Old. Receipts

To make Vinegar

2 gallons of Ale wort when
Cool put to it a Quart of milk
& 5 Spoonfull of Yast
Let it stand 3 week then bottle it
it will do for Mushroons or any pickle

Medecines for the Ague:

Take six spoonefulls of aquavite a spoonefull of bay salte powdered a spoonefull of soote the yelke of a new layd Egge beate these together spread it on a cloath and lay on both hands wrists before the fitt Comes after the fitt is past before the next fitt Comes lay fresh & do so att three times: /

Peaty

Take aquavite reasons of the sunne and a little bay salt a redroyne and a little zeyor the stones of the reasons and beate them all together lay them to the wrists of the fist. This medicine cureth a Lady that hath endured six months: /

Peat.

Take Cardus bendictus and stampe it and strain it and put a little ale to it and a young nouth of aquavite and let the sick drinke thereof: /

Take the juice of lemons and with milke make a posil and drinke the cleare y^t must drinke it Cold for 3 or 4 days, you must shive in the lemon pee the milke soothe that will turne it drinke this when the fit you falls for drinke: /

A Medicine for a Dry cough

Take a pennyworth of figgs, a pennyworth of Raysons of the sunne & stone them, of English liquorish two pennyworth & a pennyworth of Allitompany Roots, then take three pints of strong ayle & put all those together & boyle it till it be neare halfe consumed, & take it at morninge, noone & when you goe to bedd at each time 3 spoonefulls warminge of it fiste, but you must fast one houre after ye take it or else it is to no purpose, the medicine it is approued by all that have taken it

This for a Lord Colde,

Take 4 ounces of Pon Jerne of Rose Roses the oldest 4 drops of Ballome of India, 4 drops of Chymi tall oyle of Anni seeds, mix all those well together & take about the quantity of a wallnutt eueninge & morninge lyinge on your back, & let it dissolue gently in your mouth.

Reserued for halfe a yeares Rent of Goodwife Whitekingson the summe of 4 shillings the howsinge laye out for an Assessment fifteene & for the mendinge of her Chamber floor 6d. more, & we the have Returned our selfe howe fett to our howses,

John Jarrison

An approued Medicine to cure ye stone

Take a pinte & a halfe of white wine sweet with it a posset made of skimmed milke, boyle in that posset drinke a quarter of a handfull of Calendula & as much pellitory of the wall, & as much of Marsh Mallow Roots as amounts to the bigness of 3 fingers; slice the Roots thinne, & boyle them & the herbs in the posset drinke a quarter of an howre. diuide the posset drinke into 3 pts. & every morninge drinke one of those 3 parts luke warme,

This must be drunke the morninge before the New Moone, the morninge after the new Moone & the morninge next after, so it lasteth the 3 Morninges at the full of the Moone,

Duties at the ffeast of ⅞ Michaelle tome

		£	s	d
Imprimis	for Teaching the Choristers geame	10	0	0
Item	for double feasts	3	3	0
	for paper seeds & Inck	0	10	6
	for viollstrings & 22 pounds of ye sound	2	2	8
	for paper & quills to mend ye song bookes	0	10	8
	for Cadney & Wrampton	0	13	4
	for obbitts	0	5	4
	for Lindings & his chandler & steward	0	18	0
	for yeomen for the Choristers	1	10	0
	as in other yeardsides	2	0	0
	sum is	21	13	6

Besides for Crosbrooll Jdar Sonage to the Choristers at Mithallmas 3 — £ 4 s 3 d 4

as also at May day the same summe,

in all comes to 25 £ 16 s 10 d

Item ffrancis Clark doth go bond in a quarter of an Acrey lyeth the yeardest bounds a gallis of it 2 Acres goeth the ffell, & it is read him in his Lafmate

Item a Rose rybbyn a ell mon shall retrieve or not

Item a pie sirt yearled roller in a barnn & shall it will go on a fyell, then to go a shift & on the end therof put a lith sure rope & tenth the yard & it will fly. cannot from it, then tenth the roller rule i.e. if the yeard stretch it will sprind by & fall it shppeth or bolts some but if it goes not, there no hope of him.

Yeardsold

A Receipt for the hoarsly or the
Mallott of the mouth being falne

Take a handfull of Centory & shrend it very
small & put it into a pottle of beare, & boyle
it to a quarte, then put it into a quarte earthen
pott as hott as may be & let the patient hold
his mouth over the steame of the pott, & stand
himselfe & spitt till the heade & strength be
gone, & then take two spoonfulls of proffe sperrit
& the best Amisseed water & it will cure you,

A way to make strong water
of Cotton Apples.

Take 4 gallons of the first runnings of strong
Ale, then putt your Apples into it as many
as you think conuenient for that quantity
of Liquor & bruise them, then put it into
a still or Limbeck & distill it & of 4 gallons
you shall haue one of excellent strong water
this is a Receipt not commonly known by it
& you shall find the experiment of it to
be excellent good, M Ellott,

ffor the wonde Collicke,

Take the kernells of the stones of an Ash tree &
dry them, then beate them to powder & drinke them
with white wine,

ffor curinge Corns when they be newly
cutt,

Take the straydings, or shauings of the thinest
parchment, & steepe them in white wine vinegar
24 howers, then take them & bind them to yo
Corne & let it stay 2 or 3 days & it will make
the corne come out by the roots,

ffor the Stone,

Take the Cleate of a sparrow bone, & dry them in
an oven, then take them & beate them to powder
& searse it, then take as much of it at a time
as will cover a 6d & it will help the paine,
to drinke

This hath beene tryed

A plaister for all Aches & paines in any part of the body of all others by experience approved,

Take a quarter of a pound of pure Pofin, brownesugar, wax, deers suett, or sheepes suett of equall quantity melt them together put 3 or 4 spoonefulls of fallett oyle therto, blacke soape the bignes of a wallnutt stirr all together, then being taken from the fyer put in your lynnen cloth fitt made fitt for the plaister provide, then hange it by till it be cold, after lay it on hot warme, its good for any paine in the Joynts, swellings, Sciattica &c:

Another for an Ague,

Make an Ayle pottett to the quantie of a quart, then take 2 handfulls of Tiboart, otherwise called malo plantin leaves, bruise them & put them in a fine lawne cloth, then stopp the leaves in the cloth in the thin pottet drinke till it be coulered with a lighte

August the 18th 1663

Rec then of John Blundevile Idronoff for the young virtuous the summe of one pound fifteene shillings & foure pence for my good Cheste plaister for halfe a yeare I say rec pd mr due at Lady day last

Tho: Boardman

April the 20th 1663

Rec then of John Blundevile Idronoff for the young virtuous the [illegible] pound fifteen [illegible] for me

A Receipt for windes, or the
Pluing goute

Take a vessell of Allome Leather pouldt
full of holes, then fill an ounce of white
Rosin & dissolue it, then take 4 ounces
of Burgany pitch & 4 ounces of Arminian
plaister, & make a plaister of it, & lay it
to the place

[illegible]
place greiuete, then hange it on
after lay it on hote warme, its good
in the Joynts, swellings, Sciattica &c:

Another for an Ague,

Make an Ayle posset to the quantie of a quart, then
take 2 handfulls of Tiboort, otherwise called malo-
plantin leaues, bruise them & put them in a fine
laond cloth, then stoppe those leaues in the cloth in the
thin posset drinke till it be coulored with a lighte

[illegible] Dy for every two pound of [illegible] take two ounces of Tartar an [illegible] of Sal ar moniack pulverize them and when the water boyles put [illegible] put them in

[illegible] 2 ounce of whit Starch half ounce Gummi Gutta put yon both in to the water [illegible] at one ounce of Cochineal Rub them boye an hasty put in 1 ounce of [illegible] half of Aqua fortis the don put in the ware Boyl them all to gather [illegible] it out Cool it and press it

A Rother Good Scarlet

a Copper Kettle over the fire with som Rane water then for every [illegible] pound of ware put in a tin pot an ounce and halfe of pulverized tart [illegible] ounce half of Aqua fortis one ounce & halfe Sal ar moniack put in a fifth [illegible] cochineal after this put yon in to the water Stir yon well to gather [illegible] put in your goods boile them one hower take them out Cool yon Reach yon [illegible] manner by yon as follows for every four pound of ware tak ounce cochineal [illegible] Tartar a quarter of an ounce of Sal or moniack both pulverized Stir [illegible] in ver well to gather and put in your ware, boyle it an hower [illegible] half with the above mentioned ingediance pro pound as a [illegible] of a boye and Rain water Rolling the Stuf upon [illegible] Sal of a cation requires then tak it out Cool it & dried it [illegible] you will have a butifull scarlet

for every 4 pound of woolen

[illegible] 5 pound of Aquafortis as much white Tartar [illegible] ounce of C an half of Cochineal Boile you woolin [illegible] is to be Dyed with the ore hower take them out [illegible] your fresh water in to the Kettle and fresh your work [illegible] as folowth

tak three ounces of Cochineal three ounce of Starch two ounces and halfe of lampured Aqua fortis three ounces of Crystal Tartar an ounce and Half Gumaugutta Boil the Water with that indy gredience half an hower an the work is prepared [illegible] all sort of woolen war must bestirred be for they are put in to the Dye especial scarlet

To dy a pure Colour to one pound of wool tak an ounce blue tack half an ounce of blew wood half an ounce of Burnt Allom the blew wood being first boiled a quarter of an hower in a bag then tak it out then sift the tack throught a hore sive the liquor will Stirred and ver well Stirred for a quarter of an hower [illegible] rinsed with a quarter of an ounce of pot Ashes

to dye silk

to every pound of worsted take an ounce an half of scuchenseal an ounce an half of Cream of tarter an ounce an half of Duble distilled aquafortis it must killed with peter shavings

when the water boiles put in the Cream of tarter and half the Aqua fortis then put in the Worsted & let it boyle two hours after stirring it then take out the worsted and put in the scuchineal and the remainder of the Aqua fortis then put in the worsted a garne and let it boyle untill the Culer be fixed then take out the worsted an when it is cold ranch it an hang it to dry

to Dye Read silk take to every pinte of water one ounce of brasil and a bit of alum boyle them well to gather and straine it then put in the silk and let them be on un till the Culer be fixed tak them out and dry them by the fire

to dye yelow to every pinte water tak half an ounce of lace turmerick and a peece of alum boyle them well to gather then put in the silk let them boyle un till the Culer be fixed when it is cold ranch it an dry it

to scour Calico or silk mak a lader with beas gall and warm water but wast every lader throw them in to cold water ranch them in a fine water & hang them to dry to stifen them you must mak a sise with speches of fether boyled & straned from your silk the night fol down warm your sise and with a spung don your silk over dry it adine the from wet Char cole when the Calico are dry stifen them with the sise with a spung on the rong side an when dry rub them with a slight stone ~~[illegible]~~

code them or ranch yt

to dye Charge Culer

sop the silk all over sprow it in to boiling water and boyle the Culer out and if that will not do you must put in a little aqua fortis when the Culer is out you must ranch them an dry them

to Clean Canvis Pictures rub them with salt

tak a Clear Cloth dip it in Cold water and dens it dry & rub the salt all of with it then tak a bit of sop in the palm of you hand rub the pitu over with that then with a dry Cloth then set it to dry then beat the whit of an egg to a frothe and varnish the pitu with that

on ounc of pulvis tortar one ounc salt armoniack

2 –
2 –
2 –
2 –
2 –
2 –
2 –
2 –
3 –
3 –
2 –
2 –

[illegible] ye whitest wax four ounces
[illegible] almonds six ounces
[illegible] one ounce
[illegible] to an ointment

Son Danish I thank my daughter for her Pigs and you for your kind acceptance of my good will to serve you. I am glad of all your good healths who are well, and desire God to continue you from great illness, which I shall pray God to remove, or mitigate. I send the Ingriditts to the Medicine for the Ague, which are Powder of Mummie, and of Myrrhe. Your wife knows how to administer them, having done it oft. God give success.

But if that should fail, I send other Receits, which she may make sure of.

(1) Take an handfull of Red Sage, and put it into a quart of the strongest drink (Ale or Beer) you can get. Boyl them together till the liquor be reduced to a Pint. Then give it to the Patient lying in bed a little before the fit comes. The drink may be sweetened.

(2) A few yarrow Roots (or nine Sprigs of the Lizards) put into a bag and hang upon the pit of the stomach two hours before the fit comes. Tie it about the girth next the skin.

(3) Take three pennisworth of Camphire sew it up close in a silk bag, hang it above the neck, so that the bag may hang to the pit of the stomach: and let it hang till it be wasted.

(4) Take a spider and put it into a silk bag or wallnut shell, and let it hang down to the pit of the stomach before the fit comes.

(5) Take an Onyon, cut it in two, and upon both the flat sides spread & work into it Tobacco, pepper and Gunpowder (made small, all) and lay to the wrists of the Arms before the fit comes.

as diseas tamors

(6) Take Black soyne and work it into a salve with Wheat Flour, and spread it on a cloth, and applie it to the Wrist of the Arm, on the inside so as to cover the whole seal of the wrist for the breadth of about an Inch or a little more

(7) Take an Orange and Roast it well by the Fire, then take out the Pulp and mixe it with two pennie-worth of Mithridate: then applie half of it to one wrist of the hand upon the pulse, and the other half to the other hand wrist two hours before the fit comes.

Many more Medicines I might send; but being they are most to be taken inwardly: and are strong Workers I durst not send them, for fear of any ill effects upon her in regard of her Weakness, and especially her being with child. The best advice I can give is to employ an Able Physician who can best judge what is to be done in her case. That I can give is the safest course, whatever the issue be. I adde no more but my dear love to Her, and most hearty wishes of her health; and the like to you all, and rest

Your Loving Father
Wm Walker

Will remembers him to you all.

[illegible] the whitest soyne four ounces
[illegible] Almonds [illegible] ounces
[illegible] one ounce
[illegible] to an Ointment

I send herewith a Letter to my Daughter Birch. You may break it open, and as you see fit, and at such time as you shall see fit, deliver it to her.

I send also the medicine which consists of two things, Mummie, and Myrrhe. The Mummie is in a pot by itself, the Myrrhe in a Pot by itself, whose Inscription is the powders. There wants nothing but ordinary Treacle, which I suppose John Hackel sells.

The Mummie may be given to her in bed, or out of bed. The Myrrhe in a posset the next day

The Quantity of the Mummie is to be as much as will lie on a Shilling, or Halfcrown. Of the Myrrhe as much as will make the Posset drink it is boild in will after. And she is to exercise after it two hours if she be able

But Betty knows all.

often & divers tymes

take of ye whitest wax four ounces
oil of sweet almonds fi[illegible] ounces
Spermaceti one ounce
Ceruss washed in Rose water one ounce
Camphire half an Ounce make yn in to an ointment

of oile of Roses nine ounces
of Ceruss carfully washed in Rose water & powdred three ounces
of whit wax two ounces
after the wax is melted in the oil sift in the Ceruss after it
hath beeneth ~~[illegible]~~ ried from its washing first in Common &
and then in Rose water so that togather they be made in
to an ointment to wch add two drams of Camphire rubbed wth
a few drops of oile of almonds

ointment of white lilies
take of the oyle of white Lillies six ounces
of the oils of dill & Chamomile each two ounces
the oil of sweet almonds one ounce
of ducks & Hens fat each two ounces
of yellow wax three ounces
melt them all togather into an ointment to soften & discuss tumors

An sufficiat Aspersio.
Sir Lyndwood Constitut.
l. 3. Tit. de Baptismo et
ejus effectu. in fine.
fol. 135v. Fecit per
Bad. Ascensium. In mr.
Dians book it is fol.
175. at the verie top of
the second Column of the notes
at the word Vas illud. It is
within a little of the beginning
of the Chapter de Baptismo
et ejus Effectu. Edmundus

Βαπτίζειν Graecis aqua mer-
gere, lavare, abluere, et
id Virtutis solet habere, tin-
guere significat. Maldonat
in Matth. 28. 19.

10

For Stopping of Blood Spilting

Take the Juice of Netlis (sweetned with loaf Suger) two or thrie spoonfulls at a time.

Dr. Clark.

For Stopping of Spilting of Blood.

Old conserve of Red roses 2 ounce. white poppie seeds; and white henbane seeds of each two drammes; bead the seeds first into powder, then incorporate them with the conserve. Take the quantitie of a large nutmeg once in six six hours: or if occasion be, once in three hours.

mr. Rogers of Stamford

For the stone

Take two spoonfulls of the juice of raw onyions in six spoonfulls of white wine when the pain is on one.

my Ladie Turnery Receit for her self

For stopping of a bittings or ~~Blood~~

℞ Of plantain leaves six large handfulls: of cumfrie roots two handfulls (washed & scraped) shred these with the leaves of plantane and bruise them in a mortar, and expresse the juice; to the ~~equal quantitie~~ weight of juice adde the weight of the best sugar, and make a syrup of it.

Take a large spoonfull of it once in three hours.

mr. Rogers of Stanford

For the Spitting of Blood

Take the Juice of Red Nettles (or other if they cannot be had, but young and fresh) an[illegible] quantity, or and time of day, alone or mixt with any thing.

A

A person may contract with God as his Child, behalf no otherwise than a Guardian doth in the behalf of a minor, or one under age wch he cannot afterward retract when he is out of his Pupillage without injustice & forfeyture to the Law, if the contract be judged to be to his behoof & benefit.

Patricks Discourse of Baptism pag. 46

13

For the Stone

Take an ounce of
Sia horse pisse
grated into a pint
of whitewine,
drink a jackglasse
of it in the morning
and another three
hours before
bedtime.

Mr. Cartwright of
St. Johns.

Sauce to Duck

Take the Liver of a Duck and a hard Egg then Chopp them small a little Butter and Fine salt and sweet herbs well shred, make all these up into a Ball and Roast it in the Ducks Belly when drawn take and mix with the Gravy

To hash a Calves head

Take two Calves heads and half boyl 'em then Cut 'em in little slices and put into your stewpan with some strong Broath 1/2 a Pint of white wine 1/2 Pound of Butter 2 Anchovys a Bunch of Time an Onion shread very small a little whole mace 2 or three slices of Lemon, and a little pepper salt and 1/2 a Pint of Mushrooms boyl all these together 1/2 an hour, then you may put in some balls of Fat meat and a little shred parcely a Nutmeg grated, then take 5 or 6 yolks of Eggs & put to them some vinegar to thicken the sauce with fry Bacon & Lyo about it, with sipits of White Bread and serve it —"—"—"—

To stew a Breast a Veal

Take

Take a good Breast of Veal and boyl it, for Sauce you must have some strong Broath, a little wine 2 or 3 slices of Lemon, some whole Mace, and Pepper, 2 Anchovys a Sausing cut in peices, some Capers shred and a few pickled Oysters or Cockles, let all these boyl, then beat it up very thick with Butter, you may dress it up with Sausinger, Lemmon, hard Eggs, Capers, Cucumbers, and other things as Barberries your Pickles in the Sauce must but just have one boyl before you take up the Meat —"—"—"—"—"—

Sauce for any Sort of Fish

Take a Lemon and shred the Meat with four Anchovies a few Capers and a little horse Radish a few Cockles or Oysters beat up a pound of Butter thick with a gill of Clarret put these Ingredients into it, pour your sauce upon the fish and garnish your dish with sippets of Bread Lemon or Chiffet Herbs

Scotch Collops

Take a leg of Veal, Slice it thin Collops then Hack them with the back of a knife, season them with white pepper salt and a little Mace, fry them very lightly put them into an earthen pot and make gravy of the bones, put the gravy into your Stewpan and brown it to your liking, then make Balls of forcd Meat The Balls must be maid of Veal, suet, sweet herbs, Lemon peell, an Egg, a little Cream, ~~take off~~ skin off Veal and put in forcd Meat And make it in so large roll Bake it in an Oven or Broyl it before the fire, then take the skin off, and lay the Roll in the Middle of the dish, you may garnish the dish with Eggs boyld hard take the Yokes out and Cover them with forcd Meat with a little parcelly in it, and roll them up in the shape of an Egg, When fryd or broyld, you may Cut them in two and lay them on with Oysters, Wallnuts, or Mushrooms, or What pickles you please — " — " — " — &c.

A Friggacy of Eggs

Boyl some Eggs hard, Cut them long way but thin, put them in a Saucepan, put White wine, butter, and Cream Some parsley Shred Small, Salt, and Nutmeg grated if you please a little Vinegar so boyl all together well

For the stone in the kidney.

Take 2. scruples of the Trochisc of Alkekengi with Opium, Syrup of Marshmallowes half an ounce, mixe them & take them in a draught of posset drinke.

Take Ung: de Alth. Oyl of lillies of each halfe an ounce, Oyl of scorpions two drams, mixe them & apply them with a warm double linnen cloth to the pained part.

Dr. Clark.

Baptizantes — J Non hic
instituit baptismum. liquet
enim ex capite Joan. 4
discipulos Christi jam antea
baptizasse. quod non puto
quisquam absque Christi
dicit factum esse prius apto
multo minus alium illic
et alium hoc loco esse
baptismum. Musc. in
Math. 20. 19. Tom. 3. pag.
577.

℞ Pil coch ʒiii Cretæ: nid ʒi Ros: Damas
Dyagrid: aa ʒss cypo bals: Q: s: ℔ ij singulis
Stachynis

of Hoglice two drams, powder of Boyls Turpentine & Sal Nitre of each one dram. Saffron contrayerva root of each half a dram, syrup of the five opening roots enough to make an Electuary, the bigness of a small chesnut twice a day, with a Glass of the following wine after it.

Take Hoglice alive & well washd, two ounces, inner ~~of~~ Bark of dwarf Elder two ounces & a half, Saffron a dram; Sal prunelle two scruples, Salt of Amber half a dram, infuse all in a quart of white wine, strain off only as much at a time as you drink. for common drink to meat use the following instead of wine & water.

Take roots of Glaucanpain, Horseradish, of each three ounces, Gartick two ounces, juniper berries one ounce, camomil flowers a large handfull, inner bark of Elder tree, roots of garden shrubard, of each three ounces; leaves of Dandelion, Groundsly, fumitory of each two large handfulls, sturvy-grass one handfull, cream of Tartar, senna leaf of each one ounce, cut the roots & herbs bruise the seeds, & put all into two gallons & a half of clear, fine, fresh small or table Beer, in a close vessel, let all stand four or five days, then drink hereof to dict or when thirsty

Repeat this course 3 times

to Mrs Oals July 20: 1731

S: S

17

Syrup Garlick

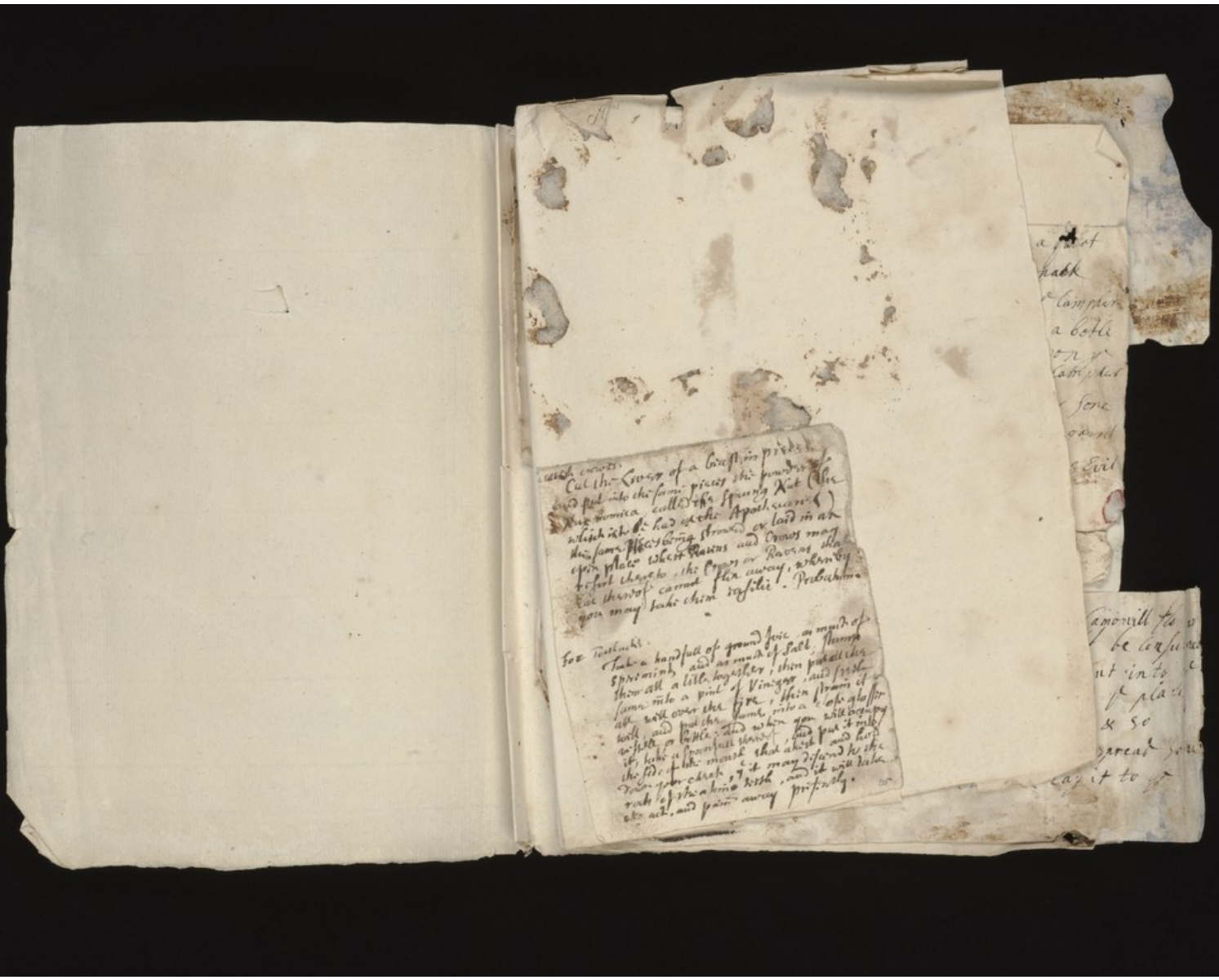
Take Root Elecampane, two Ounces. Ginger, 3 Drachms. Root Liquorice, 3 Ounces. Let ye Ginger be lightly bruisd, ye others sliced Small & boild in abt. 3 ~~Quarts~~ Pints of Water to a Quart. And when it is nigh boild Enough put in. Gloves of Garlick Sliced Small, two Ounces. Annis Seeds, One Ounce. To a Quart of ye Liquor of this whole Composition very clearly strained add four pounds of Lump Sugar & dissolve it over a gentle fire.

Good Friday.

Rom: 6. 5. Serm: 1.

a pint
shake
ye Campian
a bottle
pon ye
Cabridge
Sore
ound
Evil

Camomill tis
be confum
ut into
ye plac
& so
spread you
lay it to



Cut the Crowes of a Cockspur prickes
and put into the same pieces the powder of
Nux vomica called the Spunge Nut (the
which ye shall find at the Apothecaries)
the same pierceing through or laid in an
open place where Kaites and Crows may
resort thereto, the Crows or Ravens that
eat thereof cannot fly away, whereby
you may take them ingrosse. Probatum

For Tenlock
Take a handfull of ground ivie, as much of
sperminy and as much of Sall, stamp
them all a little together, then put the
same into a pint of Vinegar and strain
all well over the fire, then strain it
with and put the same into a close glasse
in stille or bottle; and when you will bryng
it, take a spoonfull thereof and put it into
the side of the mouth that aketh and hold
it upon your cheek, it may disperse the
rach of the a time with, and it will take
away the ache and pain away presently.

Stomach Colick ye drop of
the oye of Anis seed in a lite
warm Ale

Stomach Colick
a plaster of asfeteda
laid upon the belly Dip a peece
of Cotton in oyle of Ambr &
lay to the navel

for the eys
Sugar of Lead and pix pared
tuty of each half a dram
half a pente of Spring water

Ruptur in a girle
anoint the bele with
oyle of Savin and the part
a flitted la a pe of leten
upon the nable

23

to make ye Red water

1 ounce of Bole Arminak
1 ounce of Coperis
three pens worthe Camphire

bratte ye Coperas very well and put it into a pint
of Spring water - take wite paint ye bole Armiakk
Let yme boyle 2 or 3 minuts then put in ye Camphire
Lett it ye boyle up : when Cold put it in a botle
keep it spring close ye fire you may do one upon ye
bottle when yu but ye Cato what

when you use it warm it it is good for any sore
you must wet ye sore & sip a Cloth & lab it a gainst
the fiar fiber all time it Cure ye Kings Evil

at John wort ye Rout stige is to ogle make a
good Salve for a ~~cut~~ Cut

if ye pain be very great get a handfull of Camomill flo
& boil in a pint of new milk whilst half be consume
ye have a little pieces of flannell & being put into ye
milk & ~~[illegible]~~ wring one out & lay it to ye place
when it is cold doe ye like wth ye other peece & so
continue whilst all ye milk be wasted ye ye spread you
ye ointment upon a fine linen cloth & lay it to ye
ye place

Stomach Colick

the ave of

a bite of a mad dog it has Cured when the
water has failed and the person has been dry
of tur mansill root one ounce
wednesday as much as a Bean Castor four pence worth
mugwort Aloes 2 pence worth Steep these in 3 pints
of milk twelve howrs boyle the mill & drink it
fasting before the Chaing and before the full
moone as of as a Cation

For ami man that is bound
to procure a Stool

Take butter w the bignes of a walnut, and as
much of Cumin mix these well together, and
swallow them down in pills 2 or three in the
morning fasting: drink a pint of ale well warmed
in readiness, and drink it presently after them.

For the same

Take overnight a lump of Conserve of damask
roses w the quantity of a small walnut
overnight when you go to bed.

For the same

Take half a pint of new milk sweeten it pretty
well with sugar, and (if it can not be had from
the cow, wherein it lies) make it warm as
it comes from the cow and drink it in the morning
and lie in bed half an hour after it

Lady Goodrick

26

Green sickness

fine waxhe of flowr a brimfon
tar marsick
powder steel
half a pint of long pepper
half a pound of treakle
take a half point full morning & lay
at night

for a Bludy flux

Take a peec of Scar Lat Clothe
dry it very well beat it to powder
and w the yolk of an egg make
it in to cakes bake them very
well and Let the Patient eat
them

for the same

milk which has a gad of
Steel quenched Severall times

28

Stomach Colick

of tur

day

Aloes

of milk twel

fasting bi

Moone as

an Ounce of Wine Pierce
with ye may put up in a Pint of good White wine after it
has Stood 48 Hours will be fit for Use abt half a
Pint will be a dose

the small Box (viz) 3 of his Children & a Servt Wm^l Wrigley
was in great dang^r but thank god they all are recov^d to their
great Satisfaction

[illegible] t you wo'd [illegible]

Mr Mackworth.
~~at~~ in Bloomsbury
market near the new church
London

Salve for a sore Breast
Take half a pound of mutton
sewet clarified, a quarter of a
~~pound~~ pint of Rape seed oyle
a quarter of a pound of white wax
boil it untill it has done sparkling, when almost cold beat it untill it
is white Dip a Cloth & lay it to
y breast hot.

How to make Ink
~~Take a quart of spring water~~
Take a quart of Wine or
Rain water which put into a
pot, and put to it 4 ounces
of Galls grossly Beaten, let it stan
22

To ~~at~~ Mr. Mackworth
over against the New
Church in Bloomsbury strait street
London.

---

stand 4 days now and then
stirring it, put to two ounces
of Copperas and 2 of Gum
Arabeck and in 14 days
it will be good Ink

this woman Wt these Rogues Relats for a consum

halfe a pint of white wine vinniger with mint red fetch Grand
curamin horny if he be bound or fever randy if he be loose
to stitt his taist the herbs taken out when it boils halfe an ounce
of tonfeard of red roses broken in halfe an ounce of fiennell
of violets take of it many times of the day wit a stitt of
Liquoris shredd of the sun

Great Barley 2 Liquoris 2 sliced halfe a pound of raisons
in the sun stoned halfe a pound of turrams aniseeds fennell
stemell seeds grummell seeds oats a gremis roots
bruised parsley roots fennell roots oats of the sun 6
red roses leaves and mint woodbind leaves remyse royall
pottenary tops tanmoras one great hand full of them all
all boiled in 6 quarts of spring water three times every ind
till a pint be waisted the herbs and the roots straigned out
halfe a pint of white wine put to every boyling halfe
an ounce of syrupe of violets 4 drops of ginger slices
a halfe penny worth of mace put in whole halfe a pound
of honey or sugar all boil again a little draught 4 times
a day the powder in the morning and the syrupe at night
an ounce of syrupe of maiden haire an ounce of
syrupe of violets halfe an ounce of syrupe of mulberries
all mixt together a spoonfull of that taken in the draught
at a night once a day halfe a spoonfull 2 of stitwall
4 of saffron 2 pennyworth more of sett urk 2 timbell
full of fild stele one nut nesse the fourth part of a
spoonfull of ~~[illegible]~~ the powder of sugar mint aniseeds and
sweet fennell seeds oats of the sun 1 all powdered as much
as will lye on a ~~[illegible]~~ taken in that draught every morn
as much of that powder taken in a spoonfull of sa
morning 4 ounce of tonfeard of red roses taken
mornings in red cows milke the one must be take
whilst the other is gotten ready
2 of the oyle of roses 2 of mastic 1 of cloves and
powdered and roses wrapt as much as tonthrinks
all melted with a slow fire then taken of and
of linsin the tow not yet strong 2 parts of
days after lay the 3 part of it tonfeard
low to his stomach

Mar 1740 An excellent plaster for a Consumtion
to lay to the Stomach or any where the Cough
has Raised a Sick it will Ease the paine
~~Rosin~~ 3 ounces of Burgundy Pitch 2 ounces
~~of~~ Venice turpentine 2 ounces of Bees wax
White Rosin 1 ounce oyle of mace ~~Dispiecer~~ ounce
Melt all these to gather then power it in to
Cold water worke it up in to Roles
Spread it upon Sheeps fether and put some nutmeg
on it as ~~of~~ as you have occasion

For a Consumtion take three times a day
Jake tellins Balsome Malige Sack a pinte
Rose water a pinte a quarter of a pinte
Sugar Candy 4 spoonfules of the Balsome
To drink the Bitters is good a gainst Consumtion
for they expell wind and cary of that ~~sharp~~ fresion
a strengthen the Stomack
To mak the Bitters a pinte of Brandy
~~Knott~~ 2 ounce of Gention
Six pence worth of Saffron ornny Pills pared
van then 12 three drams of Cochineal
two Drams of Snak Root Let it Stand a week
Clear it of then put a pint more of Brandy
Let that Stand a week then put them to gethe
Corent this a day morning and a night & gethe
for dinner in a glas of Wine or the a Tea
Spoon full

N.B. you ma[illegible] with incredible [illegible]
obtain [illegible] of [illegible] Colors
a good Drink Brown

a Comfortable Cordall

Take half a pinte strong Sinamon water
four ounces Rose water, an what Sugar
Candy two ounces Mecrmes one ounce
Six drops of the oyle of nut mrg

To Make Bittors

Take Common Wormwood, Sea wormwood,
Roman Wormwood, Cardunus, Camomile flowers,
the tops of Centuary, of each 4 handfulls
shop them small and infuse 3 days in 2 Gall
of wine or ale drogs, then add to them Cordamums
and Cubebs bruised of each 2 oz, put them all into an
Alembick and draw of about 4 or 5 quarts. then
take Orange pills 4 oz Calamus aromaticus, Galangals
Zedoary, and nutmegs shaved small of each 1 oz.
Snake root half an oz, Saffron and Cochineal
of each a quarter of an oz. infuse all together
five or six days then strain it for use.

To make Balsom Tincture

tak balsom of peruu one ounce storax
calamates 2 ounces gum benjamine 8 ounce
also Castrin myrh Elut paigi Frankincence
Root of angelica and flowers of St John
Wort of Each of these ~~an hanfull~~ half an ounce
beat so smal they will go in to a bottle
put to them a pinte of Spirt of Wine
Set them in the Sun being Close Stopt
all the Dog days then Strain it through
Lining Cloth if it be not Clear Strain a gain
and it will keep 20 year in a bottle

the Vanture it Cures any green wounde bif dipped
a Clothe of nible Lainen Cloth it be must, the Cloth
to wet the Cloth if dry the for you put it
it Cures it was a day it cure without tent or plaster
it Cure all Cankers an Cankering Ulcers as also
the bite of a Mad Dog, or any Venamous Beast
by taking 4 drops every morning three days before
the full and the Chang and a paying the Sam to
it Cure a Horse when gaulted by the saddle or
sole in the foot by ciping a Cloth a wetting
it Wall and tie on and repeid 2 or 3 times a day
it is good for grass Kells by a noint it them
with a feather as also a Hors that is over
worked by giving him a garke of an ounce
in a quart of warm ale it Cures Cut or Sarcho
only by a nuning them

N.B. you may [illegible] Cochineal [illegible]
obtaining of a [illegible] before
a good Drink [illegible]

To make ye Syrip of Tholos

Take 1 pint of Hysop water ¾ of a ℔ of white sugar Candy dissolve ye sugar Candy in ye Hysop water over a gentle fire ye put to it an ounce of ye Gum of Thoulos & let it boyle briskly till it coms to a thick Syrup often skimo it of it least it shall burn to ye bottom when it is cold let ye patient take two large spoonfulls every morning fasting & repeat ye same at going to bed it is a specifick against a Consumption or any cough or matter ye afflicts ye lungs

When ye Syrup is boyle there will remain some of ye gum at the bottom of the sauce pan wch ye may boyle up again with a little fair water & sugar Candy for a second Syrrip

To Preserve Old eggs or 2 young ones put them in a pot of water to wch add a little wort unhood & as much small wort boyl wch stands very well in ye wort shell shell it wort but as a Sponge drinks out to the bottom of ye eggs stand 1 qtr of a day 1 of water & well dead of them in quill 1 ounce of rancid Butter wch the drink is made wrought, put ye eggs into a bag hang you in ye barrel & the Drink or in a Stand 1 days, then stopped ye draw ye Drink into bottles & stop it fast, you may drink of ye ale 6 days after

A Receit to make Pocktring

Take a handfull of Lickerish when split in all peices 3 ounces of Anna Seeds. A Little nicompani boile all these in three pints of Spring water till it boils to Quart. — When you take of it Sweeten it with brown Sugar Candie. To be taken new milk warme at Night and morning. At other times as often as you please. Take ye Quantite of one Quarter of a Pint Let it be warm always when you take of it.

The drink for Phisick or Consumption

Take of Raisons in ye Sun 1 pd of figgs one pound of Coriander Seed 2 ounces stone ye raisins Slit ye figgs put ye into 6 quarts of water with a handfull of hoarhound & let ye simmer over a gentle fire till reduced to a quart then ye strain it off & turn out ye ingredients & simmer it again over ye fire with as much honey as sweetens it to ye palate ye slice two pennyworth of stick Liquorish into a clean pan & pour your Liquor thereto & let it stand close covered, you must take a good coffee Dish morning & night ye 1st & last thing

N.B. you may [illegible] ye more [illegible] observing ye [illegible] before a good Drink [illegible]

To make ye Syrip of Tholoo

Take 1 pint of Hysop water ¾ of a lb of sugar & dissolve ye Sugar Candy in ye Hysop water over a gentle fire an ounce of ye Gum of Thoulow & let it boyle briskly & thick Syrrup often stirring it of it least it should burn it is cold let ye patient take two large spoonfulls every & repeat ye same at going to bed it is a specifick against any cough or malady ye afflicts ye Lungs

When ye Syrup is boyle there will remain some of ye gum of ye sauce pan wch ye may boyle up again with a lit Candy for a second Syrrip

To Sabbean Old rosin or 2 pound and pap ye [illegible] boat ye to [illegible] [illegible] work unhood. & as much small work to Sords very well ye work shine shrin work it as a Sea drink, put to the [illegible] of rosins stand 1 gitte of a dates 1 lb & [illegible] deal of [illegible] wills 1 ounce randid Citron [illegible] the drinks no wrought, put Sords Sings into a bag hang yon in [illegible] work shine 1 or in a Stand 1 days, then Stand draw ye Drink into bottles, & stop fast, you may drink of ye all ye

A Receit to make Pocktring

Take shandfull of Lickerish when Splet in small peices 3 ounces of Anna Seeds. A Little Anicompani Boile all these in three peints of Spring water till it boils to Quart. — When you take of it Sweeten it with brown sugar Candie. To be taken new milk warme at Night and morning. At other times as often as you please Take ye Quantite of one Quarter of a Pint Let it be warm always when you take of it.

The drink for Ptisick or Consumption

Take of Raisons in ye Sun 1 p. of figs one pound of Coriander Seeds 2 ounces stone ye raisins Slit ye figs put ye into 6 quarts of water with a handfull of hoorhound & let ye Simmer over a gentle fire till reduced to a quart then ye strain it of & turn out ye ingredients & simmer it again over ye fire with as much honey as sweetens it to ye palate ye slice two penniworth of stick Liquorish into a clean pan & pour your Liquor thereto & let it stand close covered, you must take a good coffee Dish morning & night ye it & last thing

N.B. you may [illegible] ye ingredients [illegible] observing ye same [illegible] before a good Drink. [illegible]

The Cholick Wine by Doc.r Lower

Take of Guiacum Chips Eleecampane roots Liquorish Sliced Coriander Seeds prepared & brised Sena of Alexandria of Each of these six ounces half a pound of Raisins of the Sun stoned infuse them in three quarts of small Annised water ten or twelve days then pour the Liquor into Bottles for use, you may use one ounce of sweet fennel seeds grossly to prepare the Coriander seeds you must steep them in white Wine vinegar twelve hours then dry them by the fire or in the Sun, give three spoonfuls of this in a fit Cholick it may be taken twice a day if the fit last infuse the ingredients in a Glass bottle shape shake or stirr it every day.

This is also good for a Cough or weakness on the Lungs taking 2 spoonfulls in the morning three days together

For Common Drinke

Take roots of Blacampane horseradish. garlick of dwarf elder barck 4 ounces, leaves of groomwood Scurveygrass water Cresses Camomill flowers of each a large handfull juniper berries one Ounce Dandalion roots & tops two handfulls cut the roots & herbs bruise the berries & put all immediately into a gallon of the whitest table beer well wrought & cleared in a close Earthen vessel & drink thereof at Meall

To cure a Consumption

Take a fat Hen of a red Bull calf and cut it into little pieces then have two Gallons of red Cows milk six handfull of ground ivy four handfull of red sage four handfull of mint four handfull of town thyme one pint of whites of eggs well beaten thread the herbs altogether & mix them with the flesh & the whites of the eggs then divide them all & put them into two stills let each still run three quarts stirring the still every before to prevent burning then mix the water altogether & in the space of three days time it may be drunk taking every day a pint divided into three parts viz: one in the morning fasting one at noon & another the last thing at night sweeten it when you take it with dubble refined suger continue taking it about six weeks.

This receipt is much approved of I heartily wish for good success.

Elicampana Roots & Liquorice sliced Raffys Sliced Coriander and anised, Sena, Oriental Guiacum bruised and caraway seeds of each one ounce. Raisins stoned half a pound infuse three days in Aqua vitae or white anised water a Quart & half. To make it more purging you may add if you will half ounce of Rubarb, two ounce of Manna & half ounce of Guiacum.

The usual dose is 4 spoonfuls overnight

Raffys Elixir

for a Consumtion

Seaven pints of spring water put to it four ounces of Salsaparilla one ounce of China let these infuse 2 hours y^n let y^m boyle one hour y^n put in half an ounce of Liquorish bruised & sliced & a handfull of Raisons of ye sun stoned y^n let it boyl half an hour y^n put in eighteen pury weight of Coriander seeds & let it boyle a quarter of an hour y^n put in twelve pury weight of Cinemon bruised & let it boyle a quarter of an hour

Receipt for a Concumtion

Take three times a day the bignes of a nutmeg of Sweet Allout Balsom rolled in Suger & after it three or four spoonfull of this liquor to a Pinte of Malligo Sack a Pint of red Rose Water sweetned to your tast with Brown Suger Candy; let it be the first & the last thing you take, & at four a clock in the afternoon

A mouth Water to be Gargeld

Plantin Water four ounces spirit vitriol 40 drops Hony roses an ounce mix these together as occaion requires and wash ye mouth.

by Capt Mountgomery

Figgs Raisens brown Sug Candie each ½ pound	0:	0:	11
Sup Plum opt £4	0:	1:	6
Bals Tolut £3	0:	0:	9
Rad: liquorit: depur £3	0:	1:	0
Flor Sulph: Rad Enul ad £1	0:	0:	3
	0:	4:	5

92

Take Æthiops mineral two ounces
Gum guaiacum powdred one ounce
Crabs eyes prepard and sell of prunella
of each a qr. of an ounce
Conserve of garden Surry Grass three ounces
~~Three ounces, of~~ syrups of marsh mallows
a suficient quantity to make it into an Electuary
the bignes of a nutt

43

The Recept for a nervous Fever

Take of the american Senekka Rattle Snake Root, finely Powdered, 20 Grains, mix it with a little ordinary drink, warm, and give it to the Patient every Sixth Hour, till there is a great abatment of the Symptons. the operration is by Perspiration, urine, Stool, and Somtimes by vomit, according to the Patient constitution, but these operrations are never to Excess-Let ordinary drink be a tea made of Sage and Thyme, of Each Equal Partes, and alway given warm, Mr Bates

To

For the Gout

Take the white of a new layd Egge, and take a good peece of Allome and stirre it about in it till it semi (which will be a good while first) and then lay it upon a peece of right Scarlet and applie it to the place; it easeth speedily.

For a Scald or Burne

Take Sallad oile and the white of an Egge and beat them together to a salve (the sallad oil must be more a good deal than the Egge else the salve will be stiff) and applie it with a feather; it takes away the fire, and heals without a scarre

A salve For a Burne or scall. Goody Harda

Take the yolk of six eggs hard boyled shred verie small, of a pound of sheep suet, shred verie small, the quantie egg shillfull of the green scurf that grows on the Chur the same quantitie of the white of kenni's dung, so boyle with a little fresh butter (may butter if it may be had) grease on a verie slow fire, till the suet be consumed too fast it will wast away too much and grow black.

Before it be applied the hurt must be bathed with sa and new or spring water beatin together till it be white: put but a little water in at ordie, & so adde as

To applie the salve take a quantitie and melt it, and piece of old holland in it and so make a kind of a sia so all it, as need is, and bind it on.

For Falling Sickness

take the Juice of hariff or Goose grasse which is the same with it two Spoonfulls in the morning fasting in white wine

Goat

take the green bark of Elder and bruse it a little and fris it with oiuets fut oyle than Strane it and anoint the place therewith

An excellent solid

a quarter of an ounce of Senna steed wth half a pd of prunes take half a dozen or more at a time wth sos many Spoonfuls of Syrup

for fitts in old or young

take a quart of ye best Brandy, and put into it half an ounce of assafatida and an egg shell full of good soot, shakeing it to gather every day for ten days in a chinne must have out twelve drops in a little Black cherry water or simple and one of ripe years a quarter of a spirn full in as afore said, it must be taken with before ye fitt comes, if you have warning, if not, take it in ye fitt

if ye fitts be violent take half a spoon full

March ye 18. 170[illegible]

Put one dram of Allom & 2 drm

Ye pte of oriental bolo Armanick both in Subtil powder into a pint of Claret

For a scald head

one ounce of green copperis vadigrees, brimston
to-bacco and allum one ounce apiece, pound all these top
but the copperis by it self, boil them in a pound
fresh butter a quarter of an hour, continually st
them both on the fire and of on the fire until it
Cold, take a like of this oyntment thrice a day a
anoint the head

For a scald head

a brast of mator bastad with tare

clip of the hare & mak a cop noint the head
with the tare

for the reyse

the lower Branches of humlock
half a ounce of Bay salt one ounce of bole
a lite hone spread on flax hatchel

To make Balsom Tincture

Take balsom of peruu one ounce storax Calamites 2 ounces
gum Benjamine 8 ounces aloes Coutria myrh Elect puisi Frankinc
Root of angellica & flowers of St Johns wort of each of these half an
ounce take all these ingreedence first being beaten into a fine
puttis put to them a pt of spiritts of wine set it in the sun all
the dog day taking great care ye bottle be stopt & tied over with a
bladder least the spirit evaporate at the end of wt time strouse it
throw a fine lining. if it be not perfectly clear strain it a seon
time if it be close stopt it will keep 20 year

For a Hot Rheume in the Eyes

Take off Parsley leaves, wood bynd leaves & the daysie
leaves off date Nynetoone, and off ye Larger Hedder-
line ye like number, boil top full in a Quart water and
distill ye fruit tow off Lyrange a pint & ye stoke
put a little strong boor, and doe this for often till ye
eyes begin to looke pale still adding every tyme some
strong boor. let the patient take this in his bed
when he is ready to sleep lying upon the back
If ye only be troubled take only syne off ye
softest leaves, and prepare them as afore said

Mrs Hartshorne

For a scald head

one ounce of green copperis vadigrees brimstone to-bacco each allum one ounce apice, pound all these together but the copperis by it self, boil them in a pound of fresh butter a quarter of an hour, continually stiring them both on the fire and of on the fire until it be Cold, take a like of this ointment thrice aday and anoint the head

Scald head

a brast of mator bastard with tare

clap of the hare & mak a cop noint the head with the tare

for the keys

the lower Branches of Rumlock

half a ounce of Bay salt on ounce of bole

a bit bone spread on plom basket

To make Bolsom Tincture

ne ounce Storax Calamites 2 ounces

aloes Contria myrh Elect puisi Frokinco

of St Johns wort of each of these half an

ounce first being beaten into a fine

of spirits of wine set it in the sun oll

cove ye bottle be stopt & tied over with a

apovable at the end of wch time strouke it

be not perfectly Clear strain it a seon

will keep 20 year

For a the Blume in the Eyes

Parsley leaves, Wood bynd leaves, Red Daysies

Date Nymtoons, Red ope yo Larger Redd-

et number, Boat top fall in a Mortar and

yo Juice tere of strange a fyne Lay clote

strong Bodi, Red doe keep for often bile yo

inn to looke pale still adiny, ency tyme fom

ri, let the patient take tegis in bed

wrialy & lyeing upon his back

troubled take only nyne of dore

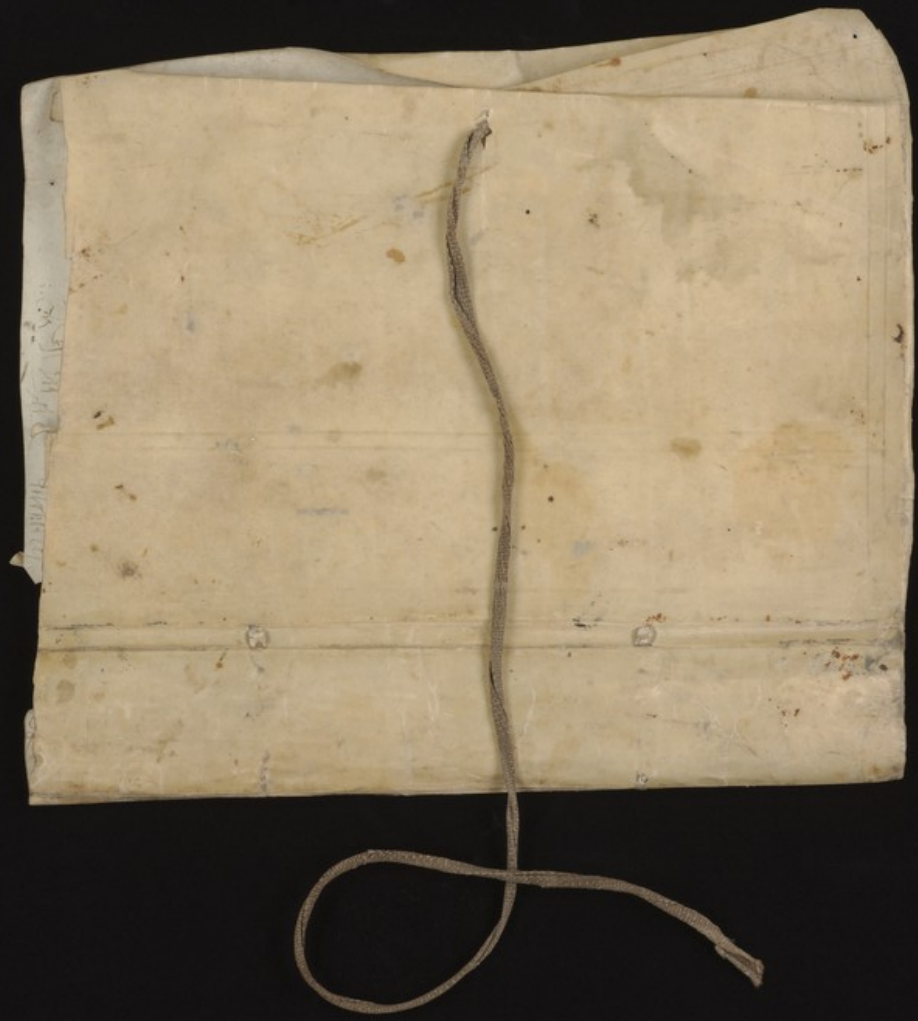
phave them a for said

Mrs Hartshorne

Jesuits Powder Half an Ounce,
Steel prepared & Sulphur a Drams,
Salt of Tartar one Dram,
Infused in a Pint of Boiling Water & strood
strain it off & take a spoonfull, for a Dose thrice
a Day, to every Dose put Half an ounce of
Aqua Mirabilis

for a Vomit
25 grains of ipecacuania — 6
a garter of an ounce of fenicrick — 0 : 7 ½
a quarter of an ounce of Carolina — 1 :
half an ounce of worm seed — 1 :
2 pen.wt of aloes — 2
1 : 1 ½

Old. Receipt



To Make angellico puding

Take y^e angellico pick it & ~~in a quarter of a pound of~~ boil it very tender take of all ye skins y^t rocum it & to a quarter of a pound of angelico take 12 Yolks of Eggs beat ye angellico in a morter to a past y^n take as much powder Sugar as will sweeten it to y^t cast take halfe a pound of Butter & as much Juce of Spinnge as will make it green then put it into a dish & bake it so never top heed

To Make Kidney Pasteyes

Take your kidney of a loyne of veal when rosted & as much of ye kidney fat as you Pleage shread small together season it with salt nutmag mace Cloues & cinamon & some Currans well Washed & dryed & a little sugar 2 Yolks of eggs have ye past redey make it into little pasteyes & boyer or bake them

To Make Paste for tins

Take 2 Eggs 2 spoonfulls of croame a good spoonfull of Sugar blanse beat all thease together y^n take a quarter of a Pound of Butter & ~~this~~ rabit mes a pint of flower and mix it with ye Eggs and ~~work~~ work it well ~~with~~ if you make it not to stiff it will role so thin as to read thought it one must have a very slow oven prick it well when it is a Wafe take ye white of an Eggs & beat to a froth & rub y^m over with a feather y^n dridy Double refind Sugar over them then get y^m into ye oven to raise ye Synge

white wine and a peice of Lemmon and any Pickle you
like put in your Hare cut it up and put it into y^e
dish upon Sippets so serue it up hot you may do any m^t
this manner but dry meats

To Seeth Pidgons or Chickens

take Pidgons or chickens cut em in halfs or quarters
if they be bitter you may boyle em whole wash them
and put em in a pan with as much whit wine as
water a little vinegar Salt Onion whole Pepper a bottom
of a Manchet and a young Hartychoaks as
Sparragrass tops a little shred Parsley boyle all
these softly till thear remains little of ye liquor but
before it be almost consumed put in a peece of butter
let it stew a little while after lay sippets in ye
bottom of ye Dish and put ye liquor and meat upon
it you may put liuers and Gizards if you please garnish
your dish with oysters and cockels and sliced lemmond
then

To Pickel Pidgons

then drest clean bone em out at ye Neck leaue em
with Small peces of Bacon on ye inside y^m take
sweet herbs as time Margerum Savory and Sage of each
a handfull Shallot anchouy Mace cloves Pepper
Salt of each a good Quantity mix em well together
stuff ye Pidgons therewith y^m tye ye necks take a
pint of whit wine a quart of water add to it a
little whit wine vinegar whole Pepper Mace cloves
with Salt of each a little boyle it a little y^m put
in ye Pidgeons also boyle em a quarter of an hour
then take em out and let em stand till next
morning and Pour ye pickel into a bason when
cold take all the fat of them Put in your
Pidgons also keep them

How to make a Dish of Scotch Collops

Take a leg of veal & cut it in thin slices
y^m beat y^m with ye back of a Knife or a rol
ing pin y^m season y^m with peper Salt & nutmeg
wash y^m over with 2 or 3 egs yolks fry y^m in
Butter prethy Brown take y^m up & stew y^m in a
pint Strong broth wash 3 anchoves & Shred y^m
small put to y^m Collops some Capers Shred you may
add Lard some of ye collops if you please & cut
some thin slices of bacon & lay it upon a plate to
broyl before ye fire take a Gill of white wine
& put to ye collops y^m make some forst meat
Boyles & fry y^m y^m give y^m a stew with ye meat
& when you find ye sure a nuff Dish y^m Collops
with bacon boiles so lay upon y^m garnish ye dish
with mushrooms picked cokels & oysters sliced
Lemonds sipes scow it up hot

How to Make Force meat

take some lef Sewet ye quantity of a pound take
half a pound of veal cut in slices shred them
together small grat some bred in it rub some
sage a little sweet marjum season it to your
[illegible] with peper & Salt a little jeamaica peper grat in
[illegible] eg amongst it break 3 egs amongst ye meat
[illegible] all y^s together with the back of a spoon when
y[illegible] make y^m up into balls bake a little flower to
[illegible] y^m up with so fry or boyle y^m which you please

How to make a fricace of Rabits

Take a couple of Large Rabits cut y^m in peces
& wash y^m in fare water dry y^m with a Cloth
& fry y^m in butter & stew y^m in Scorng broth
grat some nutmeg upon y^m Shred one anchove
or 2 to put in put in a gill of whit wine in stew all
them together till ye meat to sewer if you would
have it whit take a gill of milk & stew with
meat & if it Butter a peece of Butter & work it

white wine and a peece of Lemmon and any Pickle you
like put in your Hare tie it up and put it into y^e
Dish upon Sippets so serue it up hot you may do any m[illegible]
this manner but dry meats

To Stew Pidgons or Chickens

Take Pidgons or Chickens cut em in halfs or quarters
if they be bitter you may boyle em whole wash them
and put em in a pan with as much whit wine as
water a little vinegar Salt Onion whole Pepper a bottom
of a Manchet and a young Hartychoaks a S
Sparragras tops a little shred Parsley boyle all
these softly till thear remains little of ye liquor but
before it be almost consumed put in a peece of butter
let it Stew a little while after lay sippets in ye
bottom of ye Dish and put ye liquor and meat upon
it you may put liuers and Gizards if you please garnish
your dish with oysters and cockets and sliced Lemmonds
then

To Picled Pidgons

When dress clean bone em out at ye Neck leaue [illegible] Some
with Small peces of Bacon on ye inside y^e [illegible]
sweet herbs as time Margerum Savory and Sage of [illegible]
a handfull Shallot Onions Mace cloves Pepper
Salt of each a good Quantity mix em well together
stuff ye Pidgons therewith y^n tye ye Necks take a
pint of whit wine a quart of water and to it a
little white wine Vinnegar whole Pepper Mace cloves
with Salt of each a little boyle it a little y^n put
in ye Pidgons also boyle em a quarter of an hour
then take em out and let em stand till next
Morning and Pour ye pickle into a basson when
cold take all the fat of them Put in your
Pidgons also keep them

How to make a Dish of Scotch Collops

Take a leg of veal & cut it in [illegible] thin slices
y^m beat y^m with ye back of a Knife or a rol
ing pin y^m season y^m with peper Salt & nutmeg
wash y^m over with 2 or 3 egs yolks fry y^m in
Butter pretty Brown take y^m up & stew y^m in a
pan Strong broth wash 3 anchouis & Shred y^m
Small put to y^m Collops Some Capers Shred you may
Lard Some of ye collops if you please & cut
Some thin slices of bacon & lay it upon a plate to
broyl before ye fire take a Gill of white wine
& put to ye collops y^n make Some forst meat
Boyles & fry y^m y^n give y^m a Stew with ye meat
& when you find ye sauce a nuff Dish y^n Collops
with bacon balls so lay upon y^m garnish ye Dish
with mesheruums picled cokels & oysters sliced
Lemonds capes scoop it up hot

How to make Force meat

Take some lef Sewit ye quantity of a pound and
half a pound of veal cut in slices Shred them
together Small grat some bred in it rub some
dryd Sage a little Sweet marjoum season it to your
tast with peper & Salt a little jeamaica peper grat a
nutmeg amongst it break 3 egs amongst ye meat
mix all y^s together with the back of a spoon when
you make y^m up into balls take a little flour to
work y^m up with so fry or boyle y^m which you please

How to make a fricase of Rabits

Take a couple of Large Rabits cut y^m in peces
& wash y^m in fare water dry y^m with a Cloth
& fry y^m in butter & stew y^m in Seoring broth
grat some nutmeg upon y^m Shred one anchove
or 2 to put in put in a Gill of whit wine in stew all
them together till ye meat be tender if you would
have it whit take a gill of milk & stew with
meat & y^n put a peece of Butter & work it

ye flower y put it in ye meat & give it a boyle
& dish it up with Sipits Sliced Lemons Barberies
pickeld mushrums so send it up hot Lett stirring Lent

How to Make a frigace of Chickins & Shick

Take half a dozen of chickins & cut ym in pices
& Serve them ym whash ym in water & dry ym
with a Cloth then season ym with peper and
Salt & nutmeg then fry ym pritty Brown
yt Stew ym up in Strong broth yt put in a
Gill of white wine & when it is Stewd a mess
thicken it with eggs yolks & a Little Cream
So garnish your Dish with mushrums Sliced
Lemmon Pipets and Barbens so Serve it up hot

How to Make Peas Soupe

take 4 quarts of Strong broth & half a peck
of peace boyled & Streand one veal one exploe
expallet Sweet bread 2 Sheep lungs all boyle
tender blanched & cut in bits Season it with
a little peper Salt & mace & wt it boyle put
in a little mint 4 boles of forcemeat a
little french bread cut in Dice & tosted So send
it up hot

How to Stew Carp or Tench

take carp or Tench & gut them scrape ye
Scales of ym & wash them very clean take a
Little water & vinager & a little Cured peper
& Salt mace & cloves jemeco peper with Sweet
Sommon & a bundel of Sweet herbs let all theas
Stew together till ye fish be ready take ye
fish up & Seruom ye Licker and beat up some but
pritty thick yn take some cokles & oysters &
some of ye Sweet herbs Shred all theas together
& put yme to ye Sase then garnish ye Dish
with pickels so Serve it up hot

To make Jelley of Goose Berries Rasberies &c

take ye Berries & pick ym clean & put em into
a jugg cover them close & set ym in a pan of warme
water yn strain ye juice from ye berries when they are
enough to a Pint of juice take a pound of Sugar
put it in a clean Pann put it white and Scume
it yes let it boyle till it be pretty sad yn try it upon a
plat yn put it into Glasses

To make Sugar Cakes

take a little flower Carraway Seeds butter a Spoonfull
of rose water make these into a past Rowle one
it very thin & cut em with Glase yn Serve Sugar
on yn a Quarter of a inch thick so bake em
they will keep a year

Sauce for a Wid goose Teal Snipe Shell Drake plover
take mustard & vinigar mix together or else an onion
peper Salt or only butter melted & not any thing else

To Force a Leg of Mutton

take your meat out as clean as you can from ye bone
have a care yt you no ways cut ye out side Skin Shred ye
meat very fine by it self then shred a pound & half of
Suet mix em together season em with black peper
mace pepper Nutmeg & Salt to yr taste as if it were for
sausage meat yn take some Parsley sweet Marjorom & time with
onion shred em small & some a quarter of a pennyloye
tosted & 3 eggs mix all these together so fill up ye leg of
Mutton Plumpe as it was before dise it well with ye
wool of a Sheep or a piece of linnen well tyed & Sheepard
on & rost it throughly as other Meat make Sauce with a little
mace & grave peices of pickeld horseclocks bottoms shred
onions & Mushrooms so serve it up hot

How to make Strong Broth

take a pot that will hold a gallon of water
fill ye pot with water half full take ye bone
of mutton or veal & fill ye pot wth ye boyle bones
hole a Dozen of onions & put ye^m into ye Pot
& a little pepper & Salt & a bundel of sweet herbs
& let ye^m boyle 2 or 3 hours then wth it is boyle
enuf take it up and Strain it

How to make A Raggow

take a best of veal & lard it pretty thick
with bacon yt half rost it but not bake it
yn take it from ye fire & cut it in 3 or 4 pieces
yn stew it in strong broth & some Graves
but let it be sweet coured wth a sh anchow or
2 & fred yem & throw in wth a bundel of
sweet herbs & thin slices of Lemon make
some bals & dash a little flower in y but
make yem no biger yn a nutmug put in a gill
of whit wine & stew all these together & yn
shay a nuf garnish ye dish with sipl slices
of lemon mushrooms picked Capers & some hard
mayballs laying yt balls upon ye meat so serve it up hot

How to fry Mushrums

When you have pilled ye Mushrums &
fakon out ye gills put of ye stalks yt lose
in up in a little strong broth to bender yem
yt stew yem over with peper & Salt & fry yem
in Buter so serve yem with fried Parsole

Sauce for Boyled Chikens

Boyl ye liver & an egg not very hard break
ye liver & yolk together boyl a little Parsoly
& a spring of time minsh it with a few Capers
& an anchovy ye bone being taken
out mix all this with a bet of
Butter & a little caper Picked give
it a Quick bass

To make a marrow puding

take sipets dipt in sack & lay a lare of
marrow & a lare of sipets take a pint of
Creame 13 eggs & a little sugar mix yem all
together & power yem upon ye sippets and
marrow & bake it in a slow oven & yn it is done

To make an oringes Puding

take ye out rind of 100 oringes pared thin &
cut it in small peces take 12 ounces of fine sugar
beat yem in a stone mortar put in it 12 ounces of
butter yn take 18 yolks of eggs beat yem &
put yem into ye oringes & beat yn together so
put it into a thin paste upon a dish & bake

How to make oringe wine will bake it

take 20 gallons of water & 40 pound of sugar
boyle it on the fire then cleare it with 6 whites
of eggs again this be done have 20 oringes redy
pard so thing that no whit appears as soon as
you take ye Surrop of ye fire put in ye pills
cover them up coring all ye juice of the oringe
out & when the Surrup is all most cold put in ye
Juice but not Seeds add some yeast & let it
work two days put in a barrel but add 2
Gallons of white wine stop it up close for
6 weeks for bottle it & to every bottle in
half an ounce of loaf Sugar

How to make Curen wine

Boyl your water and let it stand till it be
cold then draw it of from the sediments
put to every quart of water 1 pound of raisins
Currens well bruised

Let them set them Stand twelve hours
then drain the liquor from the Berries
and put to every Gallon of liquor three pounds
of lofe Sugar & put it into your Barrell and
give it vent till it have done working and
bottle it out

How to Make quince wine

Take your quinces and wipe them
with a cloth but pare them very thin
every quince by it self and stream it
for fear it lose the color let the Juyce into
a Strake mouth pot let it Stand close
Stopt 4 or 5 days till it be very well fined
then put it into bottles and put to every
Quart of wine 4 ounce of Dubble Refined
Sugar & stop ye Bottles very well

How to Make Cherri Wine

Stone and Crush ye cherries & to 1½
pound of cherries put 1 pound of Sugar
Let it Stand 3 or 4 days to settle stirring
it once a day then Strain it out & put
2 pound of Sugar to 4 quarts of Juce barrel
it up & bottle it with a bett of Sugar at

How to Make Apreycock wy ye mauth

Pare ye Apreycocks and Stone ym into a
Large Solver or Stone Pitcher put to them
so much clear water as may be Strong
of ye appricock when it boyleth water & make
you think ye liquor strong anuf of fruit
pour ye liquor from it & put in more water
to ye apricock & boyl it as before then
take to every 3 pints of ye liquor a pound
of lofe Sugar finely bet put it into the
Liquor boyl & Skime it & let it boyle till
it be like ye Sarrup of preserved
apreycock

Take care it burn not too to prevent Stir
it off when its anuf take it from ye fire
& cool it and tun it into bottles till ym not so full as to hurt ye cork set
it in a cool Seller it will not be fit drink till it
be thute a year old ye bottles must not be cork
till ye liquor cold & ye more ye Sugar ye
beter Coulor it will be and ye taste

How to Make Mead

Take 20 quarts of water & 40 quarts of honey
Clarified with 6 whites of eggs boyle fit half
an hour to it is cold barrel it up Cut 2 lemons
in pieces non nutmeg Sliced & put it in a bag
hang into ye mead Stop it close & bottle it in 10 days

To Make Rasberry or Straberry wine

Take to every quart of white wine a pint of
rasberries bruise ym Smale with ye back of a spon
barren & let it Stand 2 hours close covered then
put it through a bag & to every quart of ye liquor
put a quarter of a pound of lofe sugar & stir
it till it be melted ye bottle it close & keep it
Cool & in a weeke it will be ready to Drink

To Preserve Whit Peare Plumbes

To every pound plumbes take 3 quarters
of a pound of dwble refind Sugar beaten very
Smal then with a penknife take out ye
stons & fill ym up with Sugar & put them into
a Stone bason & put 2 parts of ye Sugar
more ym Sprinkel a litel water upon them
and let ym Stand 2 or 3 houres untill
ye Sugar be melted put ym in a pan & let
it on ye fire to boyle & Skime them as they
boyle and Strew on some of ye Sugar as fast
to not let ym boyle to fast least they wyte
let ym on ye by and Strew on all ye Sugar
ye remaines next day boyle ym up so put ym in

To Preserve Cherries in wormath glases

Take 4 pound of Cherreys and Stone ym
and a pound & a half of lofe Sugar finley
bet then put ye Cherries into a bras pan

Strewing a little of your Sugar into ye pan
first then set y^em on a quick fire & as
they boyle Shake them round till
you have a pretty deal of Liquor let them boyle
very fast then by degrees put in ye remainder of
ye Sugar when it is all melted & very fine
from Skim & a good quantity of ye Surrup wasted
then put in a pint of ye Juce of Currans
let it boyle very quick when you think it will
Jelley take it of & when it begins to Coule
put it in Glases you may allow a quartion
of Sugar for your pint of Juce of Currans

How To Preserve Goosberyes

Take your Goosberyes pick them & take
out the seeds to 3 quarters of a pound of
Goosberyes take a pound and a half of
duble refind Sugar finely bet put as much
fair water to it as will boyle it a candy height
ye have redy half a pint of Jelly water thus
pick 2 or 3 hand fulls of Goosberyes into same
Springs water boyle it till it be very Stiff
then Strain it through a Jelly bag & when
your Sugar is at candy height take it of
and cosle it a little y^en put in half a pint
of your Jelley & when ye sugar is desolved set
it upon ye fire & let it boyle very fast put
in your Goosberyes they will presently be
a mufe which you may know when the look
clear & will Jelly so put y^em into Glasses you
must cover y^em very close with a paper &
be sure Scime your Sugar very well
when it is boyling so keep them for your

To Preserve orringes

Weigh 2 pound of Large Rough Skinn
orringes pare & Scald y^em Leg^ye up in co
cold & Shift y^em twice a
water

a day for 2 days ley y^em up in Clothes & boyle
y^em till tender Shifting with warme water
as it Grows better to 3 pound of orringes
take five pound of Sugar & 2 quarts of
Spring water Clarify ye Sugar with ye whites
of 2 eggs beat to a froth with a little water
Skim it very Clean & give it a boyle put in y^e
orringes being dreaned give y^em same little boyle
for 2 or 3 mornings before you boyle y^em up Strean
in ye Juce ye came out of ye orringes & of 2 mo
and when they are ready take y^em up clean
of Surrup and give it a good boyle till ye orringes
with Surrup & let it overflow in ye pot

Sarp How to Make Crofslop Wine

Take 3 gallon of fare water put to it
6 pound of ye best powder Sugar boyle it
half an hower take ye Skim as it riseth
Set it to Cool y^en take a Spoonfull of wea
ale east & beat it into ye Liquor & Stir it wel
together y^en with 3 ounces of Juice of lemons
y^en put in 2 2 pound of ye tops of Corsflo
Let all work 3 days man earthen pot and
Cover it Close with a cloth y^en clear it into
a Cask and stop it Close let it Stand 3 wee
in a month when you bottle ye wine add a
Spoonfull or 2 of renish wine to each Bottle c
So Cork it close and ty it down

How to Make Goosbery Wine

Take 4 gallons of Goosberys before they be ripe
beat y^em a Stone morter put to y^em tow
gallons of Spring water & Stir y^em a bout and
Set y^em to ferment for 3 or 4 days Stiring it twice
a Day and when all ye goodness is gone o
of ye Berryes. Strain it through a Sive
a clean Thing & Sweeten it to accordinge

to your last ye barril it up ~~with~~
and set it stand a month or 6 weekes y^e
bottle it up with a bet of Sugar &c

How to make a orringe pudding

Take ye yolkes of 14 Eggs beat them very
well with a pound of fresh butter melted
to oyle and keek it stiring till it be all
most Cold put to it a pound of fine powder
Sugar mix them well togather then season
it with nutmug & mace ye take half a
Candied orring then sliced & lay all over
ye puding when it is in ye dish ye dish must
be coured with pufpast & a hour will Bake
it greated sugar & buter for Sace

How to make a carrot Puding

Take 2 or 3 Carrots & boyle them very
well ye beat y^m with 10 eggs & a lettle
nutmug when they are well bet take some
Sugar & seeting it to your tast then take
Same currens & put in a litll rose water
& coven ye puding with rose Bends &
Serve it up with Sugar & butter

To make pipen puding

Take a dosen pipins boyle Serape y^m
very soft from ye core & putt to it a
pint of cream & ye yolks of 4 eggs season
it with rose water & Sugar & bake
it in a soft oven

To make Bisket

Take ye yolke of 4 Eggs and ye wits of
3 beat ye yolks with a spoonfull of Sack
and rose water and ye whits to a stiff
froth ye have ready a pound of Bobble
refind Sugar finely bet in somtime
till it be so thick y^t it will drop
upon cap paper without running a bout
to bake it a modrat oven

To make allmos Bisketts

Take a pound of allmons Say y^m in cold
water y^n blanch y^m & beat y^m with a little
Sack & rose water very finely y^n take a
pound of Dable refind Sugar finly Serast
and ye whits of six eggs beaten to a hard
froth beat y^m all very well togather y^n beat
in six Spoonfulls of fine flower & put y^m into
little tins Coffins Serch a little Sugar
over y^m so see them into a mordrate oven

To make lemon Bisketts

take nine eggs & ye peels of 2 lemons grat
ed one pound of Dable refind Sugar finely
Sifted reserving a fourth part to strew
over them when in ye pans beat ye Sugar
and eggs togather 2 hours without intermis
then add to it Seven ounces of flower sea
which must be put in just as ye oven is mode
butter and fill ye pans not over full bake
them a quarter of an hour in a quick oven
they are not to be stirred much after
ye flower is in for y^t will make them
heavy ~~them~~ thearfore stir in easily to mix
it up you wood see them soft ye Sugar
that is left out over them in ye pans

To make read Ginger Bread

Take 2 fine pency loves cut them into
thin slices dry them in a stove or oven &
beat y^m to powder sift y^m throught a
hare sive take a quartren of a pound of
allmons blanch & bet y^m small 3 quarters
of an ounce red sanders a quartens of
an ounce of whit Ginger a farthings worth
of annaseeds 3 ort Cloves a little mace
half an ounce of cinamond beat them
very small & rub them all togather
through a hare sive boyle a Quart of

vale with 3 quarters of a pound of Sugar
and when it boyls put in ye Spices &
thicken it with ye whites bread & make
it up with powder Liquerish & Cinamond
To Make White Ginger Bread
Take a quarter of a pound of almonds
3 Quarters of a pound of Sugar Searce
beat ye almonds fine with a little ye
oringe flower water or spirit of cinam
To Make a Biskit Cake
Take 9 eggs leave 2 whites out 3 Spoon
full of rose water or orring flower
water beat ye eggs and the Sugar
together half a hour without intermes
3 quarters of a pound of fine powder
Sugar & Spoonfull of flower do not put
ye flower in till ye oven be hot
a good beat of it a mate if longer it will
will make ye cake havey an hour with
To Make queen Cakes bake
Take 3 quarters of a pound fine powder
Sugar 3 quarters of flower 3 quarters of
a pound of butter washt in rose water
work ye butter with ye hand till it be
come as thin as cream ye put in ye flower
& Sugar beat 6 eggs very fine in porring
mix all together very well you may
put canded oringes corran & Seeds divide
the quantity into 3 parts bake them in
tends or Tins

To Make a Saggo Puding
Take ye night before take 3 ounces of Sagoe 3
pints of New milk let it boyle till it be as
thick hasty Puding Keep it stirring for
fear of siting when it is half cold put in six
ounces of butter in ye morning Take 8 eggs
leaving but half of ye whites and all sorts of wet
and dry seeu meats one nutmug a glas of Sack
stir ye well together seeton it to your tast and
bake it
Sauce for Rost venison
Take gravey claret and grated bread a little
Cinnimond then let it boyle very well ye put
in a little Butter and Sugar grated
Nutmug and serve it up hot
To make mackroons
Take a pound of almons blanch em
water beat with a little rouse water to keep
from oyling beat em till they come to
a past take half a pound of lofe Sugar beat
and Searced ye take 2 whites eggs and beat ye with
a wing till ye looks as whit as Snow ye stir in ye
Sugar and Almonds beat it well a quarter of
an hower ye drop it upon waifer paper and
Strow Sugar over ye bake em in a Sharp
Oven so keep them for your use
Sawce for a Broiled Ceatch Tonge
Take ye Gravey & a little whit wine with a
Slice or 2 of Lemon a little Sugar boyle ye
all together and put it to your
Ceatch Tongue

To boyle a brest of veale

Bone ye brest of veale & beat it well wash it & cry it well
a handfull of sweet herbs shred small with a small quantity of
mace & nutmeg and a little sale wash save ye inside
of the veal with yolks of eggs ye strew ye herbs all over it
lay over it some slices of Bacon Dipt in yolks of eggs so
Roule it up in a collar & bind it up with tape boyle it
2 hours ye cut it in 3 peces & Dish it on sippets lay
Sauce be with grave a little nutmeg & raisin up Black
with bot Butter & yolks of eggs garnish it with
Slices of Bacon fryd in yolks of eggs &c

To Dress a Codshead

Boyle it water & a lemon ye take off all ye skin
and set it to brown ye take a pint of white wine
ye juice of a Lemon a pint of Oysters with a liquor
of ye pickel a blade of mace a nutmeg & p
& a half of butter mix all these to gether put
thicken it with yolks of eggs Pour it upon the
codshead garnish ye dish with firgd fish lemon
barberys or oysters so serve it up hott

To Make Jelly of Lemon or Orrings

take Juice of Lemon to a Gill of juice cook a pound
of lump Sugar & ye Pulpe of halfe a dozen rosted
apples & put in ye Sugar & Juice boyle it pretty
well & Sacme it clear when you see it is boyled
enough put it into ye Glasses & save it for ye use

To Make French bread

To a Quart of flower take 3 eggs & 2 spoonfull of barm
milk and water & a little butter as big as a walnut
& make it warm ye work it into a light paste set it
on fire to rise ye work it well into little rowls so bake it

To Make marmalat of Quinces

Weigh your quinces pare & Core them
& set them on ye fire in a pan of water to keep
them green boyled tender then take ym up &
cut ym in slices to 2 pound of Sugar put
five gills of ye liquor they were boyled in
ye when it melted ye put in ye 2 pound of
Sugar & cover it close down stirring it to bout
Sometimes let it boyle softly till it come to
a good colour then boyle it up quicker till
you can see ye pans bottom so when you
think it stiff enuge take it up put in ye
parringes & seed when your Quinces is set
on ye fire it will make ye water better

To Make Cheese cakes

Take ye Curd of a gallon of new milk
rubed through a Sive 1 pint of creame
thickend with wite bread as hasty
puding 3 quarters of a pound of butter
10 eggs ye wits of 3 anulmug a little rose
water or orring flower water seeten it

To Make ye best orrind Moyonetas

take ye rines of ye marmalet
colored orringe boyle ym in several waters
till they be very tender ye shred ye small
and to 1 pound of oranges take a pound
of pipins cut small one pound of ye finest
Sugar and one pound of spring water mell
ye Sugar in ye water over ye fire & scum
it ye put in ye pipines and ye fine & scum
it be very clear ye put in ye orange rinds
& boyle ym together till you find ye by cool in
a little of it that it will Jelly very well
ye put in ye juice of 100 orringes and one
lemon & boyle it a little longer
So put it into Glasses

To Make A Almon pudding

Take a quart of cream & boyle in it nutmeg
mace & lemond y^r get y^r cream to cool y^n
Slice a penny loft & let it steep till it bra
in peece then beat ye yolks of 8 eggs put in
rose water & Sugar & put y^m into ye creame
blanch a Quarter of a pound of almonds bea
Small with rose water y^n put my^e in & take
Halfe a pound of butter melt it & put it in y^e
Stir it all together till the butter is not see
y^n put it in a Dish & brake it halfe an
Draw it Grated Sugar upon it as
Stick with almonds

To make a Goosberyes banney

Take half a pint of goosberyes pick y^m & co
y^m in a frying pan with butter y^n beat 3 eggs
half a porringer of cream & some Sugar & nutmeg
& some grated bred mix it all togather & fry
ry it & so sever it up Grated Sugar upon it

How to Candy angelico

Take angelico & lie in water all night pill
it and green it next day when its green
and tender onefe wipe it clean from ye water
& to every pound of angelico put 3 quarters
& a half of Sugar strew on ye Sugar & let it
Stand a day or 2 give it a boyl or two put
it in a clean Bason & let it Stand
3 or 4 days y^n give it little boyls till it be a
y^n lie it on a Puter Dishes and dry it
it in the Sune

To Stew Fruit

To Plums or pipens put halfe ye wight of
Sugar & to a pound of Eather of these you
must have a pint of water throw ye pipens
into water as you Pare y^m it will make y^m
keep their colour beter to Cherryes halfe
ye wight of Sugar & put as much water as
will melt ye Sugar doo any of these a Slow

To Dry Cherryes

Take 4 pound of cherryes & Charcoall fire &
sugar Stone ye cherryes y^n Set y^m over y^e
fire being y^m Seed a bout an houer y^e
take y^m of & Sett y^m by you must warme
them every day for 8 or 9 days till you think
they are a nuff y^n take y^m out & lay y^m on
glasses & set y^m in a Stove burn y^m every
day till you think they are dry when they
look Clear and red they are right

To Make A Cake

Take halfe a peck of fine flower well dryd
a pound of Corrons high & pick y^m plump
then upon ye fire with a glass of lish Sack
a pound of almons finely bet one ounce
mace cloves & cinnamon & a little Synamon
quarters of a pound of orrinj & Settron
3 pound of fender Sugar 18 eggs ye whites
& a pint of Cream 3 pound of butter & pine
Cake east melt ye butter in ye cream y^n put
ye east & mix y^n Cake Set it to rise
halfe an houer before it go into ye over just
as you make it up before you put it into ye bend
let ye Corrons lie will take 2 hours or more
baking but that as you make it for
thickness

To Make

To Preserve Mulberryes

To a pound of mulberyes take a pound of
Sugar put as much water to it as will melt
ye Sugar & boyle it to a Carrey high then y^n put
your mulberryes in & set y^n boyle half a hour
as fast as they can shiming y^m very will
when cold Jelly put y^m into Glasses

To Make Lemon Cakes

take some Double refine Sugar finely beaten
& serched & with ye Juce of Lemon wet so
as you may dope it into Cakes upon paper
if you cullore y^m as red with a little Dish
anell yellow with Safron or Surrup of
violets they will dry of them Cowslips blue
if you cut a lemon pill very small & prop
upon y^m as you make y^m it looks prettly

Battgea Bisket

Blanch & beat a pound of bitter almons
with orringe flower water or rose water
beat a pound of Duble refind Sugar beat
ye whit of 4 Eggs to a froth mix all together
& lay ye Kernels of a walnut upon
a Paper & bake y^m in a moderate owe

To Make a Orringe Tort

take a orring & Grat ye out Side of it y^n
take a pound of butter oyle it oure a
y^n put to y^n buter ye Grated orring
y^n put in a dozen yolks of eggs beat all
together then Sweeten it to your taste y^n salt
with Salt nutmeg a little orring flower water
y^n make some cold butter past & lay a
bout ye Dish edge and bake it fare

To Preserve Rasberryes

take a Pound & ake of Lofe Sugar y^n take as
many Currons & as many Rasberryes as will
yeld you a pint of Juce being Stript into a pot
which you must Set into a pann of boyling water
till they will yeld their juce for Standing too
long makes y^m booke too deep they must be 2
Paris Currons & one Rasberryes put in y^e
Juice into y^n Sugar & boyle & skim it
y^n put in halfe a pound of picked Rasberryes
as it boyle very fast & so continue till boyling
very fast till they look very Clear & Sink
when they are a little Cullor put y^m into Glasses

To Make Lemon Butter

Boyle a pint of Cream thicken it with
3 Yolks of Eggs ye Squeese in a little
Lemon till it be burned hang it up in a cloth
Cream beat it up with Sugar a little Sack
y^n orring flower water & stik it with Almonds

To Make Jelly of Harts horne

Take 2 Gallons of water wine mesure to one
of harts horne Let it boyle gently till half be
consumed & in Jelly in a spoon Stran it
through a thick jelly bag set it by till it
is very cold y^n take it and put it into Shellers
& near a pound of double refind Sugar nutmeg
sliced ye pill of one Lemon y^n take ye whites
of 6 eggs beat them a froth as ye froth rises cover
ye Jelly with it y^n stir it together & set it on
fire y^n take ye Juce of 6 Lemons & 6 Spoonfull
of Sack put all this in when Jelly boyls up let
it boyle one or tow times more y^n take it of &
run it through a Jelly bag y^n one slice of Lemon
in ye bottom be ~~sure~~ Sure it be good Spring
water

To Make Lemon Cream

Take 4 Lemons pare y^m & lay ye pills in a pint of water all night y^n take ye water & squeeze y^e of ye lemon into it y^n take ye whites of 4 eggs & yolks of 2 beat y^m very well & strean y^m into water put into it half a pound of sugar stir till the sugar be desolved y^n strain it into a silver baicon & set it over a gentle fire stiring it still one way till it jelly y put it out hot into ye Dish you send it up hot

A Bisket for Tea

Beat 15 yolks & 4 whits of eggs put to them a pound of fine flower & a pound of sixpeney sugar beat it till it be very light bake it in a tinn & a modrate oven

To make Cawls fut Flomery

Take 4 cawls feet after ye hare is dressed of & boyl y^m in five quarts of water 3 hours till ye cawls feet boyled so tender y^t you can just get y^m up clear of ye broth & set it to cool if ye boyle it over night take ye licker ye next day which will be all upon a jelly & put it into a pan & set it upon ye fire to boyle y^n put in some mace & sinamon & lemon sein & slices of lemon ye quanetity of tow lemons set theese boyle in ye jelly an hour y^n take a quarter of a pound of almons beat y^m in a morter till they look like past take it out of ye morter in a poringer & mix it with part of ye licker^e take out ye lemon & seasoning & put in ye almonds and half a gill of wine and a good quantity of sugar so sweeten it to your tast stir all together y^n strean it through a hare sive into a deepe Dish so thick as you can get it y^n put it into cheaney cups or little Basins so eat it ye next day it will be so

To Make currans Cakes

Work a pound of butter in y^r hand till it be soft as cream y^n take a pound of fine flower a pound of currans & a pound of fine poudered sugar well dryed by ye fire a little nutmeg beat 10 eggs very well & mix all together with y^r hand keep it stiring till ye oune be just ready y^n put it into little card benes

To Preserve Damsins

To every pound of damsins a pound of poudered sugar take your damsins & pick ye stalks off y^n take a bife & give y^m a nick y^n put y^m into a strait mouthed pot & to every lare of damsins a lare of sugar set y^m in a panfull of cold water upon ye fire but do not set ye pann Boyle let y^m stand till ye sugar is dissolve take y^m & ye suce out of ye pot and put y^m in a clean pan & boyle y^m till you think they will jelly & sein y^m very clean y^n put y^m into Glases or what you please

Sace for Boyled Fowles

Make some Gravy when your Fowles is a boyling & it upon ye fire in a sauce pan put into some oysters with a little of their pickle let stue together y^n thicken it with butter & flower y^n grat in some nutmeg & a little cream to make it white make it pretty very & ye suce pretty thick so send your fowls to ye table & well dreained so power ye suce upon ye fowles & garnish y^r Dish with sipits sliced & lay some oysters upon ye brest of ye fowls slices of lemons

To Pickel Turnnops

take ye turnnops & pare y^m^ y^n^ cut them in Dice or ye length of tow y^n^ put y^m^ in a pot & power boyling water upon y^m^ & cover y^m^ close Down for halfe an houre y^n^ take y^m^ up & set y^m^ to drane y^n^ take some vinnegar & set it upon ye fire with a Lettle mace & cloves Sliced with & a little Salt Let all this boyle in ye vinnegar y^n^ take it of ye fire & when it is Cold power it upon ye turnnops so put y^m^ in to a pot & y^m^ close Down & set them in a Cool place

Sauce for boyld Turbut

take a pound of buter & melt y^n^ take some capers & anchovey & Sred very Small & put into ye butter with a few cokels a little Cocked pickel & when ye turbut is a naf & well dreand power ye Sase upon it & Gurnish ye Dish with picked cockels & oysters capers & Sliced Lemon so send it up hot to the table

Sawse for a Codhead or any other fish

take 2 or 3 anchoves put y^m^ into a Sawse pa with a litle gravey or strong Broth & Let y^m^ boyle y^n^ put in halfe a pound buter & a little flower a little mango Shred smoke ye belley of a crab if you please & some oysters and cockels & pickel mushrooms & a little oyster pickel when ye fish is boyld & dreained power your Sawse upon it y^n^ garnish ye Dish wit cocked & oysters Pickels mushrooms & spot Sliced lemon and capers & shered

To Make Catchup

take Large mushrums break y^m^ Small & Lay y^m^ in a Stone Dish & through a hundfull of Salt and let y^m^ Lay all night ye next day hange y^m^ over ye fire but Let y^m^ stew very Slowly for halfe an houre y^n^ take y^m^ of ye fire & set y^m^ to cool when they are cold put it throughware Sive y^n^ put it into a pann & fish a little more Sast & set it upon ye fire to boyle with mace & cloves & Semacoeper & a nutmug Sliced Let all these boyle a quarter of an hour y^n^ take it of ye fire & when it is cold put it into bottles so cork & Bottle it close down & set it in a Cool

To Pickel oysters

take half a hundred of oysters open y^m^ & save all ye pickel & put it amongst ye oysters y^n^ take ye oysters out of ye pickel y^n^ clear ye pickel & power it upon ye oysters so put y^m^ into a pan with a little vinnegar mace & cloves Sast & nutmug Let these boyle till y^n^ think ye are nesse y^n^ power y^m^ out of ye pan & let y^m^ stand to cool y^n^ put y^m^ into bottles so cork & rosele y^m^ close Down & set in a coule sellar a quarter of an hour will boyle them

To Pickel Shrimps

take ye Shrimps & picke y^m^ out of ye Shell y^n^ take a gill of white wine & a gill of white wine vinegar a little mace & cloves Salt & Sliced Nutmug set ye vinegar & seasoning upon ye fire when it boyls put in ye Shrimps & let y^m^ have a boyle in ye pickel y^n^ take y^m^ of ye fire set y^m^ to cold when they are cold put y^m^ into bottles so cork & rosel y^m^ close down

To pickel Cockels

take ye cockels wash y^m very clean y^n put y^m into a pan with a little water & set y^m to a boyle y^n take y^m of ye fire & pick y^m out ye shell y^n take ye Pickel y^n wear boyled in & heat it y^n power it upon y^m & set y^m lie all night ye next day take ye pickel from y^m & set it upon ye fire with a little vinegar mace & cloves Salt & nutmug let all theas boyl in ye vinegar y^n take it of ye fire & set to coule & when it is cold power it upon y^m & put y^m into bottles & cork & rosle y^m close down and set them in a cold Sellar

To Pickel Onions

take ye smolest sieced onions & pil ye out of y^m y^n put y^m in a pot with Salt & water y^n take ye water & Salt & heat y^n power it upon y^m ye next morning take fresh Salt & water or change ye Salt and water 3 or 4 morings together y^n cure some allegar & a little gingar jemace peper mace cloves y^n set upon ye fire to boyle when it boyl take of ye fire & set to cold when this cold put it into ye onions y^n put y^m into bottles & cork & rosle y^m close Down

How to make mango

take some large cucumbers ye greenest you can get cut a round pece out of ye end & crape out ye seeds y^n fill y^m with a little Salt & peper mace & cloves Jemace peper & gingar garlick & mustard seed y^n put in ye pece you cut out & prick it down with smale squares y^n take some allegar are put into it a little Salt & some of ye same & sonny yt is in ye mango y^n heat ye pickel every morning till ye mango be green and keep them close coured Down

To Pickel Walnuts

Take y^m in ye first or seck^ond week in July before ye begin to shell ye meuse begot when they are Dry lay y^m in water & shift y^m twice a Day for a week for a nother week lay y^m in Salt & water power on warme Salt & water upon y^m & morning together y^n pickel must be made thus take some vinegar & set it upon ye fire with a little sliced gingar mace & cloves a little Salt & peper jemace peper with a bag of mustard seed let all thease have a boyle in ye vinegar y^n take it of ye fire & set it to coole y^n power it upon ye walnuts before it be quit cold ye walnuts must be weele drained before ye pickel be put to y^m so ly y^m close down & set y^m in a coole place

To Pickel Barbesyes

take ye barbesyes pick y^m & put y^m into a brale mouth pot y^n take ye loose berbesyes & crush y^m then put ye sece into salt & water y^n boyle it but if it be not Redanuge put a little red cabidge Pickel when it is cold y^n power it upon y barbesyes so set y^m be very close y^t no are yet in so cork & Rosle yr Botles

To Pickel Cabidge

take ye cabidge & cut in quartres & take out ye core y^n cut it in thin slices & put it into a brat mouted pot with a layer of salt & a layer of cabidge & a little gingar cloves mace so dos till y^e be full y^n power some vinegar upon it & ly it down close & set it in a sellar

To Pickel Concomers or Girkins or Kidney Beans

Gather ye concomers or Girkins when they are dry wash ye in cold water & lay ye in cold Sale & water pribey hot & power upon ye with a handfull of dil so heat ye pickel twice a day till they be Green throw in some allom mind ye Sale & water mind ye ye water before boyle ye Dream ye from ye Sale & water ye Ingurey of good vinegar some Sall & Ginger some jemaco peper mace & cloves Set all these to boyle ye take ye of ye fire to cold when it is cold Poure it upon ye Girkin & ty ye close down Set ye in a could Sellar for ye Small Girkin put ye into bottles & rosel ye up

To pickel Mushrooms

Cut ye Stoks of ye buttons throw ye into cold Water ye wase ye out with a bit brach & throw ye into milk & water ye have redy a pan with milk & water when it boyles put in ye mushrooms & let ye boyle half an quarter of an hour take ye up into a Sive to Dreane ye have redey a clean cloth to dry ye with when you have done throw ye into vinegar if you have no Stild venegar let ye lay all night ye put ye into a wide mouted Bottle if you have not Stild vemegar fill ye bottle with wite wine vinegar & a little mace & a little Salt so power a spoonfull of sweet oil upon ye when ye are in ye bottle so Cork ye close & ty ye down with rosin or leather ye close ye Botom & set ye in a cold Sell

Sauce for Ducks

Take Butter and burn it in a Sauce pan ye put in ye Pinions and Gisards let em simmer ye put in a poringer of water a bunch of Sweet herbs and an onion a crust of bread to thicken it with a little peper salt ye put it through a cullinder serve ye gravey under ye Duck &c Sauce for turkey Duck pheasant or partridg

Boyle onions tender put to ye Grated bread Slices of lemond ye Gravey peper and Sall so scove it under

Sauce for fowls or Rost mutton your fowls take clarret vinegar anchovies oysters nutmug Millet gravey of mutton Sweet Butter juice of lime or a little Sale if you please orringe or lemon

To Make a plume cake

Take 2 Pound and 10 ounces of fine flowe dryed 2 Pound and a half of correns well dryed wes and picked a pint of Cream a quarter of a pound of butter half a pint of sack a quarter of a pound of almons blanched and beaten with a little rose water 8 ounces of sugar 10 eggs leave out half ye whites a nutmeg as much candied orringe lemon Sitern as you please a pint of good ale yeast make your creame so hot as to melt your butter ye mix all to gather and let it stand a quarter of an hour to rise your oven must be as hot as to brown a manchet you may use it with white of eggs bet to a froth and Double refina Sugar

To make a Biskel Cake

take one Pound of butter work it well before ye fire till it be as Light as Creame put to it 10 eggs well beaten whites & yolks together and a Pound of powder Sugar a carraway seed halfe a pint of Creame keep string ym till ye oven be ready have ing ye pan well butterd put it in and set it in a quick oven an hour will be doo

To make Cheese Cakes in summer

Take Curds to a pint of Creame 3 eggs half pound Currans season ym with Sugar nutmug Cinamon rose water a Spoonfull of sack blanched almonds rub good store of butter into ye curds with a little creame put them in tins and bake them

To Make Lemmon or Orringe Cheese Cakes

a pound of almonds blanch beat em very all with oringe flower water halfe a pound sugar beaten and Sered and 3 Quarters of a pound of melted butter all mixe could & yolks of eggs well beaten with ½ of ye whites ye pill of oringe or Lemond let it boyle till it be tender and ye bitter up boue beat it well in a morter mix them all together so put ym in crusts and

To Jugg a Hare

take a hare skind and cute it into pieces as for frigasee then put it into a stone Jugg with out any Liquor Cork it down set ye ~~Kettle~~ Jugg in a Kettle water yt will cover it or near th straw in ye Kettle to kinder ye Jugg from ra ing so let ye Kettle boyle till ye hare is enough it will yeld a great deal of Liquor and ym strain ye Liquor and put it into a sauce pan with a little Butter and Flower to thicken it with little salt and yt seasoning you please just before yt put in ye hare add a little

How to make a Calves head hash

Get a large Calves head wash it very well but Slice ye brains ym boyle it half an hour bake ye one side broyl it & sew ye other over with parsley & wash it over with eggs yolk & a little grated bread & a little peper & Salt & it in ye dripping pan to broyl ym cut ye one side in dice stew it in strong broth with a Gill of whit wine some grated nutmug & Capers 1 anchove or 2 or 3 cloves & stew all to gether boyle ye brains put 2 or 3 eg yolks put a spoonful of flower or 2 to ye brains shred a little parsley and put to ye eggs ym cut ye brains in thin slices & fry ym in butter & keep it hot when you Dish it up power ye stewd meat into ye Dish & lay ye broyl meat in ye midst of ye Dish & ye brains upon it & fry some bacon & lay upon ym ym garnish your Dish with pickel

How to Collor Cheese

take a hung cheese & case it ym take ye bones out of it & cut ye head & bake of & dry it with a cloth ym season it with peper Salt & mace & cloves & nutmug ym shred a little Lemon sine & boyle it up ym boyle it in water & Sale yn ym Picket that it is boyld in clear it of & put in vinegar & a little more Salt & seasoning you may garnish ye Dish with greens

may will keep a port night

A Receipt to make orring water

Take 12 dozen of orrings strain ye Juice out & keep it by it self ym take ye seeds & Core only put ye Juice & outer rinds into ye still set ym to stand 3 days infusing in 3 quarts of brandy & 3 pints of Cherry you may draw of 13 quarts & dissolve a pound & a half of Sugar & ym mix ym together if you have a mind to perfume it put in two grains of musk & one ambr

Gooseberry

How to Collor Beef

take ye bones out of ye chin out of a Brisket
or beef yu lay it in pump water 6 hours
yu take it out to drean & season it with
peper & Salt & a little Sale peter & let it
lay in that Seasoning one night yu will
gen roll it up take a little time & putting &
a little gearmace peper beat a little lemon
some 2 or 3 bay leaves Shred Roll it up
very fast with jinkle yu Put it in a long
pan & put in a pint of water & a pint of
Clarrid yu get a sheet of Paper & wet
it yu cover it close & send it to ye bake
house Let it stand in ye oven the it be under
will it comes out of ye oven take it up &
take of ye jinkel & lap it up in a cloth
yu lay ye jinkel about it & when it is cold
Send it to ye table garnish ye Dish with

How to color a Pigg & greens

take a large pigg dress it very clean lay
it all night in fare water & salt it 2
or 3 times & bone it. & cut of ye head &
bake & wash ye pig in 2 or 3 waters more
season it with peper & Salt mace & clove
& let it lay all night in that Seasoning
yu grat some nutmeg & Shred a little onion
pile a little Sage & time & a little winter
Savery & 2 or 3 bay leaves yu Boyle it in
in a cloth & ty it fast with inkel & boyl
it in milk & water & salt but Skim it vi
Clean but boyle it very tender yu take it up
& yu ye Pickle that it is boyled in is cold
Clear it of & put in a pint of vengar to ye
pickle yu put in ye pig in ye pickle & in 2
or 3 days you may use will gen Dish it up.
garnish your Dish with greens it must be
Eaten with Sugar & vinegar

For the Stone

Take a Carrot the rediest that can be got, slice it very thin, and put it into a quart of white wine in a glasse bottell, with a quarter of an ounce of Daucus seeds bruised. Cork the bottell close, and let it stand cool in a cellar, and drink a wine glasse of it three mornings together fasting, at the full of the moon, and at the change. i.e. on the day of the full & change and the day before & after each.

Dr. Clark.

For a Cough

Take two spoonfulls of lime honie: two nutmegs: the quantitie of two nutmegs of sal prunella. Mix altogether & take a little upon a knifes point at a time: my Ladie Ellis.

white linement good to keep a sore clear & from
proud flesh ~~dipt in~~ a litle lint dept in it & laid in ye sore
& a plaister of bazilicum laid over it

diaculum gum gumis good for a hard swelling or acke tooth

ye black salve

2 penwth of red lead half a pint of linseed oyle
2 ounces of bees wax & a bit of muton shuit
a bout ye bigness of an egg put all these togather
and boyle it for three quarters of an ~~hour~~ hower over
a slow fire

John mason his book I writ mason

To Make Bitter Drops
6 pen worth of Safron
Take a Quart of Brandy, put
the peels of Twelve Oranges pared
thin, and two Ounces of Gentian
sliced, three Drams of Cochinial,
two Drams of Snake Root shake
the Bottle well, and let it stand
a week then pour it through
a flannell, then put a pint more
of brandy to it, and let that
stand a week, then mix them
together

then

A Comfortable Mixture

Take Sack half a pound strong Cinamon water, five ounces, Damask rose water and white sugar candy of each two ounces, Al Chermes one ounce species lotif: Galeni 2 drams, four leafs of gold and oil of Nutmegs six drops.

for thes that cant
rote the wat rat the bladd
of a swine hog & dry it
to powder and giv of much
as will lie on a sixpence
when thay go to bed

for thes that cant.
make water tat Elder flowe
ground to powder give as much
as will lie on sixpence on
a shilling in a glas of whit wine

warm or later
rusti gyorne laid in stale hog
when it is burning dub the worn
with the most nes that [illegible] of
on the gyorn

Consumpsion
tak 6 quart of water 3 pound of
shugar boyl it an hower let it
stand un till it is all most cold
and power it upon a peck of
pick cowslips work it with the
peep & 2 lemons let it stand
2 monthes or longer but if that
that is two long bye one

[illegible] tak 12 eye [illegible]

grain [illegible]
one peck of liquorice of
[illegible] one ounce of anis seed
ounce of the cornpary all
poudered Sugar fat as
much as will lie upon a shilling
serve morning in wormwood
Ale or wine & stir after it
for a forth night

foots bare foot
scald the eyes stran them
and hot them & put a peece
of butter & the yolke of eggs
Rose water

---

a Strong Brown Soupe

Take a neck end of Beef
in as much water as strongbrew
as will cover it a bank of
suet harbs onyon pepper salt
cloves crust of wheat bread
and fry som of the lean meats
of beef & stew with the rest in
a close pot on the fire a
little paper Strain it
through a sive an clarifie
the fat if your soup be
not brown & rouf you
must fry som more beef and
and when brown put som of
your liquor to it and then
strain it it your soup a
gaine stirrinit all to gather
over the fire but not long
for that will make it look
pale a gaine you may
put palits on any fowle boned
roasted with forst meat in
the belly or a fricick Role
crispt & laid in the dish
bread cut fat dice & fride
you may put in 2 or 3 mushrumes
a lackup forst meat

---

forst meat a pound of lean veal
a pound of beef suet beat in
a morte 3 Eggs wheat bread
grated sweet marjoram time

to pickle
to keep a yeare

Lay the Strakes in Salt
and water for 3 or 4 dayes
then lay them in a Sive
to dreane. and when Alegar
Dill & Salt is Boyled powre
it to the punsheon Scalding
hot & Cover it Close
& When you wold use some
of it take for your present
use Sum of that pickle
and Boyle as much as you
think fit to use in a mouneth
time

the Same receat does for
gerkins onely you must put
them in when it byles
and let them have a boyle
and thay will keep a yeare

To pickle any green
things as Fenelin or ginkins
or elder flowers or Radish
Seeds
Lay them in a pickle
of Alegar & water & Salt and
Sal thas look yallow
then Boyle them in Salte &
water to green them. take them
out & drian them & so Boyle
them 4 or 3 time
then make your pickle of the
egar & Dill & Spice & Salt B
it & so put it to them
hot you may cut a peece of cit
to fit your pot with in & lay up

a sago puding

3 ounces of sago 3 pints of new milk boyld till it is as thick as a hotty puding stirr it sterling least it stick to wth it is half cooldd put in six ounce of buter, next morning rake 8 eggs only half the whites nutmeg all sorts of dryd sweet meats a glass of sceth & sugar altsird together so bake it

Sauce for venison

gravey cinnamon nutmeg boyld grated bread clarret a little sugar & buter

To boyle a breast of veale

bone it wash it & dry it a hons full of sweet herbs some like clove mace nutmeg salt wash the inside wth a yolk of an eg then strew the herbs all over the inside wth some thin slices of bacon put in yolk of eg so round up in a cotter it must boyle 2 hours then cut in three peices garnished wth sipits slices of bacon fryd in egg melted butter gravey & nutmeg

To dresse a cods head

boyle it in salt & water horse radish wn it is enough take of the skin drain it well yn take a lt of white wine sace of a lemon oysters & some of the pickle mace & nutmeg a lt of buter thicken wth the yolk of egg power it upon head garnish it w fryd fish lemon & barberys lemon peel

Sauce for Ducks

Take butter & burn it in a saucepan then put in pinyons necks gizards let yn simmer yn put in pepper onyon pepper whole sweet herbs a crust of bread to thicken it & put the gravy of duck to it wn strained

Sauce for Turkey pheasant or partridg

gravey peper salt oynion grated bread a little melted buter pound in to it

Sauce for fowls or Rost mutton

Take anchovey gravey sholott nutmeg vinegar boyld, red wine oyster a little butter flour to thickin a little

To jugg a hare

cut it in peices put it in to a jug stopd close in a pan full of water a peice of buter pepper salt sweet herbs a little time shallot wn enough take it out clear it from the liquor yn may put a little white or red wine or strong beer some walnut pickles a little flour & buter & toss it up wth sipitts

To stew pidgeons or chickens

cut them in half or qrs if little boyle them whole put them in a pan wth a little white wine water & vinegar salt oynion & whole pepper a bottom of a penny loaf bruised only chocks sparrow grass tops shred porelay boyle all these gently till the liquor a boue half boyld a way then put in a peice of butter & give it a nother stew garnish it wth lemmon & oysters

To pott partridges

Dress wash & dry them Season them wth jamaco peper cloves mace Salt rub y^m all over & within put butter also & some upon the bott^m to cover y^m bake them not too tender y^n take them out of ye pott & let them stand till they are cold take the butter from the gravey w^n cooll, & add as much as will cover them in the pott

To pott Salmon

scale it wash it & dry it cloves mace jamaco pepper beat Salt Season it the night before y^n bake it y^n put it into the Oven put a good quantity of butt^r 2 or three bay leaves w^n baked take it out of the pot let it stand to be cold then take the butt^r it was baked in wth some more & pour it upon the Salmon & cover it well, cut it in such peices as will fit ye pots ye Desire to keep it in

To Pickle Pidgeons

Wash them in warm rain water, bore them whole at ye neck, Season them with shreed Thime & Parsely anchovey a Little bit of onion, mace nutmeg & Pepper Salt & Peice of Fat Bacon tiye ye necks up close, & Boyle them in Half White wine & half Vinegar, Boyle them Half an Hour then take them out & when Cold put them in ye pickle again

To Keep Quinces wth out sugar

Take ye Quinces & quarter them as for preserving ye peeps cut out, some of ye parings put into ye Water where y^e are to boyle ye quarters wch is to boyl till they are tender but not broke, wth ye water is Cold put 2 or 3 spoonfulls of Vinegar into ye water & then put it into pots Cover ye Quince wth ye Pickle a good inch above ye Quince,

if Anchoves want Pickle beat some bay Salt and boyl in water 2 or 3 anchoves with ye Salt let it be Quite Cold before y^n put it to ye rest

make the fish ready for boyling (for gacks) over night Rub y^m wth in with salt & put 2 or 3 spoonfulls of vinegar in the

the pickle to boyle them in is as much water as will cover them to wch put a pint of vinegar a good handfull of Horse-raddish sliced, some mace & whole peper let y^m boile well,

The sauce for y^m

Take rather bett^r than a q^t of a pint of Red wine (don boyeg^e red wine) a good deale of horsraddish cut small a bove half a spoonfull of mace & nutmeg & whole peper 2. anchovies unwashed let all these boyle till half be consum^d then strain it out & melt in it a p^d of Butt^r well work^d wth flow^r if y^u like it sharp put lemmon juice or half a spoonfull of vinegar

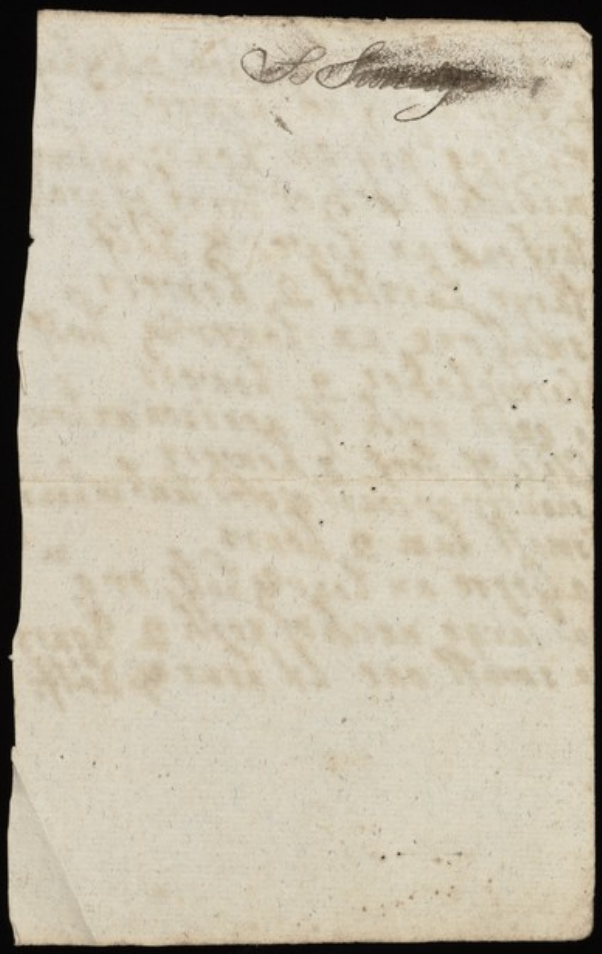
this sauce is proper either fresh water fish or sea, only fresh water braid the liver in it sea fish put in Shrimps oysters or the Body of a lobster

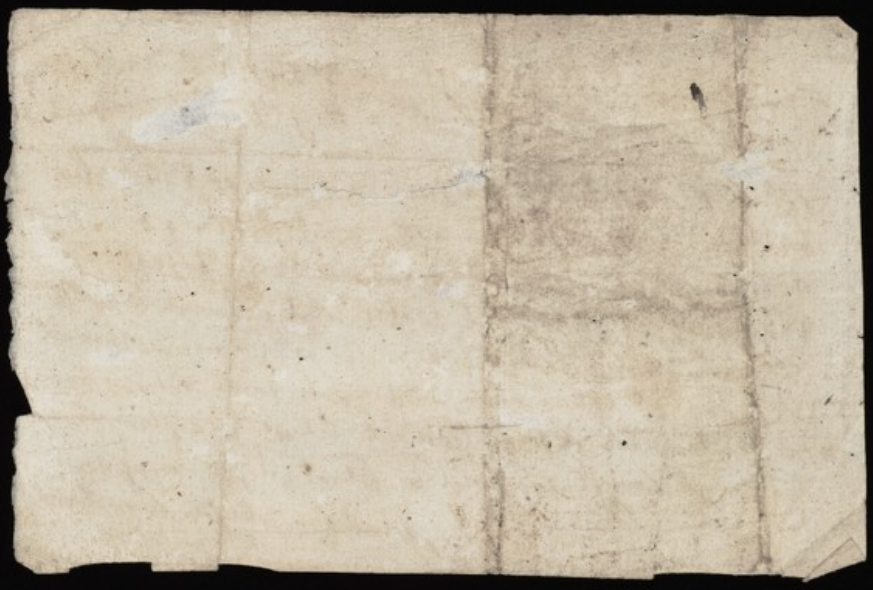
roast a small hogs head 2 houres
a fall a q'r of an hower
midling pig an houre & an houre
midling neck or brest of veall
large one an hower & half
large harslet 2 howers
small one an hower & half
hartichokes 2 howers
a good neck of venison an houre
side of beef 3 howers
shoulder or coast of good lamb an houre
small ham 2 houres
a Goose an houre & half, or q^re
a large neck of pork 2 houres
a small one an houre & half.

An excellent Plaister for ye Stomach for those
yt are troubled wth a cough, or consumption

R/ 3 ounces of Burgary Pitch, 2 ounces of Venice Tur:
:pentine. 2 ounces of Bees wax. white Rosin 1 ounce.
oyle of mace 1 ounce. melt all these together,
then pour it into cold water, and when it is cold
enough make it up into rolls. w^n ye use it spread
it upon sheeps leather, and grate some Nutmeg upon
it, and apply it to ye Stomach, let ye plaister be
some w^t large, renew it as oft as ye see occasion.

madam Johnson of North Wiltsh





To ~~Bake it or Lay it~~ Venison

Bone it & season it with Black pepper and jemacia 2 dayes before y: Bake it

For an Ague

Take A Dram of Bark half a Dram of Venice Treacle & y: juice of half a Lemon in a Glass of Port three nights together,

For an Ague

A quart of red Port put into it 20 grains of Saffron 20 Grains of Cochineal two Nutmegs roasted 1:℥ of Bark infuse in 48 hours take 3 spoonfulls every three hours when y: fitt is off & by repeating of it will certainly Cure.

Eye water

Take white Vitriol 4:ʒ: Allum & Camphire each 1:ʒ: beat all in fine Powder, lay first y: Allum at bottom of y: Crusable then y: Camphire & lastly y: Vitriol Cover y: Crusable Close all night in hot embers & whilst warm beat to fine powder adding 4:ʒ: of fine bole Armen keep y: powder close corkt up for use boil fine spring water & when Cool enough to put into a bottle add to a quart of y: water 1:ʒ: of y: powder & shake & pour into y: Eye 3 or 4 times a day,

~~to Picke~~ To make Mango

Take ye finest Cucombers ye can gett & lay ye in Salt & water 4 or 5 dayes ye then take ye out & dry ye & take out all ye seeds & fill ye full of mustard seed Horseradish & garlick & tye ye up & sett ye over ye fire to scald in ye Vinegar where it Cold put ye into ye pot ye desire to keep ye in & pour ye Vinegar Boiling ~~3 times~~ hott upon ye at 3 differant times & when it is Cold put in some mace & ginger & stop it up very Close

give ye a Cut down ye side before ye put into ye salt & water

To Pickle Oyle

To a Flagg of 20 stone Weight take a stone of salt common Salt one lb of Saltpetre & half a lb of Alum

Take to ye common-Salt three quarts & three add ye Saltpetre & Alum being first finely beat & ye Oyle mixed hot & put it in Jars & tie it as tightly like Jams & Sweet Meats & put it in Cellar where it will keep Good & fresh & fit for use & when ye first & second Jarr is empty you may take ye Pickle out of it & put it into a Barrel or Firkin & Cover it with Brine or pour off it & Keep ye Pickle

to salt bakon

Cut the gamons of young porkers before thay be cold then hang them up whear the wind comes for 14 dayes then make Bryon soe strong as to carry an egge with bay salt salt peeter peeter salt an comon salt let them ly in the Bryon till thay looke red which will be in a bout 14 or 15 dayes then hang them up in the chimney for eighteen dayes

two ounces of a sort of the three salts will doe one Dusen but yo must put of comon salt till it will beare an egge after the other salts are in

littel cakes

take a pound of butter a pound and halfe of flower six spoonfulls of yeast a fur carraway seeds as yo please make it up into a past and make it into littel parcels like littel coffins like pyes and put into every one som plumped corrains and suger and soe close them up and make them into littel cakes lift fine suger on them whilst thay are hott

to pickel pidgeons

take the largest young pidgons and bone them whole and lard them on the inside then turne them then put them into boyling water to plump them take them out and make yr stuffing of time sweet margram sauroy parsley anchouis and a littel onion shread these very small together then take mace nutmegs cloues pepper and beat them very small and put salt to them then mix yr spice and herbs together then stuff yr pidgons with it and put to them a pickel of halfe white wine and halfe vinegar and boyle them into halfe an houer then take yr pidgons out and when ~~it is~~ they are cold put them into a pott to keepe

to a dusen pidgons 8 anchouis

to pickel a turkey

take a turkey and bone it whole and lay it on the inside season it with cloues mace pepper and salt bake it in a quart of white wine and a quart of alligar a littel whole pepper mace and 2 or 3 bay leaues and a peice of butter keepe it in this pickel till yo eate it 3 quarters of an houer is enouge for the baking

To make Rum after ye Brunswick fashion

take a Vessel Contayning 63 gallons the Water must
be first boyled to ye Consumption of a ye part at Lott
let it then be brewed acording to Art with ye Bushl
of Wheat malt one Bushel Otten Malt & one ½ Shell of
a round hoop & when it is tunned

Hogshead be too much full at first when
[illegible] Worke put to it of the Inward Rind of
[illegible] and of the tops of fir & Birch of
[illegible] pound of Cardus dried 3 handfull
[illegible] of Rosasolis two handfuls & of Burnit
Bullony marjoram Avens Pennyroyall Elder flowers
wild time of each a handfull & an half Seeds
of Cardemum bruised 3 ounces Barberries bruised one
ounce put the Seeds into the Vessel wn the liquor
hath workt a while with the herbs put in two
handfulls of green Wallnuts after all ye Seeds &
herbs are in let the Liquor worke over ye Vessel
as Little as may be fill it up at Last & when
you go to Stop it up put in ten Newlaid Eggs the
Shells not broken nor Crakt Stop it Close &
Drink it when it is two years Olde

the bushels above mentioned is but Strikes

To make Rum after ye Brunswick fashion

take a Vessel Contayning 63 Gallons the Water must
be first boyled to ye Consumption of a ¾ part at Least
let it then be brewed acording to Art with ye Bushl
of wheat malt one Bushel Oten Malt & one ½ Shell of
ground brans & when it is tunned
Let not the Hogshead be too much full at first when
it begins to worke put to it of the Inward Rind of
fir tree 3 pound of the tops of fir & Birch of
Each one ~~handfull~~ pound of Cardus dried 3 handfull
of the flowers of Rosasolis two handfuls & of Burnit
Bullony marjoram Avens Pennyroyall Elder flowers
wild time of each a handfull & an half Seeds
of Cardemum bruised 3 ounces Barberies bruised one
ounce put the Seeds into the Vessel wn the liquor
hath workt a while with the herbs put in two
handfulls of green Wallnuts after all ye Seeds &
herbs are in Let the Liquor worke over ye Vessel
as Little as may be fill it up at Last & when
you go to Stop it up put in ten New laid Eggs the
Shells not broken nor Crakt Stop it Close &
Drink it when it is two years Olde

the bushels a bove mentioned is but Strickt

To make Edor berr wine like f

to a pinte of berrs put a quart of water and boile them to gather straine them & to every quart of liquour a pound of sugar than take fue Cloves a litle ginger and what other spices you plas and balme rose mary & bays a bout a hand full of each & boile them all to gather then straine them and lett it stand untill it is Colde then put East to it and lett it stand 2 or 3 days stirring it oftan and skum of the top and then put it in to y Cask & lett it stand two or 3 month & then draw it of & bottle it you may ad a quart of canary to it if you plas if you keep it 2 yeare it will be as Rich as tant

To make a rare Sillebub

Take 3 pinte of Renish wine a pint & an half of sid then take a nut megg prick it full of holes steep in the wine the take a pint & an half of thick cream & a pound & a quarte of fiene sugar with 10 or 3 amber Comfits finly beaten to gather pout it into y Cream beat it with a spoone an houer then mix it all to gather milk in a pinte of milk then let it stand a litele while then milk a nother pinte of milk & so a third keep it a whole night before you spend it nor more it will be y beter

To condy oringe Rill or Chips

pare the oringes very thin & water them a day & a night then boile them in a great quantity of water till they be tender then draine them & take their wait in fulle refined sugar put so much water to it as will wett them let it boile to a condy height then put in the pill & let them boile softly turning them of them till they be dry & so keep them in a dry place.

Rotten Apple make vari good Sider

pogle & the Juice put in a barill for 3 or 4 monthe & so bottled of.

Syrup of Peach flower is a very purge for children very good for worme or a Cider good pill to other people a very powerful it weon gives

Quarter Quince to a pound of Sugar

a pound of quince to every pound a pinte of water let y sugar and water boile untill the scum rise & skum it then put y quince in cover them very close let it boile gently for half a houre then put in a mutton alye Cornell that come out of and y white of an Eggs tied up together then boile all to gether as fast as you can untill it is a Jelly

to preserve Apricock

tak to every pound of Apricock a pound of
lof Shuger beat it & sift it pere them as thin
as yor Con an lat thine stond in a lason & strow
a pite at a quarter of shuger on them & lat them
stand all night strat the stones out with
bodkin put no water to them but boyle them
in thayrone liquar crack yt shell & blonch
a bout a dozan of the Cornell & boyle them
with the apricock when thay look clear
thay are enough put y Cornell with them
and serve them a long with them in the
glasses

to preserve Walnuts

take wal nuts when you can run a pin through
them in water all night take them from the
water & put them in a skelit with more water
and boyle them gentley shifting the water 3 or 4
times while thayre boyling have a nother
skellet of water boylin by you so boyle them
untill thay be tender peel the wal nut wh
thay are boyled then take duble waite of sugar
to the wall nuts first clarefie the sugar with
as much liquar a will cover them & so boyle them
untill thay be enough the syrup must be
made with young pipin or John Apples boyl
in water over the wall nuts though with
a linen pin with fetenor and condid lemon or or
ill you may put the juice of lemon

to make goosberi Vinagar take full ripe berries
& mash them & to a quart of the mashed berries put
three quarts of water the water must be boyled and
cold before yu put it to them stir them to gether
and straine them through a sive & than runet
~~them~~ through a jelli bag then put to every
galan of liquar a pound of Corse shuger &
tun it up.

to make goosberi wine which is as good a sack
when your berries is ripe brake them in a trough
take tyles for feder prass them gentle lett them run
throu a hare bag & to every galon of y liquar
put two pound of corse sugar stir them well till yt
sugar be dissolved & so lett it stond in an open
vessell tow or three days it will rise up with
a thick scum which must be took of then it must
be drown out of that vessell & put in to a close
barill & capt untill it be vari fine which will
be in three or fower monthes than bottle
it & it will keep & the longer the better

to make Lemonade take 3 quarts of water
one dozen of lemons one pound of loafe sugar
peel halfe vari thin & lat them ly in y water
a bout an hour & so strain them & bottle it up

ye same ricot for the goosberi wine doth for
Cheri wine Raspberi wine & Coron wine

to Pickle walnuts

take as much water as will cover ye nuts
changing it twice a day for 5 days to gether
in to fresh water untill they are not bitter
then take them out & put them in to scalding
water and let them stand till they are
Cold then lay them in an a dry Cloth
then take wine Vinegar and boyle in it
Cloves & mace & whole peper half a handfull
of bay leaves som horse Radish sliced thin ad some
salt boyle them when it is Cold put it to
the nuts. so much as will cover them
you may put in to ye pot a
spoonfulle of mustard & halfe a dozen cloves
of garlick

to pot mushrooms

peel ye mushrooms in to Cold water to preserve
ye colour dry them & put them in a pot with salt
& peper & buter them back them when they come
out of the oven power all ye liquor from ym
then put more but more buter on them to keep
them

To pickele mushroomes

Take ye mushroomes wash them & cleans them well let
them soake in water 2 hours then put them in boyling
water Just let them so strayne them out put them in
a clean cloth & cover them till cold make a pickle of
halfe white wine & halfe white wine Vineger season it
with salt wole peper split nutmeg & mace put in a clove
of garlick & boyl it up when cold put in so it ye mushrooms
in a glass head them with oyle of olives then tye a bladder
over them & they will thus done all the yeare as white
as snow

To make Cheescakes

Take a quart of Chescurd beate well in a mortar with
a little buter season it with sugar Cinamom & nutmeg put
in some minch Citron ye yolks of 8 eggs & biskits or bomen
Grated bred some Rose-water make some plane & into yoste
out som plumps Currants put them in a good sort of French
pass not too much pust then fre then over with thick buter
fine suger & bake them of quick in a oven dish them & serve

For Custeres

To a quart of Cream put in 12 Eggs the whites of 4 beaten
beaten Cinamom some suger & orang flows water or Rose-
water beat it up well together & strain it through a sive
with this you may fill your custards ye custard cups or
what you please to put it in

to make Cutlette Cut a loyne or neck of
mutton in to Slices and shrad time persley marjorom
to strow upon them season them with papper & salt
great a little nut mug over them & som whit onions
& broyle them & drop som butter upon them
for the sauce you must make a little groui with a
bone and put som Claret in & an Chovy an onyon
and Lemon pill boyled well to gather with a piece of
butter so power it upon them you may ad oyster
or Capiers & Rub the dish with and onyon

how to Regoow alamode a shoulder of mutton
draw it with parsley & Lemon pill & stick in
a bout half a dozen Cloves on the in side
when it is half Rosted drige it with the same
you did the Cutlits & so Rost it and when it is
a nouse but not too much
for the sauce you must have som gravy or strong
broth put in it a glass of Claret an an Clove
a hole nut mug grated a good peece of butter
som shalot or an onyon a little papper broke bat
al the boyle half an hower then put in oyster
slash the mutton and put the oyster in the slashes
mugh some Capers gresh it with sipet & other
sieties

To pre serve wall nute white
take wall nute when they are Redy to shall or
that you can Run a pin through them pare of
all the green to the white put them in to water
as you pare them you must be quick in the pare
ing of them lest they turne black put your water
boyle on the fiar the while the is doing put the
nuts in to a Cabage net when they have boyle
in hot water till they begin to Choange the Color
take up the nut and draine the water from them
presently put them in to a nother boyling water
& lett them boyle untill they be tender then take
~~up them take them~~ up draine them on a Course
sheet from the water to a pound and a pound
sugar make a surup as you do for Clear Cakes
with pipins or John Apple ¾ quarter of a pint
a pound of sugar make your surup and scume it
when it is clear put in your wall nuts & holte
preserve them lett them by whilst you cut
some dryed green Citron Cut of the green rine
cut the white in to longe reeps & draw a peece
a Cros Everi wall nut with a Larding pin lett
them on a gaine & boyle them a little be
fore they are a nough put in as much Juice
of Lemon as you like & lett it boyle after it
is in

To make Pankakes

Take a pinte of good milk and ye yolkes of six Eggs & the whites of two mixe your flour and milk to gather pretty thick then put in your Eggs and six spoonfulls of the aleth Nut mig Cloves & mace & fire a more left it stand 2 howrs when you go to fry them put in half a pint or 12 spoonfulls of boyling water & 2 spoonfulls of Rost Scoop your Apples & cut them a Cross that the hole may be in the midl & dip every peece in the batter and put them in to boyle same

To make Ratafie

to a quart of good Brandy put ½ 120 stone cotte kernells & stones broken from few Pieces of Damascen & 3 ounces of dubl Refined Sugar

To make Perrip

Steep the pilles of 8 in a quart of Brand 2 or 3 days then boyle 3 quarters of a pound Sugar in a quart of fair water when it is Cold mixe it together & bottle it. the lemon rind must be cut thin

To make Elder Claret

Take 20 pound of malago Rasins & rub them Clean & shred them put small boyle 5 Gallons of water as howar then pour it hot upon them & let them stand 10 days stirring it now & then put it through an hair sieve & put 6 pints of Edarbine Gusse ~~drawn~~ Sett them in a pot of water or bake them in an oven strain them put it on Cold & stir it well to gather then tun it in a Vessell & let it stand six weeke or two monthes & bottle it You must be Carefull that thear be not one un Ripe berri in it for it will spoyle it & make it sowar

You may make Sarke when wine hav done with your raisons by boyling more water & putting to them

to make black pudings

take a quarter of halfe grots boyle 2 quarts of new milk & put to it boyle ing hot let it stand all night in morning season it with pepper & ginger & nut meg salt 2 ounces eggs a bad full of gorgings that is corse meat put in 2 pound of suet shred small put in 2 pound of hogs fat cut in lary peces put in a little pani royall lim sweet margorom parsley a little winter savori a little sage and a prety many leaks when all this is mixt to gather culor it with blud

A drink for the Sturvey & to make one clean

take one ounce & a halfe of hors Radish slice it skin & let it steep 12 hours on the Embers with pintes of small ale it must not boyle drink 4 ounces at a time

To make Harts Horne Jelly

take 3 Quarts of water take 6 ounces of horne boyle it a way then take 3 quarts more & let it boyle untill it come to a Jelly then run it throg a bag to clear it then put in the juice of 8 lemons a little oringe flower water and dable refined sugar then set it on the fire to make it scalding hot and run it throug ye Jelly bag a gaine to clear it an put it in to glasses

Chickins alamode

boyle 4 Chickins & a peece of bacon put parsley in the belies you may put in oyster or cockes or stuff meat in them fry a pound of bacon in colops & forst balls & lay a bout them fryde boyle some harty chokes & crape the pulp of them & leaves & cut ye botom in quarter & putt them into melted butter & power them upon the Chickins you may garnish the dish with sepits dipt in ye yolkes & white of eggs beat the sipit must be cut long & halfe ye bignes of a maple leaf & fryed in butter

To make forst balls

take mutton veal or lamb or both shred it and as much more suet al tran season it pepper cloves mace or nut meg shred sometime perslay & margoram some white bread crums & an egg or tow role it up with flower

pickle wallnuts put them in scolding water 7 or 8 times in seasonall waters then pill them then throw them in ye cold water for a quarter of an hour

make a pickle of vinegar pepper ginger cloves mace boyled a gin sour wall nut & boyl in that water it is cole you may put in some mustard seed horsradish garlay

mrs Hawthworth

To pot Beef Like Venison

Tak a peace of buttock beef slice it thin beat it to a paste season it with pepper salt cloves mace then take ye yolk of 2 Eggs worke into the meat then lay a lith suet or buter in ye botom of the pot then lay in som beef and lay upon it som fat bacon or fat of beef & lay in the Rest and prest it dow and put buter upon it cover it with Corse past & bake it with broad when upon it all most cold power out all the grove and take ye buter that come from it & some more butter to melt with & put upon it

To Stew A Rump of Beef

Take a Rump of Beef cut a clout half pound of the tender part with half a pound of suit mince them small to gather with sweet herbs a Caple of Eggs grated bread season it with salte and pepper & otha spices then stafe the tendarest places with it & cut a long peice & stop in every hole to ye the other in take a handfull of pepper and salt and Rub all over the out side then put in to the pan & Cover it all over with water throw in sweet herbs & a few bay leaves Onion & Shelott if you love them then lett it stew till it is tender

Take a Slice or two of lean Beef fry it Brown then put to it a ladlefull of the liquor that the Rump of beef is stewdin a glass of Claret of buter a lith flower the juice of Lemon or Vinegar you may put mushrumdomes prawns ster shrimps or Coiples

to bake turneps cut like a dye fry them brown put them in when your are a go ing to serve it up if the Rump be a little season it is no matter

To dresse a dish of fish

where it is washed put upon it some vinegar & salt Lett it stand ½ hour then boyl it and put in some vinegar and salt onyon pepper ginger Horse Radish and a good bunch of sweet herbs put in some salt stone to make it boyle hard

For the Sauce

take a pint of Claret & put in to it 6 anchoves a blade of mace some shallotts shred a little ginger beat a bunch of sweet herbs a quart of Osters Lett a pint Cockles a pint of shrimps 4 pound of buter a Lemon diced draw this up with y buter thick then draine your fish and lay it on sipits garnish the dish with any sort of fryed fish horse Radish sliced Lemon fryed parsley & barberies put some Kethup power the sauce all over so serve it

To hash a Calfes Head

boyle it ½ quarter then take one halfe & hash it but not too small then take the other and carbonado it take y yokes of 2 or 3 Eggs & wash it over here season it with pepper & salt and strow over it some grated bread some parsley and time Lett in the oven or broyle it for the hash brown it in a stew pan put in a onion & slice or two of bacon thicken it with flower put in some gravy & a pinte of wine a pinte of mushrooms a quart of Osters 24 with pepper salt & nutmeg & good bunch of sweet herbs in it after it hathe a while put in 3 or 4 anchoves a little kethup then put in quarter of a pound of buter & yolkes of 3 or 4 Eggs bos it up till it is thick squeze in the juice of a Lemon or Orenge garnish the dish with the braine dyed in y yolke of Eggs an fried in buter & some fried bacon forsite meat fryed osters & sliced Lemon so dish it up

Boyle foure handfulle of deal shavings or fir tops in six gallons Ale worts for an hower then strain it and when Cold work it with barme after it hathe been stand 24 hours ~~hang in a bag~~ but in half a pound of sharp pointed dock Roots thred ovn of hors radish roots and as much of Cock points roots and two handfull of buck bean hoop put in a good handfull of brook lime & water Cressel & a little scurvygrass or dandelion and two Oringes stick a bout forty Cloves in them put a hand full of Guarnes berrs in you may put in a hand full of ground Ivey sage bravie or santuary

Tun bridge Chishcakes

~~Ta~~ Take the Curd of six quarts of milk put in to it a nut meg and a holf & one pound of butter Rubed in to the Curd & so Rubed through a hare sive & then put in 8 Eggs but only two whites a pinte of Cream Rose waters & Curans & Sugar at dis cretion & a grated pani lofe

an exalent Cordiall water

Take a quart of Sack a quarter of a pinte of popey water as much Damask Rose water to thease put thease fowloing: half a p of Reasons of y Sun Stoned & Sliced a quarter of an ounce of mace as much as Sinaman anyceds & Liquarish Scraped & Sliced Bruised all together then take Rosemary flours mary gold flowers Cowslips Burage ~~a hand full take~~ Clove Joly flowers of each one hand ful But of Sage flowers 2 hand ful take Sweet mariorom mother time peney Royall Bulme of each hand full of mus put of Sack & other water into grate glas bottle with a verey wide mouth then put all y Spices flours & herbs well mingled together & Stop it Close then put it in to a cold Still passed up & So Still it with a quick fiere so long as you any Strength in it then after put in to it p of white Sugur Candy Searced very fine 4 grains of Beter Stone 4 grains of amber Greace 1 graine of muske all pounded very small 12 graine of macery pearle a peney worth of Jaforn which you must tie in a linin Bagge with the muck & make it fasse to the neck of the botele and Shake it gather when you vse it

To Make White Meade

Bird boyle ye water but it stand untill it is all most cold put in your Honey stirring it untill it is all most dissolved make it sweet as mouse to bear an egg way if you wold have it strong make the egg swim put in a few Cloves whole ginger ty them up in a bag with a lemon pill boyle it halfe an hour skimming it as long as it riseth when it is cold toste a peece of bread spread it with Ioast on both sides put it in the fetting & spoonfull of yeast more in the mead next morning tun it up let it stand 3 weeks or a monthe & bottle it

for the sauce
you must have some claret & hard eggs but no white & heat it up with the yolks of raw eggs

How to make a dish of any Cold meat

Take a pd of the flesh of a Leg of veall & 2 pd of suet shrot them very fine take an handfull of time & chop it small then take 4 yolks of 3 hard eggs cut small and 6 apples & lemmon pill cloves nutmeg mace with a little pepper salt & suger & a good handfull of Currants & a little verjuice to make it sharp then mix them all together put in 8 raw eggs to make them up make them pretty big & put them in a dish & set them in an oven & let them stand an hour & a quarter

How to hash a Colues head Perboyle it and take the meat from the bone and cut it in slices with the tongue in the same forme and stwe it in strong brothe and some whit wine sweet herbs as time & savery som anchoves and being stwed enough thickin your hash with the the yolkes of 4 Eggs bet with wine and vineger som nutmeg som butter put in the stue pan and shake all to gather with a Pint of oysters or mushrooms So dish your hash having your forste meat redy and som fine Colops of baken to fling over your meat rub the dish with sholet and so much for that

How to freges Chickins pull of the skin and cut them in peeces frie them brown and then put in som strong broth or gravey & Cloves sweet herbs and som large mace and them stew well and season them with salt & being stewed thicken it as you did your hash

You may stir sweet herbs and Lam stones in if you please and put in Lemons

To Make White Meade

Birls boyle in water but it stand untill it is all most Cold put in your Honey Stirring it untill it is all most dissolved make it Sweet as mouse to bear an egg way if you wold have it Strong make the Egg Swim put in a few Cloves whole ginger tye them up in a bag with a lemon pill boyle it halfe an hour Skimming it as longe as it Riseth when it is Cold toste a peece of bread spread it with Soft on both Sides put it in the Stirring & Spoonefull of Yeast more in the meade next morning tun it up let it Stand 3 weeks or a monthe & bottle it

for the sauce
you must have some
clarell & hart
goods but no
whites & heat
heat it up

How to make a dish of any Cold meat with the yolks of raw eggs

Take a pd of the flesh of a Leg of veall & 2 pd of Suet Shrot them very fine take an hand full of time & chop it Small then take the yolks of 3 hard Eggs cut Small and 6 Apples & lemmon Pill cloves nutmog mace with a little Pepper Salt & Suger & a good hand full of Currants & a little verjuice to make it Sharp then mix them all together Put in 8 raw eggs to make them up make them pretty Big & put them in a dish & set them in an oven & let them Stand an hour & a quarter

How to hash a Calves head Per boyle it and take the meat from the bone and cut it in Slices with the tongue in Same forme and Stwe it in Strong brothe and Some whit wine Sweet herbs as time & Savery Som anchoves and being Stwed enough thickin your hash with the the yolkes of 4 Eggs bet with wine and vineger Som nutmeg Som butter put the Stue pan and Shake all to gather with a Pint of oysters or mashrooms So dish your hash having your forste meat redy and Som fine lolops of baken to fling over your meat put the dish with Sholet and So much for that

How to freges Chickins pull of the Skin and Cut them in peeces frie them brown and then put in Som Strong broth or gravey & Cloves Sweet herbs and Som large mace and them very well and Season them with Salt & being Stwed thicken it as you did your Hash

you may use Sweet breads and lam stones if you please and put in Cinnons

The Cook Collops being cut Hacked and Larded as onlie fruds fine and
Not to Much and Refined in all points as the fregrer of Chickins &
forest Meate May bee used in anes Stewed Dish that is geaneraline

To Make your forest Meate Take the Leans of Veale and Beef
Suet Some Sweet herbs & onions shred all to gether Verie fine
for Season the Meate with Cloves Mace and Nut Meg Salt
Pepper Sugar put in some grated Bread and some Raw Egg and Mak
it on to paste & then Rowll it in Balls and Long Rolls frye on
Stew or Bake them.

For Pease potage

Boyle the pease all to Mash with Leans Bacon and Some Wi
then Strain the pulp for your use Mix it with your Strong
Broth being well Seasoned then put in on pint or quart to
Creame one quarter of Butter then have some fine Spinage bo
Season with Some peavesley and hacked but Not Verie Small & th
in your potage, so dishit on Sippets and fling in some halt
Stewed forest Balls & serve it hot.

To Make Bast Royall

Rub in one pound of Butter to one quart of fine flower. Make
it paste with Eggs & Rose water and some Sometimes Sugar and allmon
Bett and Strained Wet Creame Make the past Stiff and Rowle it
thin and Lay in Cheese aples and Some Sugar and So two or 3 times
and Close it with another Sheet of paste and Cut them with Irons
for that purpose

How to Rowle Beef

Take a Flank of Beef & Split it and Lay it in Brine of Bay
Salt and Salt peter for 4 days and then wash it from the
Salt and Drie it with Clothes and Season it with pepper Cloves
Mace Nut Meg and Sweet herbs then have some Red wine and
some Sewchenell & put it all over your Meate Roll it up and Bake
it or Boyle it and keep it for your use

Seasoning of Hare a turkey pye if the turkey be Leans
Lard him if fat Cut hot Sugar with whole Cloves and pepper
and Salt and Close down with Good Store of Butter both in
Baking and after Baking then it full of Butter and Stope
the Vent

Seaso a Pigeone onlie with pepper and Salt and Bake in
Good Store of Butter both Baking and after

For A Chicking Pye

Trimm them and season them with Cloves and Mace and some pepper & salt and Lay them in the pye with butter Bottoms Marrow yolks o Hard Eggs Lary Mace Lemon and Citron Candied with Peices of Raw Lemmon grapes Gooseberrys or Barberrys Close the pye down with butter being Baked Make a Cabell of cutpots white Verjuice and butter & sugar and Eggs Chicken it but not to curdle it and put it in the pye hot

To Bake Artichokes Potatoes o Skirrits

Boyle anis of these fruit or Root an Blanch them and season with Cloves Mace and Ginger nutmegg & Cinomon & salt season lightly, put ym in a pie with good store of butter, marrow, citron, Lemon, Sringo root, hard eggs; and close it up and bake it, and make a candle for it as yu do for a chicken pie.

You must make ye pie very Larg, and very good crust keep yr one hour will bake it.

To pot Beef

Take ye buttock of a young heifer, or Steer, and split it just down through, but not cut ye skin off ye outsides, and so open it & slice it into pretty thick slices, and beat them with a rowling pin, and season ym with Jaimaca pepper & salt very high, sprinkle ye beef with red wine & Scuthanell and some rock allom, put it in a pot and bake it, being baked clear the gravy from it, and put it close downe, and run it full of butter, and keep it for yr use covered close.

How to collar Pigge

Bone it and lay it in water, let it lye one day and a night shifting it 4 or 5 times, then dry it with a cloth, season it with time, savory, sage, salt, pepper cloves, and mace, ginger lemon pill, bay leaf or two so rowle it up and bind it in a cloth, boyle it in water, salt and wine vinegar, and wine; season ye liquor with ginger, lemon, sliced & sweet herbs, and ye pig boyled being a little cold bind it fast & sewn in ye cloth wch is done by tying it at both ends, being perfect cold take it

take it out of ye cloth and put it into ye same liquor adding some vinegar to it in wch it was boiled.

a puding for a roast hare | the liver boyled & thread volks hard eggs

a litle grated white bread a litle shred fat bacon a litle shred time a litle nutmeg salt one yoalk of an egg mixed wth a litle cream as a litle shred unyon

a nother

bacon time unyon nutmeg grated bred salt so worked up with buter as put into ye belly

to make fine paste for tarts

take a quart of flower as six ounces of buter as one egg take ye buter as do it in thin fleacks so work it up into light pots as rosle it thin, buter ye poty pans, wth ye tarts is made do ym over with melted buter, yn drieg ym over with fine sugar | To make Clivers water for the Stone

Take nine Lees either white or sack wn a ye cangell as what quantity ye make ye must put as much a strong ale as Lees as mix ym together as take Clivers as shred very smalls as cronje as many in to ye liquor as ye can, wn ye put ye into a pot to steep as let ym ly 3 days, but besure do not let there be so much as will cover ym, yn still it either Cold or hot still but ye Lembeck is ye best

to kep harty Choaks all ye year

Take ym wn they are at their full growth but not of long standing for yt they will be tuff & stringy cut of their stalks an inch from ye head put ym in a bellyed potts wth straight mouths & yn they can not rise yn make ye bryon of salt and water, & when yu have filld yr potts as full as yu can wth hartychoaks put in yn brion & be sure they be all covered or elee they will rot, when yu are to euse ym yu must be sure to water ym very well or elee they will be salt but when ye brion has once killd ym yt they can not grow up, you may kep ym in fresh water for a month or six weeks to gather they will take no hurt so they be but shifted every day, yu must boyle ym as yu do others & yu do others but longer & never euse spring water for yt will make ym hard they will be a gran when boyld as if fresh cut out of ye garden

paste for venison

take nine pound flower and put four: pd of butter & rub half a pd of butter into yr flower then take eight egg: whites & ten yolks yn mix yr eggs & flower to gather & some water as yu sa fit so troule in ye rest of yr butter

a posty yt is to be eater cold rub half yr butter in

To make harts horn Jelly

boyle spring water & hartshorn to gether 2 or 3 hours
y^n beat four whites of eggs put in ye first place put
in a Litle Lemon pill & ye juce of one and some
dable refine suger y^n sett it over ye fire and
y^n put in ye white of eggs, lett it be fill to boyle
then take it of and strain it through a Jelly bag
into glasses

to a quarter of a p^d of hartshorn
two pints and half of water two
Lemons

---

to roast a rump of beef

Lett it ly 2 days in a litle salt, half a p^d of
shreed a litle sage 2 unions some sweet earbs wth an
egg some grated Bread, some mace a litle peper y^n
stuf it very hick y^n spitt it, and ly a great deale
of beef sueit in ye pan keeping it stiring continualy
basting till it is a litle more y^n half rosted y^n take a
quart of Claret and a pint of Cider vinegar, Sett it under
ye beefe in a clear pan, keep it with basting till it comes
to half a pint y^n take of ye fat & put in some
anchoves & some good gravey & a quarter of a p^d of fresh
butter rowld up in flower stoss it up and put in to a dish
with ye beefe frothing in it up neatly

To make Allmond Chiseed

take ten ounces of Jordan Allmonds and fifs ounces of biter blanch ym as poun ym very fine nth a litle rose water to hep ym from oyling yn heat or readyness a pd of duble refind Sugar sparced and fitted as ye white of six eggs beat ym to a froth as put it in as ye mix ym Allmonds as sugar togather String it all one way ye drop ym in small Cakes and bake ym in a slow oven

A Seed Cake

Tak half a quartern of wheat flower half a gill of bran a spoonful of new ale yeast as 2 eggs yn work altogather in a stiff paste yn take a p of butter and rub into ye paste bit by bit then take half a pd of Corriway Comfits as work ym in to ye paste yn set it before ye fire for half an our yn work it up as put in to ye oven as fast as ye can if yu please ye may put in a litle sack as in ye roome of Comfits ye may put in Coriway Seeds as Sugar

To make Duch Cake

ten eggs a pd of good Sugar a pd of flower and as many Coriway Seeds as yu please ye Sugar must be put first to ye eggs as beat very well till it looks white yn strew in ye flower by degrees yu may put in some orange or lemon pill as yu like but ye must be put just as it goes into ye oven a whit bread oven will bake it

mead the best to mak any strong
in October Boyle your water let it stand
all night to settle put 4 of hony to
a galon boyle it and while any scum
will rise let it stan untill it be
cold then tun it in to the Barrill
it will be half a year or year
in the Barrel & 2 year in the
Bottle you may put Lemon pill
& Lemon to spice you may put
sassafras if you hav mind to hav
it a sack Cullor

to make Ponch

one quart of Brandy 2 quarts of water
8 lemons & 4 ounces of sugar

To make small Mead

to a gallon of spring water one pound of honey —
to ten gallons of mead, put one half ounce of cloves & mace, & sinamond ye same quantity & race or two of ginger & little lemmon pill a sprig of rose marey these boyl two or three hours, then put into a very clean thing to work it wth yeast till it be cold yn tunn it up & let it stand four days yn bottle it and it will be fit to drink in a fortnights time —

To make strong Mead

to every gallon of water put three pd an half of good honey boyle ye water and melt in ye honey scuming as long as any scum will rise, boyle in it a hand full of balm & a hand full of sweet marjorum, some saffron some merigold flowers a little ginger a little sinamon in a bag and wn it is cold put it into a tub if there be 36 or 38 gallons or twenty gallons put a quart of good Ale yeast yn work it up being covered warm for a week or a fortnight beating it in four or five times a day till yn finde ye honey taste to ye top of ye tunn it up keeping the vent open so long as yn heare it hiss in behind and when it has done hissing stop it up close & keep it for a ye or in ye vessell & when you top it if it be not fine & have not lost ye honey taste yn draw out a quart or ½ pints and then stop it for a month or more then top it a gain & so continue drawing so till it be very fine, and when it is bottle it up for yr ease

for cowslip wine

boyle your water an powder it hot upon your pumps dont let it stand upon ym no longer then to get ye Caler run it through a lane Cloth made whitening which will spoile the Cowlers then put 2 ~~or~~ pound & halfe of Shugr to ye galon and boyle it while any scoum will Rise work it with yeast if it be in Cold weathe it may stand a monthe in the bord you may make it with honey a pound & half to ye galond Oring

How to kep oring all the year for pudinge

Steep them in water 2 days then try them up in Cloth and Boyle them in a fresh water untill thay be tender then Cut them in two and pick out the seed and strings and beat the pill and pulp all to gather with half ye waite of fine shugr an kep it in a pot for your shuge

to make the Puding take 8 eggs leav out 2 whites malt halfe a pound of butter with a lith milk and two spoon fuls of the oring pulp if it be not sweet a nut you may ad mor shugr you may grate a lit bisket in to it but it is ver good without any thing more to it

or if you chuse to have it larger you may boyle ofe meal in fom milk and when cold beat ~~fom eggs~~ that in it or wheat bread Cromes dry be the fire on a lith Cream put a paste round the Dish

To make Cowslip wine

to three gallons of water take peck of pick Cowslips boyle them until the virtue be gon out then strain them to every galon of liquor two pound of shugar then boyle it & scum it when cold work it with yeast as you do Ale let it stand in a Bord two days then bottle it

oring puding

Eight eggs ye juse of 4 orings & the rind of 2 shred thin fine half a pound butter sweten it to yor tast beat all together to gather over night & covered close untill morning put a puf paste rold very thin under it & bake it ¾ of an hour

if you hav not fresh oringes you may make syrup of candied pill beat with squaten of a pomegrans for virgin 6 pound of Rip bere weight boyle one galon of water pour upon them hot let them stand in a baril untill the bere rise to the top draw it out & ad one pound of shugr and bottle it.

Gronikan what ston one pec of flowr half a pound
of but 3 ounces of Corrants grid 3 pounds of white shuger
30 Eggs ½ of it rosewater mor Lesser ~~ad~~ a little Cold water
Role it thin & print it pretty thick

to Mak Lite bisCat ½ yolks of Eggs beat them
with half a pint of shuger half grated quarter of
a pound of flowr boyled mick & then beat 3 white of
Egg & mick with it and strew oringe sede pur top
drop your biscot upon wite paper & bake them in a Cool oven

Trans parent past

~~Trans parent past~~ take a pound of flowr half a pound of
butter as much sugar as butter shrin as sweet as it but your
flowr an butter to gather as fill it be dry flowr a gane
your past vere thin

goos berry fodd Scald & strain your berries stirin
the yolks of 2 eggs coun them out not to cogh
shuger & Ros water

Chesshier Chees your

put your Curd in to the fat and pres it
then with a string cut it in to thing
chases put it in to a Boole & power
Boyleing Water upon it let it stand so
halfe an hower then power the Water from
it slip it in to the fat a gaine & pres
it sett it of you do other Chees

a nother Way to mat fat ny Chees
put your Curd in and pres it then
take it out & crumble it then put it
to gather a gaine

nother Way
mak your Curd lay it in Water
the nex day make more Curd ad to it
it will mak your chee larger & shorter

nother Way
hang your Chees Curd in a strainer to drain
then work some Buter in a morgy the
curd put in to your fat an

John mason His Book
god giu him grace on it
to look and not to look
But undar Jo: John maronnnnn
the cat doth pla and after
pla Mason John Mason

for pain or strain

Oxicrosia perasalsius & dominyem an equal quantity of each all melted to gather & spread upon sheeps leather

for St Anthonys fire

bathe it w.th spirits of wine & y.n anoint w.th y.e oymtment of red Roses

W Walker

A secret for to make Ink

Take a quart of white wine or rain water, put it into a glasse or earthen pot, put into it 4 ounces of galls grossly beaten, let it stand 4 days rumbling now & then to shake it together, then put to it 2 ounces of copperas 1 ounce and a half of gum Arabic. Stir it sometimes and in 14 days it will be excellent Ink

Mary Feather

The Clymon of Almack

Our Saxon Ancestors wd to suppose upon certain quarrs sticks about a foot in length or shorter or longer as they thought fit & cutt of ye moons 14 ye old year whereby they could always tell ye the new moon, full moon & changing happened, & this they called an Al-mon-aght, yt is to say Almonshed to wit, ye regard or observation of all ye moons, & from hence come our Almanack.

Sir

take of gum and of galls of each one pennieworth, and of coppiras one pennieworth, and take one quart of raine water and set on the fire and let it boile, and then take it of and put one quarter of the coppiras in and no more and stirre it about a little while and then set it on again and take your gum and put it in vinegar and beat your galls indifferent small and when it is boiled almost to the halfe, then take it of and put your gum and galls in it and so give it another little boile and take it of and let it cool and put it into bottles.

the red drying Ointment

take of common oil two pints
of yellow wax twelve ounces
of Armenian Bole & the Caput mortuum of vitriol each six ounces
of Calamine levigated four ounces
of litharge & Ceruss each six ounces an half
of Camphire half an ounce
boil these over a gentle fire to the consistence of an ointment
the wax and oile only are to be put over the fire together as soon as they are melted all the rest are to be stirred in finely the camphire must be first reduced by it self in a mortar rubbed so

that you must take a limon and cut a peice of from the crown & stop therein (letting very little Juice from it) some turmerick & saffron grated or sliced or as best you can gett it in, & so ~~put the~~ stop it up with the peice you cut of, & roast it well, & squeese some of the Juice of this into a glass of White wine & drink thereof for nine mornings together, ~~[illegible]~~ My M^r desires

For the Ague

Take the Juice of two Oringes five or six spoonfulls of good sack, mix them well together, and give it upon the first coming of the fit. Take it in bed is best.

As soon as the hot fit begins let your drink be Oringe Posset drink.

To make Oring: Posset

Sil on a quart of milk on the fire, and when it boyles squeeze into it an Oringe, or more according to the bigness and goodness of the Oringe till it turne to clear posset drink, and drink freely of it.

For a Quertens Ague.

Take the quantitie of a walnut of alum and burne it then take of the frostings that arise upon it, or dust on the bottom, then powder it very fine, then take a whole nutmeg and shred it small, and grate it: mix these two well together, and then divide them into severall parts, putting the severall parts into severall paper. Then take one of these papers in fire or six spoonfulls of white wine vinegar and stirre it very well and so drink it an hour and half or two hours before the fit comes: keeping your bed, or going to bed in order to it. which possibly it may make vomit, if it do, it is no prejudice, but rather an advantage.

Lady Goodrich

Take Sarsa parilla, flinty china of each three ounces, Guaiacum two ounces, Sassafras, yellow sanders, licorish of each one ounce, of the shavings of Hartshorne, and Ivory each half a handfull. of the roots of figwort and dropwort each one ounce Coriander seeds half an ounce boil these in two gallons of water to one, then strain it off. for use.

The pectorall Drink

Take a handfull of Hyssop & a handfull of fine Liquorish 2 spoonfull of anis compass & one poon. full of aniseeds boyle all dry in boiling water & strain it & boyle it again strain sugar candy to yr. tastes

Cough

ounces of rose conserve
2 of white sugar candy
one ounce of fucklels
boyle kept on coals of
sperrsity tele at night
then ye 10 to 12 squeeze
of a hyzelnut

Cough

Take four ounces of Red: Lettice
2 ounces of Raisins in the Sun stoned
2 ounces of white sugar candy
Mace as much as you please to make thinne as
deepe as the sulphur & is drawn of the
of Brimstone then is quenched of a horse
Run out at night in first in ye morning

3 Drams of Gentian Seed.

A handfull of Tops of Centaury.

Filings of Steel 3 oz.

Broom Ashes. 3 oz.

Charlard Seed. 1 Drachm.

3 Pints of Wine & Water. infuse 24 hours.

Strain it & take 3 Drachms twice a day for a Month. 1 Drachm of powder of Rhubarb is to be taken occasion ally for opening ye body.

You may add 2 Drachms of horse Radish to encrease ye Quantity according to the strength of Constitution & ye nature of ye Distemper.

Take of Bay Berries, juniper Berries, anise seeds sweet fennel seeds of each one ounce bruise them & knead them in a threepenny wheat loaf crumble it small into six gallons of small ale. Before it has been working put in a pound of the pith of brookline tender stalks & a pound of fennel grass. a pound of horse radish cut in small pieces. When it is a week old drink no other drink for a month.

℞ Of Wild Valerian root, & Dittany of Crete each six Drachms.
Castor & pigeons dung each half an ounce.
Mistletoe six Drachms, Chamomil tops of Rosmary each 2 oz
Infuse them all ten days in 4 pts of White cold set in ye Sun
then strain & add of fine Sugr 4 oz. Oyl of Amber 4 scruples
& Spirit of Castor 2 Drachms. the Oil of Amber & Spt of Castor
must be droppd upon the Sugr before you put it into ye Wine.
Take a Wine glass of this in a morning 2 hrs before
you Eat, & at 4 o Clock in the Afternoon

A powder to allay the heat and qualify the sharpness of humours which occasion the chin cough

Take an ounce of Crabs claws in very fine powder, and an ounce of the Sugar finely powdered, mix them well together and take of that mixture the weight of a shilling first in the morning and last at night, in a Spoon mixed with a little Aqua mirabilis or cherrie water, or drink pusset drink.
This will serve for four or five day. ~~And to be taken after the purging is ended~~ Dr Richard

Of Gascoyne powder twelve grains, or thirteen may be given to man or woman, thirtie to a child,

A manner and an half of Oxymel & Squills dissolved in posset drink to give her a vomit; and it must be brought up within half an hour

Mark Malow Rutt parsley Root Sweet Fenell root
Fenigrain of ith walt a hand full of Each
poser Boylenge water upon them and
Drink it when in small Sweet to work 3 or 4
of mark malow

for Convulsion fits

Take Black Cherrewater and
Syrup of peanna mint toget
ther and gueven the Childe
be fore the fit cum

for a Drop Sir Cattarr or
anie such moyst dis stamper
take flower of Sulpher
one ounce Powder of oris root
halfe an ounce mix them and
take as much as will ly upon
a grate in Syrup o Choras
or vi lets

Evil

take a Serrine root and hang
about the neck

than take halfe a hand full
Leaffes and boyl them in
white wine one pinte to
halfe a pinte and take that
at Six times 3 nights befor
the full and 3 nights after
after your first Seep
and after tha you may take
the Same quantite Step in ale
3 nights before the full and
3 nights after the Chaenge an
per
for a twelfes month to ge
in a mon Childes wake
and wash your sores

A Diett Drink p Dr Richeir

Take Sarsaparilla Slice cut ½ lb of Sasafras China root Shred thin Nephrit wood
Ounce of each 4 ounces harts horn & Juyce of each an ounce & half put them in a Bag
boile in 6 gallons of new ale wort till 2 gallons be consumed then take out the Bag & set into
Liquor to work & when he fitt to tun put in yo Bags again first putting into it Liver wort
Harts tongue Germander & Dancas seeds of each 4 ounces but a round 5 dayes & drink it
for your Ordinary Drink.

A Dyet Drink by Dr Richeir

Take sorsaporilla Slice cutt ½ lb of Sasafras China root
Shred thin nephretick wood bruise of each 4 ounces harts
horn & Jrory of each an ounce & half put them in a bag &
boile them in 6 gallons of new ale wort till 2 gallons be consumed
then take out the bag & set the Lickquor to work & when it
is fit to tun put in ye bag a gain first putting in to it
Liver wort Harts tongue germander & Dancas seeds of each
4 ounces let it stand 5 days & drink it for ye ordinary

Cough

take grounds Juie beat
it in to cakes like rose cakes
than lay them in the Sun
to drye than beat them
in to powder than take
Sum of that Powder in
Syrup of Althea

take of firr and pine leaves each one handfull roots of red docks dried 4 ounces roots of dandeline 3 water cresses and ~~for~~ brookline of each 3 handsfull balm and tamarish of each one handfull harts tongue 2 hands full winteringbark 1 4 nutmegs sliced raisins of ye sun stoned and sliced one pound and the ~~first~~ firr pene dandeline roots nutmegs & raisins and boyle them in 6 gallons of middle ale grout then strainе them out and put them with the other things into a bag hang it in the veyll let it stand a week and it will be fit for drinking drink in a morning & at 4 a clock in the afternoon

for a Dropsie

take 2 hand full of sage broom rue parsly roots boyle them in 2 galons of water untill a quarter be wasted a day drink 3 times a day half a pinte take the big nut of a nutmeg powdered in a glass of white wine for a fort one a week

Dr Deanams diett-drink against the Scurvey

take of firr and Pine leaves each one handfull: roots of red-dock dry four ounces: roots of Dandeline three ounces: Water-creases and Brook-lime of each three handfully: Clevers and fenitery of each one handfull: Balme and Tamarish each one handfull: Harts-tongue two handsfull: Wintern-bark one ounce: four Nutmegs sliced: Raisins stoned and sliced, one pound: then take your firr, pine, dandeline-roots, nutmegs and raisins and boyle them in the Grout of the Ale, and straine out all the other ingridients, to be hanged in a bagg together with the boyled, and strained once in four Gallons of

Middle Ayle

Water for ye Scurvy or Spleen

Take of Roots of Horse Raddish Groundsel pound, of Smirry Grass one pound, Stamp them together in a Stone Mortar put them into a Still, cover them and Jack a finger and a halfe or a fingers deep, draw it out, and you may take 2 spoonfulls of it any time when you please

For the Dropsie

Take hartstongue, horehound, liverwort, woormwood, and woodsorrell of each a large handfull: chop them small like herbs for the pot, and then bake them in a past of barlie meal past closed and without prieking to prevent evaporation, when it is well baked take it out of the oven, and when it is cold break it into small peeces, and put it into a stewd of four gallons of new ale nightie tunned and let it work with the ale, when it hath done working put in a quarter of an ounce of fullt of wormwood and so stop it up, and when it hath stood two or three days drink of it as much as you will especially a good draught first in the morning and last at night.

D. Ashington

To make ye red powder

Take Cordis pimpernel tormentil bettony
scabious Dragons Angelico scordium of each
one handfull gathered in fair wether not
washed but wiped: bruise ym & steep yem 24
hours in three pints of white wine then
take one pce of bole Armanack beater & seer
=ree as fine as flowr then strain in as much
wine from ye herbs as will moisten it to be
thick and smooth & as it drys strain in more
wine stir it ofter as it drys in ye sun
strain it hard that no wine be left in ye herbs
& nn it is thick enough take half an ounce of
safron dry & to powder & 4 ounces of methere=
date mix all these together & make it up into lit
balls & let yn dry in ye sun & keep yn close & dry
for yr use, scrape it into a glass of warm
sack or barnt wt wine & lie to sweat ym must
take as much powder as will lie upon a shilling
[illegible] all malignant distemper from ye heart
[illegible] cures cold paine in ye joynts ague

The Broome flower Ointment

to thre p^d. of butter & a quart of broom flowers & of clover flowers one pint let y^m be pickt, work all these well together in the butter & put it in ye Jar a month till it be whit then strain it & put it ye next ye must not melt it at ye fire but in ye Jar

it is good for a wen or sold head or pain in ye hire joynts or sinues eat ye bigness of a hazell nutt & right after it for ye joynt & sinues aplying rags dipt & laid warm to any place afflicted & for any inward infermity & ye bigness of a nut dissolved in w^t wine put into ye ears helps apoplexy or polsons to hinder infection of ye bite of a mad dog

stamp nat Cernells or ye wound

salt & a onion & lay on burn or green wou

To Stew a Carp

Tak your carp a live Scale ym and wash ym
clean gren ym and take out all y intrills to be
a quart of claret and wash out the blood very cleen
then put ye carp in ye pan with the claret and blo
and half a pint of grave 2 bags of herbs 2 bay leaves
one inon minct a little hors Radish a litel whole pepe
a blad of mace 2 anchoves 203 slices of lemon
then let it to simer half a fouer then turn ym and let
stew as long on the other side take up the carpe and
strain the sous into a nother thing to put in to it
quarter of p of bater and stew it with lemon as you
think fit to serve it up with spirits to make cuisse

The [illegible] mutton cut it into joints beat it with
a cleaver take bread parsley lemon time lemon pill sorl
nutmeg a little mace strew it all over the cutlits lay
them upon the gird iron so let ym broil e nough stew
it up with bater and grave and a litle ingro shred
one rubed on the lark bottom to regoo a breast of
veal take a breast of veal half rost it take some
claret and broth put it in a stew pan with a inion
stuck wit cloves erbs let it stew very well then
take a little anchoves and season it To souse a pig

Take your pig and dres it open it take out the
gall lay it in watere wilst begon then fry it very
well season it with cloves mace nutmeg a little ginger
and a litle whit peper shred time margarum winter
savery lemon pill sliced lemon lay it in the the is
in side of the pig then roule it up then and bak
To make a white frigse of rabits or any thing else

Tak your rabits cut ym in the joints wash them very
clean from the blood put them into some broth with sa
verbs let ym stew very well when they are e
put in a little milk and beat some yolke of eggs wit
some nutmeg in then thicken it up to serve it with
To [illegible] take a quart [illegible] of fall water
[illegible] ym
[illegible] into
[illegible] cle

To roast a pickle

Scale it very well then wash it take the
fat and liver one white bread inyon or leek flower on
fince winter Savery Swet margoram nutmeg the yolk of
one egg one Spunfull of ereame lemon pill butter Salt put
it in the beley of the fish then Sew it up make your
Sowce of Claret nutmeg anchoves inyon and grave the in
yon is to be stuck with cloves a fagot of herbs cockles Shri
mps capers Sliced lemon to garnish the dish brove Sipits
dro to Serve it up to make anchoves take Sprats
and wash ym and dry them well with a cloth &
lay them in a earthen pot and have redy bay
Salt to strew be tween the rows and let ym lye
days then make a brigin of bay Salt and
water boyled power it on them both in hot Sc
Covern m when they are cold ty over them a cloth
in a little time they will be fit for your use
To keep gooseberies all the year take the goos
all the full growth pick them and put them
a glass botel and put the botle up in the mid
in kettel of water fill it boil ym take out
botle and let it lyon Soom Strow till it be
and Stop ym up close to keep to bake a nox Cheeke
Take your cheeks break the bones very well and
not in ym then Take a good handfull of Salt & Sampher
more an ounce of pepper brised not to small a little
genoco pepper and a litle rosmary & a bout 2 quarts
of water ty a paper over the pot with bake it
off you eat on hot when thay were very hot
you may heat ym a grain by seting m
pon of water and let it boil from 9 a cl
the morning till dinner to

To make ginger Bread

two pound of treakle 3 quarter of a pound of
Buter melted and mixed with the treakle
half a pound of Sugar Sinamon and ginger
to your Tast and as much dryed flower
you may put Sweet meat if you please

A Butok of Beef Salted with Salt peter & bay
Salt Covered with Water & pepper set it
over the Char it when allmost cold
pull it a peces with your fingers Clarifie
your Buter mix some of it with your Beef
Season it with Clove and meg put in
your pots you may lay a layer of Beef and
and pour a litle melte Buter & a layer of
Beef & Cover it with melte Buter at last

Wigs

a peck of flower a pound of Buter
a pound of Sugar a pint of Ale Tast
an ounce of Caraway Seed an ounce Corrander
Seed bruised 2 nut meg 6 eggs salt
as much boyle milk poured pretty hot let it
lye to rise half an hour

Duch Bread 13 Eggs 1 pound of Sugar beat
with ye Eggs one pound of flower
ounce of ginger half an ounce of caraway seeds
Stirred with ye former an hower will
Bake it

Bird Wing or Sea more wine
to ever galon of liquor a pound of Raisin
boyl it an hour work it with East
ten it and in 3 week bottle it
yu may ad Lemon pill or Cloves or mosc

Stu a carp
wash out the blud with a quart put the
carp in a pipkin with a pint of water some
pepper ginger onyons herbes mace half a pound
of butter Stew it half an houre then take some
of you liquor and vinegar an Choue
Mace Raisin lemon

Help at a pinch

Slice a white loaf or 2 french rolls pretty thick upon
this put a pint of cream, let it soak then beat eight yolks of eggs
very well and pour them upon it then have ready the frying
Pan with as much butter boyling hot as will cover them to fry
them quick and pour melted Butter, sugar, an Cinamon upon them

Stu a Breast of Veal
half Roast it have Ready som strong broth
oyster Cloves whole pepper mace stew it until
it be tender Cover it close put in som white
wine Lemon peel an Choue mushrooms palat
Slice you sweet bread when fryed it with
your balls made of forc meat

Sage wine

boyle 4 quart water when all most Cold
4 pound of Malaga Rosins 12 pecks
of Sage Shred small a poringer of
East Let it stand 7 days kept
warm Staring every day Strain
it ten it when clear bottle it
with a Lump of Sugar if yu would
have it Stronger yu may put a quart of
Sack in the barell

Mal bari wine 12 Pound

to every galon of water 12 of Mulberis Bruised Lat them Stand 24 hours Stiring it some times Strain it and to every quart of liquor one pound of Sugar tun it and Lett it Stand half a year bottle it

to pickl Turnips

cut them in what form you plase boyle a pint worth of tur meruck in vinegar Strain it then put in your turnips & alle give them a boyle you may do them of all Colors Scuchanal will mak them Read Log wood purple mix grees Spraag Spice

Ratafae Filamary

take Calfe foot Jelly Run through bag then blanch and beat some bitter all mons with a water Lemon they oyl but in a lith Cream and give it a boyle Run it throu your bag in to Jele glas Eat with Clove

to Bake a Pike

Season it with pepper Salt Lemon time Shreded Scuar it Round & mark it the mortar it with Melted butter dreg it with whit bread Crume a pidding in the belly grated bread Erbs anchove Sue butter Egg the some as you do for a hare

to mak Buns a peck of flower 5 Currans 1 pound of Sugar 2 ounce of Ja Mace pepper 1 ounce Caraway Seeds half an ounce of ginger 3 pints of Ealt mak it in to lits past with warm water Let Stand to Rise a back them

Oyster Sauce

grave anchove white wine Lemon oyster liqr Cream yolkes Egg melted Butter good for a Boyled turke o pulets and Shrimp Cockle and good for fish

Shreded anchove wit bread Crums the liver of Chicking little mace a little butter with an Egg is good for stuffing fowles

Ribbon Jelly

Clean a pair of Calves feet and take out all ye great bones put them into 9 quarters of water with 2 ounces of harts horn and as much Icing Glass a little mace and Cinnamon boyl it to two Quarts Strain it throug flanel bag Clarify it with white of Eggs & Strain it again Sweat in it and put in a glass of Sack Strain it a gain to Colour Som with Scucha neal yelow with Saferon green with Spinage whit with Milk as it Cools in your glas yu may Run a little of one Colour then a Little of a nother Colour as you fancy

~~to~~ Clear ~~any~~ Wine

5 pint worthe ~~Glass~~ glas blind and Stuped 2 Coz dish ~~of~~ Brandy 24 hours put it to your wine

To make a rich Soop

Take a neck of Beef boil it to strong broth with salt, pepper whole, onions and sweet herbs, when it is enough strain ye broth into a stew pan and add Vermacelly let it simmer till it is tender then take good Turnips boild and cold cut them into small dies and fry them in butter, drain them and

it green in small pieces, beat your eggs and season them with salt and nutmeg, put in your Asparagus when cold and fry it lightly in butter.

The same may be done with Spinage Sorrel, Beets, you may make a good one with poiseley a a few chives only shred.

take the fairest cuell oringes rub them
with salt & a corse cloth wet & then with a
dry, then chip them very thin, then have
ready a skelit of boyling water put them
in & let them boyle preety fast whilst
the water begin to turn yellow then
shift them into another skellit of boyling
water, so continue shifting whilst they
be ~~soft~~ tender you may put a little salt
into the first water, take them up & let them
lie a while in cold water, then with a sharp
penknife cut a hole in the bottom, & take
out all the seeds, be carefull of bruising
the meat, then weigh them, & take duble the
weight in suger & to every ~~weight~~
pound of suger a wine pint of water
& 2 or 3 whites of eggs, stir them all
together set them on a cleare fier when
it boyls up put in 3 or 4 spounfulls
of water & when it boyls put in more
& then pour it through a sieve or
straner, put your oringes in & let
them boyl a reasonable pace turn
them off in the boyling when they
begin to looke cleare take them
off & let them stand a day or

or ton then boyl them whilst
they be all over clare & tender
take them up & fill up their holes
with sirrup & when they are cold
put them up into pots if your
sirrup be not very thick let it
boyl a little longer then your
oranges