry cloath flat them a little between your finger and your thumb in the Cloath

then

Then lay them on siues on by one let that side of the Cherye which lay next the siue now lye upward let your Cherys lean non one another as they laye on the siues then put them on the Ouen to harden but your Ouen must not be soe hott as it was before:

To make Almond Butter yellow

Take a pint of good Sweet Cream the yolks of 6 eggs. beat your eggs very well then put them in the cream and set it on the fire Stir it and when it is turned to a curd take it of and put it in a cleane Cloath and hang it up to let all the whey run from it then beat the curd very well with the back of a Spoon haue ready half a pound of almonds

Ready

Ready blanched and beat them and as you beat them put in now & then a spoonful of milk in all about half a pint and soe straine the almonds and what you straine out of the almonds put it to the Cord and beat it all well together sweeten it to your tast you may put in a spoonfull of Sack or rose water if you please you may put that straine out of the almonds into the pint of Cream and eggs yolks before you Sett it on the fire or put it after in which you like best put into your cream a little Salt:

Cracknells:

Take halfe a pound of fine flower and half a pound of fine Sugar finly beaten and sifted

Sifted put your flower and Sugar together take 2 ounces of butter melted with a little Sack and the yolks of 2 eggs and one white beat your eggs then put them into your butter and beat it altogether well and then put it to the flower and some colliander Seeds washed in Sack and soe mingle altogether to a past then Rouler it out very thin and lay a glass one them and soe cut them round lay them on tinn plates and wash them ouer with the yolk of an egg and a little Sack soe set them in the Ouen will be quickly baked:

To preserue Oranges whole

Take the high coloured thick reded oranges pare them thin as possible you can then rub them with Salt than lay them in Spring water 2 dayes shifting them 3 time a day in clean water. then make a little round hole at both the ends of the Oranges and with your finger get out as many Seeds as you can but let all the meat be in them then heave a little of water on the fire when it boyles put in your Oranges make them boile very quick boile them in 3 waters let them boyle till tha be very tender then take them out of the water on a clean cloth the end upermost let all the

The water drain from them. then to a pound of oranges take a pound & a half of double refind Sugar. or a pound and three quarters and a quart of water. put the quart of water and a pound of sugar together. Set it on the fier when it boyles put in your oranges and as the boyles strow on three quarters of a pound of Sugar make them boyle very quick and when they look very cleare and and the Syrup is very thick. take them up and put them in high glasses fit for whole oranges put quarters of Oranges about them to make them lye fast in the glasses put none of the Syrup the was boiled in the glasses not on drop then make pipin Jelly as you did for the Cittrons and fill your glasses ful with that and so keep them.

To preserue Cittrons white in gelye

Take the biggest cleare rined cittrons pare them soe thick that the cittron is uery white then cut it in long peeces as broad as 2 fingers and as you cut it put it in spring water then set a siluer bason of water on the fire make it boyle speedily and when it boyles put in your citrons make them boyle uery quick when the water begins to looke yellow take it of the fire & take up the Citrons out of the water then set on the bason full of spring water make it boyle then put in the Cittron and soe boyle them in three waters and lett them boyle till the be tender then ~~laye~~ take them out of the water. laye

Laye them on a clean course cloath and dry them. then to a pound of citron take 2 pound of double refin'd sugar. finely beaten and a quart of water put your water into your siluer bason & a pound of the sugar set it on a uery quick fier when it boyles put in your cittron make it boyle with all speed haue by you the other pound of sugar and as the citron boiles strow now and then a handfull of sugar on it till all that pound is in when the syrup is boyled to a candy and the cittrons looke cleare then take your bason of the fire but beare the syrup is a candy and that the cittrons candy to. then take it out of the bason and lay the peeces on

On some broad glasses. some high glasses
as you please cut some green citron in
thin glases lay it on your citron some
lemon peele boyled first tender then
dryed in a clean cloath then cut in
little long slices and lay it on your
citron. Then take the best ripe pipins pare
them and cutt them in slices into spring
water make it strong with pipins then
boyle it on the fire till the pipins be
very soft. then take it of the fier let
it run throw a clean strainer very
clean. then take a pint of that pipin water
and a pound of double refind sugar
finely beaten put them both together in
your silver ba[illegible]. Set it on a quick fier
let

Let it boyle with all speed. when it is almost
enough put 4 spoonfulls of juice of lemon
to it. then let it boyle a little after. when
you see it is a jellye take it of the fier
and fill up your glases with it. the glass
where your citron is. for you must not
put in any of the syrup where the citron
was boyled in. only the peeces of citron
must be in the glases. and then fill up
the glases with this pipin jellye.
If you take a pound and a halfe sugar to
a pound of citron it will be enough
and a pint and a half of water.

To preserue cherryes in jellye.

Take the fairest marrella cheries before
the be to ripe stone them. and to 2 pound
of

Of Cherryes. take 2 pound and a halfe of
Sugar finely beaten. put your Cheryes-
into your pan. and a quarter of a p^d -
of Sugar Strow on your Cheryes. Set -
your pan on the fier not to quicke.
let them heat Slowly. when you hear -
them begin to hiss. take them of the
fire and Shake them. when you See
the liquor is come out of them then
make them boyle a little. pour out
all your liquor from them then:

White Quince Mar malett:

Take the best apple quinces make a hole
in the top. take out the coar and Scode
them as you did the whole ones when
the

The be Soft take them up and pare them
and cut them in peeces as big as a Sixpence
but thicker. cut them into the Scale have
a pound and a half of these peeces then take
a good pint of pipin Jellye and a pound -
of double refind Sugar beaten. put your
Jellye and Sugar together in a Silver bason -
Set it on a very quick fire. when it is -
ready to boyle put in your pound & a
half of peeces and a pound and a halfe
of Sugar. make it boyle. with all speed -
Scum it well take it of the fire once or
twise and Shake it. that it may not barne
for you must not Stir them at all with a -
Spoon only Shake the bason now and then -
when your peeces of quince Looke cleare
and

And the Syrup is a good Jellye. take it of the fire and put it in broad glasses or pots to keepe it:

To make white Peach:

Take a quart of Sweet Cream boyle it with a good peece of Isinglasse a blade of mace a peece of a nutmeg then haue ready a little handfull of blanched almonds. well beaten with a little rose water. Strain them into your cream and Sweeten it with Sugar. and a little amber grease. then let it Stand a little on the fire. and then Strain it into a broad dish and when it is cold cutt it in long peeces and so serue it up:

An Exceeding good Jellye

Take a pare of Calues feet Scalded and make them very clean. then put them into three gallons of faire water with a Legg of veale bruised. 2 nutmegs. 6 blades of mace. a Stick of Sinamon and a doze of dates cutt and Stoned. boile altogether till it come to 3 quartes. then Strain it out and lett it Stand all night then Scum of the top and leaue all that is thick in the bottom. and put to this Jelly a pound and a halfe of fine Sugar 3 pints of white wine a little Saffron the whites of 6 eggs. put all in a Skillet and when your Scume is risen and your Skillet ready to boyle Scume it of and pour your

your Jelly gently into a Jelly Bagg made of white cotton. and if at the first it is not perfectly cleare cast it through a second time.

Biskett.

Take a pound of refind Sugar very finely beaten as much fine flower. 10. eggs whites and all beaten your eggs extreamly well for half an hour. mingle your flower and Sugar together. a spoonfull of Seeds. Carraway or Coriander which you like best. then pour on your eggs mingling it with a spoon then beat it altogether for half an hour when it is ready to goe into the Iuen have 2 whites of eggs beaten well with a little Sugar and

Cherye Marmalett.

Take either morella or good Kentish Cheryes Stone them and to 3 pd. of Cherys take 3 pd. of fine Sugar finely beaten put your Cherys into your pan with a little of your Sugar. Set them on the fire let them heat leasurly. take the pan from of the fire when you hear them begin to hiss and shake them. then let them boyle a quarter of an hour. then take them of the fire and pour all the liquor from them. then put in all your Sugar and a pint of Juice of red currance and with that half a pd. of Sugar more then make it boyle quickly. Stirring it always when

When you See it is thick as marmalett and that it will cutt. take it of the fire and put it in glasse. Soe keepe it. when it will Jelly it is enough.

Haue a care you neuer boyle your Jelye to much for if you doe the will Rope you must take them just when they will Jelly well and if you doe not boile them they will not keepe be carefull.

To preserue Black peare plums.

Take the fairest black peare plums you can gett. to a pound of plums take 3 quarters of a pound of good loafe Sugar finly beaten. you may doe 4 p.d together and

And to 4 p.d. take a quart of water and 4 p.d. of Sugar. put your Sugar and wate together on the fire and make it boyle Skime it well then take it of the fire let it cold a little then put in your plums having Paicked them and Slitt them in the Seam. Soe couer them and let them Stand half an hoar. then set them on the fire againe let it Stand on the fire noe longer then to make it good and warme then take it of the fire and let it Stand couerd awhile. then set it on the fire againe. Soe doe 3 or 4 times before you let the plums boile. boile them let the plum boyle a little then take them of the fire couer

Couer them and let them stand till the next day then boyle them up see that the are done to the stone and the licker is a good Jelly. then take them up and put them in pound or 2 pound potts to keepe:

To preserue Goosberyes:

Take the great white Dutch goosberys cut of the tops slit them in the sides and take out all the seeds and as you doe theme put them in cold water. Set a skillet of water on the fire let it boile then take it of the fire and put in all your goosberys. when the are all in your hott water couer your skillet cloase

Soe

Soe let them stand a little till you see the skinn will peele then peele them and as you peele them put them in cold water to harden. then to 2 pd. of goosberys take 2 pd of double refind sugar finly beaten and a good quarter of a pint of water put your sugar and water together into your silver bason set it on a quick fire when it begins to boyle put in your goosberys make them boyle very quick scum them well when they bee almost enough put in about a quarter of a pint or neare half a pint of Jelly of goosberys and neare half a p. of sugar then let them boile a little while see they look cleare & Jelly well then take them up in glasses:

The Jelye of Goosberys you must make thus:

Take white goosberys cut of the tops then put them into your Silver bason and as much water as will just couer them Set them on a quicke fire make them boile quicke and noe longer then the are Soft which they quickly will bee then take them of the fire and let them run all the clear through a cleane cloth or through a Jelly bagg then take of this to your goosberyes as I told you.

To preserue green plums, or apples or apricocks:

Take the deepe green hard plums Set a skillet of water on the fire let it boyle then take it of the fire and let it Stand a little then put in your plums couer them cloase let them Stand a quarter of an hour then See if they will peele if they will not Set on another Skillet of water make it boyle then take it of the fire and take the plums out of the first water and put them in the hott water couer them cloase and let them Stand till you See the Skin will rise. but if it will not rise put them in another hott water. let them Ge till the

Skin

Skinn will rise then peele them and as you peele them put them in hott water. when they are all peeled couer them close and let them stand ouer soe much fire as will keepe them hott but not to boyle soe let them stand till the are as green as grass then take them out of the water lay them one by one in a Cheny dish then to a pound of plums take a pound of double refind Sugar and halfe a pint of water put it in a siluer bason together set it on the fire when it boyle put in your plums and let them boyle with all speed skime them well when the

The plums looke clear and it is a good gelly take them up in glasses to keepe

When you scald any green fruite you must green them thus only to a pound of fruite take half a pound of Sugar boyle your water and sugar together then put in your fruite let them boyle about a quarter of an hour then take them out in Cheiney or siluer soe serue them up to the table with this liquor the are done in:

To preserue Apricocks in Jelly

Take the great cleare apricock before they be to ripe when the doe but begin to

To turn yellow. way your apricocks to
a pound of apricocks take a pound of
double refind Sugar. finly beaten, way
your Sugar Ready. and your apricocks
and as you pare them cut them in half
to take out the Stones. then cut euery
half in two So the will be in quarters
as you cut them lay them in a Siluer
bason and Strow Sugar on them when
the are all cut into your bason. then
Strow on all your Sugar and couer them
and let them Stand till all your Sugar
is melted then set them on the fire
not to quick a fire and let them heat
Slowly then make them boyle but Slowly
when

When the are Soft and look cleare then
put in a quarter of a pint of Gellye of
white Currance or apples which you can
get and a quarter of a pound of Sugar
So let it boyle a little while See that
it dos gelly then take them of the fire
and put them in glasses or pots: this
Gellye of white currance. is for apricocks
done an other way: you must keepe
your parings and Stones. and way them
and what they way. So much Sugar
you must take out of the 2 pt.
This Gelly is for apricocks made an
other way. if you make your Gellye
of white corrance: make it thus take
white currance pick them of the Stalks
then

Then put them into your silver bason and a little water with them set them on a quick fire. let them boyle speedily let them boyle noe longer then the the currance are tender then take it of the fire and straine it to a pint take a pd. of sugar and boyle it as you doe sirrup jelly then cover your apricocks with it.

To make marmalet of apricocks

Take apricocks when they be ripe to a pound of apricocks take a pound of double refind sugar finely beaten pear your apricocks and as you pearc them cut them in quarters and lay them in your

your silver bason and strow sugar on them when tho are all cutt in your bason then strow on half your sugar for let them stand till your is melted whilst the apricocks stand in there sugar take the other halfe of your sugar and put it in a silver bason and as much water as will just wet it to a past for let it stand then set your apricocks on the fire let them heat leasurly then make them boyle stirring them all the while. for if you are not very carfull they will quickly barne when you see it is thick enough for marmalett

Marmalet take it of the fire and let it just boyle and noe more then put it into your bason of apricocks. Stirr it well together then put it in your glasses to keepe.

To drye Apricocks.

Take the fairest clearest before the be to rise pear them and cutt them in halfes and in quarters as you pare them & as you pearc them and cutt them lay them in Sugar but first of all way them and your Sugar and haue your Sugar finely beaten to a pound of apricocks take

Half a pound of double refined Sugar as you pear your apricocks strow on some Sugar when all is pearced strow on all your Sugar. let it stand till all your Sugar is melted then set your bason on the fire let it stand till all your Sugar is melted then make them boyle but very slowly turning them lime them well when the look clear and are soft take them of the fire and take them out of the Syrup lay them on a clean sive to let all the syrup run from them. then lay them in a silver bason and make them

them a thinn candy and pour on them
soe couer them and set your bason in
your stouue let them stand 2 dayes
heating them two times a day then
take them out of the candy lay them
on glasses to drye set them in the stouue
turning them euery day till they are
drye then put them up in boxes to keepe

To preserue green apricocks
in Jelly.

Take the fairest greenest apricocks
haue a skillet of water on the fier
let it bogle then take it of the fier
let it stand a very little while then
put

In your apricocks couer them close
when they haue layen about a quarter
of an hour in this water take them
out of it and put them into another
skillet of water couer them cloase
and let them stand then see if the
skinn will peele of them if it will
not then put them into another skillet
of scalding water then couer them
cloase and let them stand a little
then see if they will peele then peele
them as fast as you can and as you
peele them put them in a skillet of
hott water hauing the skillet full on
the

The fier. when the are all peeled
and put into the Skillet of water
then set the Skillet on a Slow fier
close coueres. soe much as will
make the water good and hott but
not boyle. soe let them Stand about
an hour and a half. looke at them
now and then to see how they green
if they doe not green fast enough
then put some fier under the Skillet
but let them not boyle haue a care
of that. then take them out of the
water. and cut them in quarters
to take out the Stones cut some in
halfes then to a pound of these
pecfes

Take a pound of the best double refined
Sugar finly beaten. and a pint of water
put your Sugar and water into a silver
bason Set it on a very quick fire when
it is ready to boyle put in your apricocks
let them boyle quick. Skime them well
when the are almost enough which you
will see by there lookinge clear and
being tender. then put in a little more
then a quarter of a pint of Jellye of
goosberys and a little more then a quart
of a pound of Sugar finly beaten.
then make it boyle very quick a very
little while Se that it will Jellye
then take them up in glasses or
pots

Which you please:

When you first put your apricocks in waters to make them peele you must first take the Skillet of the fire then put in your apricocks and the while the are in the water let the water be off the fire:

To make the Jellye of goosberyes to put into your apricocks take the white great goosberys. cut of the tops put them into a silver bason and as much water as will couer them then make them boyle Speedily

A very little while boule them then let them runn through a Jelly bagg and take the cleare for your vse you must take a pound of Sugar to a pd of Jellye. So boile it quick till it will Jelly:

Whole quinces in Jellye:

Take the fairest apple quinces make in the top of them a hole and with a pen knife gett out the Core. haue on the fire a Little of water make it boyle with all speed then put in your quinces let them boyle a little till the are soft but not to pap. then take them

them up out of the Kittle and pare
them. and to 2 pound of quinces
take 3 pound of double refined
Sugar finely beaten. and 3 pints
of Spring water. put your Sugar
and water together in a Silver
Skillet. Set it on a very quick fire
when it is ready to boyle put in
your quinces. make them boyle
with all Speed and as the boyle throw
on them now and then some Sugar
which you must keep out of the 3
pound let them boyle always very
fast. when the quinces is soft looke,
clear

And the Syrup very thick. then take
them up and put them in high glasses
fit for whole quinces but not one drop
of the Syrup that the was boyled in must
goe in with the quinces into the glasse
only the quinces themselves: then take
pipins and boyle them in water as
you doe for Cittrons. then make a Jelly
with this pipin water. to a pint of
this water take a pound of double
refined Sugar. boyle it very quick and
when it is almost enough then put
in about 8 Spoonfulls of Juice of lemons
when it is a good Jelly take it of the fire
and

And fill up your glasses with it, couer your quinces well with Jelly & so keepe them for your vse.

Thus you must doe halfes of quinces and quarters of quinces only you must lay your halfes and quarters in broad glasses and so couer them ouer with pipin Jelly.

Apricocke Cakes:

Take the apricocks set a siluer bason on the fire make it boyle then put in your apricocks scald them so as the may be tender then take them out

Out of the water and pare them cut them in peeces of the stone and with the back of a spoon bruise the apricocks to a pap. then to a pound of this apricocks take a pound of double refined Sugar finly beaten and sifted put your sugar into a siluer bason and just as much water as will wett it to a paste. set your sugar on the fire and let it boyle to a Candy just then pour it on your apricocks and stir it altogether your apricocks and sugar then set it on a very little fire just to warm them then drop them on glasses like

on

Big. let them in the Stoue to dryp. turning them euery day till they are dryc then lay them up in boxes to keepe.

Cleare Cakes of Quinces

Take the best apple Quinces, ~~and~~ a pippins slice the pippins and Quinces into as much water as will just couer them in a siluer bason. set your bason on a quick fire make them boyle with all speed when the pippins and Quinces are tender take the bason of the fire then pour them into a strainer and let the clear run from the thick and then to a pint of this clear

Liquor

Take a pound of double refind sugar finely beaten and sifted. put your sugar into a siluer cup and as much water as will just wet it to a past then set it on the fire and let it boyle just to a Candy height. then haue ready your pint of liquor in a siluer bason and as you take the sugar of the fire put it into your liquor stirr altogether very well. then set it on a little fire only to warm take care it doe not boyle. soe put it in little clear cake glasses. set them in the Stoue to dryc when the are canded ouer turn

them

them out of the glasses on glass plates
set them in the stove till they are dry-
turning them every day till they are
dryge.

To make past of Quinces:

Take the best apple Quinces make a hole
on the top take out the coar: then
scald them good and soft then take
them out of the water and pare-
them and take all the soft and
put it into a haire sieve and with-
a spoon bruise it in the sieve and-
so doe it through the sieve all-
the pulpe. then to a pound of this
pulpe

Take a pound of double refined sugar and
finely beaten and sifted put your sugar
into a silver bason and as much water
as will just wet it to a peast set-
your sugar on the fiet let it just-
boyle to a Candy height. then take it
of the fier and pour it on the pulpe
of the quincy. Stirr it very well set
it on a very little fire only to warm
then drop it on glasses big or little-
or what shape you please then set
them in your stove to dryge turning
them every day till they be dryge:

To Make Lemon Cream yellow

Take a pint of Springwater and the Juice of 3 or 4 good Lemons and the peele of and the peele of one and as much lemon as will Sweeten it to your taste put it altogether into a silver skillet Set it on the fire make it boyle about a quarter of an hour then take it of the fire and let it stand to Coole then put in about 3 or 4 good eggs whites and yolks all very well beaten Stirr altogether well then Set it on a Slow fire

again

A Slow fire. Stirring it always whilst it is on the fire. take heed it doe not boyle. when you see it begin to be thick that it will Jelly. when it is could take it of the fire. take some of the lemon peele which you boyled in it and cut it in long thin peeses: thus. and lay them in your chenye dish. then pour on your cream Soe let it stand till it be could then serve it up to the table.

The lemon peele you boyle in your water and Sugar and Juice you must not let it boyle to long for makeing it to bitter.

You may have a dish of Codlings by them
selves. and a dish of cream by it self
and a dish of scalded Cherys. a dish of
scalded Goosberys. a dish of Strawberys
one glass of Sweet meats. and a plate
of Jerges things if you have them
and this will be a noble banquet
and a plate of raw Cherys done high
up and about 4 Sillabats and this
is enough at once:

A Lemon Cream White:

Take a quarter of a pint of water &
the Juice of 2 lemons. put your lemons
and

And water together and as much double
refined sugar as will sweeten it to
your tast. then set it on the fire and
let it just boyle. then take it of
and let it stand till it is almost cold
then take the eggs of 2 or 3 whites
very finely beaten. put them to your
water and lemon and sugar. stir it
very well together then set it on a slow
fire. stirring it all the while till you
find it will be a thick Jelly when
it is could pour it into a Chency dish
and some little slices of lemon peel to
in it so serve it up:

Apricocke Creame

Take the Apricocks and scald them soft then pear them cut them in peces. bruise them: then put them into a haire Siue and with the backe of a Spoone bruise them. the pulpe will goe through the haire Siue. then with your Spoone take it from the bottom boyle your cream and when it is could put in your apricocke pulpe but first giue it a boyle with as much double refined Sugar as will make it and the creame sweet enough. then put your apricocks and

The Green Ointment

Take Rosemary. Sage. Rue. Vulliran. St Johnswort. Wild moscomy. Hysop. Lauendor. Lauendor Spike. Mint. dawrise Elder leaues Lowthorwood. cammomile. Tansy. fothefew. hounds tongue. devills bitt. hoofe dods and shr. flod dods. margarum Ale Poast primrose leaues. aders tongue Solfe heale. Angelicoe. Bettony Smallage Sallendine. wormwood. Rosa Solis. of each of these two large handfulls these herbs are to be gathered in June but Aders tongue is to be gathered in April. one handfull of Culiambine leaue

as

As much Strawberry leaues. of the same
of pimpernell. Verruine. Lemitarye half
a handfull. of orpyne, gather your
hearbs in the heat of the day when
the sunn shine hott. or before four
a Cloche in the afternoone then
when you haue gathered all your
hearbs pick them very cleane but
before doe not wash them then
pound a morter full till it be
pritty small and put in more hearbs
as they grow small till your morter
is as full as is Conuenient to pound
then put in your butter as much as
you find conuenient and before
too

to pound, your hearbs well in the butter
when it is well mixt take it out and
put it in an earthen pott. then put in a
more hearbs and doe as before till you
haue done all. before putt pritty store of
butter as will keepe them. but haue
as great a care of puting in to much
then couer it close with a brown paper
next the pott and a tile as broad on the
top as the pott. then sett it into a Cellar
or under ground within an arbour for
let it stand a month. then boyle it up
when you uncouer it you must scum
off all the mouldy and if you think it not
strong enough of the hearbs. gett a fresh
handfull

Handfull of every sort. aforenamed and
pound it with a little water, for put it
into the pan with the other. and put in
a pound of Goates Tallow or a pound &
a half as you find it requires and a
good lumpe of dooes suett. boyle it soft
-ly over a gentle fire. and keepe it
Stirring with a Silver Spoon and when
the herbs are crumpe. and turn a
Blackish browne it is enough. then
Straine it into an earthen pott and
keepe it for your use:

The vertues of ye green oyntment

It is good for all Bruises, paines in the
Limbs, Blasts. red Swellings. either in
the face or other partes. for cold got
into the breast or Limbs, its Excellent
good for green wounds, it will Ebwage
the Dropsye in the Leggs. annoynting
the Side it eases the Spleen or paines
in the Side, it Strengthens the Limbs
very much:

An Excellent Coole pummatum
for the face the full quantity

Take a quarter of a pound of the best virgins white wax. two ounces of parmacitty. four ounces of oyle of bitter almonds. four ounces of oyle of Sweet almonds. four ounces of white Lilly roots. two ounces of the oyle of Benn. half a pint of the best oyle of Trotters. half a quarter of an ounce of Camphire. but you had better leaue it out for its hurtful for the braine:

The Halfe quantitye

Half a quarter of a pound of the best white virgins wax one ounce of the best parma Citty. two ounces of oyle of bitter almonds. two ounces of the oyle of Sweet almonds. two ounces of the oyle of white Lyllies. half an ounce of oyle of benn. halfe a quarter of a pint of oyle of Trotters:

The quarter of the quantity

Take halfe a quarter of a pound of the best white virgins wax. halfe an ounce of the best parma citty one ounce of oyle.

Oyle of bitter almonds. one ounce
of oyle of Swett almond. one ounce
of oyle of white Lillyes. halfe an
ounce of oyle Benn halfe a quar
-ter of oyle of Trotters.

How to mix & to make this pumatum

First Shave your wax very thinn you
must Serape it with a knife then
have a cleane Earthen pipkin
and put in your wax and your
oyle of Trotters, your oyle of almonds
and your oyle of white Lylies then
have a pott over the fire with
water boyling hott. Sett in your
Earthen

But next morning Rub it very cleane
off: the best white wax and the best
parmecity is to be bought at the drugs
the oyle of almonds and the oyle of
benn. at the powder shopps. The oyle
of trotters in Fez Lane in Holborn
the Oyle of white Lylies att the
Apothecaryes.

An aproved medicine to cure an
Imposhume ye paine lying in ye eare

Take the Juice of roote of blew flower de-
luce. about 2 or 3 drops warm it luke
warm in a spoon and pour it in the
eare that is not paines and lye on ye eare
that is paine. a pritty while ye ye liquor may
work through ye head. & it will breake it
pos: tho

A Cooling Drinke for a burning head

Take a gallon of Conduit water. 2 good handfulls of violett leaues. 3. handfulls of strawbery leaues and roots. two good handfulls of Succory one handfull of plantaine. 2 handfulls of woodbine leaues. 2 handfulls of Sage. halfe a pound of figgs Sliced. half a pound of reasons of the Son Stoned. a handfull of flowers. and a handfull of liuer worte put it into an Earthen pipkin close couered. and let it boyle ouer a gentle fire tell a quarte of its wasted, then bottle it up and drink euery morning half a pint. you may warm it and sweet en

My Lady Spottiwood's Stomache water:

Take a pottle of the best white wine. Rosemary and cowslips flowers of each a good handfull. a handfull of bettony leaues. of cinamon. cloues. of both an ounce. Steepe all these 3 days then put in 4 ounces of metridate and Stir it together. and distill it in an ordinary Still. and let it drop upon fine Sugar:

An Excellent Glister for the worme

A pint & a half of milk. a quantity of Rue of Lauender cotton. & worm wood a little of each. and boile all to a pint. Strain it out take a pennyworth of allom dissolued in the milk. Sweeten it with hony: this is to be

Be giuen two days together before the moon is at full and the day after twise a year. for your children will neuer be troubled with wormes. let em haue a care of getting cold those days they take it.

The Lyme water good against the passions of the harte:

Take a quarte of white wine and a pint of Sack. and it in as much Lyme. as it will wet. & put to it of gallingale calamy aromaticus. of each one ounce. cloues. mace & ginger of each 2 drams. as much graines of paradise. keepe these all night next morning distill them in an ordinary Stil and drink it warm in the morning with a little Sugar

To make the greate Cake it

Take 4 ℔. of fine flower. set it before the fire to drye. take 4 ℔. of currance. cleane washed pickt & dryed by y. fire. take 4 nutmegs. cloues mace & Sinamon. alike quantity. take 2 ℔. of butter & 24 eggs. take out half the whites. one pint of ale yeast a pint of Sack. a ℔. & a half of blanched almonds well beat. with orang flower water. 2 ℔. of Reasons Stoned & shred. and 2 Cittrons. a pint or 2 of cream. let it be scalding hott but not boyle. put part of the butter into the cream & Rub the rest in the flower. when the cream is almost cold mix all these together. with a quarter of a pound

pound of Sugar. Set it by the fire a little
while to rise. then put it into your & baes
and a quick Ouen to bake an hour
and a halfe.

To make Syrup of Violetts

Take violetts clipt clean from the whit
and to euery ounce of violetts put 2
ounces of water. and let them Stee
upon embers. till the water be as blue
as a violett. and soe Shift them 3 times
and to euery quarte of water put 4 p^d
of Sugar double refind. soe boyle it to
a Syrup: thus you make Syrop of Roses.

Then take it of the fire. & put into it
a flack of mace. & let it Stand a while
and before it be cold Strayn it of. this
broath thus boyled. there will Remayne
a pint & a quarter. which must be
taken at 4 draughts in 2 dayes the
larger in the morning the other in the
afternoone: continue this according
as you shall find occasion:

An Excellent dyett drinke
for the Scurvey & many things

Take halfe a peck of Sea Scurvey grasse
one peck of garden Scurvey grasse
Saxifrage. meadow Sweet. coults foote

Egrimony. Sanickell. Balme
comfrey. Strawberye leaues. wood
betony. buglass. cowslips if you can
get em cluers of each of these
a good handfull. half a handfull of
horse Radish. a banch of tamirick
a handfull of horehound. 2 good
handfulls of liuer wort. halfe a
handfull of pollipodium. when
you haue picked & washed cleane
all your hearts and rootes slitt you
horse Radish and pollipodium &
take 3 pound of figgs. 3 pound of

Reasons of the Sunn. 3 ounces of liqu
-orish. Slitt your figgs. Stone your
Raisons & Slice your liquorish. an
ounce of anyseeds. an ounce of
carraway seeds. an ounce of Coliian
-der seeds. let them all be lighty
braised. 3. oranges. 3 lemons quart
ers. then haue 10. or 11 gallons of
wort unboyled take halfe of it &
put in all these Ingredients and
boyle em halfe a quarter of an hour
then take the other halfe and strain
those Ingredients through a Cloath.
and

And boyle em as before said in the
tother halfe. then let it stand to
coole after you haue strained
out the hearbs as before and
when its coule enough to put
barme to put it as you doe to other
drinke. and when it has worked
of the black barme on the top
when it has worked all night
tun it up next morning you
must be very carefull to pour
the worte cleare from the settle
ings before you put barme to it.
for there will be a great deale of

settlings in. after you haue tunned
it let it stand 5. or 6 dayes. then
drinke every morning halfe a pint
warme. and eate some bread first
and walke after it. probatum est

If you haue a mind to brew your wort
your selfe. take halfe a bushell of
mault. and mash it up and make
11. or 12. gallons of worte. be that time
it be boyled & worked it will be 30 or 40
gallons and strong enough for it be
strong it will be to hott. then you
must boyle your ingredients in the
first drawing half a quarter of an
hour

floar. and straine it through a cloth and boyle the same in a second Runing sordor as before and boyl em in the third Runing:

A Drinke for ye windy gout

Take half an ounce of large mace an ounce of anny seeds. an ounce of Carroway seeds. an ounce of Colliander Seeds. a sprig of wormwood boyle all these in 3 quartes of ale till it come to 3 pints. take a quarter of a pint every night goeing to bed while it last. and haue a great care of getting could while you take it for it is dangerous:

An Excellent aprouued waft to cure Rhume in the eyes:

Take Lapis tutia an ounce, which must be thus prepared, beat it to a fine powder. then let it steepe 3 howers in warme womans milke. after that draw out the ould milke from the tutia. and put in more fresh milke of the same kind. thus steep it in the same womans milke thrice. 3. hours at a time. and then as often in white Rose water. after it hath been in the fresh milke. and then it is prepared. Take aloes cuatrina the brightest you can get one ounce. of white sugar candy

ncly one ounce. both of them
beaten to powder very fine. take
also of Camphire half an ounce
cut in Small peeces. with a knife ~
and after beat it as Small as you can
with a blancht Almond or two put ~
in the 2 almonds when you begin
to beat. put all these things into a
quarte of Sherye Sacke and Shake
the glasse wherin it is 2 or 3. times
a day. At first when you use it pour
out the clearest of it into a Spoone
and drop it into the Inner cor-
-ner of the eye. and so into the
other: although but one eye be
afflicted: with the Rheume when
the

The Smart is ouer. Let them bedrest
againe twise before they rise if the ~
eye be very ill. for the first time or
else once will serue, when the water
is droped into the eye it must be open
-ed. that the water may run all ouer
it:

The Steele Wine:

Take 2. ounces of filings of Steele ~
put it into a bottle of the best white
wine. Stop it cloase and Shake it ~
well and Set it in a coole place. let
it Stand 4. or 5. dayes. Shake it every
day. then Straine it out and put in ~
fresh wine. then take Centory white ~
hore

Hore-hound. Camomile flowers. of each one handful. cardus seeds one ounce Gentian Roots ℥ drams. a pupill of wormwood. a drame of Spirit of hysto=rical, halfe an ounce of Senna. let all these infuse in a quarte of the best white wine. 4. or 5 dayes. then straine it out. and put a quarte of the best white wine. to the Ingre=dients. then take of these 2 wines in a morning fasting 2. Spoonfulls of each & neuer eate nor drinke for 4 hours after nor you must not eat after it of all the time you take it. which will 6 weeks or 2 months except those mornings you take ye purging pills

Wash the treakle clean out of the vessell. you must put in 2. or ℥ Spoonfulls of warme milke when the things are Ready. let the butter and treakle be poured in it must be stired round with ones fingers all the time another pours treakle in very gently that all may be equally mixed for its apt to haue little knots in it. it must be baked in an oure hott enough for pyes or puddings Stand near 2 hours in the Oure: bake in one cake. if diuided a full hour serues. the dish must be very little bake and:

And carefully loosned when it comes out of the oven. for it will not easily come out.

To make the ogle of Rue.

Take about 3 handfulls of Rue leaves and cutt them and put them into 3 pints of the Oyle of olives and let them Stand 12 dayes then boyle them till the be wasted to the third parte and Strain it. keepe it close this oyle is good to keeper away all pestilence.

To Make Spiritt of Saffron

Take one ounce of Saffron and put it into a glass morter. and wash it very well with 2 ounces of loafe Sugar and halfe a pint of the best Sack you can gett. then put it to a pottle of the Same Sack. Stop it close and let it Stand and Infuse 4. or 5 dayes at least then Still it of in a glass Still in Balneo with very Soft fire. you may Still of 2 partes in 3. and Sweeten it to your tast.

To Make Spirit of Mint.

Take a quarte of double Stilled mint water. half a pint of Spirit of Sack and Still it in a glass Still. you may draw a quarte draw it into pint bottles. and put in each bottle 2 ounce of fine Sugar candy finely beaten & Searched. deuide between the 2 bottles 9 grains of ambergreece and one of musk. you must tye them in a bitt of tifany at the mouth of the head of the Still and let it drop through it Still it with a gentle fire.

To Make Spirit of Clarey

Take to a quarte of double Stilled Clarey water. 3 quarters of a pint of Spirit of Sacke. draw it as the Spirit of mint. with the same quantity of Sugar candy. musk and ambergreece. and draw of as much.

To preserue Quinces.

Take 12. of your best and clearest quinces wipe them with a cleane cloath. core them put them in a Skillet. put 7 pints of faire water to

To them. put the coars in the water
Set them ouer the fire and when
the begin to boyle. Slice in 3. quince
Scald them gently for feare the
cracke and when the are very
tender take them up. wrap them
warm in a warm cloath boyle your
liquor a little longer then Straine
it through a cloath. into a bason
then pare your quinces. take to
every pound of this quince a pint
of this liquor and a pound of loafe
Sugar. if the quantity of liquor be
three pints. you must take a pint of
Raw

Raw water. and put into these 3 pints
and you must beat the whites of 3 eggs
with some Spoonfulls of faire water
to them. then put the liquor into your
Skillet and your Sugar into it. beat
your eggs tell there all in a froth then
Stir them into the liquor Set it ouer a
quick fire and when it boyles to the top
take it of and let it Sink down then
Set it on againe let it bogle up againe
3. or 4 Seuerall times as before then
take a wet cloath and Straine your
liquor through into your Skillet you
mean to preserue in then set it ouer
the

the fire againe. and let it bogle & scum very cleane. then take it of and let it stand tell it is a little cooler. then put your quinces into it set it ouer the fire againe let it bogle gently. till the syrup begins to grow thick then couer em very close you must shake em often as the bogle and bogle em very fast and when there of a good colour take em up. if you think your liquor will not gelly: bogle it a little longer put it to the quinces whilst its warm

To Make Jelley & Marmalet of Quinces.

To one pound of loafe sugar take 2 faire quinces and codle them then pare them and slice them as thin as possible you can then take 8. permain & pipins and quarter euery ple into 8 quarters. then take 3 pints of pure spring water and bogle them ouer a clear fire but besure you neuer couer the skillet or stir in it with a spoon bogle the aples till the liquor grow very strong of them then

The liquor of which take a pint or somwhat more and a pound of sugar and let it boyle 3. or 4 simerings then put in the shred quinces and boyle it very gently. tell it is of a pure cornelian collour. but never slice it let your skillet boyle equally round. if you will have it white take it from the fire before it begins to collour. if a Cornelian collour boyle it gently till the Collour comes then gently take up won by another and glass it up.

To Preserue plumbs. pipins. peaches pears. Apricocks. codlins with a fresh green Collour.

The best plumbe to preserue green is the white peare plumbe in the begining of August choose those that are fairest and without spotts. scald them in 2 waters let them lye therin one hour at the least close couerd ~~and then breake~~ let the first water scarce be scalding hot let your second water be Ready to boyle in this water taken from the fire. let your plumbs lay aboue half an hour close couerd. till the skin breake which peel of with

With a penknife as you would a Codlin
and giue them a cut in the Seam of
euery one of am for it will keepe em
from shrinking; put in as much wa-
ter as will couer your plumbs &
and let them stew gently a quarter
of an hour or longer till you see the
plumbs be very greene all ouer so &
take them from the fire and let them
stand close coaerd a quarter of an
hour. then take em up and let em
stand in a faire dish till they be through
cold then haueing finely beaten your
Sugar which must be one pound and one
ounce

To one pound of your plumbs. strew one
handfull of it in the bottom of your pan
wherin you will preserue your plumbs
which must be set one by one then &
cast the rest of your Sugar upon them
adding half a spoonfull or more of the liq-
uor. the were last boyled in as also 2 or
3 spoonfull good rose water. and so set
them ouer a clear charcole fire let it &
boyle very gently and if any scum arise take
it of. thus boyle em continually the space of
one hour. so take up your plumbs but not
your syrup. & if you please you may add a
graine of musk made small with a little
Sugar

And put it into the Syrup and when the Syrup is cold Straine it upon your plums

To Make Syrup of Strawberryes for a Cough or Consumption

Take a good quantity of Strawberryes and pick out the best of them and put just soe much double refin'd Sugar as you haue Strawberyes. before the be full Ripe. bruise em a little. take a well glased earthen pott with a couer and lay a lay of Strawberyes and a lay of Sugar tell all are in let the last Sugar quite couer the Strawberyes then couer them and Sett them in a Cold Sellar for

for 2. or 3. dayes till the Sugar quite all melted then put them into a hairs Sieue by degrees that has a couer and let the Syrup run from them without Squeesing. and put it into a Silver tar=ard. and set that into boyling water then take to euery quart of Syrup a good Spoonfull of naturall balsom and grind it with some double refin'd Sugar that it may mix with the Syrup. grind it in a marble morter. and put 3 Spoonfulls of the best Spirit of sack. and mix it with a quarte of ye Syrup by degrees, you must shake the bottle at first for the balsom will be apt to get to top

The Calues pluche water.

Take a Calues pluche cut of all the fat and halfe of the liuer and the deafe-ears of ye hart then chop it small then take halfe a pound of raisons stoned - half a ℔ of dates. half a ℔ of liquorish cut in small peeces. a handfull of balme - of spermint. and a handfull of lungwort a handfull of white Archangell flowers a handfull of Comfrey flowers a handfull of burage flowers. a handfull of red rose leaues. chop the dates Raisons - and hearbs together mix them all

uery

Well together. put them into a Coulo still with six quarts of milke. and let it - stand all night. next morning draw it of with a soft fire and put to euery pint of water an ounce of browne - Sugar Candy beaten fine: soe drinke of it twise a day a large wine glasse full morning & euening. you may - sweeten it to your tast if it be to sweet

A Purge for sharpe humors.

Take 2 ounces of the middle sort of manna & one drame of Rhubarbe & half a drame of crem a Tartar. Infuse the Rubarbe - in

In halfe a pinte of water all night and the Tartar close couerd in the morning Straine it. then dissolue the manna then Strain it againe & add two Spoonfals of Sack and the Juice of half a good orange, you must put in the Infusion our night a little ginger & fennall seeds to correct ye mixt

To Make Harts-horne Jellye the best Sorte:

Take half a pound of harts horn & put into it 3. quarts of water and boyle it in a pipkin on a quick fire and when you See it will be a Stift Jellye then

Strain it. Let it Stand all night in an earthen pan or Somthing of Siluer, then in the morning put it into your pipkin but not the very bottom for that is not well then put in almost a pound of Sugar and about halfe a pint of Sherye Sacke and mace and a sticke of Cinamon one nutmeg quarter. dry the Spice then you must beat the whites of Six eggs and put in the juice of 4 lemons. & Set it on the fire and let it boyle a while and when its boyled put it through a Jellye bagg. you must put it through your Jelly bagg a many times you

Your Jelye bagg must hang by the fire or it will not run. Soe you must put it into glasses. I will assure you this is the right way.

The Snayle water good against a Consumption and Obstructions of the Spleen or Stomacke

Take of white Snayles purged ouer a Charcole fire one peche of earth-wormes washed and sliced in water after in white wine 6 pound weight of harts horne newly Rasped. Quory newly Rasped half a pound of Sellandine

8.

Eight handfulls. Angellicoe 6 handfulls of Cammopytus 4 handfulls. of Rosemary flowers 2 larg handfulls. of Succory leaues & Roots 4 handfulls. Red fennell 4 handfulls. Bark of Barbery tree. Sour dock roots. Sorrell Rootes of each three ounces. Cullumbine Seeds bruised a quarter of a pound: Let all these be prepared & steeped 12. hours in 6 gallons of the strongest ale that can be gotten and then draw of the water in a Limbeck soe much as will be of an indifferent strength: and to the glass of water soe

drawn

Drawn off. add of the best Saffron 1 dram of cloues bruised a quarter of an ounce. and if you please of musk and ambergreece of each 8 graines let them be tyed up in a bagg and hang in the water: and so keepe it for your use. Take 3. Spoonfulls of this water 9 mornings together in 4. or 5 Spoonfulls of Ale or white wine and sow at 4 a Clock in the afternoone.

probatum est.

Gripe Water:

Take a bushell of Clouegilley flowers 4. ounces of Rosemary flowers. 4 ounces of burage flowers. a dozen pound of blacke Cheryes. a gallon of Strawberyes. a gallon of Rasberyes. 4 handfulls of mint. 4 handfulls of balme. 4. handfulls of angelicoe. one handfull of Rue. a dozen pound of morella Cheryes. 2 ounces of Coriander seeds. 2 ounces of Caraway seeds. 2. ounces of anesseeds. 2 ounces of nutmeg. one ounce of cloues. 2 ounces of mace. 2. ounces of Cinamon. 2 ounces of ginger sliced. a handfull of pennyroyall pound the Cheryes tell the Stones are bruised and mash the Strawberys and Rasberyes smal bruise the hearbs a little. and put am all into

Into a great Earthen Vessell and put to
em 3. gallons of Brandy. a gallon of
white wine and a gallon of Sacke
and a gallon of Sherye. and let em Stand
in Steepe. 3 dayes or. 4. and the day before
you still em. put fresh hearbs. the same
quantity of the aforenamed. then Still
it in a Limbeck Such as the Apothecaryes
use and let it Still od very quick off as
fast as euer the can get it off or it will
all burn and Spogle. This quantity will
make 16. or 17. bottles very good. but the
last will be barnt doe what you can
through it away. mix the first drawing
and the Second and the third together it
will be Strong enough and keep many

To make the best Short Cakes

take 3 quarts of flower one
pound of butter halfe a pound
of new ale Bearm Rub your
butter in the flower 3 or four
Spoonfulls of heley milk mix
in your butter then ye bearm
for Kneed them roule them
peeky thin take a pound of
Currens halfe a pound Cuserry
Sugar mix them together pid
as maney as you please upon
your Cake lee close am up
in 3 Corners or Round in little
Cakes as you please bake them
in a quick oven doe not let
em brown on the top

a Receipt for to keere the
itch

take Rosemary Sage and
Allicompaine Root Slicked of each
a good handfull and Bay leaves
halfe a handfull chopp am Small
and boyle am in fresh butter till
ye greenness is out of am and when
yes almost boyled enough put in
as much flower of brimstone as
will lye upon a Shilling prepaream
drese your selfe euer morning
and nighe were you haue occasion

a Recept to cure the piles

Take Stinking Roger and boyle a little of that heaw in possett drink and drink it night and morning and then take risteyest bacon you haue a squeese it in red hot tounges and say some of that on a cloth to ye piles it shall cure am probatum est

a Clister to cure a vilient purging if never soe dangerous

Take a pint of red Cowes milke and halfe a handfull of red rose leaues Archangell flowers Celiodell flowers St johns wort flowers of each the like quantey boyle am to haue ye milke be wasted then desolue in it as much venice treckle as a wallnutt put in too spoonfuls of sacke and the youlk of a new layd egg well beat sweeten it with foole sugar soe give it and after it has done working give they paticial a dram of discordium and lye to rest probatum est

a Recipt for ye piles

take unguentum of poplar and 2 peney worth of saffron: one penny worth of the oyle of roses they whick of an egg beat all those together then pell ye saffron be allowed it corporated and to be a oynment soe anoint ye place greived probatum est

how to still Anglico water

take too quarts of Brandy take as many stalkes of Anglice slicted round as that Brandy will take up set it stand 2 dayes and nights to stoop then put it into a cold still and put to it one quart of spring water and put up the still make a good fire under it of charcoale assoon as it drops put on a well cloth on it soe keep it with a well cloth all the time ye first bolle will bee 3 hours a comeing and ye second 2 hours then have fresh stalks redy cut to put the brandy upon as it is drawn the it must be stilled as it was before then draw a pint of that water one put on first and put it on ye second time ye second putting ye stalkes in must steep one nightt Balme is to be stilled the same way onelie take the yellow topes of lemon lime and clary is still ye same way onelie once

how to still Sinnamon water

take 2 quarts of ~~water~~ Brandy and one of Sack or halfe Brandy and halfe Sacke to each quart take a ounce of Sinnamon or to foor quarts three ounces of Sinnamon bruised ye Sinnamon or grosly and steep it in the Brandy a week then mix ye Sack and Brandy together in the still when all is put in then before ouer it too quarts of water so past it up and make a good fire as before and put a well cloth on as ye formon and draw it as before the same quantey as ~~of~~ you put on ones if ye water bee too weak keep it by it selfe

how to make marmalate of quince

take Apple quince when there well ripe and yellow pare am and core am and cut am in half and the kawles rep in a cloth like all ye cores and pareings put am into water and boyle am well the water is prety thick then it must bee strained out there should be the weight of am taken first before the are paired or cored yr weight in sugar then put in your sugar into ye afore said liquor when its dissolved put in your quince set am on a quick fire set am boyle fast tell ye crack then take am of the fire and strow some sugar on am and out of the weight set am stand to be cold and set am on ye fire againe and set am boyle up once then coum am close and keep a prety soft fire when am as ye may boyle seasurely then take of ye coum and tem am and cum am least ye burn to ye pan when the are turned a fine light red about ye regrets are turned them take am out am small as of a kentish plate then put am into ye liquor again and am all ye lime and stir am least the burn too not too fast tell it leace the bottom of the pan so put it into pots ore must take to a pound of sugar a pint of water if the worse to bone whole the mixture longer tell ye looked clear eles all ye same way

to make a Seed Cake

take 3 quarts of the best and finest flower a pound and a halfe of the smallest loaf sugar a pound and a halfe of Carraway Comfits a pound and a halfe of new fresh ~~and~~ buter and fewlfe eggs keep out the beter halfe of the whites about a pint of the best sugar not too biten eight or 10 spoonfulls of sweet cream add there too a little Brandy or sack or rosewater or a mixture of all the beter must be beaten in an Earthen pan till it turns to cream when the eggs are well beaten mix ye liquids and strane am through a clean cloth then put in yaen flower and keep it stirring with your hand till ye oven be redy then strew in yaen Carraways mix it quick and beter yr pan or paper well and put it into the oven heated for 2 penny bread set it stay in one hour or upwards probatum est

To make Saffron Biskets

Take 2 quarts of flower one quarter of a Dozend of Buter one pint of Creame melt ye buter in ye creame mix 2 Spoonfuls of Sugar with a few Seeds in the flower and one Spoonfull or halfe a Spoonfull of ye powder of Turmerick well mixed the flower with 2 Spoonfulls of Barme

the best thing that ever was known for the wormes take

five grains of Rosin of iallop and ~~five grains of mercurius dulcis~~ five grains of mercuris dulcis

a Receipt to Cure a Sore throt in a Feather

take a quarter of a pint of Sweet Cream and put into it as much powder of gunpowder as will lye heaped up on a Shilling finely beat and five a Spoonfull shack em up together and give a Spoonfull at a time with a Silver Spoon honey of Rose is ye best thing as ever was known for ~~wram~~ mouth in a feather

The reseat of Hisbricall water good a gainst all Sorts of vapors

take too good handfulls of roman wormwood too good handfulls of red mint and one hand full of the tops of yong niprogall too good hand fulls of the tops of bullom cut theas hearbs small with a knife and put them all to geather into a cold still then put in a bottell of rud mallizoe sack let them steep all night tell the neqet morning put in a pint of spring water then distill it with a reasonable fire and let it drop upon white sugard candey or dubble refiniond sugger probaluem est

A right good resche for to cure the kings Euell take too handfulls of eggremoney too handfulls of smallog too handfulls of red robings and too hand fulls of mugwort and too hand fulls of doal topps steepe these in too gallons of small beare and let it boyle and then keepe it stweing for fore hours and let it stand upon the hearbs all night then strain it out the neqet day too bottells full will cure one body take a glass of it in the morning fast an hour after it and att four a clock a gain in the aflernoon and if it be swelled anoynt those playses with this oyntment take oyle of caperes oyle of exeter and nerue oyntment of each a like quantity anoynt a place and keepe it warme with flanen if you finde it dose not abate with too bottells take more a gentell purge will be concument aflor it to carry of those

Humors that remains. After wards itt may accasion a consumption the spring and fall after take a bottell for fear of a relapes probatum est — — —

To make Diascordium — —

Take of Cinamon castra Ligna Dictum Crela
ye roots of Tormentill bistort Gu Galbanum —
Araback ye roots of gentean lora sigillata —
terra Lemona ℔ boullallmenech of each half an
ounce the leaues of scordium one ounce long peppe
and ginger of each two drames opium a dram and half
sorrell seeds a drame and half storax four drames ℔
a half consirue of roses one pound malago sack —
half a pint virgins honey clarified two pound and half
beate ye storax with ye rest of ye roots Disolue ye gal —
banum and opium in some of ye sack strayne it and
mix it with some of ye honey being made warme
steep it a part put ye conserue of roses in a morter
beat it well with some of the honey till it is very soft —
then add ye gums with that of honey being made warm
mix and beat it well adding ye powders by degrees it —
they may not run together in lumps continually beating
it till all your powders and honey is mixt when it is cold
put it into a pot for use probatum est

An oyntment for an each or scrineeng of of seruces a prouen
by an old woman who was grown crooked in her handes
and it hath helpen many oathers who hath been troubled
with grieues aches — — — — — — — — — —

58

Take a quart of great Blacke snayles that are in ye meadows in heay time and put ym in an earthen pott and put to them a great handfull of bay salt then stop your pott very close with a wood treancher or a bord ℔ set it in ye earth five or six days then take it out of ye earth and skyme of the upor most froth very clean and then cleare ye oyle into an earthen vessell from ye salt yt remaneth in ye bottom of the pott and then take a little in a sauser and set it upon a few coles till it be gins to grow some what thicke and an oynte the place ~~[illegible]~~ grinded as hott as may be suffere
~~[illegible]~~ but before you anoint the place you must chafe it a quarter of an houre and the oyle will drinke in the better probatum est — — —

A clensing Ayell Drink

take 12 quarts of strong wort of ye first kurling and boyle it without hop cool it and put barm to it and set it work all night the next day take half a peck of sea scurvy grass garden scurvy grass one quarter of a peck one handfull of spear mint halfe a handfull of feterfew one handfull of wormwood 2 handfulls of wood betony one handfull of water creses one handfull of brooklime add to these 2 ounces and halfe of dia dia senna pounto them grose in a morter put them in a bag with a stone in too keep it in drink and in three dayes you may bigin to drink it a pint in ye morning a pint at 10 a clock annother pint at 4 ith afternoon probatemest this cures all full sumnes of ye stomach and want of apetite clears ye body of sharp themors and fleam

an excellant kecept for ye wormes

Sall peter cream of tarter sall of prunella of each a dram 4 drams of fine powder of anny seeds mix these together and give a child as much as will lye on a tooppence double ye quantey to a big body probatemest

59

a kecept for to cure ye dropsy

take a handfull of green brooms and boyle it in stale ale till from 2 quarts to one take ye broomes and put in too penneyworth of liquerorish sticks sliced put in halfe a pound of raisons of ye sun stoned halfe a pound of treakle and a penneyworth of carr away seeds boyle it very well then put in the treakle and boyle all together then strand it and take it in 3 mornings fast an hour after it

3 or foor dayes before take 2 penny worth sallad oyle and as much treakle bleind together take every morning a spoonfull or too till all is gone

ye best things as ever was
for a Chresh Cresh
take ~~sixpenny~~ worth of oyle
of potes and bath am very well
with it hot in a cup then say
a plaster to ye greiver of ye vorth
and pamsiques with Dragons blood
and Bergandy pich made in a soac
Cloth probatemest
for a Shick if it be not
Cheash Shick
take as much powder of ye best
whitroson as much as will lye on a
Shilling in a quarter of a pint of muc
Sack and as much of ye powder off
Cardues Seeds mixed with it and put
am both in the Sack and drink it of
and wash ye powder out of ye glass
with some cold sack drink after it
probatemest
a Special remedey for ye Stone
give ye agrived halfe a pint of parsle
water with ten drops of oyle of ienipe
Berrys in it doe this 3 times and they
party shall find present remedy
probatcamest

a excelant remedy for ye
timpancy or Dropsy
take five pints of good renish wine
put in 3 poringers of broom ashes
an excelent purge for
a Dropsey
Take of pill: Cocha minoris one
dram and halfe Rasen of gallop one
scruple crem off tarter one dram
make these up into a mass of pills for
3 doses

a Recept for a Squinsy in ye
throt
take a handfull of rosemary topes
a handfull of red rose leaves a handfull
of Camomill put these into halfe a pint
of sack for want of that take ale and boyle
am till ye are tender say am as hot to ye
throt pulls wise as can bee suffered and
renew it three times a day till it bee
well and give ye party too drink a noggle
of sack or ale wherein rosemary and red
rose leaves were boyled with a spoonful
of allam greekam in powder

A perfect cure for ye dropsy
and scurvy that hath cured when
the ablest docktors in London hath
left of dead persons it never fails

take halfe a pound of currens
halfe a pound of raisons of the sun
and stone ant and 3 ounces of smaliges
foor ounces of scurvy grass and boyle
am in four quarts of the finest spring
water that you can get untill it come
to tow quarts but it must be very close
covered all the while that it doth boyle
soe that ye stem may no wayes come
out and when it is halfe wasted take a
strong course cloth strane it throw
so hard that you leave none of ye vertu
in the suet nor herbs then set her drink
halfe a pint in ye morning halfe a pint
at fower a clock ith afternoon and halfe
a pint night and stir about in the aire
as much as shes able and take this ten
mornings together if ye drink do not
hurt her soe long make more set ye
mash her drink be green broom boyled in
ale and drink it as offton as shers able
if smaliges will not be got soon enough
drink green broom boyled in ale untill
you can get it and stir about

another receipt aproved for to cure
the dropsey aproved by my lady 61
ganashord

take 3 great handfulls of elder roots
clean scraped and slit am take a qurter
of a pound of annyseeds one pound off
lignum vite and tow ounces of sweet fenne
seeds lay all these in a gallon and halfe
of kening water 12 hours then boile
them upon a soft fire untill they bee
halfe consumed set ye party drink this
morning and evening and if he be far
spent set ye party drink no other drink
and set him eat roasted mutton raisons
of sun but eat no brothes nor butter and
set him keep a spare dyett if he will
be cured of ye dropsey prouabem est

A receipt that cured a woman
in chidley of a lameness all over
her limbes after a fit of sickness
that she could not turn her in her
bed with which she hath cured 3 per
sons taken of ye same manner

take too good handfulls of red sages
fresh out of garden cut it small beat
it in a wooden morter so small as you
wod do for consauer put it into a
glass bolle

And put a quart of Clarret wine to
it let it stand too dayes shakeing the
bottle onec every day after it has stood
too dayes take every morning and eeening too
tow spoonfulls of it puting a muslin
over ye mouth of bottle soe power of the
liquior for yoe constant drink take
one handfull of rosemary neather dry
ed by ye fire nor in ye sun but in the
shade put that into the drink yoe
are to drink and work it in it must be
midleing sort of drink neather too
strong nor too small but good midling
sort of drink take rosemary and dry it
in a oven to powder and eat it with bre
and butter or any thing eles when the
bottle of wine is done make more till
yoe find good by it

A Receipt to cure a inward
weekness

take six penny worth of ye best vine
veris terpentine six peney worth of
red corrall six peney worth of amber
six penny worth of pearll as much pow
powder of crabs eyes six penney worth
of sinnamon powder six peney worth
of powder of nutmeges six peney worth
mastick incorperated together in the
terpentine with whit sugger take eve
morning and eeening ye bigness of a
nutmeg till its done probatum est

ye best thing as ever was known
for a consumption 62

take a spoonfull of tar and mix it with
a deall of liquorish powder into a past
soe make it up in pills and take every
night going to bed and in ye morning
too pills drinking a sack glass of sack after
it soe continue till its done when this
is done take more till yoe well
probatum est

for a consumption or any
thing

take five gallons of spring water three
pound and halfe of ye best honney one
pound of raisones of ye sun stoned one
pound of blew currenes three ounces
of eringo root not candyed liquorish
and china root of each an ounce a
quarter of an ounce of carraway seedes as
much of corender seedes two spriges of
rosemary and one of balme boyl all these
till one fifth part be consumed then strain
it when it is code work it in a vesell as the
doe ale with yest as yeadoe ale put it in a
vesell and at seven dayes old bottle it up and

when its quick drink it at your pleasure onely
in a morning drink a glass with ten dropes
of ye right Balme of Gilleard in it this
Cures a Consumption if it bee never so
deep probaheam est

Sancta Sifferay

take Genkan roots gallingall zedeory
Aromaticus bayberyes long peper Signum
Signum nephreticum of ech one dram of
Cloves Cinnamon Angelico roots of Acore
Acores halfe a dram of those set all these
be grosely beaten and put into a quart of
brandy with too spoonfulls of Cuerence it
must be put into a stone bottle will
horld 3 pints and be very close cover
for 3 dayes by a fire set ye bottle stand
and turn it those that are consu
consumptive or week must take one spoon
full of it in a qurter of a pint of ale warm
warm fast halfe an hour after then as mu
much more at hour a clock ith afternoon
but if it be a small weekness once a day
will serve for those that has ye fits of y
Mother take a spoonfull in warm ale with
shorten the fit if ye take it in season it

annother good thing to swage a hard
swelling as ever was used

take kisty baccon and shred it small and take
neer as much castle sope incorperate am together
to a salve and warm some and bind it one day and
night

pills to cure a consumption

take too spoonfulls of tar and mix it into pils
with figuerish powder and some dropes of spirit
or sremp of sulpher a qurter of a pound of
figuerish powder probahem est

drink ever morning snails boyled is a qurt of
red cows milk put too dozen of shell snails into
a qurt

put too one in a hoover hen and butter
stamped together bound to ye soules of ye feet
or in convulsions ether in a hoover put plasters
of burgindey pitch to ye soels of ye feet and
to children put cummon seeds and figgs bruised
together allso to big peple fresh beef and some
time garlick allso clay and viniger give am
to drink sack whey foor parts water and one
sack put one milk boyling hot blister if ye
pearcer be in ye head eles not blister for violent
paine and sorenes all over ye body where blooding
is neblected blister

to Stop bleeding at nose

take Roman vitorall and put it into Some of ye blood and set it in the window and set it upon ye blood and as ye blood Cooles ye blood will Stop allso and as ye blood Cooles ye blood will Stop allso a hot Swines dueng aplied to ye nose in Case a woman bloods yield hot Swines doueng in a Cloth to ye womb and when that Comes away ye fitest

a remedy for a Scald or brem

take ye whites of eggs and beat am extrodaneny well and put in well of ye Juice of Horsegreen well and put in well of Juice of Horsegreen well and dresse am well with it Spread it on a Cloth and lay it on to take out ye fire first with a feather dresse it all over with Sallat oyle before you put in the hors green after ye fire is out brem a dut out Cake to powder and Sprinckle ye powder all over ye Segg and dresse it first with Sallat oyle and wash it with Snow water or elm water or Skim milk all being very good Sick Sallais Sallsome will heat a brem and take out the fire probatem est

a Most excelant water for Sore Eyes

Take Some plantaine water and whit Rose water of each a quarter of a pint to which put as much whit Copperas as Can lye upon a two penney peece and twice the quantity greantey of whit Sugar Candy both very fine both very well pulverized in all up together in a large vesell and use it 3 times a day viz: morning noone and night ye first and last thing yore doe keeping yoer Eyes shull for a quarter of a hour after or more till ye Smarting is over

probatem est

a right good thing to Strengthen a weak Cold Constitution and to keep one in health

take a quart Bottle of ye best nanc Brandey and put in these hearbs Shreed Small as tobaca or pounded a Small handfull of hew as much Sage a Small handfull of Rosmary a Small handfull of Camamoile as much Smallage and hennell and Balme if troubled with obstrucksons add ye like quantey of peneny Royall if not Leave it out put these into a quart of good Brandy and Set am stand 3 dayes and nights if there bee noe urgent occasion if there bee Set am take of it after Standing foor and twenty hours put it through a muslin take a Spoonfull and a hafe fasting in a morning as much at noon a Clock ith afternoon so continue till is done probatem est

a right good thing thing against
a Consumpticon or to remove obstrecticons
good against ye wind, and Spleen and to Strenghen ye
Stomack and remove paine from ye hart

take a quart of ye best Nanc Brandy and put
into it halfe a handfull of Ale compaine roots sliced
and as much tinture of Centrey as 60 drams two
ounces of Gention roots sliced and a handfull of
sliced Eringo roots halfe a handfull of Angelico
roots sliced halfe a handfull of fainiriks shred small
a penney worth of all sorts of Seeds bresed half as
much Sweet fennell seeds bresed and Bayberrys
bresed put all these into two quarts of right good
Brandy and set a im stand 3 dayes and 3 nights before
a kirt and take every morning two spoonfulls
and as much at 6 of a clock ith afternoon fast
a hour and walk after ether into the aire or hous

another for Consumpticon
or for a week body or for one as Spits blood

take a good handfull of whit Crempled moss as
grows upon ock trees and put into a pint of fair
Narrow Cows milk boyle it to halfe a pint Sweeten
it with suger Canay to your tast take this same
quantey every morning at foor a clock ith after
noon as much at night with as much Sucketalles
as will lye upon a shilling kneeled in
Balsome as will lye upon a shilling kneeled in
loafe Suger drink that milk warm after it
ye whit hard moss as grows upon stone walls is
ye same

a purge of epsom Salt or any purging
Salt

Set a pint of good Spring water to boyle put
in one pennyworth of mace let it boyle till
one halfe bee neer wasted then put in a ounce
or two ounces of epsom Salt dissolved in when
its like warm drink it off drink water gruell or
weall Broth

65

Hearbes proper to make a diet drink
for two make for a week person who has a
Hipcondrick paine and ye Spleen and a paine
in her Stomake that shoots into her back and
Sides who cannot break wind downwards

water and Creses and Brook Lime and Liver
a good handfull of each a handfull of polypodum
topes two handfull of Sewerwort a handfull
of Harts tounge Kew Balme Hissop of each
a handfull a handfull of wormwood one
Small root of Horse Radish 3 roots of Sharp
pointed dock roots a large handfull of Ba-
lon Barbarey Bark all sorts of Seeds halfe
Bresed of each a quarter of a pound Bayberry
bresed a quarter of a pound Sasaphras
Wood three penney worth Gentian roots 2 ounces
China root one ounce 4 pence english rubarb one ounce
foor pence ye best rubarb one ounce a shillings Signum
three pennyworth Senna two ounces tenpence
rubarb Galtop root two ounces tenpence Seeds two ounces
Bay berries two ounces

ye best thing as ever was for a hot
burning headach

two penneyworth of ye ogle of pompilion
And aniont ye temples and crown of ye head
and warm Burdock leaues and hay upon ye
the top of ye head And of ech side the temples
probatum est

How to mix and make up ye aforesaid diet
drink ner ye Sease that day as yore brew gett
ye hearbs and roots haueing ye ingrediences
bregh before pick yoer hearbs and slice ye roots
take out ye pitts and pick clean ye hearbes and
wash well ye liuer wort when yoer drink works
put in ye hearbes and when it has worked pretin
to a Canvas bagg yoer ingredience bruising yoer
seeds and berrys and a ounce of nutmeges putin
a little stone into ye bagg two make it sink and
knocking a naile one ye top of ye herkin and tyein
ye stringe of ye bag to it as it may hang iust in
ye midle let it stand close stopt after it has
done working seuen dayes ere yore drink of it
and then drink no other drink at meat or all times
to ye full quantey of hearbs put soo good paile
fretts if wont to one haue quantity take one paile fu

If there be a wound cleanse it very carefully raping
it with an Iron instrument without cutting away any
part of it unless it be torn off it cannot be united to ye
Member then bath ye wound with water wine some
that warm mixed with a pugil of salt the wound being
cleanse take Rue sage & red roses bath leaues & flowers
of each a pugil this will scarce fore worne with a commonion
quantity of ye roots of sweet briar & of Spanish scorzonera
scorzonera chope very small & soak ye roots of Garlick
each of ye bigness of a small nutt beat ye sweet Briar roots
with sage in a morter then the other ingredients with a
pugil Bay salt beating them togather in ye same morter
to a mash a part of which you must apply to ye part
and if ye wound be deep ye must likewise poor some of
the juice of ye same mash into it this done incorporate
the remaining part of ye mash with a glass of white
wine in a morter and squeez it through a linen cloth
giuing ye strained liquor to be drank fasting washing
the mouth afterwards with wine & water & fasting for
three hours after tis sufficient to scrape and wash ye
wound ye first day But ye poultis & Potion must be reiected
Repeated for dayes together at which ye patient may re
ly conuers with his friends & if ye wounds are not per
fectly cured they may be drest like simple wounds

Probatum est

for a Cancer in ye Breast

Take ye Root Knobs warts or Corns yt grow on Stoned horse Legs dry them & beat them to Powder and take 20 graines of this Powder with ye Same wight of mack in Powder in a glass of Sack in a morning & at 4 a Clock in ye after noone and fast an Houre after it

This Dissolved a Cancer in Mrs Hartopp Breast wich was designed to have beene Cut of by Mr: Hobbs

Herbs for a diet drink for one who is very weck with an Ague and hath a paine in ye side come with a former Cresh poleypodum of yock and poleypodum of the Hassell of each a good handfull of both root and branch Coultsfoot and Bentery of each a handfull water Creses and brookline of each two handfulls balme and Liver of ech a good handfull Rew halfe a handfull two handfulls of Hartstoenge and Liverwort a large handfull of water treyfoyle a handfull of fennel 3 roots of Sharp pointed docks 3 roots of round painted docks a large root of Alicompaine

The restorative Cordiall

take black cherey water
& milke water of each 3 ounces
Barly Linamond water 4 ounce
Compound pyone water
& Gyrffitt water & Treakle water
& strong cinamond water
& Dr Stephins water of each one ounce
mint water 5 ounce
water of camomell flowers 3 ounce
Syrup of Quince & Clouer & balm
Berre of each one ounce
Syrup of Saffran half an ounce
& Sugge of roses & Antepoplick powder
& Conffect of Jaycinth off Pafh
one drahm & half Gargons
Powder one drahm powder of
Aimans Scull one drahm & half
being all made up into a Julep

take of it 3 Spoonfuls 3 or 4
times a day for Spry
Six houre according as the person
is in weakness

ye best thing as ever was
known for a child that has ye kickets
And has cured Severall when all other means
has failed if the have exactly followed it

take two good handfulls of wormwood and two
large handfulls of Cammiole ~~two handfulls~~
and halfe a pound or a quarter of earthwormes
clean washed and wiped with a cloth pound allegether
shreed yoer hearbs as small as tobacco and put
am into ~~two~~ a pound and halfe of fresh Butter and
set am simmer and boyle till ye hearbs are crimp
and set am by all night with ye hearbs and Butter in
fill next morning when its halfe boyled then take
it up and boyle it till its crimp strain it and keep
it for yoer use dress yoer childs from ye neck
all long ye back too ye heels every morning and
every night before a fire probatum est

a drink to give ye child

take a handfull of Hissop as much time
Tamarickes a handfull winter Savory and
pimrose flowers spearmint and Balme of each
a handfull hartstounge and liverwort of each
a good handfull shread am as small as tobacco put
am into two quarts of ye purest spring water or
boyle am one a slow fire till it come two a quart then
take it of and power it into an earthen pot and set it
stand till ye hearbs and its cold then straine it and
put in halfe a pound raisons of ye Sun stoned and a
quarter of cloves bruised and put a spoonfull of good
fresh barm to it and some Sugar candy or coarse
Suger as much as will sweeten it to yoer
tast and when its stood 3 dayes bottle it up
and set ye child drink no other drink when its
dry or meat or any time when it will

68

probatum est

for a diet drink for one who has a
fever fit of cold who is grown soe hoar as spit blood
and is stopped and weak and has no stomack and
cannot sleep

Coults foot and pollepodiarem of ye thorn of
each a larg handfull ye root and branch of
poley podium Betony and Sage of each a handfull
hartstounge and liverwort of each two handfull
water Cresses and brooklime of each two handfulls
balme and Hissop of each a handfull halfe a
handfull of rew halfe a handfull of wormwood
a handfull of mugwort a handfull one good
root of horse radish one large root of Alicompain
Alicompaine three roots of sharp pointed dockes
and three roots of round pointed dockes two handfulls
of Cliverts Centerery and Sicreygras of each
two handfulls

a kecept foo Cure a week person whol is fallen into a weeknes with greefe who has no Stomacke no Sleep and who hath a Asham ~~[illegible]~~ or Stoping

take ane quart of ye best Brandey and put into it a good handfull of kos a Solass a quarter of figes Sliced a quarter of Dates slited and raisonas of ye Sun stoned a nutmeg quartered a handfull of flew Clovence put these into a quart of right nance Brandey and Set am Stand fiue dayes then take a spoonfull in whit wine or ale and ch ye person Every week Set her take a quarter of a Spoonfull or halfe a Spoonfull in ale three or 4 times a day if it be a indiferiant Stronge person take a Spoonfull ~~[illegible]~~ Morning foor a clock ith after noon and night probatem est

a kecept to Cure ye kinges Evill

take two peneyworth of Geneereek one peney worth poend too powder and Serch it through a hare Since ye other peneyworth boyle unknocked in three quarterse of a pint of Stale Beer boyle it two one halfe then put in 3 Spoonfulls of vinicke whit wine vinicker is ~~[illegible]~~ it then with a Sofe Ragg or ~~[illegible]~~ feather wash ye Sore very well and Set it run into the Sore 3 or 4 times a day for a week together it will Change ye Collur bloody then take a pullis of whit brigt ort of Sweet milk and putin into it Some Sauce made of a hard Called pilewort a green Seasse ~~[illegible]~~ like a viliot with a yellow flow Powrnit Grows in heghs in ye Spring time and if the heard be to see gotbrs dye Sea and Say am ay pulls

worms to it then take halfe a Spoonfull of yoer Clocherey then in ye morning drink as much more Sweet milk and Honey as you can drink againe and lye in Bed a hour after then take a Spoonfull Spoonfull of your mischere Soe get up and walk in hour Soe eat Some warm Broth or a good ale posset and all day after what you please you may et takeinge Clocherey alone at nights and onely ake it a mornings rembering every morning oo take halfe a Spoonfull more then other ill its done if it works much forbear one day ind take two together still observering too take as much honey and milk as you can tho you you do not take ye Clocherey at nights this hath Cured when all docktors has failed probatem est

an Elecherey for a Stoping in a feaver when ye party dos not Spitt

take a quarter of Brom Sreger Canery and as much raisons of ye Sun Stoned and as much Consaure of Roses as will make make these when pounded together into an Electrerey put in twenty dropes of ye Spirit of viterell or fewle as you See ye vitionce of the feaver probatem est

A moste Excellent Receept for
a dropsey: which hath cured one which
which had y: distemper 20: years —

Take sarsaperilla: 6: ounces: Lignum
Vita: or: guiacum three ounces: Sarsafras one
ounce & halfe: boyle them in Six pints of water
to four pints Add to them liquorish scraped
and Sliced two ~~pennyworth~~ ounces put this in lodge
the latter end of the boyling one ounce &
halfe of Juniper berreys bruised or if you
think them too strong of the berreys put in
~~but~~ but halfe an ounce boyle them
to the quality aforesaid then strain
them Drink every morning halfe a pint
fasting one houre after wards walking
into the aire and as much at foure
a clock in the afternoone and as —
much at night going to bed if the —

Party be inclined to a Consumption put China
Root sliced instead of the lignumvite
Probatum Est

An Excellent Receipt for a sore Breast —
That hath cured a Breast w: was Designed
to have been Cut of — — — — —

Emp Cint Cu Amnion, ical.

℞ ℥ii

cc Cinq

a Receipt to Cure a Sore mouth
in a Heareber Coreneled ye best thing

Take one Spoonfull of Honey and a Pump
of Alom as big as a Wallnut Heat a pare of
Forenges red hot in ye fire and hold that alom
between ye forenges and set it drop ye water
as riens from it into ye honey ye mean while
Set annother keep beating ye honey and it to
gether very well till it has done all Soe ever
and anon put a Sick of this into ye mouth
and it will infalible heal it if it be ever Soe
bad or honey of Roses is ye mildest finest
thing for ye Sore mouth

annother for a Sore mouth

take Boras and blow it into ye mouth with
a quill prety gft Kelshe Bone ether blown
in or ye powder of alham greekam and Soafie
finger in powder and burnt alom and mix all
together and blow this powder into ye mouth
take Sirrep of Mulberyes for ye throt in case
ye Heareber dos not come out right from ye
Hart give Stronge plaiegewater mixed up with
Sirrep of Cowslipes and plantain eawater and
Balme water in case ye pierge in Sater and
of a Heareber give Sack whey with Sinement
boyled in it and too or three blads of mace as
hot as it can bee drink Say hot Clothes on the
belly and throt and Stomack as hot as can bee
aplyed if ye pierge

an Electuarey to be giuen foo one
in a feauer to help am to spill up
fleum

pound foe penneyworth of Brown Suger
Candy to a fine powder and then porend
too peney worth of raisons of ye Sun stone
by them selfes then put to it ye Suger Candy
and porend them well together and add to it ha
2 heaped up spoonfulls of Consaure off
red roses beat all well together and till its
throughly mixed

a plaster to put on a childs belly
and stomacke in ye worm feauer

take 3 spoonfulls of diascordium and shred
kew and wormwood very small and mix am
all together spread of ye plasters porend with
a whit lead on plaster or deminnion to make
it stick soe lay it on

a sauce will cure ye itch

take rosemary sage and Alicompaine root
sliced of each one handfull viliotes seaces
and fresgreen and ye mer rind of Elder
of each a large handfull & yellow dock roots
a large handfull a sprig or too of time and
a handfull of honey suckle seaces and as much
much Cammoile halfe a handfull of Bay seaces
shreed all small and set over a porend of
butter put in ye bigness of a chestnut of
roch Alom set ye buter melt and seum it
till all ye froth be gone and ye Alom dissolved
then put in ye hearbs soe simmer it very
seasurely not to boyle till ye greennesse is
gone off of ye hearbes then put too penney
worth of brimstone ye flower of brimston
in a cup and straine ye sauce when its enough
enough upon ye flower of brimstone and set
some other keep it stiring till its straine
then keep it continually stiring till
its allmost cold take flower of brimstone
three times and dres every ingrent and
where yoe are bad doe not shift yoe wh
yoe dresh yoe in one fortnight it will tak
away ye rankest itch probatum est

a Receipt to Cure a inward weeknes
who has lost there Stomacke and Cannot
sleep and has weeknes all over there limbs

take halfe a pound of treakle and a
quarter of a pound of Sinnement and a
quarter of a pound of mugweed Seeds
make both in fine powders mix am well
in ye treakle very well and every morning
take ½ one Spoonfull fasting one hour
before you take this you must drink
ye large Centeury as grows in woods

a Receipt to Cure a Cold

take a Bottle of Clarret and put in a
pound of blew Currence Simmer it too
one halfe then dissolve in it eight Spoon
fulls of whit Suger Candey so take
first and and last a Spoonfull of ye Clarrett
and Currence and sit in ye day

A Cure for ye yellow iandis.

take a quart of ale and make it hot to boyle scum it and put into it too penney worth of sassafras and too penney worth of turmonick powder a handfull of ye inerrind of Barberry Bark set am stand infusing at ye end of ye grate hasse an hour soe Colour it close and put in hasse a pound of treakle soe drinking it together hot it stand all night in ye morning drink a boll glass on it and as much at hour a clock ye afternoon

A Receipt to Cure a Crushed breast

take a handfull of balme a handfull of wormwood a handfull of Cammiole and a handfull of Feterfew shread all together very small put am in fresh butter what is sufficient to wet am simmer am over a very slow fire till ye green be all got out then straine am and anoint ye grieved place eveing day twice [illegible] before a fire and keep it very warme and it will take it away

probatum est

a kecept to Cure a Cancer in
ether one part of ye body or other

take a handfull of wormwood and a handf
of Bay leaues a handfull of Elder leaues
two handfull's of stinking roger and a
large handfull of Rosersford h[illegible] handfull
of Camimicle a quart of ground maull put
these into too quarts of groundos of drink
and boyle it on a soft fire to one halfe if
you cannot get drink do it in Spring water
Soe rough shred your hearbes and dos im
Spring water bath ye place greued and
hot as you can suffer then make a scanl
of ~~[illegible]~~ pareicles as much brown demin
of ~~[illegible]~~ as much duck allum of quall
derminnion as much duck allum
a quantity put in powder of Bolearmon
Bolearminick when ye are all melted tog
together put on one ye searcloth in the
day and ye bath at night with some of the
hearbs boend on probatum est

what hath Cured one who hath long
lingered in a Surfit and ye is brought into
into a great weakness with a bad stomacke
and partly steeticle

take to ye value of two whit lilly roots
one penney worth of horse radish one
penney worth of alli compaine root one
penney worth of Cup moss one penney worth
of figuerish one penney worth of onna seeds
then get halfe a pound reasons of ye sun and
stone am and halfe a pound of figgs sliced
boyle them in three quarts spring water
till its consumed to three pints ~~[illegible]~~
and add too it three pints of ale and boyle it
againe its consumed to three pints then take
and straine it
it of

get one penney worth of ye powder of anny
seeds one penney worth of ye powder of figuer
figuerish one penny worth of alicompain
powder one penney worth of steele powder
sice am all together in fine powder
in fine powder and take as much as will lye
on a shilling and put in a wine glass with
ye the above drink

and drink of after you haue taken the
fear pills every morning.

take some red Dock rootes and pound them
green and dry them in a oven and when dry
beat it to powder and make three or foor
pills of tan every morning ye bigness of
a large pea take am ye first thing you dos
in a morning fasting

Take some red nettles and pound them
very well and straine them and put about one
spoonfull in halfe a pint of warm ale

get some fine eating oyle and take a
a toast and dip in ye oyle and eat as much
as you can and drink the halfe pint of ale
with a spoonful of ye juce of red nettles.

A right recept to make Saffron
Bisket

take fiue quarts of wheat flour through
a silk sive take a pound of Butter soe
that quantey break your butter fine in the
flower mix three quarters of a pound of sugar
fiueepenney sugar in ye flower after the
Butter pound halfe a spoonfull of Carraway
seeds and search am through a hare sieve
then put them into ye flower of fresh barm
ale and at ye top of a comb take a quart of
it bee sad barm take a pint warm water and
put into it your termerick a spoonfull and
a halfe mix that in ye drink and ye barm and
water and beat it all up with your hand very
well then mix it very well in ye flower
set it to heave and cover it with a cloth set
it stand halfe an hour or three quartes of an
hour then begin to knead it put fire in the
oven and set it heave againe soe roule it
out of a pound of fast make six penneys
too penney cakes make three set your oven
bee as hot as for penney rowles and set the
steem go out as it dos turn then put am in
set up ye oven stoon doe not stop am a quarter
of an hour bakes am before obsauere ye oven

take too penn ayworth of Saffron and lye it
in a fine muselin bag lay it in litle warm
Stronge beer let it lye all night ye next day
put in some Sugar Soe iust as ye Cakes
Comes out of ye oven bed am all over and
set am all Severall times am over rather wi
with a Sprenge or a brush.

how to make mince pyes

take a neats tounge and beast hart and
boyle am very well blanch ye tounge and
hart and stringe ye hart chop it as small
as ye cutellings weigh ye meat before you
chop it and take ye same quantity of beafe
Suchoff suet chop suet and meat both togethe
together as small as you can chop and then
put ye same quantey of Currens put in
nutmeg and sincemen pounded about
too penney put in a pound of sinceponey
Sugar and put in a quarter of a pint of
double annyseeds water for want of sack
a litle salt this quantity will make you
a fiew dosen handsome pyes make your own
no higer then for penney bread set ye stove
scorching heat out before you put am in
stop your oven if it be standing past set
am stand three quarters of an houre and if
cold past in pateypans halfe an houer

to make Jelley bowbs Mrs Cliffords way

take a pint of good Raw Creame and three parts
of a pint of white wine one Lemon ye Juice goes
in and the Rind grated in, one Nutmeg grated
in, halfe a pound of double refine sugar beat these
halfe an hour, it will be soe thick that ye Rod will
make an Impression upon ye top, soe you take it
off as it Rises and put it into glases till you have
wiped up every drop, they must be made a day
before hand for they are used to doe well they
will keep a week, these are Lemon jilley bowbs

how to salt pork that it will allways eate freish

take as much salt as you thinck will salt a pork
peig and beat a quarter of a pound of salt peeter
and mix with it, then salt your pork, not ye Bloodey
peices and when it has layd 3 days, then make a
strong pickle of salt and water, so strong as gust
you can gett the water to dessolve the salt, then cover
ye pork with the pickle, it will keep it so a quarter
of a year, it must be close packed in and take up
the peices as they come with out tumbling in it

torn over

when you see the pickle is fole then boyle it
and cowld put it to the pork a gaine to keep it

to make alliker

elrow of your ale, of the ould Bottoms, and put it
into an ale pott, and get some good new Barm: and put
to it, then boyle a pan of water and put it boyle=
=ing hott, upon your ale, into the ale pott, and so
cover it close, and let it stand neare the fire or in
the sun, and as a white scum Rises on it take
it of

to make Whip Syllabub

take a pint of good Cream and beat the whites of
2 eggs very well and put them to the Cream with
3 spoonfull of sack two of Rose or oranges flower
water and a little grated nutmeg, sweeten it
with a double refine sugar, then with a white
whisk whisk your Compounds and as the fro=
=th rises take it off, and put it into your Glasses
but first put into each Glasse 3 spoonfulls of
sack claret or white wine first sweetned
with a little sugar and 2 or 3 drops of rose
water — you may pile the froth of your
Cream as high a gaine as your glasse, by
pining a band of white paper round
your Glasse

Receptes how to dye Severall Collers

How to dye pink Coller

you must boyle your yarn in allome one hour then set it by three dayes or more then take parcel it very well mix it with stronge Beer or ale when your Bran waters are iust boyleing put it in your yarn stir it very well halfe an hour then take it up put in a litle orgell you must put to every pound of yarn too ounces of Alome

a Recept to dye Red

Allome your yarn as before then set Bran waters over they fire put in your Madder cold stiring it about till bee iust at boyling then put in your yarn stir it halfe an hour take it up and set your Liquor bee iust at boyling then put in your yarn for every pound of yarn halfe a pound of Madder

how to dye a Red

for one pound of read take too ounces of Alome allome and boyle it an hour Rence it and dry it take halfe a pound of Madder and put it into Bran waters and set it over they fire then stir it till it boyle then put in your yarn and boyle it halfe an hour

take faire water and put in your Brasell and boyle it one hour then put in your Chamberlee for pink Coller take your whit then boyle it in Brasell then set it with stevering after its allomed for your oringe dry it and boyle it in Iustick then Rence it and boyle it in madder when you dye your red then put it in

How to dye Straw Coller

take Crabtree Bark and Allome it then boile am together then put in Chamberlee

How to dye Black

take oler or ocke Bark and beat them small till all they Substance bee out then take out they Barkes and put in the yarn and set it boyle it three hours then put in a litle allome and logwood and set it boyle one quarter of an hour and then put in one halfe pound of Copras to one pound and set it boyle till it bee black enough then put inn Chamberlee

How to dye a gredeke blew

take clean Stale Chamberlee and warm it a litle and steep your gredeke and put it amongst it and then put in your yarn but mind to keep it clean and take it out every morning and warm it and put it in againe

How to Scowr Fretstring

take a litle gall and warm water spreading it upon a board ye length and breath of ye silk rubing with a soft brush and sprenges when clean washed spreading ye right side to they to ye board take some isinglass to stiffen it laying it one with a sprenge

How to Scowre Callicoe

take warm water and sope it one the wrong side giving it too sadsy and a clearing there should be a litle sope in the clearing after throw it into clear water with whit wine vinigar vinegar halfe a pint to a paile full it must must be the hardest water that will not wash stiffening it with thin starch when dry rub it with a slickstone to gloss it with as you wash it throw it upon too lines as it does not touch one another by noe meane when wet

How to wash all kibones but black

Sope for all collored kibones but black in ye same manner as you doe callacoos stiffening it with whit kid feather size thus makeing ye size put ye water iust covery the shreading of kid and boyle it till ye feather be tender betwixt your fingers and como easy to pass put it one with a sprenge rueling am up in your hindes and clap them spread them in linnen whit linen roule them up streat put am in a press when dry smooth them between too hands

How to Scowr Silkes

doe it the same way as yoe doe callicoes if ye whit be yellow and need requires you may boyle them how to smock ye silkes with brimstone take a new brick and make a hole in it make it hot in the fire as fire it belie put brimstone in it and put ye brick into a pot throw a cloth over ye silk or kibin ye cloth must be put over ye pot and ye kibons upon it

How to Clean silver and gold lace

take your common salt put it in a clear fire then it will be red when cold and ye black scraped off reb it to powder take a soft brush and lay ye lace upon a table and reb it with the powder too or three times as need requires then dust ye powder clear off it then take a little wheaten bran over ye fire then dust it very well then put them into a linnen bag working am together put it betwixt whit papers reb it with a slickstone

How to dye a Brown

take gaucles and beat them small and put
am in waters And set them boyle then put in
your cloth and set it boyle three houres then
put to it redwood and set it boyle put one querter
of logwood soe set it boyle 2 houers and then
set it with chamberlee one hour then coporas
soe set it boyle till it bee enough and seduce
chamberlee

How to dye a blew

take ock bark and boyle it in small beer till
all ye substance bee out then take out the bark
and put in the yarn with too ounces of Alome
and set it boyle one hour afterwardes take
and put in haire water with one querter of
logwood and set it boyle three houers and then
put in chamberlee Lines

Yarrow [illegible] Hemlock of each a handfull and
pound and [illegible] very small till it [illegible] be no smaller
pound a sufficient Treacle of Bolearmick and
Lerch is through a Hair Sive and p Beat of hoots
and powder together then put in ye goose grease
Boor Spoonfull heat all to a Sauce and Spread
Plasters on it and apply too ye wrists and when
it is dry apply fresh every fivd days and appear an
till ye [illegible] good a fortnight or 3 weekes

how to scower Lutestrings and all mode ye best way
Lay your hood or silke on a very clean board or table and
with a sponge weet it with water milke warm let ye Rong
side of your silke liy upermost, and rub your sope on it
equal with a Brush not to heard, scower it with if it
be Lutestring or mantoy silke, the Contterey way to the
selvidge, if it be mode ye same way, and when it is
prettey clean torn it and rube ye other side then take it
of and Rince it in warm water, and then in Cold
Clean your board and driy it well, and wash your
sponge and make it drye, then lay your silke upon
your board a gaine very smouth, and dry up ye water
very well, and have your Ifeing Glass a little warm
sprinckell it on, and make it Indiferent stif and rub
it well on with your hand, and hang it on a line tell it
be halfe dry or more, if you doe not Glese them upout
of hand, lay them in a earhen dishes, to keep them for
being over driy, your smouthing cloath must be a fine
Blanckett very even, and your Iron of an ~~indif~~ Indiferent
hottnes, and glease them ye same way, you scower them
hovloing them verey streete, and hollow with your
Left hand: and very even, and let not your Iron liy to
long in ane place, then flat them over on ye roung side
on your table, your Iron not being hott, ——

So scower garenett hoods

if they be very foule Lape them to gather and put
them in could water and sope them well and rub
them well, then lay them on your Board very —

torn over

smouth, and sope them well, with and Indiferen
heard Brush and warm water, scower the same wa
that ye selividge goes, putting water as on as you
Rube, when they are clean, Rince the first time
in warm water, with a little blue, and then in cool
wipe your Board dry, and wash your spung and wri
it dry, then lay your hood on ye board a gaine very
smouth and with ye spung dry up the water and
sprinckel on your seeing Glass, and rub it well on
and make them very stiff, let them hang on ye line
tell halfe dry, then hold them over ye smocke of
Brimstone, let them not be over dry, before you
glese them, your iron must be pritty hott, allwayes
take care you hold your Left hand stritching ye
silk the same way that ye selividg goes ——

the woman as give these two receapts, I knowed
her to gett ye greatest part of her Bread by them
In London a great parte of ~~life~~ her Life ——

an nother to wash sharnett hoods

Take your best sorte of soft sope, and make a Lad=
=der of itt, with warm water that is not to hott, then
put in your hoods, and dowse them with your hands
for a while, then lay them upon a table or a board
that they will ~~stick~~ stick to it, and liy smouth and
with a brush not to heard, rub it over with sope and
with ye suds wash your hood lightley with ye Brush
as it liyes on the table till ye dort be pritty well out
of it, then Rench it therrow the shud but doe not=

Ring it, but fold it up, and lay it in a Basson to run
then make a nother Ladder a little hotter tell ye first
then put your hoods, throught it, and wash them up=
on the table as you did before, tell you thinck the
dorte is well out of them, then Rench am througth
and soe fold them up, then make a scolding shud
and lay them a little a broad to scold a good
while, then take them out, and lay them to Run
you must never wring them: nor wash am throught
your hands, but onely open them a broad and dip
them 3 or 4 times throught the shuds, and then
fold them up, then make a strong shud to dipe
them in after the scold and soe fold them up
and let them liy a while to run, then hang am
up on a line open a broad, and so smock them
very well with Brimstone, in a close Roome
~~when they are dry~~ when they are dry, then soe tape
a bout them, and put them into a frame and
stifen them with gum ~~clear~~ Arabeick with a
sponge so let them stand to dry, in your last
shud that you put them in: put in a little stone
blew as you thinck fitt, and if you please you may
brush them a little lightley out of the scold, if
they be very dortey, you must Brush them three times
over, before you scold them, and after ye scold
put them in tow Clearing shuds ——

this last receapt of washing sharnett hoods I learned to wash them my selfe: its a very good way and thay look as well as any new hoods, when they are done — —

for cleare starching

take for two shuttes of pinners, first sett water over the fire and thro, into it as much Iseing glass as the bigness of halfe a beane, and so let it boyle a little while, then mix your starch and put it in, so let it boyle till it runs smouth from the spoon, take the whitest tallow candle and scrape the end of it from dort, and keep stirring it round in the skillett 3:or 4 times where in the starch is a boyleing — —

how to prepare your Iseing glass to have it all ways ready when I want it, take an ounce at a time and boyle it in water a little while, till it is well softten thorrow, then take it up, and lay it upon paper for to dry, and so keep it in paper and as you use it, break some of it off, at a time — —

For the falling of the evalow

take a red colewort leafe, where of cut of the middle rinde, then put the leafe into a paper and burne it, in hot embers, or ashes then take the leafe out, and lay it hot, on the top of the crown, of the bare head, and it will draw it up in to his place, and take a way the paine

A glister for to Binde

take a pint and ~~h~~ havlfe of milke, a handfull of plantan leaves with rootes, stampe them then take havlfe a handfull of red rose leaves with havlfe an ounce of pomegranett pill, boile them ~~to~~ togeather, a prittey while then beeing boild take a gad of steele heat it red hott, and put it into the milke when it is boild then strain it, and beeing blood warme, give it, in a glister — —

Rosemary and hartstongue steeped in wine all night and drunke fasting in the morning doth put a way the kings evill, germander sod in wine and drunke doth the same — — —

A drink to helpe the spleene and cleanse cleanse the blood

take wilde hopp leaves, hartstongue, parselie roots, Borrage, Fumitarie flowers, seeth them in

torn over

whey, and when they are well soden, then Clarify the whey with the whites of eggs, then straine it, and keepe it to drinke of every morning, use it a whole mounth togeather, and it will doe your spleene good and clense your Blood, and Comfort you many waies for your health — — — — — — —

A Drinke for a weake Bodie

take 3: pintes of running water, then Cleave a lemon and an ounce of sinamon, seeth all these to the Consumption of havlfe, soe drinke 10 spoonfulls at a time morning and evening warme, and att all times, when you will, but when it is boiled you you must sweeten it with sugar — — — —

A medicin for windie and acking of the head

Roast an egg very heard and pill it, and cleave it in 2: then strow it over with grated nutmegg then put it in a thin Cloath and lay it to the nape of your necke — — — — — — — —

A poultes for a soar Breast approoved

take a handfull of Hemlock, full as much, of white white lilly rootes, and great oatmeall, chop the hearbs, and beat y^e oatmeall a little and put them to=geather into a quart^of new milke and boile all together till it bee thick, and soe apply it warme to the Breast, if the Breast have bin plaistered or bentered before, put of all, wash the Breast in new milk wash the Breast in new milk warme, and then lay this poultes to it, fresh changing it every 24: hovers

to take the fire out of a scald

take of the middle Rine of a clavfe elme tree, and boyle it in Runing water, till it is of as deep a Coul=ler as syrrup of clovegilliflowers is, the water it is boyled in, must be taken up as the stream Runs downe, and not a gainest it, this both will take out the fire, and heale two — — — — — — — —

to make^a good^a salve

take diapalma and Burgundy pitch and Black stone pitch an equally a quantity of each sorte, and melt them gentle togea=ther on a soft fyer, let an simer a very little while togather then cast them into Cold water so worke it up with your hands into Roules oyle your hands and lap them up in oyled paper, this Plaster is good for strains or Aches in Bones or Paines — — — —

A powder to keep your Gumes and teeth free from scurvey and to preserue them sound in ye head

take a good handfull of Earth wormes fresh out of the Garding and put them upon a Clean Cloath two Cleanse them selves, then put them into a Cleane putter dish and over a very slow fire: dry them by degrees but they will not dry presentley, sett them by in place neare the fire, and so lett them stand till the will beat to powder then searse it throught a fine sive, and keep it in a little Box or Galley pott neere ye fire for ye use and so rub your Gumes and teeth well with it

a water for sore eyes a hott humer and to cleare the sight

take 13: Cloves and Jvest quat them a little then put them into a pint bottle and put to them halfe a pint of rying water that comes out of a Rock, shake ye bottle and keep it Close stoped, dress your eyes and let it dry in, then wett them a gaine with itt

to boyle sack whey, take a pint of new milke and halfe a pint of water and when it boyles up power in halfe a pint of sack or mountain whit wine ye strongest you can gett, when ye milke boyles up power your wine: holding it prettey high over the milke stir it, and it will be a fine whey, put it thorrow a ranger if it be for ye small pox boyle a little safforn in the milke cut small with sedders and sweeten it to ye taste with loafe sugar

Another sort of Cakes

take 2 pd of flower and 2 pd of sugar first beat fine and sifted, dry them both very well, then take ye clear whites of 8: fresh eggs and beat them to a froth, then add ye flower and sugar, halfe an ounce of powder of Eringo root and a quarter of an ounce of ye powder of Coriander seeds, 6 or 8 spoonfulls of ale yeast, mix all well together with some Cream and spread it in Cakes upon paper and dust them over with white sugar and bake them

how to stew spinage for any boyled meat

take your spinage and wash it and pick it clean shake ye water clean out, and in a pan or sauce pan close covered with a

a slice of butter, stew it over a slow fire till tender, then squeeze out ye liquor clean and mince it, then with some butter and 4 or 5 spoonfulls of cream, a little pepper and salt make it very hott and lye some over and under ye meat — this is proper for boyled pidgeons or chicken with bacon or westphalias, or it is very good with rost mutton, veal or Beef — — — —

to make slices of Beef Mutton Veal and if of Beef you must make them of ye Rump, but if of any of ye rest, they must be made of the leg, thus, cut them as you do for stotch collops and beat them very well with ye back of ye knife then cut thin slices of Bacon almost as thin as ye scollops and lay them on ye slices of veal and roll them up very close, first seasoned with salt pepper, nutmeg and any sort of herbs you like best, when on ye spit baste them with drawn butter, and st[illegible] strew on crumbs of bread, roast them

half an hour at a good fire and when ready dish them with gravie sauce, garnish with lemon or orange — — — — — 89

to make Gravey

take lean beef or veal cut it almost one inch thick in slices, then cut it crosse but not thro=ugh, then in a stewing pan with a close cover lay some thin slices of fat Bacon in ye bottom of your pan, then lay your slices of Beef or veal or both if you have it, all over ye botton of your pan, cover it close, setting it over a slow fire, letting it stand till brown then to turn ye other side, but you must take great care it doth not burn, if it doth your gravey will taste bitter, when you think it brown enough and its own gravey dryed up take some of your strongest breath and fill up your pan, adding a crust of a french roll, one or two anchoves, one or two onions with some sweet herbs letting it stew a bout an hour, very slowly, close covered then strain it off, this is proper and safe to sever=all sorts of rost meat and is used for mak=ing brown frigazies and other brown sauces and to make your soopes and brown

turn over

loopes with it, you must mind there
is no flatt upon it — — — —

to make Blacking for shoose

take a pint of the strongest Beer, you can gett dissolve in it, two ounces of Gum-Dragon and four ounces, of Brown Sugar Candy, in it over a slow fiyer, let them simmer togeather, and when it is clearely dissolved in the Beer, then mix two ounces of Ivory Black, very ~~with~~ well with it, made into a fine powder, let them have a heat togeather a game over ye fiyer — — —

A Short method of reciting the rosary of the Glorio
Glorious Virgin Mary Qis Qis Qis Qis Liber

5 0
1 8
4
1 0

1 6
3 6
1 2
10
13 0

Madam Cliffords Song

I loved you Dearly once Tis true
But now thank Heaven I am free
and as my love was Slighted by you
So yours is now by me

In vains you do Pursue a new Chaoms

melt the Sheep suet first, add ye Rosin
then ye wax & after the Turpentine alarms
& if y^w mass: il green put in ye Juice
last of all, boile it to a thick ropp

Not Tears

1 4

and you a new Roma
I value Not Your
Your favour o'r o

9 4

A Short method of reciting the rosary of the Glorious
Glorious Virgin Mary Qu Zis Zick Zid Zeber

5 0
1 8
4
1 0

To make the yellow healing Salve
Take vermiturpatin 2 ounces.
Beeg wax 2 ounces. Rosin 2 ounces
Sheps Suet 4 ounces. Boyl all together to the
consistence of a Salve. Thy is excellent for
1 .6 .
3 -6
1 - 2 .
10
13 0
drying & skinning.
To make the green Salve
Take all the former ingredients & add to
the Juice of Such healing herbs as you list. Thy
very good for cleansing & healing.

Madam Cliffords Song

I loved you Dearly once Tis true
But now thank Heaven I am free
and as my love was Slighted by you
So yours is now by me

In vain you do Dispose your Charms
my heart for to Surprise
Which is prepared for all alarms
and can withstand your Eyes
Not all your feigned Sight nor tears
my pity for the Moan
Who once gets free from cuties
Is mad against to love.

No Cloris no my hearts
and so it shall remain
I value not your
Your favour or o

17

17

a Recept to Cure ye Chin Cough

take washing of ye priests fingers after he has
recevied called ablisishon give it ye child to drin

Mr Lee Cliffords Song

I love you Lovely ones 'Tis true
but now thank Heavn I am free
one as my love was Slighted by you
So yours is now by me

In vaine you do Exercise your Charms
my hart for to Surprise
which is prepared for all alarms
and can withstand your Eyes

Call your feaing Sighs nor Tears
Keep Cupid more
free from Cupids Snare
to Love

any one
end
nor fewer

1 - 0
3 6
1 - 2
10
12 6

7 - 6
3 6
1 2
12 - 2

9 - 6
4 at 3/6
2

4 at 9/

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