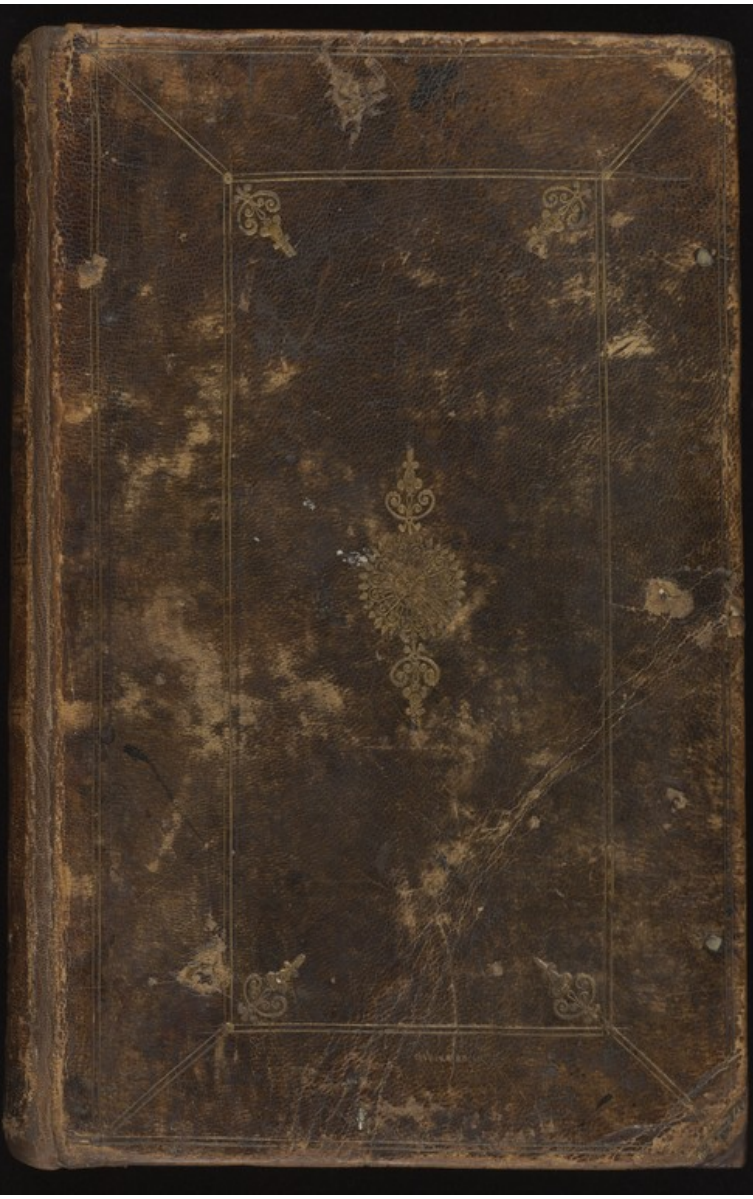


K. Hanshawe.

Given mee by my Mother
March the 25. 1648.

Mrs. Fanshawes
Booke of Receipts of Physicke,
Salues, Waters, Cordialls, Preserues and
Cookery written the eleuenth day
of December 1651. by Me,

Joseph Auerie

To make a Suppository effectually to worke.

The Lady Butlers. Mrs Hutchinson

Take ten Spoonfulls of Honey, boyle it in a brazen Skole till the Honey begin to wax stiffe as when you drop some of it on a trencher it will be hard, as it will rowse somewhat stiffly then putt to it a pretty quantity of white Sake, a quantity of Fenyn Seeds, and also some powder of Aloes, and the powder of dried Roses, mingle them together, and let them boyle a little, after you have putt these into the Honey, then make your Suppositorie, and so use it.

~~Also Cure~~ For ~~to Purge~~ the Greene Sickness.

Mrs Hilliffer. A: Hutchinson

Take of the purest of the purest Spanish Rosin a Spoonfull upo Reques, a Chiney made into fine Powder, as much weight of Annyseeds in powder finely searced & halfe so much Liquorish, and a Quarter of a pound & two ounces of Sugar finely beaten and searst, take as much as will lye upon a shilling in a morning fasting in Warme Beer or warme Sake in three Spoonfulls of either. You must not eate in 2 houres after, but rub, or sam, or Swing, or walke very fast. For diett refrayne all Milke Meats whatsoever, and use Broths with opening herbes especially Penny Royall, Veruel and Chutter chiefly.

For Melancholy and heaveness of Spirrits

My Mother. A: Hutchinson

Take Sena of orientanum 4 ounces, of Salsaperilla 3 ounces, of Raisins of ~~the sunne~~ the Sunne the Stones being taken out sea pounds, of Epithamum, of double Camomill Flowers, Stecades, of Hermodactilus of each ½ an ounce, of Liquorice 2 Ounces and 2 drammes, of Annyseeds 2 ounces. Sett the Salsaperilla, Liquorice & Annyseeds

and

each of them be put by themselves. Then take three Quarts of white Wine, and put those together except the Liquorice, Anyseed and Camomill flowers into the Wine, & stop the Vessell and let them steepe one night, then take a great Kettle & fill with Water, and into that Water put the Vessell wherein the Simples are and being stopt very close, when the Water boyleth, let it boyle so one houre and a halfe then put in your other things before rehearsed and so let it boyle one houre and a halfe more, then take it of, and straine it thorough an indifferent fine Cloth, and put that liquour by it selfe, then put to y Substance remaining in the strained three Quarts of small Ale, & let it be stopt and boile 3 houres, then take it of & straine it. The first drinke must be used 3 or 4 times a day, & 4 or 5 Spoonfulls at a time, the second drinke must be used at all times when the Patient is thirsty without drinking any other drinke while it lasteth.

A Drinke for a Bruise.

My Mother. A Hanshawe

Take Elfe Teale, Fennell, Yarrow, and Comfrey roots, cleane scraped, still these together, then take a pinte of Claret Wine, and burne it and sweeten it wth powdered Sugar, and spices then put in halfe a pint of the Water, 2 penny worth of Sperma Ceti warme these together, let the Party bruised drinke a good draught and sweat after it, If the bruise be in the head leave not y Venisell.

For a Consumption.

My Mother. A Hanshawe

Take Horsetay, Coltsfoote, Comfrey Fennell, Red Rose leaves, Coralip Flowers, of each one handfull, and boyle them in a pottle of Water to a Quarter in a Kettle; Straine them, & put in a pound of double refined Sugar, and let it boile in the Water, & drinke 5 Spoonfulls, with 2 Spoonfulls of the best Canary Wine, premy in a morning fasting.

To make

To make an Excellent opening and purging Drinke for the Liver.

My Mother. A Hanshawe

Take Celiandine, sliced and bruised, Polypodie of the Oake bruised Cuna of Orleanaria a little bruised, of each 4 ounces, Yellow Docke roots, washed, scraped bruised and the Pith taken forth of them, one ounce and a halfe, of Rhubarb, halfe an ounce, the inne rinds of Mequogium, Eyrimony and Maydenhaire, of each one handfull, Anniseeds Sweet Fennell Seeds & Carroway seeds a little bruised of each one ounce, Liquorice scraped and bruised one ounce and a halfe, Mixe all these together, then take greene Cursey Grasse leaves cleane picked a peeke, Brooke Lime & Water Cresses of each halfe a Peeke, beate y herbs into a greene Sauce, & mixe them with the former Ingredients, put a peice of Lead into a Bagge to sinke your bagge into the bottome of the barrell touching the mouth out of the Barrell, then put in your Liquor & tye the bagge close, & let it sinke to the bottome, and tunne it up in three Ale Gallons of Beere or Ale in a tunne stand, and for the first day squeeze the Juice out of the Bagge into the drinke 3 or 4 times, letting the bagge hang in the drinke continually, then let them worke together and when it is 3 or 4 dayes old drinke a good Draught 2 houres before dinner & another 2 houres before supper. If you can a pinte. Use this daily as you find it to worke with you more, or less. This drinke is to be taken in the beginning of May, or at the fall of the Leafe. It is Excellent for the Liver, or for any Tropicall humour, or the Scurvy or foulenes of Blood.

A Plaster for the Colledgy Fluxe.

My Mother. A Hanshawe

Take a Quart of new Milke, a pound of Sheepes chuett, stirre it very small, set it upon the Fire, and boyle it till it come to a pint, then straine it and so administer it to the Patient thrice a day till the Fluxe be staied.

An Excellent Medicine for y Bursing of a Veine in man or

My Mother. A Mr Hourstum

Put hot boiling water into a Pewter pott, let it lye so till the pott be cooled

hot

hott, then powre out the water, then putt in the pott 2 handfulls of red Mints bruised, and presently after while your pott is so hott milke in a pinte of the milke of a Red Cow, and let it stand so about an halfe an hower, then adde to it of the Siruppe of Cinnamon & of the Siruppe of Quinces each a spoonfull, & a quarter of an Ounce of ~~ones~~ Sugar of Roses, let him drinke it so warme in the morning, & as much about 5 or 6 of the Clock in the afternoone.

Lett him weare a bred made of Mugwort dried in essay in a Sarsenett Bagge ~~about a Quarter of a Yeare~~ till he find himselfe perfectly well.

A Medicine for the Yellow Jaundice.

My Mother: A Hawkhurst

Take Greene Broome, and burne it in a cleane oven as much as will make a quart of ashes, and then putt the Ashes into a pottle of white wine, then slice into it 2 Nutmegs & take 3 nutsfull of Saffron, and dry it well, and bruise it very small, & putt it into ye wine, if it be for a Man or a Woman, lett them drinke ½ a pinte of it, if for a Child, let him drinke a Quarter of a pinte eleven mornings together, every tyme they drinke of it they must shake it together, and putt in a little Sugar, drinke it cold and fast 2 hours after it, and either walke, or use some Exercise. this is very Good also for the Dropsey.

To stanch the bleeding of a Veine inward.

My Mother: Ann Hawkhurst

~~Take a Quarter of a handfull of Sellandine and boyle it in a pill of white wine, and then sweete it with a little white Sugar Candy, & let the patient drinke it downe warme when he goeth to bed, & if this doe not leave him with twice taking of it, then putt to it the third tyme ye bigness of halfe a Nutmegg of bole Armoniack.~~

A Drinke to be taken in the Spring to purge the Blood.

The Lady Sentler's Ann Hawkhurst

Take 10 gallons of small Ale well brewed, when it hath done working putt to it 9 ounces of Sassafras sliced, a handfull of wormwood 7 Oranges cut in halves, 3 stuffed with cloves, a Quart of the juice of Currenys ye clarified, 2 pound of Raisins of the Sunne stoned

putt

putt ye all these in at the bung hole of the Vessell letting it stand close stopt for foure daies, and afterwards to be drunke a quite in a morning fasting. This is good for the Dropsie, the Scurvey, Spleene, & Liver.

Dr. Burges his Directions in tyme of Plague.

My Mother. A Hawkhurst

Take three pints of Malmsey, boile in it a handfull of Sage, a handfull of Rue till a pinte be wasted, then straine it and set it over ye fire again, and putt thereto a penny worth of long Peppers, halfe an ounce of Ginger, a Quarter of an Ounce of Nutmegs, all beaten together. then let it boile a little, and take it of the fire & putt to it 4 pennyworth of Mithridate, 2 pennyworth of Treacle, & a quarter of a pint of the best Ofrapelico water. Keepe this as your Life above all worldly treasure. take it alwaies warme both morning and Evening a Spoonfull or two if you be infected, and sweat thereupon but if you be not infected then one spoonefull a day is sufficient, half a spoonfull in the morning and halfe at night. In all your Plague time under God trust to this. for there was never none died of the Plague that tooke it. This is not only good for the Common Plague, But for the Measells, Small Poxe, Surfeits, and diuers other kind of Diseases.

To make Lozenges for a Cold.

My Mother. A Hawkhurst

~~Take 2 Ounces of English Liquorish, scrape it and slice it very thin, then putt it into 3 quarters of a pinte of running water, then putt to it 2 quarters of an Ounce of Coriander bruised, set these boyle softly till halfe the water be consumed, then adde to it ½ a pinte of Hyssope water. let these boyle untill there remaine ½ a pinte or less, then take as much double refined Sugar as this Liquour will wett, boyle it upon a Chafendish of Coal Coales. When it begins to boyle thicke putt into it 4 graines or Cinder Greece finely ground, & when it comes to the height of Manus Christi, drop it on a Plate in round drops & bignes you will have your Lozenges. When they be cold take them off & putt them with papers betwixt in a Boxe for your use.~~

for a

For a Glister for the Collicke or any other Paine in the Guts coming of Cold.

My Mother. A Hanshawe

~~Make a quarte of Posset drinke with a handfull of Pellitory of the wall, and as much of Mallowes, Fennell seeds, Aniseeds, and Cummin seeds halfe an ounce of each, boile it to halfe a pint then put in a quarter of a spoonefull of Salt, a great spoonefull of Coarse Sugar, inke of Violets and oile of Roses of each a spoonefull, If it be for a Child a Quarter of an ounce of Seeds will serve. This is an approved good Medecine and cured me in a desperate Feuer.~~

A Caudell for the Bloody Flux.

My Mother. A Hanshawe

Take a quart of Red Wine and the Yolkes of five new laid Eggs, a little Cinnamon, 2 spoonfulls of Loafe Sugar, ½ a quarter of an ounce of the peele of Pomegranates drie and beaten to fine powder, boile these in a Platter upon a Chafendish of Coales, untill it thicken. Let the patient eate it morning & Euening, & if you will oftner, & it will infaynedly cure you.

A ~~Choice~~ Most Excellent Vomitt.

My Lady Beedles. Ann Hanshawe

Take of Crocus metellorum made into fine Powder one ounce, Let it stand infusing in a quart of the best Sacke for a day or two jogging it, or shaking the Glasse twice a day. Then let it stand 24 houres untouched. When you vse it draine out very gently the Wine, that it may runne pure from the Crocus Powder. To a Stronger Body you may give an ounce and a halfe, to a weaker Body one ounce, after every Vomitt let ye patient drinke warm Posset Ale with Butter in it, Let them neither sleepe nor drinke warme drinke till their Vomitt hath done working.

Mrs. Hence. Ann Hanshawe

An approved Medecine for the Convulsion fitts.

Take as much of the herbe as a white Pea is, dissolue it in a spoonfull

spoonfull of Posset drinke 3 or 4 mornings and let the Patient weare some of the herbe about his Necke too.

A Diett Drinke.

Mrs. Hence. A. Hanshawe

Take a peck of Scurvy grasse, water Cresses ½ a peck, 2 good hand fulls of Brooke Lime, Liverwort, Longwort, Scabious, Agrimony, Horehound, Hartstongue, Cucarage, Pimpernell, Camarij, Broad Fennell, Wild Betony, Angelica, Gerdine, Wormwood, Rosemary, Sorrage, Endiue, Cuzory, Borrage, white Marjoram of each a good handfull. You must boile these Herbes in mort ½ an houre, One ounce of Nutmegs, one ounce of Ginger, one ounce of Liquorice, one ounce of Aniseeds, Sweet Dock roots 6 ounces, sweet fennell seeds ½ an ounce, bruise your seeds, slice your Nutmegs and Ginger and Dock roots. You must put all these Herbs and spices in a Bagge & hang the bag in the drinke. You may drinke of it 6 or 7 dayes. This is an excellent Drinke for any Rheumatick Body that is inclined to a Dropsie.

An Excellent way to make Suppositors.

My Lady Beedles. Ann Hanshawe

Take 2 ounces of Gumm Dragon, steepe it in Damasske Rose water a night, put it into a Morter, then haue ready heat of the best Rock Allum, as much as will make the Gumm into a Paste, beat it well in the Morter, then take it out, roule it into the fashion of Suppositors, and when they be dry put them up in a Boxe & keepe them for your vse, they will keep seuen yeares if you doe not vse them.

Against the biting of a Mad Dogge taught by Sir Kenelm Digby

Mr. K. D. A. Hanshawe

Crabbs Claues taken in June or the beginning of July, & beat to powder, & therof as much as will lye upon a shilling drinke in ½ a pinte of warme Milke is a most excellent Receipt for any Body that hath been bitten by a Mad Dog.

My Lady Beedles

Of Medecines for the Gaundes, by Experience I haue found most Excellent.

Take a

Take a good fair Pippin, and cutt off the topp of it, then take out the Core very cleane, then putt into it as much Venice Treacle, as a Hazell nutt, as much Sa fran finely beaten and searced as will lye upon a two pence, then fill up the Apple with sweete Butter: and putt on the topp of the Apple upon it against close: then roast it tender, and when it is roasted mingle them all together like a Cawdrey: then take as much as a Walnutt 2 morninge together fasting.

The Wound Drinke and for the Kings Evill.

My Brother Warwicke A Hanshaw

Gather these Herbes in May.

Avens	Agrimony	Five leaves Grasse
Bugle	Mince	Violet leaves
Comphrey	Plantaine	Wild Angelica
Dock roots and leaves	Ribbwort	Wood Betony
Dandelion	Sanicle	White Bottles
Eyebrimony	Sabrius	Worme wood
Honeysuckles	Southernwood	
	Strawberry leaves	

Bramble Buds, Hawthorne Buds, Oake Buds, Sage 3 must be gathered in April, but of all the severall Herbes like Quantity when they are dry, mingle them well together: then take 3 handfulls of them, putt them into a Quart of White Wine, and a pottle of Spring water, and boyle them together, till half the liquor be wasted then straine the liquor from the Herbes, & putt to it a quite of the best Honey, set it over the fire, & let it boyle but till you have scummed it, when it is cold, putt it into three Bottles close stopped & keepe it very cooll, drinke 6 Spoonfulls every morning fasting, & fast 2 houres after it, & as much at 4 a Clocke in the afternoone.

Conning these Herbes adde to halfe an handfull of white Angelica, & halfe an handfull of Smallage and a Spoonfull of sweet Fennell

Seeds

Seeds. So boyle these things as you used before in your other drinke a mong these, let the white Angelica be well scummed if you can gett it. These things may be all gotten at the Apothecaries Shopes abouts, what you can gett out of the fields, though hopfull and May be past you may keepe them dry by you.

Putt in these 2 halfe handfulls every time you boyle the Water.

A drinke admirable against a Cough or Consumption.

My Broth: Warw: A Hanshaw

Putt into an Earthen Pipkin 3 pints of Spring Water: 2 good handfulls of sweett Fennel: 2 or 3 Slices of good English Liquorice, sliced very thinn, 2 handfulls of Raisins of the Sunne stoned, a quarter of a pound of figs sliced small: one ounce of Currinces bruised, halfe an ounce of Sweet Fennell Seeds bruised: 7 or 8 dates sliced. Then stopp up the Pipkin very close, and let them stew on hott Embers 24 houres, & then straine the liquor well from the other Ingredients: putt this liquor into a glasse or three Bottles being close stopt: take 4 Spoonfulls of it when you lye to rest at nigh it being a little warme, and every morning fasting the same. Thus continuing a reasonable time, and the Patient will find good of it. for it is an approved Medicine.

Opening Pills.

My Br: Warw: A Hanshaw

~~Take of the Extract of Gentian two Drachmes: of the Extract of Centaury of Gallen Hiera Picra of each troye Scrupler: of Trochisch of Carpesium of Bislacca, of Diacurcuma, of Salt of Sugrey make, of each of these two Scruples: of Salt of Wormewood halfe a Scruple with as much Syrrup of Rhenbarb with Succorie or Syrrup of Succorie with Rhenbarb as will make it up in Pills. Make every Dram an Three Pills. Five of them are to be taken at a time, with a Draught of some proper convenient drinke an houre after them, and so to continue a week or longer, the Body being prepared before by purging: they doe remove Lapis Kidneys obstructions, open the Liver and purge Choly: they also doe strengthen the Stomach, & the Liver, & purifie the Blood.~~

For a Cancer.

My Mother A Hanshaw

~~Take Unguentum Egyptiacum, & Mel Rosarum of each halfe an ounce. Warme them in a Chimney very warme, upp a Cloth, Lay it in & fasten to any fitt Instrument~~

and rub

the tanner rub it as hard as You can will suffer it. This doe 3 severall dayes. Then take only the Marrow mixed, and apply it 3 or 4 times a day to heale the Ulcer, which perhaps the first application thought it hard cured may come to take more.

A Medicine for the Head Ache.

Earle of Clanricard
Ann Hanshaw

Take in Oranges cutt them in Quarters, then cutt them into two Gallons of Leaping hott Spring Water, & let it stand till You can put Your feet in it, then rub the Soles of Your feet with ye Oranges, this will refresh Your Mind in ye Course will take away your Cold, & much easeth your Head Ache. This is good also after a journey to refresh You.

A Medicine for the Stomach Colicke.

My Mother
A Hanshowe

Take a new Tile Tyle, open it and putt into it 2 graines of Amber Greece, stirre it about till Your Tyle is thrown hott, But no more, then eate it fasting two houres after it. This doe 3 mornings together, and it will cure You.

An approved Medicine for the Gout and to coole the Liver.

Lady Bedles
A Han

Take Endiffe, Succory, Sorrell, Strawberry leaves of each a handfull, Borage, Buglosse, Hartstonque of each ½ a handfull, French Barley 2 handfulls, of Blew Turnsoll one Ounce. Seeth them all in a pottle of running water to 3 pints. Before You take it from the fire putt in a good handfull of Borrage Flowers, 2 Ounces of Sweete leaves, a quarter of an ounce of Annisedes, Seeth them again a little, take it from the fire, and cover the Pott, & lett it cole, Straine it hard through a Strainer & putt in 6 Spoonfulls of Vinegar 2 Spoonfulls of Powder Sugar, drinke thereof every day in the Morne 6 Ounces & fast 2 houres after it. If You have more then 4 Stones a day take it but every Second day You must end the drinking thereof by ye midst of Aprill.

A Plaister to Kill the Wormes.

Lady Bedles
A Han.

Take of Wormwood & Rue of each a like Quantity, Stamp & straine them, & putt to the juice 6 Drops of the gall of a Bullock, & putt them to the Powder of Aloes and make a Plaister thereof, & lay it to the Nable the Bigness of a Shilling, If the Child have the Wormes & Plaister will stay still of not it will fall from the Nable.

A Vulnerary Liquour

Sr. K. Digby
A Han

Take an Ounce of Crabs Eyes Oculi Cancrorum, beat them to small Powder, putt them into a deepe Tarre Glasse, powre upon them 6 Ounces of the Strongest white Wine Vinegar, It will presently Worke up to a great height and boyle strongly, when it allayes working stirre it with a Sticke or Spatule to the Bottome to quicken the operation after an houre or two or more You may powre the Liquour through a reasonable fine Linnen Cloth, & give thereof to the Patient 2 or 3 Spoonfull, at a time in the morning fasting 2 or 3 houres in houre & a halfe before Supper, & at night an houre before going to Bed. It is singuler good for all Wounds, for broken Bones, for Women in labour, to vomit gnaell, & is a great Strengthener of the inner Parts.

A Posset for an inward Bruise.

A Han

Take Posset drinke made of white wine a little Balme, a pretty quantity of Venice Turpentine, stirre it together & drinke it warme, also to putt in Cutter Sticke, or Stone Pitch or Parma Geti is excellent for a Bruise.

A Clister for a Child that hath Wormes taught by Doctor Bayly.

A Han

Take Wormwood, Rue, Sattenwood, Camomile, Lavender Green, Mallow

the heart Mercurie and Violett leaves of each ½ a handfull, boyle all these together in 3 pints of Water, when it is consumed strained it and put to it a spoonfull of Honey of Oyle of Camomile Violets and Rue of each ½ an ounce, & the quantity of a Walnell nutt in Salt, stirre it well together, and give it. With this Medicine I cured a Child of mine of a Quartan Feuer caused by the Wormes.

Mr. Copley's drinke.

X

A Han

Take a nails quite of unslakt Lime, put it unto a great Stone pott then put to it 6 quarts of Spring Water, cover it and let it stand 24 houres, then put to it 4 Ounces of ye best Liquorish scraped, and sliced, and 2 Ounces of Sassafrage sliced, 2 Ounces of Dried reeds bruised. Let it stand 24 houres more, then straine it, drinke of it thrice in a day a Quarter of a pinte at a time; or more if you find occasion. The time is in the morning fasting, at 3 of the Clocke in the afternoone, & at night when you goe to bed. It is good for any Ulcer in the Body either in ye Kidneys, Bladder, or mother. It is good to strengthen the Liver. It hath cured the Dropsie; & is a great cleanser of the Blood from any putrefaction that is in it.

An Excellent Receipt for any weakness in the Back

Lady Bedles
A Han

Take of white Amber well prepared, and of Sugar of Roses of each 4 Ounces, of fine Cinnamon in powder 2 drachmes, mixe them well, and put them in a Box for your use. Drinke in a morning fasting 2 Spoonfull of this powder in a good draught of Milk warme, from the Cow, and fast 2 houres after.

A Cooling Broth for one that is in a Feuer

Mr Mother
A Han

~~Take a Chicken, and boyle it in 3 pints of water, put into it Lime,~~

~~Rosemary of each one handfull, Sinjue leaves and Strawberry leaves of each ½ a handfull, a little bunch of unripe Grapes, the bottome of a Manchett let it boyle untill ½ be consumed, then let it settle, & drinke the Cleare as often as you have a mind to it.~~

A Strengthening and Cooling Broth.

X

My Mother
A Han

Take a good Egg Chicken, and the Bones of a Knuckle of Veale boyle them in a pottle of water to somewhat less than a Quart, put therein 10 Raisins of the Sunne stoned, 5 leaves of Burloppe & 2 leaves of Succorie, 5 leaves of Endive, & 2 Springs of Time & one Spring of Rosemary, & one of sweet Marjoram together with the bottome of a Manchett, and when it is boyled enough strainе it and let it settle, then pouring out the cleare into a pott, & give the same as often as the sicke Party requires it, & make as often fresh as you need.

A Rare Medicine for a Thrush in the Mouth for a Child or old Body.

My Br. Warn:
A Han

~~Take three of the purest Scarlett you can get & with a Wallnell made red hott burne it in it, & with a small Quantity of Oilome made into fine powder mingle it with the Party's Mouth till it turn & is ten times ripe it, it will cure it, be it never so dangerous.~~

A Purge for a Child.

Mr. Butterfly
A Han

~~Eight grains of Aloes is a fit quantity for a purge for a Child, taken in a house & a half after it, a glister made of 3 quarters of a pinte of Milke, and 2 great Spoonfulls of Honey dissolved in it.~~

~~for a Child that hath the Quinsey.~~

~~To anoint their Throats with Dog Grease every Evening, & in very short time it will cure him.~~

A Mother

A Han

~~Take a handfull of the Lye, a handfull of Leaf of Rosemary, a handfull~~

of

~~of Hers bones put them in a quart with a pint of the best Muscadine you can get, boile it till it come to something more than a pint, & taint the liquor with honey & sugar.~~

A most Rare Glister for the Spleene.

Lady Nicholas. A Hen

Take a quart of Pepper orrets made of ale, or a quart of their Ale Broth, put in a handfull of Buglosse leaves, a handfull of Burnett leaves, a handfull of Mallowes, ~~boile it~~ till it come to a pint, strain it, put to it 3 spoonfull of fine Rafe sugar, 3 Ounces of Syrope of Violets, & so give it warme, and no more.

~~A most Rare Receipt for one that cannot hold their water.~~

~~Take the stone of the [illegible] Lobster, put it into a very Earthen pott, stop it close [illegible] pott, set it in an oven with a Batch of brown bread, & when you draw the Bread take it out, & pull it between ye hands to powder, then lay it dry in a Box for ye use, take as much as will lye upon a shilling in breade in a morning fasting & ye breakfast, the same quantitie at night for ye Supper. If you will, you may give it in wine if the disease be in extreame, for it holds no hot, neither can it do any harme in any other respect, & it a most infallible cure for this.~~

For the Scurvy.

A Hen

Scurvy grass of both sorts, sage of each 4 handfulls: Wormwood, Horse radish roots of each half a handfull, pound them together, strain the same, and drinke three or four spoonfulls so long as it lasts.

A Vinegar to wash the teeth for the Scurvy.

A Hen

You are to take 4 good handfulls of the tops of Firre, and you are to take a pottle of the best white wine Vinegar you can get. You are to boyle the said Vinegar till it come to ye 3^d part, these tops of Firre are not to be had in any place in England but at Southampton neare Putney. When you have boyled them together you are to wash your mouth morning & morning but in the day as often as you please.

A Medicine for the Wormes.

A Hen

Take lemmon, mingle it with saffron in powder, to every 3 ounce fulls of ye juice put the weight of 6 grains in saffron, to a child of a year old you may give 2 spoonfulls at a time 3 Mornings fasting, to two of 7 or 8 or other 3 or 4 spoonfull.

~~This Medicine has been approved for ye Wormes~~

A Hen

~~Take the rosafum, make up into pills somewhat bigger than the biggest pease. Take them fasting, pills every day once. Of two houres after you have taken your pills make a glister of a pint of new milke with 2 spoonfulls of honey, set it on ye fire till it be hot & ye honey dissolved stirring it all ye while. Then when it is so cold that

~~that you can endure it upon your Eye then administer it to the Child or Party & it will bring away Worms in abundance.~~

The Directions of Doctor Bowles.

A. Jan

In the first place I commend this dist drinke for your life, at meales as well as out of meales, but at least twice a day morning & after-noon, taking it for a quarter of a yeare at a time, the hot months excepted.

A dist drinke for ye Scurbute.

A Jan

Common Dock roots cut into thin slices 8 ounces, sassafras 6 ounces, 4 Orenges cut in quarters, 2 handfulls of dryed eldern flowers, halfe a handfull of Wormwood bruized; 2 pounds of Raysins cutt. put all these into a Bag to hang in 4 gallons of small Ale wroght, after 4 days drinke of it as aforesayd. In the winter adde 2 quarts of the juyce of Apples, in ye spring 3 pints of the juice of Scurvey-grasse, Water-Cresses, Sauxey, or Dandelion, some times all, or any of these. & this you will make it purgative adde 6 ounces of Sena to the bag.

An excellent water to be used constantly all winter for the Scorbute.

Am Jan

Scurvey-grasse bruized three pounds, horse Radish roots cut sliced & horse one pound, 12 Orenges cut into thin slices, put these into a glasse still, powre in so much sack and white wine as will cover them 3 fingers deepe, stop the glasse close, let them stand 24 howers in digestion, the next day distill a water from them.

Take a Wine-glasse full ~~and~~ at pleasure sweetned with syrrup of elder flowers or Orenges, or wood sorrell, or Clove-gilly flowers.

Pills for the Scorbute.

An. Jan

Polypodia roots dryed and reduced into powder, halfe an ounce; Cassia lignea, and drams of Tartar, of each 4 scruples; saffron in powder, 10 grains: make these into pills with syrrup of mayden hayre, a dragme to be taken every morning for 40 days, twice in a year, spring, & Fall.

A gargale for the Scorbute.

A Jan

Syrrup of the green husks of hazill nuts, the decoction of pomegranet pickes, of ~~each~~ halfe a pint, beates 2 spoonfull of the syrrup. 9 drops of the spirit of Vitriol, 2 spoonfull of the juice of Scurvey-grasse.

An excellent Cordiall against the Scorbute in all Fevers (spiritually malignant) small pox, mise-ells.

A Jan

Orenges 100, more or less, cut them

into most ~~small~~ thin slices in a capacious
earthen pan, prissi them downe
with a spoon that the juice may
rise, and the Rinds drinke in their
owne juice, every day shifting them
from the bottome that they mouldie
not, & prissing them; for thus
or 6 days all sorts Rinds acquire the
first degree of putrifaction, as we
shall judge by the tenderness of them.
Cast these into a Still, and distill a
Water from them. Besides the aforesaid
Cordiales, it is very pleasant and
wholesome a spoonfull in a glasse of
wine at yr pleasure, especially when
you are hott.

Thus far Doctor Bowles.

For Any Flux.

A: Flain

Take 10 grains of Rhubarb, 5 of Nutmeg, and
as much of Cinnamon. mingle these together
being small grated with as much Conserve of Roses
as will make them up into a mass. every morning
take this, and evening too if the distempar be
strong.

Take plaine glisters of milke made with 2
ounces of syrop of violetts, and the yolke of an egg
and the quantitie of an egg in butter never salted
no sugar; in the evenings before, if you take the
medicine only in the mornings.

If the Flux be with torments in yr
guts or blood.

Drink as great quantities of new whey, as
you can, and as often.

When you intermitt your whey, take the
Rhubarb medicine ut supra.

An excellent receite for a Child that hath ye ricketts

The Bath

A ffan

Take a black sheeps head put to it 8 gallons of running water red sage red mint scottish speedwell of each a handfull put in a parcell of linen raggs boyle them till ye flesh stew from ye bone of ye head then put it in ye earthen pott & stop it close & bathe ye child from ye waste downward all but ye teines of his back wipe ye thick part of this liq.d which must not be strained but w.th ye ingredients & all, so warme as ye childe can endure it this proportion is for 3 nights together & you may make it twice a month at ye beginning & ending, if ye childs weakness be much

The ointment belonging to it

A ffan

Take 3 pound of butter out of ye churne beat ye milke clear from it then take speedwell, primrose, rue, arbrite, feathefew, red sage, red fennell, camomell, maiden hyssop, cleaves, barres tongue, millefolett, lavander, dill, verbene, fox ferne, scurvy brooklime, water-cresses, cleane all these very well & young bruised them boyle them in ye butter when it begins to boyle, put in halfe a quarter of an ounce of mace & halfe a pint of ye strongest rosemary boyle it on a soft fire for an hour then strome it through a course canvas & keepe it for ye use, close tyed when it is good, w.th this ointm.t you must anoint ye sides of ye back bone the thighes & ye ancles during ye time you anoint ye childe w.ch should be ever after bathing, you must keepe ye child rapt in a thin white cotton cloth, make like a large long sock to cover ye feet, it is likewise very good if ye child vses motion by being swung, or otherwise as is proper to ye thereof.

The Medicine to take inwardly belonging to ye same disease of ye ricketts

A ffan

Put into a quart of running water, an ounce of Maiden hayre ye like weight of sage of Jerusalem, of ostes foot, halfe an ounce of licoris sliced, halfe an ounce of fennel-seed bruised an ounce of fox-ferne roots sliced a handfull of raisins 20 figgs slitt, boyle these well together, till ye halfe be consumed strain it & put to it a pound & halfe of double refined sugar beat small 2 drams of prepared pearl, 3 ounce of gold, boyle these together, till ye sugar have made it a strong syrup, then put it in a glasse & keep it for ye use giving ye child a spoonfull twice of ye first thing in ye morning, & ye last thing at night

The vse of ye spirit of Harts-horne

A ffan

It is excellent inwardly or outwardly applyed, it cleanses & purifies ye whole mass of blood of all serous superfluity by vrine & sweat therefore it is a true specific against ye scurvy feavers, worms, falling sickness it is to be taken from 6 drops to 12, in ordinary drink or broth

The Spirit of Scurvy-grass

A ffan

This to be taken morning & Evening in a draught of wine, ale, or beer, or broth, from ye quantity of 6 drops to 12. as need shall require

To make conserue of Wormwood

A fflem. Take a pound of the young toppes of worm:wood, steep them twelue howrs in two quarts of Hysstop water, squeze the wormwood gently from the water with your hand, then putt your wormwood into a mortar with 3 quarters of a pound of Loaf sugar, & half a pound of Rasins of the sum stones; beat all these to a conserue, and tye it ~~up~~ close up in a Pott and keep it for your vse.

You must take as much as a nutmeg hereof, every morning fasting.

An excellent Receypt for the stone or stoppage of the vrine.

A ffleu. Take the kernells of Ash keys when they are ripe, which is about Michaelmas. dry them & when you administer them you must beate them to a fine pouder and give one spoone full of them in broath.

For the Spleen;

Boyle the time ash Bark and tamaris of each an ounce in a possett Drink made of white wine and small ale drink it fasting in a morning & at 4 of the Clock in the afternoon for 9 days

for the Stone

The destilled watter of Chiues or Beanes Shells: or time taken as much and as Often as you pleas; also Eating of Endiff with all things is Extream good to breake the Stone by which medcen Ould Do: Amey preserued him selfe maney yeares and Vsyed hundreds of stones.

for aney heatt in the blather or sharpnes of Eurin

Putt too spuntfull of Jeruse of ~~mach~~ Mallows in to a ~~small~~ draft of milke watter. in the morning when you first wake and last when you goe to bed untill the pane lesses;

For a burne or Scald.

Beat whites of eggs til they bee all froth then put in as much Oile Olive as whites of Eggs beat these well together til they are incorporated then put in as much fine flour as wil Cover the place then over dip it very wel in the Salue before you lay it on & apply fresh morning & night until the place bee well, under God this wil Cure without leaving any Scar if applied in time.

A Medicin for ye wormes.

Take one pill of Aloes rosatum in the Morning early, & four houres after take a Glister of three quarters of a pint of new milke with two Spoonfuls of Stuney warmed over embers, if y^u give it to a man or wooman y^u must double the quantety of all.

To Cure a ~~[illegible]~~ tized Contracted by Coute.

Take a hand full of Ale hoofe & 20 or 30 raisins of the Sun stoned boil them in a quart of ale til halfe bee Consumed, drinke it the first thing in a morning & the last at night til y^u find ye selfe Cured.

For the Pain in ye head

take two halfes of a Smale rose Cake put upon them two nutmegs Grated & lay them into a dish Pour upon them as much Ether Vinegar as wil make the rose Cake soft, then lay them on your temples and let them ly as low as they wil reach.

A poultes for any Sore or wound that is Inflamed,

Boil a pint of Milke with Crumb of whit bread, a handful of Mallofet flowers, halfe a handful of red rose leaves, when these are well Boiled together put it into a Porenger, & Stir into it halfe an ounce of Oile of St Johns wort & halfe an ounce of Oile of roses; this quantety is too much unless the Sore bee very great therefore you must proportion it as y^u see Cause.

An Excelent Receapt for any Pain in the bake especialy the ankles.

Take of white amber well prepared & Sugar of roses each 4 ounces, of Nutmeg in fine flower 2 drames, mix them wel & keepe them in a box for your use put a full Spoonful of this powder into a draught of new milke warme from the Cow, & drinke a pint of it every morning fasting & at foure of the Clock in the afternoon.

Another for the Same.

fil a Stil with Clary as hard pressed downe as you can then pour to it as much whit wine as wil Stande in let it Stand 12 houres then draw it off with a soft fier the next day put ye Stil as before with Clary and then pour the distilled water upon it & let it Stand 24 houres then draw it off again with a soft fier and keepe for ye use; see that ye bottle bee dry & sunny ye water drinke it 2 houres before dinner & suffer a quarter of a pint sweetend with whit Sugar Candy.

the Oynt ment for ye Same.

boile Ground moss in Creame so much as wil make it thick as an ointment & anoint the raines of ye back therewith the first thing you doe in a morning & the last thing you doe at night.

A pleasant remedy for wheazing and stopage in the stomach

M C. Windon. Take halfe a pint of the best Cramon water and put to it, two ounces of Oximell of squills, keepe it in little Glass bottle and take now and then according as you find occasion a spoonful of it, and shake the Glass very well every time.

For the stinging of a Snake or Adder

My Mother. Immediatly when you are stung heat a knife very hot in the fire, and clap it just upon the place that was stung and hold it a good while till it have burned it out, or else, lay the intrails of the same ader or snake that stung you, or of any other, and bind it fast on upon the place.

For an Ague

L. Lowther. Take the yellow rind of Bill Oranges very thin, dry it before the fyre and then beat and searce it, and take a good spoon full of the powder in to spoonful of sack an hour before your fit and lay warme, do this three times whether the fit leave you or no and again before the next full of the moon three times.

Proceedings of the court —

Sworn war are if you neither leave from the field, collect, or drive back to your battle, but being crowded in your encrease. Then troopers should be added in number two crowded Silenice — then not smaller are to post. —— rd.

James Thurlow

Dianthus fig. 2 petals

Petals only of these petals
never [illegible]
[illegible] as there stands
that the Ovaries results produce fruit
[illegible] longitudinally.

Folio's 19v to 29v are blank

~~Salves, Plasters, Ointments, Oyles, Pultices, Powders, for severall Occasions.~~

The King of France his Balsome.

My Mothers A Man

Take Red Sage, and Rue of each one pound, of Young Bay Leaves and Wormwood of each ½ a pound, doe not wash them, but picke, wipe, and cutt them very small, and beate them well in a Stone Morter, take 3 pound of Sheepes Suett that from the Sheepe, mince it small & beate it wth those herbes till it be all of one colour; then putt all into a faire boile with a pottle of the best oile Olive, worke all together till it become alike, then putt it into an Earthen pott well stopt with Parchment and waxe for 8 dayes. Then worke all in a panne with a soft fire. When it is sodden putt to it 4 Ounces of the oile of Spike. Then strainc it through a Cannas Strainer into a pott, cover it with parchment, and with a leather upon that; In the boyling of it take heed that it burne not, for the avoyding whereof putt 2 or 3 drops still in a Saucer, and when it is greene as the Emrod it is enough.

This is excellent for all Aches, or paines of the Head & come of Cold black wooll being dipt in it, and stopping the Eares, for shrinking of Sinewes, or Sque Aches being chafft in ag^t the fire, & a Cloth dipt hott in the same applied to the Place.

The Flowre of Ointments.

My Butter A Man

Take Rosen and parcen of each halfe a pound, Virgin Waxe & Frankinsense of each a quarter of a pound, of Camphire two drams, of Vharick one ounce, melt that which is to be melted, and make powder of that which is to be made in powder, boile it well & strainc it into a Pottle of white Wine & all the other Stuffe together. Let it coole a while, then putt thereto of Turpentine a Quarter of a pound. Stirre it well together till it be cold. Keepe for the best ointment or Salve in warrantize.

The Vertues of this Ointment.

This good for all manner of wounds, for the Head Ache, for Swinging in the

Greine

Braine, for all Impedthumes in the Head or Body, for Kreens [illegible] maladies. It draweth out any thorne or broken

To make the ointment Playstow

Take 8 ounces of the ointment Butt there to one ounce of Spirit Turpentine 2 ounces of Bees wax melt them and make them up as other ointments

bruise proves by me of a woman, that had lost her eye by a bruise, and recovered it again.

Lady Butler. & Ffen

Take a pinte of ckellet ayle, steepe therein Elder Flowers, & change them two or three times, as you doe any other ayle, to keepe it and when you need anoint the bruise often therewith warmed, and lay the Flowers on the plain bruised.

An Ointment for an Ache.

My Mother.

~~Take Rosemary tops and flowers one pound, stamp them well in a stone Mortar with a pound of Capons greese, then put it into a stone pott and melt it very slow, & fill it with a little of water on the fire 24 hours, then take it of the fire & strain it from the Flowers, and put it into a broad mouthed glass, & set it in the Sunne 14 dayes, then reserve it to your use. this is a good Ointment for a sciatica, or any other Ache as you meet, from it.~~

~~A Powder to breake a sore Breast~~

~~My Mother~~

~~Take half a pint of honey, half a pinte of Greene, a handfull of Dock leaves, & as many Grounde of wheate Bread as will thicken it with boyling all together.~~

To breake a sore Breast

My Mother. & Ffen

Take Mugwort, & Holyoake leaves, & whitewort, & small Oat-

meale.

meale, and Linnseed well grinded with a few Flour. Boile all these well together to a poultis, add to the end, adde two spoonfulls of Oyle Olive, and apply it to the grieve.

An Excellent oile to comfort the Braine.

My Mother. & Ffen

Take of Linum Rhodiense 20 ℔ weight, Lunaticke Roses 2 Pecknell, Lavender tops ½ a peck, & Marjoram & handfully, Spearmint as much. take all these together and beat them, and put them into a Cebell, adde 20 ℔ weight of Bay Salt, & so much Fountaine water as will cover them let them stand a month close tied up with Parchment and maze. Then distill them in a Limbeck with an indifferent fire, and take of the oile on the topp and keepe it for your use. Tis excellent for any Paine of the Head that comes from cold, especially for Apoplexies.

~~A present Remedy for an Ill Ache.~~

My Mother. & Ffen

~~Take very strong Aqua vitæ two spoonfulls, & a spoonfull of the juice of Elderberry, and anoint the Place pained every day 2 or 3 times for it will speedily helpe you. Approved by Dr. Lynus.~~

A Medicine for an ache or shrinking of ye Sinewes.

My Mother & Ffen

Take the tenderies of Rosemary and Marsh Mallowes of each an handfull more or lesse as you will, gather them when they are ripe, beat them in a morter very small, then take May Butter well strained, & put it into ye Kearber, mingle them well together, then let them stand 4 dayes, then set them over the fire, seeth them till the Strength be gone out of ye Kearber, then take a little of it in a spoone, and let it drop it on your naile, & if it be greene as the Emerald it is perfect. put it up in an earthen pott, and so when you have occasion use it annointing the place grieved by the Fire.

Dr. R. B. & Ffen

~~To make the true Morgan Powder.~~

Take of Vitriol 4d worth, which will be halfe a spoonefull, put it into a Quart of Water, Stirre it with a knife twice or thrice, if there be Vitriol enough Your knife will be coloured Copper, then take ye Cloth

which

Bruise, for all Impothumes in the Head or Body, for Sinews that be shrunke or sprained, it drawesh out any thorne or broken bone from a wounde, it is good for the biting of any evill Beast, for Feture, Canker or Noli me tangere, it drawesh out all ache from the Liver, Spleene or Reines, it breaketh the Impothume, good for swelling in the Members, cureth the Aluze and of the Emrodes & healeth them very faire, and is speciall good to make a Seare Cloth.

An bile for a Bruise in ye Eye, or for any other bruise proved by Me of a woman, that had lost her Eye by a bruise, and recovered it a gaine.

Lady Butler & Han

Take a pinte of chillet oyle, steepe therein Eber Flowers, & change them two or three times, as you doe any other oyle, so keepe it and when you need anoynt the bruise often therewith warmed, and lay the Flowers on the plaie bruised.

~~An Ointment for an Ache.~~

~~My Mother~~

~~Take Rosemary toppes and Flowers one pound, shrye them well in a three Mortier with a pound of Lapner greese, then put it into a clean pott, and mell it very ellye, & fill it into a Kettle of water on the fire 24 houres, then take it of the fire & strayne it from the Flowers, and put it into a broad mouthed glasse, & set it in the Sunne 14 dayes, then warme it to your ayde. this is a good Ointment for a chistice, or any other bile as you sweet upon it.~~

~~A Powder to breake a sore Breast.~~

~~My Mother~~

~~Take half a pint of Honey, half a pinte of Greame, a handfull of Bee leaves, & a many frumme of wheate Bread as will thicken it with boylinge all together.~~

To breake a sore Breast.

My Mother & Han

Take Mugwort, & Holyoake leaves, & whitewort, & small but meale, and Linnseed well peelded with a few figgs. Boile all them well together to a mollis, and at the end, adde two spoonfulls of Oyle Olive, and apply it to the grieffe.

An Excellent oile to comfort the Bruise.

My Mother & Han

Take of Liquum Rhodium 20 ℔ weight, Lunake Roses 2 Pundell, Lavender toppes ½ a peck, & Marjoram & handfull, Sperment as much, take all them together and beat them, and put them into a Cebell, adde 20 ℔ weight of Bay Salt, & so much Fountaine water as will cover them. Let them stand a month close tied up with Parchment and maze. Then distill them in a Limbeck with an indifferent fire, and take of the oile on the topp and keepe it for your use. Tis excellent for any Paine of the Head that comes from cold, especially for Apoplexies.

~~A present Remedy for an old ache.~~

My Mother & Han

~~Take very strong Aqua vitæ two spoonfulls, & a spoonfull of the juice of Ettemart, and anoynt the place greived every day 2 or 3 times for it will speedily helpe you. Approved by Dr. Lynes.~~

A Medecine for an ache or shrinking of ye Sinewes.

My Mother & Han

Take the tenderes of Rosemary and Marsh Mallowes of each an handfull more or lesse as you will, gather them when they are cole, beat them in a morter very small, then take May Butter well strained, & put it into ye Kearber, mingle them well together, then let them stand 4 dayes, then set them over the fire, seeth them till the Strength be gone out of ye kearber, then take a little of it in a spoone, and let it drop it on your naile, & if it be greene as the Emerald it is perfect. put it up in an earthen pott, and so when you have occasion use it annointing the place grieved by the Fire.

Dr. R. S. & Han

~~To make the true Morgan Powder.~~

~~Take of Vitriell 4d. worth, which will be halfe a spoonefull, put it into a Quart of Water, Stirre it with a knife twice or thrice, if there be Vitriell enough Your knife will be colloured Copper, then take ye Cloth which

which is wrapt about the wound, and putt into the Water. keep the wound cleane, ~~medcl once a day. if the wound be very great You must make new water, & put in fresh wound Clothes once a day. If You adde any Salves that are not of a vescati: cus Nature they will not be contrary to this Powder but may hasten the Cure.~~

Mr. Stone Searecloth.

Sr R. Stone
A Han

Take 2 ounces of tennerick, 4 ounces of Frankincense, ½ a pound of Virgin Wax, halfe a pound of Burgundy Pitch, melt all these together in a great Pipkin upon a slow fire, & stirre them all together, then powre them into faire water and rub Your Hands with oyle, and take them out of the water, & worke it well with Your Hands, and then make it up in long rowles, when You use it You must spread it upon Leather, then pricke it full of holes, & lay it on a Bruise or Ache as hott as may be endured, and there let it sticke till it fall off, and You need never feare it; this is the best Plaister that ever was for a Bruise.

An oyle for the Stomache.

My Mother.
A Han

Take a pretty quantity of Capons grease 2 or 3 flakes of Mace, a little quantity of Saffron, a Spoonfull of Aqua vi: ta; putt them all together, and sett them on Coales, letting them dissolve a while, then take a piece of new Flannell, & dipp it it in the same, & lay it to the Stomach.

An Excellent ynytment for a Brest with which I have done great Cures.

My Mother.
A Han

Take Sotherne wood, Celdstreale, Smallage, Sage, Herbe grace, Plantaine, Ribbwort, Herbe Bennet, Orpen, Hony suckes, Parsly, Marigolds, Wormewood, Mercury, Bittony, Scabius, Va

lerian,

lerian, Comfrey, Dwarstoth, buckshorns of each a handfull wash them very cleane, and put them in a Sive to dry, & when they are dry, choppe them very small, and putt thereto Fiue pound of May Butter as it cometh forth of the chunke unwashed, then boile all these herbes in the Butter till one part be consumed of foure, then straine one part to make an Ynytment, & putt it into a pott, & after that done, putt to the other two Parts as much Rosine & Wax as the Quanti ty of 2 Eggs to make it stiffe for Plaister Salve, boyle it well & then straine it.

~~Balsome Christi~~

~~Sr Kenelme Digby~~
La: Butler.
A Han

~~Take oyle of Olive one part Canary Wine 2 parts, boyle them together in an Earthen pott till the Wine be consumed, & that You may know by casting a little of it into the fire, and if it make no more noise then oyle usually doth it is enough. This Balsome heales all kind of wounds laying Lint dipped in it upon them.~~

A Speciall Plaister for the Sciatica or Gonsish Humour which hath done many Cures.

My Mother.
A Han

Take a pint of the best Sallet oyle, 4 Ounces of Red Lead, 4 Ounces of white Lead, 2 Ounces of Bees Wax, One ounce of frankincense, one ounce of Mastick, 2 ounces of Burgundy Pitch, all but ~~the Frankincense~~ Mastick and Burgundy Pitch be beat & searce, boyle the red & white Lead together for ½ an houre with oyle, continually stirring it. Then take it of the fire and putt in your wax stirring it as before, then sett it on the fire again to boyle a little while, then take it of and putt in the Mastick, stirring of it as before till it hath done working, then let it boyle a little again then stirre in Your Frankincense of the fire, then doe as before with the Burgundy Pitch: then boyle it up till it be as black as Pitch: take it of & stirr it till it be cooler, oyle a sheet of Paper and powre it out upon it rowle it up in rowles putting Papers about it to keep it for your Use. When You use it spread it upon thicke cloth.

For a strake or Bruise in the Eye.

Lady Bedles. A Man

Take a Pigeon, & let her Blood in the great Veine of y Wing, & let the Blood Spring out of the Veine into the Patient's Eye. You must dresse it 6 or 7 times.

~~An Excellent Unguent for any sore Mouth or Throat~~

Lady Butler A Man

~~Take as much Sale ormoniack as the weight of a groat, mingle it with 2 Spoonfull of Honey. let the Patient take it when they lie a bed; let them lie upon their back & keep it in their mouth, till it is absorbed & no longer. If y mouth or throat be very bare You may take Six penny weight.~~

An Ointment for Burning with Gunpowder or Scalding with Water.

Lady Bedles. A Man

Take a Quart of Bears Grease, 2 Handfulls of Ground ell & 2 or 3 Heads of Houseleeke, stampe them together, then putt to it 2 handfulls of raw Sheepes Dung, 2 Handfulls of Goose dung, Stamp them all together and fry them, & straine them when they are hot through a Cloth into an Earthen Pot, & with the liquour anoint the burnt or scalded Place.

~~For the Stinging of a Snake or Viper either in Man or Beast.~~

Lady Bedles. A Man

Take as many black Snailes as You can gett, still them in the mort, putt them in a thinne Cloth, & apply them to y Place, & it will give present ease & remedie.

~~The Vulnerary Liquour.~~

~~Take an Ounce of Crabbs Eyes fresh Cinnamon beat them to small Powder, put them into a Sarge Purse Glasse and power upon~~

~~them~~

A most admirable Receipt for a Fistula.

Lady Parkhurst. A Man

Take of Ber Dorme a pound, and of Sheepes Suett the Rignes of a Hundred Eggs, and if You make it in Winter putt them in a panne, & set them over the fire till they be ready to boyle, then power it into another panne of cole water, rub Your Hands with Butter that it may not cleave to them, worke it till it become as small as pack thread, then scrape it on a Cloth, and spread it very thinne, then cutt it out small & narrow, and when you use it roule it like a Tent.

The Powder belonging to it.

Take an Ace Horne & lay it 9 dayes in water, shifting it every day then take it out, and fill it full of black Soape, then putt it into a frying panne, hold it over the fire, & the Horne will melt away & turne to Powder, & when You dresse the sore, dipp the aforesaid Tent into One of it in this Powder, and so tent it.

The Water belonging to it.

Take Allum, and white Copperas of each a like quantity, beat them into fine Powder, and mingle them well together, & putt them into an Earthen panne, and set them on a soft fire, & let them boyle till they be so hard that they will boyle no longer. Then beat them to Powder. 2 Spoonfulls will make a gallon of Water, but let your Water seeth first before You putt it in. Then take it of, as the first quickle a little of y powder into it, least it flame up, & after 24 houres melt a faire Cloth and dresse the Sores twice a day. Sometimes wringing it with this Water, and being tainted as aforesaid wett a Cloth 2 or 3 times double, & lay on it still as You dresse it, and in lett it lye till You dresse it again. If greene Copperas be used two pound must be putt to a quart of Allum. If it be not sedge the Water only may be used without Tenting.

To make a Poultice for any inflammation or swelling.

My Mother. A Man

Take ½ a peck of the Grounds of Beere, and as much Milke, putt in that of

Camomile and Marsh Mallowes of each a handfull cutt small, & also put to it 3 white lilies Roots and a handfull of wheate Meale, and 3 or 4 Tyr, cutt the Roots and the tyr small, and stirr all these together to halfe a pinte, or till ratie be distinct, and then apply it hotte.

A Rare Medicine for a sore Breast.

Lady Pontnuart + Hon

Take Wood lice, dry them upon a tile in an Oven, take every morning on fresh Ale or nettle as much as will lye upon a 9d. & apply morning and Evening a Cloth. the ashes of your breast trod on. Grease, grease and lapp on double. this hath done many very great Cures both with Breast that have had Issues in them and Breasts with a Nodule.

~~To make the Vlcer Water.~~

Mr. R. D.

~~Take a dramm and a halfe of pure Christalline Venice Mercury sublimate, and grind it to impalpable powder upon a Porphyre or Marble stone with a Muller of the same; then of a glasse Mortar with a glasse pestill, incorporate it well with 7 Ounces of faire water. cold or put it into a Phiale glasse, to keepe till you make the mixture.~~

~~Take 3 pintes or ℔ 40 of Aqua Calis vine; put it into a large bottlehead of glasse with a long Neck, and then by holding it in one Hand with the other powre the sublimate water into it after you have shaked it very well, that both the liquors be well mixt together; then set the bottlehead to settle, with the neche inclining as much as it may without moving out, & in three or foure dayes all the mudd will be settled to the bottome; powre of the cleare & keepe it in a Glasse; when you will use it powre it in a pewtane or strong Earthen Vessell (for it will corrode any metall) & foment the Sore, with double Linnen dipt in it as hott as you can; & then bind a Linnen*

~~Linnen* soaked in it, and doubled 3 or 4 times upon the sore. Where you cannot come to the Sore, inject it by a Syringe; in healing it will harden the Pannes of the Sore, but the inward part will look very cleane, and of a good colour; You may put there halfe a Spoonfull into a Vnguentum Potiere & it will relaxe it much.~~

~~It is also good to heale excoriations in the prostates, & other parts in gonorrhea's, being first well tempered with Plantaine water, so as to cause no sharpnesse in the Sense where it is injected.~~

~~The Aqua Calis is made by taking two or three pounds of Quicke lime fresh from the Kilne, and powring a gallon of faire water upon it, & mingle them well together, then let the lime settle for two or three dayes, and powre of the cleare water which hange; Every Surgeon or Barber maketh of it.~~

An excellent Medecine for the Stone approved and given by Mr. Powrell Apothecary of London.

A. Hon

~~R. Marsh Mallow roots thin sliced 2 Ounces, & younger leaves of the flower a good handfull, Liquorice sliced half an Ounce, 6 figs sliced, a sprigg or two of Time, boile these in 3 pints of clear perfect drinke, made with malt the till a third part be boiled away, and straine it, let the Patient in a draught of this Perfect drinke, take a good Spoonfull of the Syrup of Althea and the juice of a Lemmon. It is to be drunke 3 times a dayes Which is in the Morning, at Five in the afternoon & when they goe to Bed at night. Let them take this constantly 3 or 4 daies before the full of the Moon, & at any time when they complayne.~~

X This red powder good for miscarryings.

A Man

Take of Dragons blood one dram, powder of red coral one dram, amber greece the weight of 3 barly corns; bezour stone the weight of 2 barly corns, Make all these into powder, and in a little burnt Claret wine give as much of this powder as will lie upon a pennie, at morkings and night first and last 3 or 4 times will serve. Make some broth with plantain roots and shepheards purse and knotted grass burnett and bryr leaves and brick this at pleasure put in to the broth ofcast as you drink it the yeeds of 2 Eggs.

I have found good Experimentalley of this medicin;

To make ye Queens oyle called ye Queens oyle. Madrid 8th Decr 1664.

Take leaves grow, robbing the roots thereof at night with as much of ye oyle, then yet just take up wth ye dipping ye tops thereof, putting a cupp or glass immediately on ye seed.

X.

+ Aloe

Take 2 pound of ye best oyle olive, & put it into a glass bottle, wch you must put 4 Ounces aloe, 2 ounces of myrrh, 4 Ounces of white vine, 4 ounces of new wine, shake them together, & let them stand 15 days in ye hottest sun, take in ye bottle out of ye dyer every night, then put it all into a scellett & make it boyle wth see some as exact you perceive take it of ye fire, & straine it through a cloth, then put to it 2 ounces of Benjamin, & 2 ounces of storax, then set it in ye fire stirring it softly, till ye Benjamin & storax be well melted, then strain it through a clean cloth, then put it into a glass, & when it is cold stop it close to preserve it from aye, & keep it for your use, this oyle is best made in ye Months of June, July, August.

X A Medesin for a Cough in the Lungs;

Take Elecampany roots well scraped & washed steep them 12 hours in fountain water shifting twice then boyle them in damask-rose water untill they be tender then take them out of the water & weight of the pulp of roasted apples & double the weight of double refined sugar so boyle them up with red-rose-water to a conserve & keep it for your use. you must take the bigness of a Nutmegg thereof fasting in the morning at 4 of the clock in the afternoon & when you go to bed at night.

X A Eccellent Receipt for a Cough

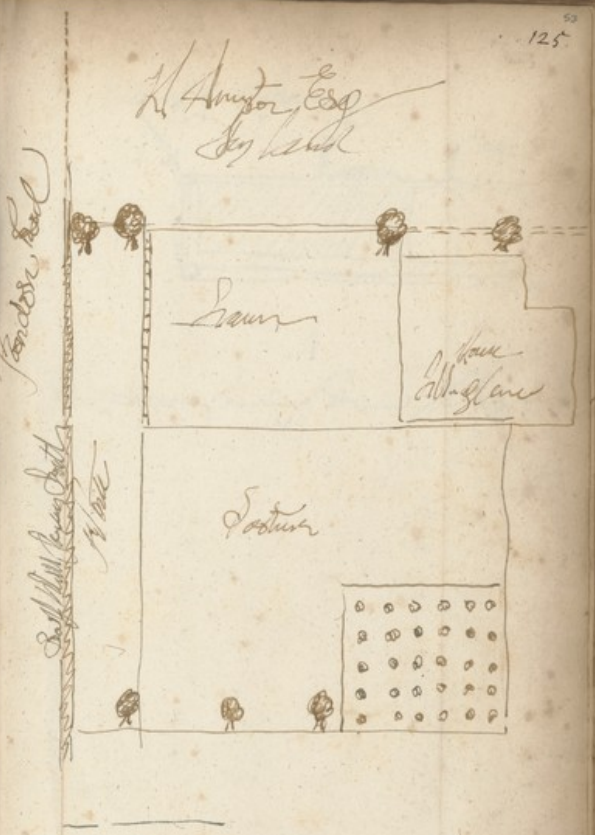
Take a Quart of milk & 2 Large Onions boyle it a quarter part away then run it through a hair sive put to it a quarter of a pint of red-rose-water & sweeten it with sugar of Roses as you like it this must be drunk fasting & ye same Quantety warm night & for your suppers & mornings for 3 days & nights together.

+ to Clenge putrefied lungs

Swellen above halfe a pint of White Wine with 2 spuntfull of hive huney and ~~2 spunfull~~ too Spriges of Balme take this fasting warme Every morning for thurty days;

A Receipt of a Diet Drink
for the Stone

Take half a bushell of malt and and make 4 gallons of wort put therin the kernells of asken keys with sarsifrage roots and prosper of each a good handfull, as much parsly; Eringo roots scraped 3 ounces, bruse all in a morter and let them boyle half an hour in the wort, let it stand till it be cold then strayn it and work it and sum it, it will be ready to drink in ten days you must drink a pint in a morning fasting;


Pendover Road
Lawn
House
Pasture

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Sir K. Digby. A Receipt

To make Gascoigne Powder.

Take 4 Ounces of the blacke tipps of Crabbs clawes taken when the Sunne is in Cancer in June, or the beginning of July (for then they have much more Vertue then at other times) and one Ounce of Crapstone of Pearle, both made into fine Powder: then take Snake Skins cutt in peices as long as mes finger, put them in a Pipkin, fill with fountaine Water, have another Pipkin stand by with fountaine water upon the Embers, & as the water of Snakes consumes still supply it with the other, let it stand over the Embers 36 Howers, & when it will jelley then take it of, straine it through a strainer, & when it is cold make up your powders with it, and have by Saffron strained in Orange flower water, and as you make up the little Balls, wipe your fingers in the Saffron water, to make them up and keepe them for your use.

A Receipt

Mr. Mathias his Cordiall.

Take sixe spoonfulls of Claret wine, 6 spoonfulls of Rose water, 2 Spoonfulls of Syrrup of Gillyflowers, a spoonfull of Fennell water, as much Siderum as a Hazell nutt, mingle them together, & put them in a Glasse, this is a good Cordiall to be taken for the weakness or faintnes of the Spirits two Spoonfulls at a time shaking the Glasse first.

A Receipt

A Cordiall to be given at the beginning of a Sickness.

My Mother. Diacordium 3j Pepines of a Hazell nutt, the Syrrup of juice of Lemmons one Spoonfull, Cardus Water a quarter of a Pinte, drinke it going to Bed and sweat upon it.

A Receipt

A good Restorative after a long Sickness or to prevent a Consumption.

Take

My Mother. Take Coltsfoot, Red Rose leaves, Burnet, Betony and Comfrey Roots of each a handfull, pick & wash them dean & slice the Roots, boyle them all in 2 pints of water to 1 Quart, then strain it & put to 1 pound of Sugar, & boile it to a Syrup, make it first in the morning, & let at night, 6 Spoonfuls at a time.

The Allens Water for the Chmacke Cinall pox or Sinfett.

A Alan +

Take of Sage, Sallendine, Rosemary, Rue, Wormewood, mugwort, Pympernell, dragons, feathers, Egremony, Balme, Scordium, Centory, Cardus benedictus, Zithony, Rosasolis, of each a good handfull, Angelica Roots, Kenbane roots, Mercurialis, Zedoarye, liquorish, of each halfe an ounce, slice the roots and wash the herbs, & shake them & dry them in a cloth & stred them, put them altogether in a gallon of white wine, & steepe them in it 2 days & 2 nights close covered, and then put it into an ordinary still, & so still it, & when you take it let it be luke warme, & put some sugar in it 2 or 3 or 4 spoonfulls to a child of the stronger, & 6 of the smaller, & to an elder more.

+ The Receipt for the precious Water of Wallnutt.

A Alan

Gather green wallnuts a good quantitie from the tree in the beginning of June, bruise them in a mortar, and distill them in a Stillatory of glasse, & keepe that water by itselfe, & a fortnight after distill the like quantitie, then distill that together in a glasse limbecke, & keepe it safe & close in a glasse.

1 one drop in the eye will cure and take all infirmities in the eyes.

2 It is good for women that through weakness have no children, taking out of a cup full in the morning fasting.

3 It cleanses the hair if ye wash it therewith.

4 It helpeth the palsy being drunke with wine fasting.

5 It preserveth sleepe washing ye temples therewith.

6 It wonderfully healeth botches & wounds.

7 It digests all infirmities out the body being used moderately wth wine.

8 It preserveth life by ye almost nature.

9 It reviveth wine being dead if you put it into ye vessell & stop it close.

Its called the Righteous of all Waters.

A Man

Smallage you may take 10 or 12 spoonfull at a time, & you must always keepe it from the heat in the warming of it, the best time to distill it is in the Lattes end of May, for then all the herbs are to be had.

for especiall Water preservative against the Plague or any Feaver or Surfeit or sudden Sickness to keepe it from the heart.

✝

Take sage, Salandine, heart of grace, wormwood, Rosmary, Balme, pimpinell, egrimony, Sabine, dragons, Liver wort, Harts tongue, mugwort, Cardunus, marigolds, fennell, of each of that a handfull & take a pottle of the heart Rosa solis, a quarter of an ounce of hermaphill roots, a quarter of gentiana, & a quarter of an ounce of Angelica roots. then stamp & bruise these roots a little & the aforesaid herbs must be washt & shaken clean from the water in a clean dry cloth, and then shred them grossly, then put into these a gallon of white wine or ale into fresh stone or earthen Vessell being cover'd close and so let it stand 2 days & 2 nights, & then still them in an ordinary still, you must keepe the last running by itself wch will be smaller than the rest the strong you must mix altogether in a great vessell, & when it is mixt put it in little glasses & cover it close, you must not washt the Rosa solis.

When you have use of it give 6 or 7 spoonfull of it warme to drinke, for a dose half so much will serve, & let them cover themselves warme to sweat, & if it be for any sudden sickness put into it a little triacle, if you use the

To make Cittern Water.

✝

Lady Wilmot. A Man

Take your Citterns and wipe them very cleane with a neat course cloth, and dry them again very well with another dry cloth, then cut your Citterns in long peices, but touch not the meate, you may keepe it to make Syrup which is a very cordial thing. Pare of your yellow rind of your peices of Cittern very thinne and put them into a well glazed Galley pott and put to them as much of the best Canary as will cover the peices. Stopp your pott very well that nothing may get into it. then pare your peices over again, as long as you can see any of the green of your Rind left, & put it into another Galley pott by itself and cover it with sacke, and stopp it very close, & let it stand 24 houres. then take your glasse ~~into~~ Limbeck into a pott well boiled with ashes, then put in those peices and sacke which you did pare last into the limbeck, and put the yellow rindes & sack that it may be apprement in the Limbeck, then power in some more sacke according to your discretion, and set on the head of the Limbeck, put it up close, then fill your pott with warme water and make a soft fire under it, and let it stand by degrees, then make the glasse ready to receive your water in, and put some Ambre greece finely ground, & an ounce of white sugar Candy to every pinte and so let your water drops upon it, and when your glasse is full change it & with your finger stir the sugar from the bottome of the glasse, and cover it with single paper untill it be thorough Cold then stop it close.

After the like manner you may make Orange or Lemmon water I use to take to 5 great Citterns three gallons of sack, to a hundred of Lemmons the like quantity, & to a hundred of Oranges 4 gallons. If you please you may put halfe white wine in stead of sacke.

✝ The Queens Palsie Water also for the Apoplexie.

Sir H. Fenish. Lady A Man

Take of Lauender flowers stripped from their stalkes & with

then

them a large yellow glass, and powre to them very good Spirit of Wine, of perfect Aqua Vitæ. Then circulate them for 6 Weeks, keep them close stopped with a Bladder, & see nothing breake out, & let them stand in a warme place, then distill them into a Limbeck still with its coolers. Then put into the Water of Sage Flowers, Rosemary Flowers, & Mary Flowers of each a handfull, Borage Flowers, Bugloss Flowers, the Flower of Allum Camodium, of Cowslipp Flower of each a handfull, steepe these Flowers in good Malaga or Aqua vitæ. The steepe every Flower and herb in good Spirit of wine, every one in their place till all may be had, then put them being all sundry infused together, put also to them Balme, Motherwort, Spike Flowers, Bay Leaves, the Leaves of Oranges as they may be had, and their Flowers, of each one ounce, cut them all small and put them into the aforesaid distilled wine, and put these all together and distill them as before, being steepe the space of 6 weeks, then put into this distilled water, Citron pill dried the yellow pill, or else of Lemons pill and Prying seeds kibbed of each 6 drachms, Cynamon ½ an ounce, Nutmegs, Mace, Cardamomes, Cubebs, Yellow Sanders of each ½ an ounce, Lignum Aloes one drachme, make all these in powder and put them in this distilled Water, Close your Cobell with 2 double Bladders, let them infuse 6 Weeks, then straine this liquor with a prune and filtrate the liquour, and put into this liquor prepared pearles 2 drachmes, prepared Margarites 2 Scruples, Amber Greese, Musk, Saffron of each ½ a Scruple, Red Rose water, and sweete smelling red Sandders & yellow of each one ounce, hang these in a Chrismall Bagg in the water well closed that nothing breake out.

The Vertues of the Pelos water is as followeth.

This

This Water is of Excellent Vertue in all swoundings, in weakness of heart, and decaying of Spirits, it is of great Vertue in all Dropsies, Palsies, Gotherris, also in all pains of the joints, in ease of Eds all Bruises outwardly bathed, and dipped Clothes in it and laydes them. The Vertues are more, that a man would conceive, this strengthneth and comforteth all the Animall Vital and Naturall Spirits, & cleanseth & extenuall Sinnes, strengthneth the Memory & forbeareth hot Agues & all weakness of the Stomacke. Used to be taken inwardly & outwardly bathed, take a Quarter of a Spoonfull and fast after it an hour, it taketh away Giddiness of the Head, helpeth the Hearing, bringeth a pleasant Breath & there can be no better Remedy in all Palsies & Gangreene both to helpe in the fit, and to prevent, If you take marrins & Dezing a quarter of a Spoonfull with 3 grains of Bricks red Dung. It helpeth the hot Speech, helpeth all Eds Diseases of the Liver, & a Bearing Drosie, helpeth all ods Sickness of the Chamber. Nay can sufficiently comprehe the Vertues of this incomparable Water.

✝ A Water for the Canker.

My Mother. A Man

Take Cinerbotes, which an yell, juice with the Berries, Young red Briar tops and Leaves, repite Roses the Leaves and Buds, Sage, Celendine, Wood bind, of each a like quantity, cut or chop them, put them into good white Wine, with the Cleanest Honey & Treakle water is allowe, grape, and a little of the Powder of Orbes, & Liquorice, then distill these allsogether in a Limbeke of glass, one that has never hath been distilled in. Keepe this water close and it is not only good for the Canker, but of 2 Droppes of it the daily put into the Eye with a little Fennell water.

✝ A Water for Sore Eyes.

My Mother. A Man

Take Red Rose water, Plantaine water, and Eyebright water a like quantity, put into it Lapis Lapis fine Powder, as much as to make it of a good thickness when it is stirred together, when you doe

use this ayr, it on this manner, Shake it in the glasse untill it be thicke, then put it into your Eyes wrapping it in and close the Eye after it, & a Cloth 2 or 3 times double wett in the same Water, on the top of your Eye lid, and bind it with a fillett.

A Ayr

Dr. H. Fient: Fray.

✝ To make Water of Life.

Take Balme Leaves and Balke, Burnett Leaves & Flowers, Rosemary, Turmentill Leaves & Roots, Raw Sili, Red Roses, Red Fennell Leaves and Roots & red Mints, of each one handfull, put all these Herbes into a pott well stopped and cutt them as much white wine as shall cover the Herbes, let them make therein 8 or 9 daies, then take Cinamon, Ginger, Cloves, Saffron, and Nutmegs of each one Ounce, of Raysins, Liquis of the Stone & of Sugar of each one pound, of Anises one pound. The hinder Parts of an old Rabbit, a good fatte running Capon, the Flesh & Kneeins of a Leg of Mutton, 4 Young Pigeons, a dozen of Larks, & Yolkes of 12 Eggs, a large of white Bread cutt in slices, 3 gallons of Aquavitae, or as much as suffiseth for the distill, all these in a Limbeck at one time, and put thereto of Aquavitae or perfect Vrcule 3 Ounces. Distill it with a moderate fire, & keepe the first Water by it selfe, & & Second by it Selfe, when there cometh no more water with Stringes take away the Limbeck and put into the Stiff more Wine & distill it again and you shall have another good Water.

Of the first Ingredients of this water you must keepe in a double glasse warily, for it is a restoratiue to all principall Members, and reserueth against all pertinent Sicknes, as the Palsey,

Drousie,

Drousie, Sphacus, Yellow or black Jaundice, and for wormes in the Belly, and for all Agues be they Hott or Cold, for all manner of Swellings, for Melancholicke and Phlegmatick Humours, & it comforteth all the Spiritts & Arteries of the Braine, Heart, Milt, Liuer and Stomach, by taking three of 2 or 3 Spoonfulls, at a time, with ale, Wine or Beere, put a little Sugar therein, it helpeth digestion, breaketh Wind, stoppeth a loosenesse and diuretic, it easeth the Heart burning, it quickeneth the Memory. taking of this water 3 Spoonfulls a day, one in the morning, one at noone, & one at night.

My Mother.

A Ayr

✝ To make Wormwood Water.

Take Roman Wormwood and English of each one pound, Lauenie and Organnes of each 2 pound, cutt your Herbes, slice your Lauenie and Grinne your Seeds, and put to them 2 gallons of the Spirit of Wine, letting it stope one night, then distill it the next day, & take the first Runnet by it Selfe, the second also & likewise the third.

My Mother.

A Ayr

✝ Dr. Stevens Water.

Take a gallon of good Gascoigne Wine, then take Ginger, Cinamon, Nutmegs, Graines, Sanywoods of each 2 Drachme, Sebes, Red Mints, Red Roses, Time, Pellitory, Rosemary, Fennell seed, Caraway seeds, wild tyme, Germill, Lauender of each a handfull, bruise the Spices small, and stampe the Herbes and put them all into the Wine, and let it stand 10 or 12 hours stirring it continually, then distill it by a Limbeck, and keepe the first pint by it selfe for it is best, keepe also the second pint by it selfe for it is good, but not so good as the first. The Vertue of this Water is, it comforteth the Vitall Spiritts, it helpeth the diseases that come of Cold, & making of the Palsie, it cureth the Drousie and Contraction of sinewes, it helpeth the conception of Women that are barren, it helpeth the Cold cough, it helpeth Women in the Body, it helpeth the Tooth ache and comforteth the Stomach very much, it helpeth the Stone in the Bladder, & & veines & &

Sauce.

breake, it helpeth a stinking breath. Whosoever useth this water sometymes and not to often, it preserveth him in a good liues and shall make him seeme young very long. This water will be better if it stand in the Sunne all the Summer tyme.

With this Water Dr. Stevens preserved his owne Life & Clays Queene Elizabeth when other Physitiens judged him not able to live one Yeare and confessed a Table before his death that if he were sicke at any time, he never tooke any other Medicine but this water. When you distill this Water let it drope upon Sugar Candy, an Ounce to a pinte of Water with Leafe a Scruple of Amber grist to a quart of Water. passe it twice through 2 handfulls of your best Fine Gilly flowres, then stop it close, and keepe it for your use. 2 Spoonfull of the Stoop or 3 of the pinte is the small quantity taken in a morning fasting.

X

Garemons Water.

Lady Mother. A H

First take of Cinnamon 2 pounds, Sweet Marjoram 3 handfulls, of Angelica a handfull, of Damaske Rose leaues 2 handfulls, Balme ½ a handfull, Rosemary leaues 2 handfulls, putt all these together into 2 pillows of Cloake and distill it with a Limbecke, when it is distilled putt into it ½ of a pound of double refined Sugar & 10 graines of Amber gris. then let it stand in the Sunne a weeke & then strayne it and keepe it for your use.

X

Sweete Water.

Lady Westmorlett. A Han

take Lauender flowres, Pinke flowres, Gillimicot, sweet Mint, Maudlin, Thyme, Rosemary, Spikenard, Galluangall, Walnutt tree leaues of each a like quantity, Rose leaues as many as all the other, cutt them small & stiff them all together, then take powder of Vries, & of Damaske water to the quantity of a pillow of Lynen, ½ a pound of each of the powder, then take Benjamin, Mace, and Cloues of each a like, beat them all in a Morter.

a Morter, and mingle them with the Herbes, and putt them all together in an Earthen pott, with as much Ale when it is in Corues as will cover them all. let them stand 2 or 3 daies stirring them often for heating. then distill it in a Limbeck & keepe it in Glasses well closed putting a little Musk and Camphire if you please in the Glasse.

X

A Water comparable to gold.

Lr. Butler: A Han

Take a gallon of white Wine, 4 Ounces of Gentian, and 24 Ounces of Centaury, stamp them together, putt the Wine to them & let them make together 5 dayes, then distill them in an ordinary still & keepe the water in a close Vessell & when you use it take 2 or 3 Spoonfulls morning & Evening.

This Water preserveth the Body from all manner of diseases, it putteth away all Smoothness, it maketh good Colour, it resisteth the Plague, mendeth stuff Stomachs, it helpeth the Stone in ye reynes it separates & putts away water from ye of ye Stone, it purgeth ye Belly also, it purgeth all Coler & corrupt Blood, it healeth all wounds in ye Bolly, it healeth pequinces bitings, & it cleareth ye sight to the healing of wounds the powder of Centaury ought to be made with it the weight of 4d. or 6d. at a time.

X

The Spirit of Amber Gris

Lr. Butler. A Han

Take ½ an Ounce of Amber gris, cutt it grosse, putt into a pint & ½ of sweet Spirit of Wine, keepe them close stopt in a glasse for 3 Months, then cast your liquor from the Gross, & put the liquor which is your Spirit in a glasse, then putt it in the Sunne till it be perfect, the clearer it is the better for your use.

X

To make Sweet Water of Roses ye best way.

Lr. Desler. Han

Take one pound of Damaske Rose leaues that were dried in a glasse, putt to it tenne pints of running Water distill them in a Limbecke, and so keepe it for your use. If you would have them extraordinary

Gra

You may perfume them with what Essence of Musk &c Ambar you will. 'Tis best Still in January or February.

Receipt for Sweet Water:

Mrs. Frazier. + fan

Take Damaske Rose leaves, pick them from the stalks, then weigh what sort of what size You think fit & lay Roses at y bottom about 4 or 5 inches thicke, then cover them with bay salt so doe till the pott be full, then let it stand close covered in a Sellar till it be corrupted, and distill it in a pott with a Still. You must be sure to keepe the earthen pott close, & no aire come in to the Roses whilst they ferment.

There will come of this water an oile with which anointing y Temples and y mole of the Head is the greatest comforter of the braine & it, & helpeth the paine in the Head.

To make Rennie Water.

Mrs. Heath. + fan

Take 2 quarts of Claret Wine, & put into it 4 pounds of Rennie Stones and all, one handfull of Rosemary, one handfull of Balme, 2 Ounces of Cinnamon, ½ an Ounce of Cubenes quartered, steepe these in an Earthen pott all night, & y next morning put them into your Still, keepe a pretty quicke fire under it. Put into every Quart of water distilled, 4 Ounces of white Sugar Candy, & 4 graines of Ambergreece then mixe it as You doe your other Waters, passe thorough a Handfull of Rose Gilly flowers before You shrinke it.

Spirrit of Blane.

Lady Beddes. + fan

Take a Still full of Blane and put to it a pottle of white Wine, and Still it in a Rose water Still. You may put to it a little fine Sugar & Ambar Greece tied in a Tiffany if You please.

To make the Water called Aqua Mirabilis.

My Mother. + fan

Take the Seeds of Cardamum, Cubebes, Galingall, Melilott Flowers, Cloves, Mace, Nutmegs and Ginger of each a drachme being made into powder, put them into 3 pints of white Wine & one pint of Aqua vitæ. & one pint of the juice of Calamint. Put all these into a glasse Still and to let them incorporate all Night, in y morning distill it with a soft fire in Water, let it drop on Sugar Candy, Put into the glasse a little Amber Greece & of this Quantity there will be 2 Quarts, keepe one Quart by it Safe for it is strong. When you use it You may mingle it stronger or smaller, as You please. You may make it in the Water with y juice of the Roots. You may take it when You please. The ordinall taking is half an houre before noon dinner or supper, or before You goe to bed one spoonfull or 2 at a time.

'Tis of a secret Nature it restoreth the instruments of y Lungs, without any ordinance, it openeth Melancholy, it expelleth & stopping of y Brain, purifieth y Stomach very much, it also conserveth Youth, and preserveth the Memory, & destroy y Palsie, & give one spoonfull to a Person labouring for Life. & it relieveth & reviveth very much. Of all artificiall Waters there is none better than this. In Summer use one spoonfull fasting and in Winter 2.

A Receipt for Balme Water:

My Mother. + fan

Take 3 Gallons of the strongest ale out of y fatt untunned & 2 pounds of the greenest Lemonie crushed very cleane, & bruised, take ½ a pound of Cinny seed tuffe in a Cloth, fanne away y dust & bruise them, take a Handfull of balme wheapt, stamped in a Morter a little, then put your Ale into a Stone pott with a narrow Mouth, let all these ingredients be infused therein a day & a night, then distill it in a Limbeck.

Fruite Water or Worme Water.

La: Beddes. + fan

Take a pottle of Earth Worms gathered in the latter End of April or

beginning of May, open them & quite their cleane & wash them seven times in white Wine. Then take a peck of Snailes shells are all, lay them on a cleane Hearth or Oven Bottome make very hot with Charcoale, & between the Snailes have one there one hot Charcoale, & cover them with a pan that is hote, & let them continue there untill they have done making a noise which will be about a Quarter of an Houre. Then take them one on them & bruise them a little. Then take Hartshorne newly scraped, one waire of Isinglass newly rasp'd, & Cloves & Cannes, Grimony, Silkeworme, Seabiscus Fumitory of each 3 handfull, Rosemary Flowers a pottle, Saffron newly toasted ½ an Ounce, mixe all them, & infuse them 24 houres in 2 pull'as of water, then put it in a Limbeck & draw it off with a gentle fire. Preserve the first 3 pints by itselfe, the smaller by itselfe cause 3 pints more. The rest will be of little effect. Take of ye stronger water 2 Spoonfulls at one in a little Beere one hour or 2 before dinner & supper, one of the smaller & Spoonfull at one in like manner. It is good att the Rickick Consumption or ye Gaundice or any other disease that proceeds from obstruction of the Liver.

A Man

Francisco Chiarenos way of perfuming of Skinns.

First chuse Your Skinns of Cordouan or Ridle of Spanish dressing without Salt, & as Spunge as You can get. Steeple them very well in Rose water, & rubbe it in, then perfume it in a Stove with Benjamin and Storax, and at the last a little Pastilles. if You mean to be at much charge of Amber, doe this over 2 or 3 times. at the last of all when they are almost drie rubb them on the ruffe side very limber & anoint them then with this Compositure of Amber, wch is made thus.

Warme

Warme a Porphie Morter and pestle, then put into it an Ounce or lesse of Quest, & afterwards as that is reduced to an Oile, put into it a Ounce of Ambar Gris, & stirr it in ye Quest with ye warme Pestle till all be well incorporate, then powre in some fresh orange Oyle of Bee to dilate it, and likewise a little Orange Flower water till You find it so thinne that it will easily sinke into the Leather. Then last of all put in a Quarter of an Ounce of Civiate, & worke it perfectly well with the rest. then rubbe it by little & little into ye Leather. doe of it over severall times, till a large Skinn have drunke up all this proportion, or ten paire of large Gloves, or Pockets or what you please. then let them dry upon papers on a table in ye Shade that day, the next day set them in the strong Sunne, & as they dry turne them, lying upon Papers and some woollen Cloth, till they be through dry & stiffe; then rubbe and worke them in ye Hands, till they be very limber, & so put them up in Papers wrapt in a warme place in Woollen, and kept from Sunne.

+ The 10th day of June in Oxford. 1656

According to this proportion Perfumes may be made

Ingredients for perfumes & making of Beades.

Viz

To an Ounce of Amber, a Quarter of an Ounce of Civiate an Ounce of the Oyle of the Flower Jasmin, & halfe an Ounce of Albatori.

+ To make Paste Beades.

Viz

A Man

Grind the Quantity of Amber You please upon a Stone of purpose, such as the Painters use &c. and one quarter part of Civiate, & ye like of Musiate of so much quantity as the amber, & then put thereunto a little albatori, & mix the same together to a Mash, and then make the Beades with your Hands as you please. putting through them three with a needle, then dry them.

+ To perfume Damaske Roses.

Lady Bates. A ffan

Take Damaske Roses put them into a wide mouthd Glasse, & stopp them close with Parchment, set them upon Leddes in the Sunne, or some very hott place where the Sunne comes, shaking them twice or thrice a day till they bee dry, then make a powder thus.

Take cleare and fair Benjoi, Storax, Gleane, Lignum aloes, Ambar Gris, Mace of Quants, & Lemmon peele, Citron peel, Orange peel, Orange Flowers, Sweet Marjoram, Lemmon Thime, Myrtle Leaves, bruise your Ingredients, beat your powders & take what proportions will serve your Rose, & mix, & Quantities as best please your sense; then put all your powders into the Glasse, tye them with paper & parchment & weare & a parchment over that, that no ayre possibly can get in, nor sent come out; set them in the heat of the Sunne as long as it last, & in the Evening the night keepe it in a Stoue; this doe for a month or five weeks, then you may use it, put into little Sarsenet Bags, & layre amongst your Clothes, it will last longest with woollen. This rare perfume putting a little of it into your perfuming pann with Orange Flower water or Rose water or Lemmon time water.

To make the best Pastiles to burn in the world, taught me by a servant of Francisco Moreras, who was his nepheew & came & made them in my house before me, this present 17th of Nov. 1663. in ye house at ye sicte Cimeneas at Madrid

A ffan

+ Beat & searse a pound & a half of Benjamin as fine as can be done in the finest cowrid searse beat at once; & quarter of storax in a Morter, grinding it very well, put in it in a deep preserving pan, that is round bottomd, ye storax, & therepon as much of the damaske rose water, as will wett it, then sett it upon a very soft fire, stirring it very well with a long spattila, till it is almost ready to boyle, then strew in a little Benjamin stirring it continually, then poure in more rose water, & then the rest of your Benjamin & then more rose-water in all about 3 Wine Pints, let it then stand thus upon the fire, till wth the heat thereof, & perpetuall stirring it become a very thin paste in the water against wch time have ready this compound thus prepard. Sett a little brasse morter on the fire with ye pistlinet, filled a quarter-full wth rose water, & when it is scalding hott; wash ye Morter & pistle very well therew^th then dry it wth a clean hott Cloth, sett it on the fire again; & when it is very hott, take it off, & put in half an Ounce of Amber-Greece

grinding

grinding it till it be very well melted, then put in to it, halfe a quarter of Sivett, wth forty droppes of ye Essence of Jessmin or Orange, wch you like best when these are all perfectly well incorporated in the Morter, poure out ye water from ye Paste very cleare, & poure it upon the paste this mixture, leaving in ye Morter what hangs about it of the composition, mingle ye paste, & ye Amber very well together wth ye fingers till all be perfectly well incorporated, then poure ye rose water into ye basen, ye you poured out before, & sett it upon a fryeing fan soft Embers stirring it till it be little enough to be worked, then take it out in little peeces & knead it in ye hand, then pull from ye little bitts, making them up between ye fingers & ye thumb, ye bignesse of a stringpeece & ye thicknesse of a crowne peece, when you have made them all, beating in ye Morter ye rest of ye compound rub them all over therew^th^, if you like it, you may press them wth ye owne fall, as you make them, you must keepe them in a box close — every one lapped up in a severall paper, when you burne them you must wet them & lay them upon very soft fire.

A fan

To make Spanish Hypocrist, which exceeds all other. Madrid 8th Jany 1664

Put into a great earthen pan well glazed 36 pints of ye whitest & strongest white wine, 8 pound of fine sugar beate small, 3 ounces of ye best sinnamon bruised in a mortar, stirr all this very well together, & lett them stand close covered 5 houres then put in a quarter of an ounce of Cloves bruised, ye pill of two Orangs & 2 Limons cut in bitts, as bigg as the beans stirr it well about till you are sure ye sugar be well incorporated therein, then passe it through a new cotton bagg of neer a yard long made about a span ouer on top, & with a pint full ye bottome boyle it very well, then rinse it in cold water, then ring it very dry, then put it into a basen, & poure 3 pints of new milk upon it & let ye bagg lye therein, halfe an houre then hang it up, dropping well, as it cam: only of ye milk: tyed ~~in~~ with ~~tape~~ strings about a round stick that hath a spike fastned into ye wall, then put ye milk into ye shell twice or thrice, & then ye nuts, & so as you drawe ye nuts out of ye bagg, put it into ye pott, till you have very well mingled all together, & yet run cleare through ye bagg, keeping ye bag always full, tis best drawne into bottles wch must be stopt, as soone as they are full if you please you may perfume ye sugar wth Amber Greece.

Surfett Water

A Ffer

Take a Gallon of Brandy & a Pint of Damaske rose water, one pound of white suger candy, half a pint of Poppy water, 1 lb of reasons of the sunne stoned, half a pound of Date stoned & sliced thinne, ℥j of mace & ℥j of Cloues & ℥j of Sinamon, these must bee bruised, one ounce of annisseeds rubbed cleane & the dust blown out & bruised a quarter of an pound of Licoris scraped & sliced; Then putt all these things into the Brandy with a good handfull of red poppy leaues and 12d worth of ambar greece and 6d worth of musk; The sweets must bee tyed up in a little bitt of lawn & so putt into the Glass; and when they haue steeped nine dayes togeather, thayne it out: But bee sure you stire it every day whilst it standes.

A Coursi Powder for great lumin

A ffer
℞ Cauland.

Orris roots 2 pound, Callamus Aromaticus, Lignum Rodium, & yellow sanders, of ~~ye~~ each one pound; Cittern Rind, lemon Pill, drest Mercoram, of each 10. ounces; Cipress roots 1 pound & a half, Benjamin 12 ounces, Storax 6 ounces, Rose cakes not burnt or launs 5 pound, Lauender flowers, Melilot flowers, of each 8 ounces; Cloues, & Cinamond, of each 2 ounces & a half; Corrander seeds 5 ounces.

A made into a gross powder.

Angilica water.

A ffer

Take of the leaves of Angilica 8 ounces, of Carduus benedictus 6 ounces of Balm & Sage of each 4 ounces, Angilica seeds 6 ounces, sweet fennel seeds 4 ounces, let the herbs bee dried and cutt small & the seeds grossly bruised. To wch of the spicy called Aromaticum rosatum, & Diamescha dulce of each one ounce and a half. Infuse them in 32 pints of sack, then distill them in a limbeck with gentle fire, and wth every pint mixe 2 ounces of sugar dissolved in rose water. ||

Let the 3 first pints be called by the name of spirit, the rest by the name of water.

This is an excellent cordiall to strengthen the heart and resist infection, & therefore is verie wholsome in pestilentiall times.

A fine Powder for Lemin

A ffer
℞ Cauland.

Orris roots two pounds & a half: Lignum Rodium 6 ounces scraped; lemon pill an ounce & a half. Cloues 4: ounces & a half. Cipress roots 3 ounces, Damask Rose leaues dryed a pound & a half, Benjamine 2/4 Storax 2 ounces 1/4: labdanum 1 ounce: Drachme Sweet Marjoram 3 ounces, Calamus Aromaticus 1 Drachm, Musk Cod 6 Drachms.

Make all these into a gross powder.

To dresse Russia.

A fine

Take a pound of old Lavander, 6 pt of strong vinegar, a tun of Musk, 2 drams of nutter of Citro, an ounce of Frangipanne, an ounce of storax, an ounce of sharpe Sizanon, half an ounce of [illegible] half an ounce of perfum'd Castile, 2 Nutmeggs, ½ a Dram of Civet, ½ a Dram of Amber.

The Lavander & vinegar boyl together, & strain them, putting ye Russia all open in a bason provided for the purpose, wth ye forsayd things pounded & put in ye bason then put in ye vinegar, & Cover it very well for 24 houres & afterwards leave ye perfume open & stirr ye Russia in it once in 2 dayes,

To perfume 12 pr of ordinary seived gloves either for men or women wth the same Compound of Ambar ye Franco Morenda in his life did, & his servant now doth Madrid ye 8d of Octr 1663.

A fine

Heat in a Morter scalding hott Rose or Amber water, & likewise put one end of ye pestle into ye fire to be hott close, pour ye water wch must be about a pint into an new Earthen pott put into the Morter an ounce of the best Ambar-Greece grind it very well till it is melted, put thereunto a quarter of an ounce of Civett, 3 spoonfull of the best Essence of Jessemin, as much Gum Dragon ye hath been steeped ye night before in rosewater as will make it as thick as ye yelk of a new laid Egge grind this Compound very well together pouring in ye grinding 3 or 4 spoonfuls of ye same water ye was heated in ye Morter, then putt ye fingers of ye gloves upon a glove stick & anoint then first wth ye fingers then ye glove laying them smooth one upon the other as you doe them when they are all done, lay them upon a skin one by one in ye heat of the sunne, till they be throughly dry, wch will be in half an houre the same skin upon wch lay them, you must make all sorts of perfumes upon, because any other thing takes away ye sent

All perfumes are best made in Italy.

To make a Compound for a pome
by Frac. Morena. in Madrid
Oct. 1. 1665.

A fan

Take a pound of ye best Benjamin beat it & searse it very fine. then put it into ye pome, beat a quarter of an Ounce of Ambar Greece into a fine powder put ye in likewise then put in Halfe a quarter of an Ounce of Sivett, & about Halfe an ounce of Lemon pill shred small, stirr all these well together wth a spatila. then powre in by Little & Little as much rose water as fills it up to ye top stirring it Continually, this is a proportion for a pome yeilds 2 quarts, when you would use it set it upon ye bottome of a perfuming pan or chafing dish of fire. for Halfe an Houre then set it off in a safe place til next time you Have occasion for it ye powders must never be dry, but as ye water consumes fill it up againe. this unt will never be decay till ye pow. be Consumed wch will be some yeares first

To make Cowslip wine.

A fan

Take three gallons of fair water, put to it 6 pound of the best powder Sugar, or if you please soft sugar, boyl these together half an hour, or better; As the scum riseth take it off, powr it forth and set it a cooling; when tis Almost cold take a spoonfull of yeast beat well with six ounces of juice of citron Breaking it up and Donne with a dish in the liquor, then take a gallon of Pickt cowslips, bruise them in a stone morter, and put them to it; let them stand Tow or three days, then strain it forth and put it into a cask that it may fill; and when it works, but not over, stop it up close: when it is three weeks or a month old bottle it up and put into every bottle a lump of sugar.
For want of juice of citron I put in a quart of white wine.

A Drink for a cold.

A fan

Take two quarts of spring water, and put into it coltsfoot scabious & maiden hair of each half a handfull an ounce of liquoris scraped and shred, a handfull of Rasins of the sun stoned and a spoonfull of anise seeds bruised then let all these Boyle softly till one pint be consumed then take it up and strain it. the party May drink as much and as often of this as they please, a little warme.

The milk surfill water.

A fan

Take 6 handfulls of mint, and 6 of Cardus, 3 of roomwood shred these together and steepe them all night in 6 quarts of milke, and in the morning Drawe them in a Common Still, this will make 4 quarts of good water, the slower the still is the better,

A Man

To make the red sweett water.

~~Take a gallon of brandy, a pint of damak rose water, a pound of white sugar candy, half a pint of red poppy water, a pound & a half of Raisons of the sun stoned, half a pound dates sliced thin, cloves, mace, Cinnamon, Annyseeds, each an ounce; liquorice a quarter of an ounce, Red poppye flowers a handfull two grains of amber greese.~~

The Stone water

Take a handfull of Phillipendula, ~~a handfull of Garden parsly~~ a handfull of Pellitory of the wall a handfull of Mother Thyme a handfull of Saxafrage a handfull of Garden Parsly, 6 Radishes sliced, steepall these all night in a gallon of Sweetowr Milk and still it off next day; take 4 spoonfulls of the water with 4 spoonfulls of white wine with a little Nutmegg and sugar Morning and Euening first and last two days before and after the new and full of ye Moon

and Monies days after you have taken the Medicine or

~~For poutrified lungs~~

Take ½ a pint of white wine & sweeten it with 2 great spoonfull of ~~rice honey & drink this~~ every morning for a ~~month together~~ you ~~may put a sprig~~ or 2 of Bame in it if you please

Francisco Morenos way of Perfuming of Skinns

First Chuse ye Skinns of Cordouan or Kide of Spanish dressing without Salt, & as Spungie as you can gett. Soake them very well in Rose water, & rubbe it in, then Perfume it in a Stove with Benjamin & Storax, & att ye last a little Pastilles, if you meane to be at much Charge of Amber, doe this ouer 2 or 3 times. att ye last of all when they are almost dry rubb them on ye raffe Side very limber & anoint them with this Composition of Amber, which is made thus Warme a brasse Morter & Pestle, then putt into it an ounce or lesse of Ciuett, & as soone as that it reduced to an oile, putt into it 2 ounces of Amber Greece, & Stirr it in ye Ciuett with ye warme Pestelle till all be well incorperated, then powre in some fresh Drawn Oyle of Benjamin to dilate it, & likewise a little Orange Flowre water till you find it so thinne that it will esily Sinke into ye leather. then last of all putt in a Quarter of an ounce of muske, & worke it perfectly well with ye rest. then rubbe it by litle & little into ye Leather, doing of it ouer seuerall times, till a Large Skinne haue drunke up this proportion, or so paire of Large Gloues, or Pockets, or what you please. then lett them drie upon pappers on a table in ye Shade that day, ye next day lett them in ye Strongest Sunne & as they drie forme them, lying upon papers & some Woolin Clothe, till they be thoroughly drie & Stiffe, then rubbe & worke them in ye hands, till they be very limber; & so putt them up in Papers wrapt in a warme place in Vvolin, & kept from Linnen.

The 18 day of June in Madrid 1630:

According to this proposition Perfumes may be ma

Viz

To an ounce of Amber a Quarter of A ounce of Algalla, an ounce of ye Oyle of ye Flowre Jasmin, & halfe an ounce of Albatera.

To make Paste Beades

Viz

Grind ye Quantity of Amber ye please upon a Stone of purpose such as ye Painters use &c. & one quarter part of Algalla, & ye like of Almisile of so much quantety as ye Amber & then putt thereunto a little Alquitira, & boyle ye same together to a Mass, & there of make ye Beades with ye hands as you please, putting thorough them a thred wit a nidle, & so drie them.

To perfume Damaske Roses

Take Damaske Roses putt them into a wide mouthed glasse, & stopp them close with parchement, sett them upon leades in ye Sunne, or some other very hotte place where ye Sunne comes, shaking them twise or thrice a day till they be dry, then make a powder thus.
Take Cleare & faire Beniot, Storax, Galean, Ligum Aloes, Amber Grise, Mace of Levanto, Lemon Peele, Citron Peele, Orange Peele, Orange Flowers, Sweete Marjoram, Lemon Time, Myrtell Leaves, bruise ye Leaves beate ye Powders, & take what proportions will serve ye

Roses & mixe ye Quanteties as best pleas ye Sence; then putt all ye Powders into ye Glasse, lye them with paper & parchment & wax, & a parchment ouer that, that no ayre possibly can gett in, nor Sent come out, sett them in ye heat of ye Sunne as longe as it lasts & in ye Euenings & night keepe it in a Stoue, this do for a mounth or five weeks, then ye may vse it, putt into little Sarsenett baggs, & layen amunge ye Clothes, it will last longest with woollen, this is a rare perfume putting a little of it into a perfuming pann, with Orange Flower water or Rose water or Lemmon Time water.

To Make the best Pastiles to burn in ye World, taught me by a Seruant of Francisco Morenas, who was his Nephew & Came & made them in my house before me, this present 15 of Nouber 1662 in our house at ye Siete Chimeneas att Madrid.

Beat & searse a pound & halfe of Benjamin as finely as cann be done in ye finest couered searse, beat an ounce & Quarter of Storax in a morter, grinding it very well, putt into a deep preserving pann, that is round bottome, ye Storax, & there vpon as much of ye Damask Rose water as will wett it, then sett it vpon a very soft fire Stirring it very well, with a longe Spatila, till it is almost redy to boyle, then straw in a little Benjamin, Stirring it continually, then poure in more rose water, & then ye rest of ye Benjamin & then more rose water, in all about 8 Wine Pintes, lett it then stand thus vpon ye fire till with ye heat thereof, & perpetuall Stirring, it become a very thin paste, in ye water, against which time have ready this compound thus prepard.

Sett a little brasse morter on ye fire, with ye pestell in it
filled with Rose water a quarter full & when it is scalding
hott, wash ye morter & pestell very well therewith, then c
it with a Clean hott Cloth, Sett it on ye fire again & wh
it is very hott take it off & putt in halfe an ounce of Am
ber Grise grinding it till it be very well melted, then put
into it halfe a quarter of Sivett, with forty drops of ye
Essence of Jasmin, or orange which ye like best, when th
are all well incorporated in ye morter; poure out ye wa
from ye paste vbry Cleare, & poure in upon ye paste thi
mixture leaving in ye morter what hangs about it of t
composition, mingle ye paste & ye Amber very well toge
ther, with ye fingers, till all bee very well incorporated
then pourl ye rose water into ye bason, yt you poured out
before & sett it upon a very slew Soft Embers. Stirring t
it be lithe enough to be worke, then take it out in little pie
ces & knhed it in ye hand, then pull from yt litle bitts ma
king them up betweene ye finger & ye thumb, ye bigness o
a threepend & ye thickness of a Crown peece, when yt have
made them all heating in ye morter ye rest of ye Compo
rubb them all ouer therewith if yu like it, you may press
them with ye one Seale, as yt make them, you must keep
them in a box Close every one lade up in a paper by th
selves when you burn them you must well them & lay th
upon very Soft Embers,

To make a Compound for a Pomo by
Francisco Morena Madrid Octr
the 4th 1663.

Take a pound of ye best Benjamen beat it & searse it
very fine then putt it into ye Pomo beat a quarter of an ou
of Ambar Greese into a fine powder putt yt in likewise, t
putt in halfe a quarter of an ounce of Sivett & about halfe
ounce of Lemon Pill shred small, stirr all thes well tog
with a Spatila, then powre in by little & little as much

water as fills it up to ye topp stirring it continualy, this is a propor-
tion for a Pomo that holds 2 Quarts, when you haue it Sett it vpon ye
bottom of a perfuming pann or Chaffing pot of Fire, for halfe an houre
then sett it by in a Safe place till next time You haue occation for it
the Powders must neuer be dry but as ye water consumes fill it up
again this sent will neuer decay till ye powders be consumed
which will be some yeares first.

To perfume 12 pare of Ordinary Seised Gloues
either for men or Women with ye Same
Compound of Ambar that Fran:co Morena
in his life did & his Seruant now doth
Madrid ye 3d of Octr 1663.

Heat in a Morter Scalding hott Rose or Amber water &
likewise putt one end of ye Pestel into ye Fire to be hott
also, pour ye water which must be about a pint into a new
Earthen pott putt into ye motter an ounce of ye best Amber
Greece grind it very well till it is melted, put thereunto a
quarter of an ounce of Sivett, 3 Spoonfulls of ye best Es-
sence of Jesaman, as much Gum Dragon yt hath been Steeped
ye night before in Rose water, as will make it as thick as
ye Yelke of a new layd egge grind this compound very well
together; pouring in ye grinding 3 or 4 Spoonfulls of ye
Same water that was heated in ye morter then put ye fingers
of ye Gloues upon a glove stike & anointe them first with
ye Fingers then ye glove laying them smooth one upon
another as you doe them when they are all done lay them
upon a Skin one by one in ye heat of ye Sunne till they
be thorough dry which will be in halfe an houre ye Same
Skin vpon which lay them, you must make all sortes
of Perfumes, vpon because any other thing takes away
the Sent,

All Perfumes are best made in July.

To dresse Mumsia

Take a pound of Cuild Lavender, 6 Quarts of Strong Vineger, a dram of Musk, 2 Drams of Mother of Clove an ounce of Frankquisenue, an ounce of Storax, an Ounce of Sharp, half an Ounce of, half an ounc of perfum'd Pastills, 2 Nutmeggs, 2 a Dram of Cinett 2 a Dram of Amber

The Lavender & Vineger boyle together, & straine them, having ye Mumsia all open in a bason provided for ye purpose, with ye foresaid things pounded & putt into ye basson then putt in ye Vineger, & Couer it very well for 24 houres, & afterwards leave ye perfume open & stirr ye Mumsia in it once in 2 days;

A fine Powder for linnen,

Oros roots tow pounds & a hafe. Ligum Rodium 6 ounces. scraped, Lemon peele an ounce & a half. Cloues 4 ounces & a half Cypress roots 3 ounces, Damask Rose leaues dryed a pound & a half. Benjamine 4, Storax 2 ounces 4. Laodanum one ounce one Drachme, Sweet Marjoram 3 ounces, Calamus Aromaticus one Drachm [illegible] der

Storax 6 ounces, Rose Cakes not burnt or leaues 5 pound Lavender Flowers Melilot Flowers of each 8 ounces, Cloues & Cinnamond of each 2 ounces & a half Corriander seeds 5 ounces. All made into a gross Powder.

To dresse Munsia

Take a pound of Cuttd Lavender 6 Quarts of Strong Vineger: a dram of Musk 2 Drams of Mother of Clo[illegible] an ounce of Frankquisenie, an ounce of Storax, an Ounce of Sharp , half an Ounce of half an oun[illegible] of perfum'd Pastills, 2 Nutmeggs, ½ a Dram of Cinett 2 ½ Dram of Amber

The Lavender & Vineger boyle together, & straine them, hauing ye Muncea all open in a bason prouided for ye purpose, with ye foresaid things pounded & putt into ye bason then putt in ye Vineger, & Couer it very well for 24 houres, & afterwards leaue ye perfume open & Stirr ye Muncea in it once in 2 days;

A fine Powder for linnen,

Oros roots ten pounds & a hafe. Lignum Rodium 6 ounces. scraped Lemon peele an ounce & a half. Cloues 4 ounces & a half Cipress roots 3 ounces, Damask Rose leaues dryed a pound & a half. Benjamine ¾, Storax 2 ounces ¾. Laddanun one ounce one Drachme, Sweet Marjoram 3 ounces Calamus Aromaticus one Drachm Musk Cod 6 Drachms. make all thes into a gross Powder

A Course Powder for great Linnin

Orris rootes 2 pound Callamus Arromaticus Lignum Rodium & Yellow Sanders. of each one pound Pittern rind Lemon Dill drest Merioram of each 10 ounces, Sipress rootes one pound & a half. Benjamine 12 ounces,

A Hen

To make Gooseberry wine.

You must take your Gooseberrys before they be ripe, Pick them and beat them in a Morter to mash, then putt them into as much spring water as you think the quantity of Gooseberrys you have, will make very strong of the Gooseberry; Let them stand a Day or two till they shall heate, then runn it through a Jelly bagg: And when you have gott all the Liquor sett it over the fire till it bee very hott, then take it off, and let it stand till it bee cold. but when it is over the fire you must putt in as much good sugar as you think will make it fitt to drinke. when it is cold, bottle it up stopping it very close, but not fill the bottles too full.

A Hen

For Cherry or Currenca wine.

You must take your ffruitt, pick them off the stalk, bruise them and straine them. Lett the Liquor stand in a great bottle that will hold a great quantity, stopt up close for a weeke, then open it. But beware you do not shake it. powre off all the cleare, bottle it up with a lump of suger.

A Hen

To make a Whipt Sillebub.

Take a pint & half of very good thick Creame, Put to it, a Pint of white wine, a wine-glass of sack, the Juce of half a Lemmon, a Little peece of Lemmon Peele, and a sprigg of rosemary: Sweeten it to your tast whip it round with a Birch rodd peeld, or a Race of a whisk, in a creame pott till it be thick, then Powre it as high into your Glasses as you can, for feare of spilling it; Cover it, & you may keep it a Day or two.

A Hen

To make sweet water.

Take a good quantity of Damasske Roses a few cloves and a very Little Lavander when tis young; Pick your Roses, bruse your Cloves, & Cutt your Lavander about a fingers length. Then Lay some of your Roses into your still. then some of your cloves, and then a Little Lavander then Roses againe, so doe till you have filld your Still. Dall but a gentle fire vnder it. When the fire is out of it stopp it close with a Corke, spread with Civell & musk on it, tyed up in Sarsnett. (If you please you may hang some in a little Bagg in it) Then tye it over with Leather. The Cake is very good to lay amongst Linnen: This Water is best when a yeare old.

The best whit wax Candles were Sold in the vewe abby at Isleborne, for 9 ownces the pound, and their pound is larger then ours

To make Almond milke. for the fase

A Plan

Take as much water as you designe to make milke, boyle as much french Barly in it, as will make it very slippy, shifting it till it leaves coloring the water; when it is a Boyling blanch some bitter almonds, according to the quantity you desire to make: If a quart, a small handfull or lesse will do. Beate them in a stone morter very small, and as often as you beat them, dash in a little of your barly water, as ~~tis~~ tis a boyling, to keepe them from oyling when your Almonds are beat enough, and your water is white and slippy, Lett your Almond into a thin Cloath, and straine your water with them, wringing hard, that the milke may come out of the Almonds let it stand till its cold, then Lett it in a glasse; If you would have it fetch off scurfe, putt a pennyworth of saltpeter, into a ~~ye~~ glasse, and power your milke upon it, always before you use it, shake your Glasse.

To make Puffes.

A. Plan

Take the Curdes of three pintes of milke, putt to them new ~~g~~ whole nutmegg greated, ye yelkes of 4 Eggs, & ye whites of 2, putt into, about 2 spoonefully of suger, and a very little salt, and mingle it with ~~so very~~ much flower, and mak it pretty stiff not hard, when all thing is mixt together it must bee putt upon a slice, and then cutt off from it in little rowles into a frying panne, with ½ of clarified butter which must boyle, or bee very hott before you putt in the Puffes, there must bee a quick woodfire; they must bee fryed brown & turned. And when they are soe, you must toss them in a Lan, & when you Dish them up: Putt a little butter beaten thick with ~~the~~ the water, & nutmegg & suger upon them; & strew a good handfull of sugar on them.

To make Black Cherry wine.

A Plan

Take six pounds of Black Cherrys, Bruise them well in a stone mortar, and straine them through a linnen strainer, then putt them into a Jelly bagg and let it runn through, so sweeten it with half a Pound of Loafe sugar, and putt it into a stone bottle, & use of it about two spoonefulles att a Tyme, Once or twise a Day or oftener if occasion: It is good for the wind, or Convulsions in Children.

to make Cherey Brandy

Putt in to a Gallon Glass as maney Morelea Cherreys or kentish Cherreys as will Halfe fill the Glas and upon them putt one pound of White Super Candey Beeat to pewder. fill up the glass with the best Brandy. and stope it Close and tey it with a Wett parchment. Sett the Glass in the Sonne. all Jumer at nicke Mas it will be fitt to drinke.

Mrs Gadford's Cakes,

Take a pound of the best flower dry'd & searced, mingle into it halfe a quarter of an ounce of beaten mace, & rub in a pound of new butter til you can not deserne the butter & flower asunder, then put in a pound of loafe sugar beat & searced, then breake in seauen eggs leauing out 6 or three of the whites, mingle them all together, & take a pound of the best Currants & when they are well washed & rubed put them in a puter dish & plump them ouer a Chafendish of Coals & put them to the rest, & put them into your pans when they are buttered, & bake them a quarter of an hour, when you set them into the ouen searce sum sugar ouer them, they will bee better at a months end then at the first if you keepe them dry.

To Make Liquid Laudanum

Take two ounces of Opium and one ounce of saffron two drahms of Cloves and 5 drahm of mace 5 drahm of Cinnamon and a Pint of good Canary: Slice ye Opium very thin and pull ye saffron in small peaces: yn put all those ingredients into a long Gally pot, make yr wine scalding hot and pour it on ym then tye it close and let it stand 12 hours, then set it in a Skillet of Cold water, and keep it boyling till its half Consumed: it will be 6 or 8 hours a boyling you must keep it very close tyd down with a blader and double paper over that, to keep in ye spirrits all ye time his upon ye fire: and also take care that there is water enough in ye Skillet to come above ye Laudanum: but not so high as that any can get into ye pot and when its Cold strain it of

you may make a smaller sort with these drugs afterwards by putting a quarter of a pint of Canary and infuse it as before mentiond

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Cookery.

~~To make a Pyle.~~

~~Take sweet Herbs, Sinnamon, and Mace, and Cinnamon, Sugar, Bread, hard Yolks of Eggs, orange stoned, minced up in Sucket or Colops of Veale.~~

~~The Sauce.~~

~~Take a little Claret wine, the Liquor of Oyster, a Anchoviy, a Lemon sliced, a piece of Butter, beat all these up together, & put it into the Pye when you serve it and make it full.~~

To make Beane Potage.

Lady Butler
A Hen

Take a peece of Mutton and a peece of Bacon, sett it on a boyling, cure it well, put in a Faggot of sweet Herbs, with a little Sweet meat & let it boyle well. Your Beans must be very young & boyled by themselves else they will make the Broth look black but when they have boyled a pretty while take about a quart and put them into the Broth; & after the rest boyle while they be tender then boyle them all to mess & straine them with some of the Broth through a Callender, & then the Broth ~~through a Callender & then on the Broth~~ let it boyle a little while & serve them up without meat with a peece of sweet Butter & Drop of Verjes.

A good way to make Water Gruell.

Lady Butler
A Hen

Sett on 2 quarts of Water or more, sett it a boyling with a Cast of Bread, a Faggot of sweet Herbs, & little lump of Butter, let it boyle one Houre then summe of the Butter, take out the Bread, mincen good handfull of sorrell & put in, then power a great handfull of Oatmeale & put in the pure and let it boyle a quarter of an houre; then take the Yolkes of 4 or 5 Eggs and beat them very well take of your Gruell and put them in. Stirre them together & it will be thick. You may season it as you please with Sugar Butter Verjes or juice of Lemmon.

A very good way to Collop Beefe.

La: Butler.
A Hen

Take a peece of the thinne end of the ~~Flanet~~ Flanke of Beefe about 10 pound Beate it, lay it in Claret or white Wine & Vinegar & salt 24 houres

then

then season it with Cloves, Mace, Nutmeg, Pepper beaten small a little more salt. Bind it up as you do Brawne, put it in a Pot fit for it and put in the Wine and Vinegar that it lay in, with halfe a quart of Water. Cover it up close. & let it stand 6 or 9 hours in the Oven: then take it out of the Oven; let it stand while it is very cold, then serve it up with Mustard & Sugar.

In Summer you must season it with all manner of sweet Herbs. With Time, Sweet Marjoram, Winter Savory, Springe, Parsly Rosemary minced all together & rowl up in the meat, in stead of Spice & pickell to keepe it made with Wine and Vinegar and Water and Salt. Sweet Herbs a little whole Pepper 3 or 4 Bay Leaves, Rosemary, boyle all this together a hour or more. You may keepe it as you please.

~~To dresse a Mouthes of Mutton~~

~~Lady Butler. Take a Mouthes of Mutton halfe roasted, forth slice into small peices, then take ½ a quart of Sherrit and 3 spoonfulls of white Wine Vinegar, a Anchouies, a Lemmon, a Quarter of a peice of Sugar, a Onion, a Nutmeg, a Quarter of a pound of Butter. Sum all these together, with a Bundle of sweet Herbs, & when you see it fitt to be dresse up, shake it up with the Yolkes of 3 Eggs &c.~~

An Excellent Receipt to make a Cake.

La: Butler. A Han

Take 3 ~~peck~~ quart of Flower, two pound of Currants, a quarter of a pint of Sack, 12 Eggs put out 6 of the whites, above a pint of Creame hot warme, 2 Ounces of Orange, Sugar, above ½ a pound of Butter which must be mixt into the Flower first or fine as it cannot be distinguished from the Flower, the Currants must be picked & rub very dry & mingled with the Flower also a little of Mace, Cinnament, and Ginger. then the Creame Eggs and Sack, when it is baked Sanify it. the Oven need not be so hot as for Manchet.

A very good way to make Jelly.

La: Butler. A Han

Take a Knuckell of Veale and a paire of Calves feet, flay the Skinne of the Calves feet then breake them all to peeces with the Veale wash them very well in warme water then take all the fat & Marrow from them if you can: let them lye all night in water then wash it well, and put it a boyling in 6 or 7 quarts of Water in a Pott or Pipkin so that it may be covered close. summe it very well then put in 20 Onnyes of Hartshorne & let it boyle 3 or 4 houres very softly as may be, in that space it will jelly, you may try a little of it on a spoone then take it of the fire and straine it and summe off the fat, then let it stand till it is cold, then if you see there is more fatt off it warme it a little, & summe it with a Feather then put it in a Pipkin if there be 3 quarts put in a pound & halfe of double refined Sugar 3 Oranges sliced, a race of Ginger, a good spoonfull of Cinnament Water, a good Spoonfull of Coriander seeds bruised, the pulp of 6 Lemons, 2 drames of Amber Greese, put all this upon a clear fire, & let it boyle with ½ a pint of Rhenish Wine a quarter of an houre; then take the whites of 10 Eggs, beat them very well & put them in with a Sprigg of Rosemary, then runne it by the Fire side through a fott sea Bagge, put it in Jelly Pots or Glasses, See your Bagge be very white

halfe a pound of Hartshorne

To make Mockerella

La: Butler. A Han

Take of the best Malligo Raisins & picke the Stalkes from them very cleane, but they must neither be washed nor rubb, put your Raisins in a Peccge Vessell that hath a Tofe in it or Platform, & to every pound of Raisins you may put 2 quarts of Spring Water, putting in at the same time of Cinnamon & Flowers of Spinnacy more or lesse according as you will have it taste of it. the like you may use to any other Herbs you have an affection to twice a day or oftener. you must stirr your Raisins gently with some sticke made flatt for the purpose perpetually and so con-

times daily stirring them till you perceive your Quinces are fully broke, then mary of your Liquor from ye Quinces into a Vessell, ye. ~~ye~~ bottling it, but fill not your Bottles tappe full, & be careful your Corks be good, and close stopt, and strongly tied downe, least it turne, or loose its Spirits, in the heat of the Summer, it will be ripe in a fortnight but not so pleasant in cold Weather. After you have bottled your first Liquor you may put in more Spring Water to your Quinces though not so much as formerly, & let it stand for 3 or 4 dayes & the Liquor will be as good as the former if it be ordered as aforesaid. This drinke is wholsome but only in the Summer time.

To make Rice Pan Cakes.

Lady Butler
A Jffen

Take half a pound of Rice cleane picked & washed, then boyle it in faire water untill it be a Jelly, when it is cold then take a pinte of Creame, 8 Eggs the shells & skinnes being cleane taken away, and beate them with your Creame, & when they are well beaten mingle them well with ye Rice, put in some Salt and Nutmeg if you please. Then stirre in ½ a pound of fresh Butter, melt it, and as much fine flower as will make it thicke enough to fry. Then beat all these together very well, & fry them with as little fresh Butter as you can possibly.

To make Tapsy Tarts.

Lady Butler
A Jffen

Scorle your Water and let it be cold, then take a quart of very fine flower, 4 Yolkes of Eggs the skinne being cleane taken away, and take a quarter of a pound of Butter melted, & a little Salt, then make it into a reasonable stiff paste. This quantity of Paste will make 10 Tarts. One pound of Sugar sifted into 10 parts will be enough for them. Take your Pippins sliced very thinne, & lay them even in your Tarts, peece upon peece, then bake them in a temperate Oven which you must try by strewing of flower into the Oven, if the flower doe sparkle it is too hot, but if it only browne then set in your Tarts which

must

must stay in Eng in ye Oven untill they have done boiling & then drawe them and ice them, & set them into the Oven a little to dry. Be sure in the baking you set not up the Oven lidd.

To Pickle a Rumpe of Beefe.

Lr: Butler
A Jffen

Take a Rumpe of Beefe & layer powdered, boile it untill it be half enough in Water, then take it out of that Pott, & put it into a Lipe mixt with the Liquor, & halfe white Wine, put into it Carrets, Turnips, Cold flowers, greene Onyons, sweet Herbes, Cedrie, Fennel, & Sorrell, boyle all these together till they be enough, then take up ye Beefe, powre the Liquor through a Cullender that you may take up the Herbes and Clap they small, then cutt & mingle with them pickled Cucumbers, Capone Buddy, Capers, then mingle all these to the Liquor it was boyled in, if it be not sharpe enough put to it Vinegar and a good peece of Butter, & so lay your Beefe in a dish with slict French Rolls, & so powre the Sauce upon it & send it up.

To make a Fresh Cheese and Creame

Lr: Butler
A Jffen

Take 2 gallon or 2 of milke from the Cowe, and beate 8 Eggs, & when your Eggs are well beaten, put them into your Milke & a Blade or 2 of Mace, and make them boyle, then put to it a quart of Creame, & put them together, & put them into a broad pane, and let them stand 24 houres till it be clouted Creame, then take 2 quarts of new milke and set it on ye fire untill it settle, then take it of & put to it a pinte of Creame, then coole it untill it be blood warme, then put to it as much runnett as you think will turne it, then take ye Curdy & lay them in a Cloth. Lay the Cloth in a Cullender, & when the whey is cleane from them temper them with thinnest Milke, that is only Creame out mixt Orange Flower or Spirrewater, put into it a Spoonfull of Cinnament water and as much Sugar as is to your liking, season your Cheese with this Sweet milke, then make it round with a panne or Porringer, then serve it in with raw Creame at the bottome, and cover it with clouted Creame over.

all

To make Cheese Curd Creame.

La: Butler: A Hen

Take the Cheese Curds being runne with Creame & Milke, take the whey cleane from the Curd, then rub it through a Cullender Season it with Sugar, You must rub it through into thick raw Creame, first season it with Sugar & Amber.

To make Sacke Creame.

La: Butler. A Hen

Take a pottle of Creame, set it to boyle, & when it begins to boyle put to it as much Sacke as will turne it like a posset. then put it into a fine strainer till the whey be runne from it: then rub the Curd through the Strainer into a dish and season it with Amber and Sugar.

To make Codling Creame.

La: Butler: A Hen

Take Codlings, & and codle them very soft, then take very thicke Creame, but first beate your Codlings very soft with a spoonfull of Creame, putt as much of the Codlings to it as you think will make it thicke, if Your Apples be sharpe, put some Sugar to them before You putt them to your Creame, or else it will Curdle, if not putt in your Sugar after.

To make Spanish Creame.

La: Butler: A Hen

Take 2 gallons of new Milke and a quart of sweet Creame, & make it reasing hott, and put it into 3 milke pannes, & the rising stand & trouser them skimme of the top of 2 pannes, & ½ of the Curd, & put it into a dish and beate it with Sugar untill it be broken. If You like the taste put it into ye Dish You intend to serue it up in, & take the top of the second pann thicke Creamme & lay it upon it.

To Bake a Hare.

La: Butler: A Hen

Take & Hare and flea them, wash them and parboyle them then

plaster, and stoppe it up close with your paste, then put it into the Oven, it being as hote as for Venison letting it stand in ye Oven an hour longer then you would a pasty of Venison; then drawe it out and open the pot & lay a trencher on ye toppe of the meate as it swimmeth raising it downe with a weight, till the Butter covers the Trencher, to let it stand till it be cold, then lay on your plaster againe, and keepe it so.

To make Mince Pye of Neat tongues.

Sr. Th: Gandi: Dry
A Man

Take 2 Neats tongues and a halfe, boyle them & when they be cold pare and mince them very small, take a pound of Beefe Suet, and mince it very small by its selfe, put in Mutmeg 2 Ounces, Currens a pound, Raisins of ye Sunne 2 & a little Sugar, a little Rosewater and Verdyuice, & an apple or 2 minced very small, put in a few bay leaves, & a little Orange peele and if you will Salte.

~~To make a Neats tongue Pye cut in Slices.~~

~~Mr Roy Gunther~~ ~~To the Neattongue being roasted and pared, & cut it into thinne slices and seaze it all eight in Verdijuice, & season it with a little Mace, Cloves, Mace & Cinnamon, then layd it in the Pye with a good peele of Butter, & when it is almost enough take it out of the Oven and cut it, if you have made no Vent, and put in some Claret wine & Sugar & make it as you shall thinke fit, then set it into the Oven again. & let it stand till it be enough then serve it up with a little scraped Sugar.~~

~~To make a Chine of Beefe.~~

~~Take a Chine of Beefe the fatter end of it is excellent, & boyl it very well with a small of mace, then if it seemeth it will with mince Vinegar, & let it lye a nu-[illegible] tied it aside, after you put it in every yoyne & cover it as you see a red Deere, & let it lye in ye sea mixed~~

~~in Spices, & make a deep Square Pye of course paste, & lay in your Meate with good store of Butter, & drawe and a little more of the morning water red wine it, & let it bake. For a Lamprey there serve it hot or cold as you like, if you serve it hot a little Vinegar, Galadine of Claret wine, Green Grapes, Sugar, Cinnamon the little Sugar, stirre them well together untill the Sugar be melted, open the Pye pouring in a good peele or more part of the Butter, & put a little of that Butter into the Galadine, then pouring your Butter upon ye meate and so serve it.~~

~~To boile Mutton, Veale or Beefe.~~

~~Strong Broth, Mace, and grosse pepper, Spinage, Leeke & Parsly whole stoppe of thyme, & a little onyon minced, boile Asparagus, when it is boile mince them, thicke it with sweet Butter, serve it with bay, put in juice of Sorrell, cut your lemon & lay under in it, & so for ye Veale.~~

To fry a Loine of Veale.

~~My Mother.~~ ~~Cut it in thinne slices & lay it into the heat of a Cleaver, frying a manne until it be smoothe brown in Butter, then put away the Butter you fry it with off, put the meate into the pane againe, put to it Strong Broth, Lemon, Capers, Juice of Lime minced small, Sorrell, Little cut, Onions a little cut, Pepper & other Spices, salt, boil it over the fire, & stirre all the things together, then put in Vinegar, minced Lemon, serve it away upon Sops.~~

To boile a Carpe.

My Mother:
A Man

Cleane scale him, wash him & dry him, drawe him & mace, & then wash it cleane out with Claret wine, cut it into two, put him into a Pipkin with ye forenam'd Spices, Claret wine & Vinegar, large Mace, grosse Pepper and salt, a Bundle of sweet Herbes, a little onyon minced, a bit of sweet Butter, a more then will cover it, a little minced Lemon, garnish the Sippet & serve it with Sippets in ye same Liquour: ad Half a pinnt of Neat broth.

To Frisse a Calves Head

Sr Edw: Stowell
A Man

Take a Calves Head halfe boyled in water and Salt, then take it out

and

& bone it, & cutt it in thinne slices, & putt it into a frying pan with ye Porrines & Eyes, then fry it with fresh Butter. When it is fryed enough take out ye Butter, & put in ½ of a pint of Creame, mingle with 3 Spoonfull of Vinegar, & 3 Spoonfull of Claret Wine, & so let it stand a little, then fry it a little longer, & so shake it well & serve it up with Sippets.

To Fricasse a Chicken.

Mrs Cardinell
A Hen

Take 6 Chickens of ye fattest & young, flay them & cutt them in pieces as big as Wallnutts with Liver Gizard & Head, wash them and putt them in a frying panne, cover them with water, & when they be parboyled putt in a pinter of a pound of fresh Butter & turne them often in the panne, & fry them till they be enough, then take them out & putt in 2 Spoonfull of Vinegar & the two Yolks of the Eggs whole, a little Lemon of time, & the juice of 3 yolks of Eggs beat your Eggs very well, & powre all this into the Panne, & shake them well together, but not over ye fire for fear they curdle. If you fry them right there will be no liquour left before you put in the Eggs, but very moist which they must be. If you will you may fry Oysters with your Chickens.

To Fry Hartichocks.

Mr Dan Grovell
A Hen

Take 4 Hartychokes cutt of all the Leaves then cutt ye bottome in little pieces as big as a great wallnutt, put them into a frying panne with some fresh Butter & fry them till they be enough the which you shall know by their being soft, then fry some parsly with them if they may only be crispe to serve them in with Parsly upon them.

To Fricasse Pigeons.

Mrs Cardinell.
A Hen

Take 6 Pigeons wash them cutt them in little pieces no bigger than a Wallnutt with Liver Gizards & Head, so fry them according to the foregoing Receipt for Chickens. Thus you may fry Lamb or young Rabbits.

Mrs Cardinells Receipt to serve Pigs or Turkie.

Take a fat Pigg of a Marsh fed weaks it, & gutt it, then cutt of the Head close by the Eares & the Feete, cutt it in ye middle & bone it, then lay one side upon another & sprinkle a little Mace & Salt betwixt, then roule it up as you do Brawne & bind it with filletting or serve it in a Cloth. To two Piggs you must putt 3 pinter of white wine & a salon of Water, putt in a handfull of Salt, a pennyworth of Mace, a pennyworth of Cloves & a whole Nutmegg, boile it till you putt a Knife through it, then take it of & let it stand a night or a day in sauce, and so eate it with Vinegar.

For the Turkie you must only cutt of the Legge & the Pinions, & take out the great bone, if your Turkie be not fat you may if you will lard it.

To Souce Eeles.

Mrs Dickinson.
A Hen

Take the bigest Eeles you can gett, rub them very well in Salt, then wash them very cleane, severall times, till the slime be quite gone, cutt of their Heads & slit them, take out ye Strings in ye back & their guts, and scrape them very cleane within, cutt of their tailes, then lay Lemmon, Mace & Salt in them all along as much as you think fit, & roule them up like a Collar of Brawne, & bind them with filletting. To 6 Eeles take a pint of white Wine, a pint of water, & a pint of Vinegar, Bay Salt, a Handfull of Rosemary, Time and Marjoram, Bay Leaves, Pennyroyall, Winter Savory of all a great Handfull, boile all these with the Eeles, till you can thrust a straw through them, then take them up and putt them in a stone pott. Offer 2 Daies souncing they will be fitt to eate. If they be right done the Sauce drinke well like a Good Jelly.

To make a Cold Hash.

A Hen

Take a cold Capon, slice it in little thinne slices as big as a Beane, then take 2 Lemmons, rinds and all, & shred them very small, ½ of a pinte of Capers shred ½ of a pint of Brownne Mushrooms, 3 the cloves shreds very

small, as much Pepper as you can take up between yor Finger & yor thumb, as much Salt as you please, & as much oyle as will wett the meat, & a little Vinegar, & pickles Heart Cherries & Olives strowed upon the Dish, & peices of Endive or two Lettice serued about the Dish for Sippets, You may rub your Dish with Garlike or Onion as you please, & serue in a little Horse Reddish.

To make a thistle Sallet.

A Hen

Take the longest Stalke in ye midst of ye Cope of ye great Sow thistles when they be young, scrape them & wash them, then boile them in water & Salt, & when they be very tender take them up & lay them in a Dish to drainé, then beat Butter thicke and poure upon them and serue them up.

To Stew Oysters.

My Mother. A Hen

Take the meat of the Oysters picke & wash them very cleare in their owne Liquor, and lay them in a Dish, to a quart of Oysters putt ½ a pint of white wine, a quarter of a pint of ye cleerest Oyster Liquor, a Vnitney cut in two, a whole Onion a little whole Pepper, when they are enough take them of ye fire, poure out 3 parts of the Liquor, put in as much Butter as will beat them & be thicke, & so serue them up.

To make a Cracking Pudding.

Lady Cleveland. A Han

Take 8 Eggs, a pinted Creame, 4 Spoonfulls of Flower, a Vnitney sliced thinne, a little Rose water, what quantity of Sugar you please, take the Cloth you intend to boile it in, wett it, then flowre it, and let it boile two houres.

To make Buttered Loaves which is an Excellent pudding as any is.

Lady Cleveland. A Han

Take 9 Quarts of new Milke, & putt in as much Runnit as will turne

turne it like a Cheese, wring the whey cleare from it through a Cloth, then stamp your Curds very fine in a Stone Morter, putt into them 6 Yolkes of Eggs and one white, a handfull of grated Bread & ½ a handfull of Flower, a little Salt, mingle them well together, then rowle them with your Hands into little Loaves & set them on a buttered Peper, & wash the toppes over with the yolke of an Egge & a little leave beat together, 9 quarters of an houre will bake them in a quick oven. Take halfe a pound of Butter, 5 Spoonfulls of Rosewater, ½ a Vnitney sliced thinne, a little Sugar, set this on a quick fire and stirre it continually till it be melted, then drawe your Loaves & cutt of ye toppes, stirre up the Gummes & poure in the Butter, and serue them up upon a Plate.

To make Fine Pan Cakes.

Mrs. King. A Han

Take 12 yolkes of Eggs & 9 Whites, beat them well & mingle them with 5 Spoonfull of fine flower, ½ a pint of faire water made blood warme, or as much as will make them thinne, then putt a little Yest, ½ a Vnitney a little Mace and Salt, & so fry them in Butter pouring them very thinne into the panne & serue them up.

To make Cheese Cakes.

Lady Hatton. A Han

Take a quart of Creame, set it on ye fire, & take 12 Eggs, & ~~9 yolkes~~, beat them very well, putt them into the Skillet to the Creame, stirring it continually till it Curdle, then take it of & putt it into an Earthen pann or other Pann, & putt to it whilst it is hot ½ of a pound of Currants plumpt, ½ halfe a quarter of a pound of Butter, a quarter of Sugar, a Vnitney sliced thinne. For ye paste take a quart of ye finest Flower, & as much Cold water as will make it paste, then cutt it 4 seuerall times in little peices, & lapt it every time with a rowling pinne, then divide your paste into 6 parts, rowling them out very thinne, & cutt them round, & lay little peices of Butter round about them, then turne them up one quinne, & use the like, then turne them up & putt in ye meat. They must be hot pile. If you make them right it will make just nine.

To make Syrup Cakes.

A Man

Take 2 pounds of Butter, one pound of fine Sugar, ye Yolkes of nine Eggs, a full Spoonfull of Mace beat & searced, as much Flower as this will well work making them so stiffe as you may rowle it out, then with the Cup of a glasse of what Size you please cutt them into round Cakes & pricke them and bake them.

To Sillabub.

Lady Grey

A Man

Take a Quart of white wine, Milke as much Cord as the Wine will make, taking it still of as it rieth, then take some of ye Curd & lay all on a rowe in the Bottome of the pot, then strew some Sugar finely beaten, then upon every spoonfull of Curd put a Spoonfull of Creame. Do this in order till you have laid in all your Curd, then with a Spoone beat it till it be well mingled, put a little Sprig of Rosemary into ye middle of it, & let it stand without stirring 4 or 6 houres before you use it.

To make a Gooseberry Tarte.

A Man

Take a peck of fine Flower, 2 Ounces of Mace, 2 Ounces of Cinnamon and 2 ounces of Nutmegs, & 2 pounds of Butter, 10 Eggs, put out 4 of ye whites, a pint of Ale Yest, beat your Eggs verry well & strainer them & your Yest with a little warme water into your Flower, & stirr them together, then put in your Butter cold into little Bits, Your water you knead with must be seething hott, make it good yeast, then lay it to warme & rise on a Cloth about a Quarter of an houre, then put in ten pounds of Currants rubd very dry, strew in as much Sugar finely beaten as you think fit, Knead the Past into little pieces into a Kimnell or Tronch, & lay a lay of Past broken in pieces & a lay of Currants till all

all your Currants be in, mingle the Past & ye Currants very well but take care of breaking the Currants. You must take a peece of paste after it hath risen before you put in your Currants, to cover ye Topp and the Bottome very thinne, & neth them with Rosewater & close them at the Side, at ye bottome, or at ye Middle which you like best, pricke the Top and then dyet with a small lace punce, when your Tarte is ready to goe into the Oven cutt it round about an Inch deepe, If your tarte be of a peck of Flower it must stand in the Oven 2 houre, ye Oven must be as hott as for Wagecakett. If You will You may put in 3 graines of Musk, & 3 of Ambar Gris.

To make a Gooseberry Fool.

Take a Quart of Gooseberries, a quarter of a pint of white Wine, & stew them on ye Fire untill ye Gooseberries be soft, then take ye Yolkes of 3 Eggs, & the white of one of them, a good Quantity of Sugar, then straine them through a haire sieve & so serve them up.

A Man:

To make a Creame Caudle.

Lady Hailes. A Man

Take 2 spoonfull of Cheese, Mace of small Ale, & let it stand on the Fire till it boyle, then put into it ½ a pinte of Creame & a spoonfull of Sugar, stirring it till it boyles, then take it of ye Fire, for it is enough. This is but for one Mess, but if You will have more you must double the Quantity.

To make Creame Tarts.

My Sister Venice of Man.

Take 2 Quarts of Flower, a quarterne & halfe of Butter, halfe a pint of Creame, the whites of an Eggs, mingle the Butter, and ye Flower cold, then knead your Past up with cold water, divide this Past for 3 Tarts, then take the fairest Pippins You can, pare, quarter them, & Core them, then with a very little Iron made in ye shape of a Carving Iron drawe little slices of Oranges through the Quarters of ye Apples,

3 or 4 in every quarter. You must first boyle your Orange peele in 2 severall waters, to take away the bitternesse, then cut the Orange peele into thinne slices, as rich lay, the Greene of a pinne, then lay them in Quarters in your Tarts, & put but so much Sugar to them as you thinke will keepe them moist. Stewe & Oven indifferently. When they have stood in ½ an Houre draw them, & cut upon the Tart, & powre in your Greame.

You must take 2 quarts of Greame, the yolkes of 8 Eggs, breake them every one severally into a Spoone, cut it with a knife in ye Spoon & you shall see a Skinne which conteines the Yolke, ye take away beat your Yolkes well together, put them into the Greame cold, then set them on the Fire, stirring the Greame till it be scalded, then take it off & put in so much Sugar as will make it very sweet. If You will have any Musk or Amber You may put it in when you put in the Sugar. You must let them stand in the Oven almost halfe an Houre after you have put in ye Greame.

If You would gye them you must doe it when you drawe them to put Your Greame in with the whites of an Eggs beate very well and Rose water. Wash the Tart over with a feather, then sear so fine Sugar thin over them. The Tarts must be drawne 3 Houres & a halfe before you eate them.

How to make Sawsedges. without spices

A Man.

Take a kegg of Veal cut of the fat cleane then shred it as fine as You can and shred two pound of Beefe shett as fine & mingle them together with a good handfull of Sage shred small and the Yolkes of 6 Eggs & 2 whites ½ an Ounce of Pepper 2 Nutmegs and season it with Salt to your tane taste then rowle them up like Sawsedges that length & thickness & fry them with Butter.

How to make thinne Cheese.

Ladye Belles. A Man

Take 5 Quarts of new Milke warme from the Cowe boyle a Quart of Greame, have a potte of Greame more, warme it upon the Fire but not boylinge: You must have a Quart of water boylinge, then powre all the Greame and water into the Milke, then putt in your runnett & cover it & when it is comm putt the Fleetes dry down in ye middle and let it stand a little and after wringe it by degrees with as little breaking as you can then putt it in a Shorter & lay seven pound weight upon it & three pound more but no more. You must turne it with fair Plates and they must not be dry & ye 3d day after it is made it must be layed in Nettles & turned every day till it is ready to eate.

To make Barley Greame.

A Man

Take a handfull of French Barley, lay it in water all night then boyle it in 2 or 3 waters: then take a Quart of water & handfull of Strawberry leaves, as much of Sorrell leaves Harmuts of Savory leaves: and boile them taking the Barle out of the last water: Boile the water with the forenaid thinge till one Quarter be wanted: then take out ye Barley and stampe it with a handfull of blanched almonds straine it with ye Barley water till it be thicke as Greame, and then boile it a little with a little Mace Sugar and Rosewater.

To make a dainty Calves foote pudding.

A Man

Boile 2 Calves footes very tender, being cold cut of all ye meate and mince it very small: slice a penny loafe, wash it in a quart of Greame, shred Beefe shett suet ounce 5 yolkes & 2 whites of Eggs well beaten: a good handfull of currants, a little Sugar with Musk and Amber Greece in it, Nutmeg Mace, make a little of cake: mixe all these well then fill a Calfe of Veale like a chet

leaving one End open: wash it well with ye Juice & figs pieces of Marron, so serve it up & lay it in a Napkin & boyle it 2 houres in a pott of water; then take it up Cole & all, & lay it upon a Dish with butter Butter with Verjus & a little Sugar. If you will you may sticke it with slices of blanched Almonds so serve it in.

To make Broth of Calves feete.

A. Ffan

Take your feet wash and picke them cleane then sett them on towards with fair water; then put as much French Barley as will thicken the Quantity of broth you make. Put to it 3 or 4 Blades of mace, a little time & sweet Marjoram tied together & ½ a pound of Raisins of the Sunne will be enough for 4 feete, boyl the feet very tender before you serve it up & lay Sippets about the Dish.

To make a Fried Pudding.

A ffan

Take a Quart of new Milke and put to it ye Crummes of 2 penny loaves; then set it on the fire that it may boyle still & be soft all alike then take 4 Eggs & 2 Nutmegs sliced thinne, 4 Spoonfulls of Flower, a little Salt ½ a pound of Beefe Suet stir them well together: then have ready over the fire some Butter in a frying pannes, & when it is warme then put it in with a Dish that contains 4 or 5 Spoonfulls; lay it into the pannes round about in ye fashion of little Cakes turning them with a Skimmer till they be enough & put them in a Dish & keepe them by the fire till the whole quantity of Butter be fried; then lay them in a Dish altogether & scrape some Loaf Sugar on them and so serve them up.

~~To make a hash in Cabbage.~~

~~Take a pound & a half of Beef the Skinne being taken away & ½ a pound of Bacon, & all these together~~

~~very well, then mince it with Pepper & Salt, & in the Cabbage put flying in a dish, of white Flower, with a little pretty Vinegar, & so wire them together with a fine Napkin, adde very fine Red full of Parsley, then temper it with a quart of Eggs & one white pattie, some pieces of marron & put in the midst of ye Eggs above it & to prepare your Cabbage full for this, you must first boyle it in water pretty tender, then take it out and open all the leaves till you come to the middle part, of that cut of a little and hack on very very small, taking the greatest cut of ye Kinded must be the middle of your Cabbage, & so dice up the rest of your Cabbage, & so put it up with a Strong to keepe it close, so put it into your pott to boyle, & then it may warm with it, & it will when Eggs boyles the more is up with some of the other part of the Cabbage.~~

A Receipt for to make a Wax Cake without Paste.

Lady Bedles.
A. Ffan

Take 3 Quarts of fine Flower ½ a pinte of Sweete Cream ½ a pound of Butter ½ a pint of Rosewater & yolkes of new laid Eggs of the yolkes. Let your Rosewater & Cream be warmed & your Eggs well beaten; put all these into the Flower and make a paste & when it hath layen warme ½ an hour make in a pound of fine Sugar ½ a pound of Currens Comfits, 2 ounces of Ginger fine in powder mingled with your Sugar, make it up as fast as you can, & set it into the Oven, you must use a Quart of Flower in the working it up after the Sugar is in, whilst it is baking take ½ of a pinte of double refined Sugar put it with ½ fair water & ½ a Rosewater and ½ fair water and boile it to a clear Candy, & when a fourter wash your Cake over with the Candy, then set it in the Oven againe till it be thoroughly dry.

The first way of making Cum tarts.

Lady Bedley.
Ann ffan.

Take very fine Flower and put it into a Pipkin, & with your hand thrust it down as cleane as you can filling the pipkin full, then put it into an Oven with small Chancett & there let it stand all night, then next it & take a pinte & a halfe of the Flower & a pound of Sugar after it is

beater & finely reared put to them the quantity of an Egge of sweet Butter, rub the Butter well into the Flower & Sugar, & it cannot be discerned you in 2 Yolkes of Eggs & whites & graines of Musk, add 4 of Coriander Sori made into fine powder, 6 Spoonfulls of Orange Flower water or Damask Rosewater 6 Spoonfulls of Cream mingled together & put into your Stuffe as much water & Cream by Lists and like as you find will make it into a Stiffe paste made then together a Quarter of an houre, then pull it to pieces again, then put to it other Quantity you list of Coriander Seeds rubd & bruised when & Seeds are well mingled in the Paste make it up into Barrs & butter plates very thinne, & lay your Barrs upon them, prick them & set them into the Oven as hot as for Bisket; let them stand till they are thoroughly baked, & whilst they are baking take a Quarter of a pound of double refined Sugar or more, wet it with halfe a pint Water & halfe Rosewater, boyle it to a cleare Candy & with a feather wash your Cumfits over, then lay them upon the Plate again & set them into the Oven till they be thinne & dry.

To pickle Cherries.

Lady Browne. A Han

Take the fairest fair Heart Cherries you can get, lay them in rowes at the bottome of a Pottle, & put upon them a little dill & Mace, sprinkle a little Salt upon them, cover them with a quart of Vinegar & one quart water boyle them till they be tender, then put them in an Earthen pot & keepe them for your use. thus you may dye Cockcombs

To Drye a Calves Head with Oysters.

Mrs Cogly. A: Han

Take a fat Calves Head, & boyle it with a little Salt untill it be halfe boyled then take it out of the pott; & cut all the meat from the Bones into small peices: then stew the meat in white wine & some of the Broth; boyle it in a Pipkin & put in some Pepper ~~& nutmegs~~ ~~& a whole onion~~ a whole Onion, a little stone, ~~& a few dried sweet herbes~~ as Lemon, a dozen of Oysters. when they is enough take a dozen of the fairest Oysters you can get & let them

be ready stewed; then put your meate in a Dish & powre upon it halfe a pound of sweet Butter & beate beaten with the yolkes of 6 Eggs well beaten, & the aforesaid stewd oyster. then beat them all well together between 2 dishes. then dishe it up with the great Oyster on the top and Sippets above. If you love them 'tis best to beat an Anchove or 2 with your Butter and Eggs.

the Eggs and Butter are first put into the Dishes, to beat up all together in the frying pan;

To make St. Roselme Mighs. Pudding.

A Han

Take the finest Marchett of a Leyger rib slice it ~~in thinne~~ dryp it in Malmsell or the best Canary wine; then lay them in a Silver Pann or a deepe silver Dish; then lay a lay of sweet peeces of Marrow, then strew a powder upon your marrow & Bread make of ½ a pound of refined Sugar halfe a Drachme of Coriander Sori, & 2 drachmes of Cinnament beaten and searced, then lay another lay of Bread dipped and Marrow then strew the powder as afore, so doe till the Dish is full, then have ready a Pullin made of Veal Chicken or Mutton, or all together, fill your Dish up to the Brime with the Broth, then cover it close with the Dish, and set it upon a Chafing Dish of Coales or a Lantern, then let it boyle till your Bread that makes up all the Liquor is very soft then take the Yolkes of 8 Eggs strain them and beat them very well, & put to them a pint of the sweetest and thickest Cream you can get when you have beat them well together, powre it equally upon your Bread & Marrow. then set in a gentle oven for halfe an houre, or more if you

A Han

To Emmacule Pie, Tronts, Gurgis or Sebreame Serviss or Silver.

Alle Vinegen a

Take a pottle of the best ~~[illegible]~~ Pottle of the clearest running water, ~~[illegible]~~ & Quarts of Claret, ~~halfe an~~ Quart of Mum, a few Bay leaves, ~~[illegible]~~ boyle this well together with a handfull of Bay Salt, as you take it of the fire slice in a couple of Lemons, rind & all, then take your Fish, for them in Colour very well, the best you can get then lay them upon a wicker Board till all the Blue and Liquor be drained from them, & they be very dry, then

lay a lay of ~~[illegible]~~ Spice & then a row of Fish, & then spice ~~and [illegible]~~ againe, and so till all your Fish is in, then powre the 3d part of your liquour in being cold, 8 dayes after powre in halfe that which is left, & on 3d next day if there be roome put in the rest, if not within 2 or 3 dayes longer there will be roome for the fish will drinke up all the liquour, & then stopp it up close, the Spice wine comes in it the better, & after 6 or 10 daies it will be fit for your use, then put in 2 penny worth of Saffron. and 3 Cloves of Garlicke if you will.

X Lady Lucas. A Han

To make a Sheefe Pye.

Take 4 pound of the leane of Buttocke Sheefe 3 pound of 3d part Sheefe Suet, shredd them small with a Cleaver, the least as small as Stone Mortar, then season it to your liking with Pepper Salt & Mace beaten, then make it up with your Flanders either Square or round, then rove it up in a Cloth straight in that fashion you would have it, & stoppe it a right in Vinegar, next lay pieces of Sheefe leaves with good weight upon it, then take it out & put it in your Pye with Butter under, & to take it, and when it is out, fill it up with Butter; it will keepe 2 Months.

To pyke Neats Tongues.

+ S. P. Digby. A Han

Take your largest Neats Tongues that are perfect & free from bruises, cut of the Flashie part of the roots of the Tongue, rub them well in a Coarse Napkin with Salt, slit them in 3d parts in the middle about an inch deepe and 2 fingers length, put in halfe an ounce of Salt peter if your Tongue be very large. if lesse, then proportionable. then lay them in a Barrell that does not leake, a row of Tongues with a little Salt Peter spricked upon them, then another rowe and a little Salt Peter, and so till you have filled up the Barrell. then put a round Board on the stoppe & rule full downe close upon them. lay a heavy weight upon the Board to prsse your

Tongues

Tongues close. after 4 dayes standing they tye the stopp of the Barrell with Cinckes & Cloths close covered for 8 Weeks in a wet Cellar if it not under Ground then take them out, rubb them very cleane, & hang them up in the Corner of the Kitchin Chimney, not in the smoake 4 dayes, but before you hang them rove up the Holes where you put in your Salt Peter. after 6 daies take them out, & hang them in the middle of the roofe of your Kitchin. If they be well done they will last good recent.

in the roome of the Salt peter must be putt Pott Bay and with Salt and all the rest inserted as in this Jarre.

~~To make Hogge Lees Puddings.~~

~~Take 2 pound of grated Bread, 2 quarters of a [illegible] of Hogge lines finely grated and seared.~~

~~To make Biskett~~

+ A Han

~~Take a pound of fine Flower with a pound of the best Sugar, and mingle them, then take 4 yolkes and 2 whites of Eggs, & beate them together with 4 Spoonfulls of Rosewater, then put it together, & stirr it till it be well mingled. then butter your plates and strew some Sugar on them, and so take them.~~

To make Orange Biskett

+ A Han

Take sower Gaull Oranges the freshest and freest from Spots you can gett, grate of a little of the yellow rind, then cut them, and take out their meate cleane, so water them in Conduit water 2 daies, shifting the Water twice a day; then tye them up in a fine Cloth, & boyle them till they be very tender, then take them of & let them stande till the next day, taking them out of the Cloth, and then weigh them, and take their weight in the comfitt refined Sugar you can gett. beat each asunder a little and then put them together & beat them till they be as fine as Marchpane past, then wring in a little juice of Lemmons & put in a few Carduminy or Carromay Seeds bruised, & then lay it on the Shape of Wafer Biskett upon sheets of glasse & stove it till it be dry,

turning

turning it when it is fit to turne, in ye morning. You must beat Whites and Yolkes of Eggs with your Grayger, allowing after the allowance of a graine of ewe to a pound.

The Hippocras.

Lady Ffforslane
A Han

Take of the fine opening Rooter anazis, Caper &c. Tamerick, termes anazis, make cleane your rootes and bruise them, then put them into a pottle of pure water in a Lipkin close covered, & let them to boile on the fire, till a quarte of humidity be consumed, then put unto it Eternell, Tamerinde, & Harts tongue & Succorie, let them to boile againe till there remaines but 3 quartes of the humidity in ye Lipkin; then take it from ye fire, & let it stand steeping in the Chimney corner two houres, then wringe the liquours close out through a Course Cloth, & to a pint & halfe of this liquour decocted, adde a quarte and halfe of the best white Wine, mingle them well together, and put them in a cleane earthen bottle or Jugg, and adde unto it 3 ounces & ½ of Cinnamon bruised, Nutmegs bruised, a dramme, & Cloves bruised, let there stand a day & a night exercising well stopped in the Chimney Corner, then adde unto it a quarter of a quarte of good new sweet Milke, & mingle it very well together, which will make the decoction & Wine, compolse together, and will by there meanes make it more cleare: then adde unto them the Syroppe of Bizantines & Scalapendria aforesaid, dissolve them in a little of the liquour, & then put them into ye Jugg, & likewise 2 Ounces of powder Sugar; then being all well mingled together powre it in your Hippocras bagg, and when a good quantity is infiltered through, put it in againe & againe untill it runne as cleare as you would have it, and put it in a Glasse well closed.

~~To make Lavin~~

A Han

~~Take a Quarte of Cream & set it on the Fire and let it boi-~~

~~Lett take it of and put in as much juice of Lemon as will turne it; then put it into a Trayer like Milke & hang it up all night, then lay a lay of Cream, & a lay of Sugar till the Dish is full. One Lemon is enough if it be great.~~

An Excellent Receipt to make tender Quirkett Cakes.

Lady Bedles
A Han

Take 5 Eggs took yolkes & whites that be new laid, & as neere as you can all of one Bigness, take away the treads & skins of the Yolkes, beate them a little white put in halfe a pound of Sugar, sweet, but never cease beating all the while. You must beat them no longer than your Oven is heating. When your Oven is hot take sixe ounces of Flower dried and searced, stirre it as fast as you can, all one way, till all the Flower be in; then fill your Plates and set them into the Oven, & as soon as you see them risen & prett well coloured which will be quickly drawn them, & take them of the plates & lay them on a Cloth that day, if you please you may put in Coriander seedes bruised which must be put into the Flower. You must have all things redy prepared before you beat your Eggs & your plates redy buttered. You must beat your Eggs all one way.

To make a Blood Pudding.

Lady Bramford
A Han

~~Take Sheepes blood, a porringer full, stirr it till it is cold, put it a 2 penny loafe grated, or more, a peece of butter melted & halfe of an Egge, halfe a pinte of new Milke, Time, Penny Royall, Sweet or young Mjjors, a little Marjorani, a handfull of parsley & sorrell, shredd your Hearbes very fine, stirr an Egge in with them, a little pepper and Salt, & mingle them well together, if they be too thine thicken it with grated Bread as thicke as other Puddings, put it in a Cloth & boile it an houre and a halfe.~~

To stew Pippins.

Wipe your Pippins very cleane, cut them in halfes, lay them in a Dish

cover them with Water & a little Sugar as much as will make them to sweet as you desire to have them, when they are tender & ~~boiled~~ squeeze in some juice of Orange, as much as you ye: like, & serue them up in a Fruite Dish.

~~For the Breeding of Pheasants.~~
Lett this alone

A Man Hole filled with Experiments

If Pheasant will sit three weeke & three dayes from ye day Hen is set untill Shee disclose.

Let the Hens Hen or Turkie Hen sit 2 or 3 daies to tread ye nest hard & flatte upon Hen Eggs or Duck Eggs before you set the Pheasants Eggs under Her.

The Hens must be set in a Chamber, & you must pore a Bucke full of ownell & set a great greene turfe in ye Chamber a pretty way from Her, that the Hens may bathe in it.

There must be a great Hope set round about the Hens of a forte foote wide, shee sitteth before shee disclose, least the little Pheasants after their disclosing run away & die them in Holes.

You must neither stir, nor give the young Pheasants any meat in 24 hours, after they be disclosed, & then nothing but bate Eggs & a mouse together. Tarry a day or two before they disclose, & if you see any broke Shells about them, that are disclosed, lift up ye Hen softly, and take the Shells away.

The third day after they Kiln disclosed take away ye Hens ye was about ye Hen, but let not the Hens goe Abroad, in a seuen nights after, & then also a warme Sunshine day.

The Hens must not sit abroad in the night with the young Pheasants untill they be 9 Weeks old.

To Stew Pears.

A Man 1 +

Pare your pears, and cut them in halfes or quarters, whole, couer them over with Claret Wine, put in some Amber Grice fair powder as much as you thinke fit when they be stewed enough and tender and serue them up lukewarme.. and as much sugar as you like;

To make Hogs Puddings white.

+ 2 To prepare ye Guts for your Puddings out of Guts of ye Hogge in pieces as big as my thumb, wash them very well, & strue in it & wash it in Ordinary water.

Take halfe a pound of Hogs Liuer finely grated, 3 Spoonfull of Sugar, 12 Eggs, a Nutmeg grated, 3 Spoonfull of Rose water, a pint of Creame, half a pint of new Milke, 2 spoonfull of Cinnamon water, & as much Hogs Lard as you thinke will make them fat enough, a little Salt, six ounces of Currans plumpt, add as much grated Bread as will make them thicke enough to fill

A Man 2

To make Hogs Puddings blacke.

3 +

When you stricke your Hogge, stir the Blood till it be cold with your Hand, when it is cold take out all the clots, put in as much Oatmeal as will make your Blood thicke; then let it stand a day & a night, put in some Hogs Lard shredd as small as you thinke fitting, put in, pepper, Pennyroyall, Parsley, Time, a little Marjoram, Pepper, Salt, as much new Milke as will make them pretty thinne for fill to be filled, you must not fill your puddings to full for feare they breake.

~~To make Lemon Water the the best way~~
& an half

Mund. A Man +

~~Take a Quart of Rhenish wine, a pint of Fountaine water, halfe a pinte of Orange water, the juice of two Lemons with little thinne slices of the Skins as much Sugar as will make it sweet, & 2 spoonfulls of Orange Flower water, stir it together, & put in a little Sprigs of Rosemary, & let it stand & hime close stopt & serue it in, in a glass tankard, or a great Glass with a Spoon.

To make white dices.

A Man 4

Take the yolkes of 2 eggs and 10 spoonfulls of sack, & 2 spoonfulls of Rose water, & as much flour as will make this into paste stiff enough to rowle, then rowle it very thinne, then take silver dishes & butter them very thinne upon the outside of them, & lay this paste upon the backside of the dishes, & when you have cut this paste of what fashion you lik best, put them into an oven upon the dishes to dry, when they be throughly dry take them forth of the oven & let them stand untill they be cold & then take them off.

To Candie these dishes.

A Man 5

Take one pound of double refined sugar beaten & searced, put to it some musk & Ambar gris, the white of one egg, & 3 or 4 spoonfulls of Rose water, then stir it well together till it looke very white, & when these dishes you made be cold then with a feather wipe them with this standy on ye one side of them, then put them into the oven till that side be dry, then take them out of the oven & when they be cold again then doe the other side of them, then again put them into the oven till that side be dry also.

A Fan

To make a Creame.

Take a pinte of ~~very~~ thicke Creame, and ~~then~~ take halfe a pint of water, and in the Water boile some Coriander seeds then strain it and put the water into ~~the~~ Creame, and so set it on the fire, and let it boile, and when it boiles put in a little salt and orange in the juice of halfe a lemmon and stirr it well together, and when the Creame beginns to turne, take it from the fire and powre it gently into a cleane Cloth and tye it up all night that ye whey may runne out ye next morning dish it & sprinkle it, and season it with Sugar and ~~Rosewater~~ and Ambergreece and dish it & so serve it in.

A Fan

To make another.

Take a cleane Skillet and rinse it with Vinegar then powre out the Vinegar and put into the Skillet very thicke Creame & set it on the fire, and keep it stirring till it boiles, and when it begins to be thicke take it of the fire and sweeten it with Sugar & put in Rose water & a little Ambergreece, & so let it boile apace till it be very thicke but never leave stirring of it all the time. When you see it very thicke take it of the dish it and so let it stand a day before you cut it.

A Fan.

To make another.

Take very thicke Creame and put to it some Rosewater & sweeten it well with Sugar, then put it into a wide mouthed glasse and shake it till it begins to be very thicke, then dish it and lay the top of it some Creame and so serve it to the Table.

A Fan

To make a Hedge hogg

Take 3 pints of sweet Creame, and boile in it some Nutmegg and Mace and when it boiles put in being very well beaten five ~~yolks~~ of Eggs white and all, and so stirr it and let it boile and when it is turned to Curdes and whey powre it into a strayner and so hang it up to drayne for 6 or 8 houres when the whey is runne all out take halfe a pound of Almonds blanched and very finely beaten with Rosewater and temper them with the Curd and sweeten it well with Sugar, and put some Rose water and Ambergreece into it and so make it up in the fashion of a Hedgehogg and put in two Currans for the Eyes and stick all Almonds all over the back of it, and put it into a Dish and into the Dish put white wine & Sugar or raw Creame and serve it to the Table.

A. fan

A most excellent Receipt of Veale Jelly.

Take a shoulder of Veale, cutt of all the fatt, lay it a soaking in Spring water a night, then wash it in warm spring water, cutt out all the bones, put it into a gallon of Spring water in a new or very cleane earthen pipkin, boile it fast over a clear fire, skimme of all fatt as it riseth, when it is boiled halfe away, with some in a Spoone take jelly & make it cold, first take it of ye fire, & runne it through a Cotton Jelly bagge into a silver or earthen dish, and when it is cold take all ye fatt off from it; beat ye whites of an Egge and 4 spoonfulls of Rosewater up to a froth. Then put it unto your very clear jellye or preserving pot put in your Jelly to it half a pound of double refined Sugar, the juice of 5 lemmons, or a quarter of a pint of sharp white wine, 2 nuts of ginger, a spoonfull of Cinamon water, a spoonfull of Coriander seeds, 2 large sprigs of Rosemary, lemmon rind cut paired as long as you can cutt it off from the lemmon. Set all these upon a clear fire, keep it stirring with a spoone till it boile up, when it is turned like a perfect ye jelly clear under ye scummes take it of from ye fire, and lay 2 or 3 sprigs of Rosemary in ye bottom of your Jelly bagge & runne your Jelly thro into an earthen bason, & ye 2d time runne it through into your glasses for your use.

A Hon

~~To make a Perfect without Milke.~~

~~Take a quart of ye strongest ale yt sit the yeast cast yt upon ye fire in a silver basson, & when it boiles put in 4 Eggs very well beat w[th] ~~[illegible]~~ of Sugar & a little sprig of Rosmary, stirr it continually on ye fire till it be as thick as a posset & in rennes it up.~~

A Hant

Dr Frayers way to dresse an Eele.

Slip of the Skin to the tayle, then Carbonado it on both sides at an inch distance, rub it liberally with Salt, then boile white or Claret wine Vinegar about a Wineg: & a fee full & powre it upon ye Eeele, having put it in a dish reqisite, then cover it with a dish, & let it lye till you have other prepared your Sauce: The first Herbs small minced to ye quantitie of about 2 Sprigs full, 2 Thinques, a peece of Onion, common peck about the breadth of a shilling, of sweet herbs, Thymie, Water Saugry, Pennyrall, Sweet Marjoram, &c, in all of these as much as will lye in a spoone when they are minced, Round pepper unbeaten about 12 grains, & of beaten Pepper remember more, one Small clove of Garlicke, of spices, Mace, Cloves & Nutmegs a small quantity, of parsley more then of all ye other herbs, chopt leftovers; All these small minced together, & mingled with fresh butter ye to be inclosed in ye belly of the Eeele, & so ye rest to fill it, & then ye Eeele to be cannedsucke, & ye Eeele to cover it. Then ye Eeele to a spit with a third, & as it roasts lay it with Sallet Oyle, & if you will therein Garlick. The Sauce is made of ye Stuffe in ye belly, adding 2 or 3 anchouis with Grame butter. So taking of the Eeele dish it up. Lay dish with Garlicke.

If it be a pond Eeele, to cleanse it as well as a River Eeele, put it in a fish trunke & let it lye in a clean River mend or before as there shall be cause.

To make a Cake.

A Hon

Take two pounds & tenn Ounces of Flower, 3 quarters of a pound of Butter rubbed into ye Flower, two pounds & a half of Currans, 2 Ounces of Sugar, Eight Eggs, but six of ye whites, a little Mace, Cinnamon, & Nutmegs about 3 quarters of a pint of Cream, Warme a quarter of a pint of Ale, a little Saffron, it maketh the cake rise the Oven when Manchet begins to colour.

To make the Queens Cake.

A Hon

Take a full quarter of a peck of fine Flower, a pint of Creame, 3 quarters of a pound of butter, ten yolkes of Eggs, a pint and a quarter of yeast, all Cloves, mace, & nutmeg, as you like. Take a quarter of a pint of Rosewater, take a pound of blanche Almonds, ~~[illegible]~~ half a pound of sugar, ~~[illegible]~~ half an ounce of ambergris & the Rosewater, one pound & a half of Currans, 1 lb of raysins stoned very small, broad all this together, & let it lye an hower in the dough, then make up the Cake, and let not ye fran be too hott, bind shut not up the mouth of it, but by stirring ye Cake up & downe 3 or 4 times. Let it stand in the Oven fearfully an hower, then drawe it and put it well with a fine sugar & Ambar. Wash it with the yeaning gaine till it be bright, & then drawe it againe for ye use.

~~To make a Spanish Bisko Cake of a Bittle Rost, with small ye pieces, & a leyrot of lamb in a little bigge pieces, & ye ribbs of a Neck of mutt Mell in little peces, a capon, 4 pullets, 3 chickens, 3 hens, 3 partridge, 3 [illegible], 3 [illegible], 3 rabbit chickens, 12 eeles, 2 [illegible], 3 [illegible] of tarten, one other small birds, the [illegible]~~

~~[illegible]~~

A Pudding.

A Han 1 Take one pound of light white Bread cutt in thin slices, cover it wth Cream, set it on the fire till it is strongly warme, beate it well together, put in 12 eggs, but ye whites, put in fresh sewet, or marrow, Currans, raisons, salt, sugar, very little flowers, cover ye dish wth puffe paste, set it in a quick oven but not to scorch it.

My Lady Portlands pudding.

A Han 8 A pound of white bread Grated, 2 spoonfulls of flowers, & spoonfull of sugar, a little salt, nutmeg, parsley, hyssop, winter savory, Marjoram, pennyriall, marigold flowers, shred them small, mingle them altogether wth the bread, put to it a pound of marrow, 6 eggs wth beaten wth a little sack, a handfull of Currans.

A Han To dry Cherrys, & make Cherry wine.

~~Take~~ 12 ℔ of Cherrys, ¾ ℔ of sugar, let the boyle a little, let them stand till the next day, then take them out of ye syrrup & put them in ye stone to dry, then put in 12 more, & let them stand as long, & when you have put them to dry, put ~~into~~ a pint of this syrrup to a quart of white wine, cake up bottles close, lye the bottle, & put them in sand.

A Han To make an Orange pudding wth pith of an orange.

Take a good quantity of pith out of the back of a Beefe, wash it very cleane, & strip it out of the skin, beate it well wth the back of a spoone 2 hours, take almonds blanch & beate very small, & put them into ye pith, a spoonfull of grated bread, 12 eggs, ye whites, all well beaten, nutmeg & mace finely beaten & searced, refined sugar & marrow good store, a little ambar gris. when ye pottes are cleare sprinkle them wth Rosewater, & let them lye in it an hour before you fill them.

A Han

~~To make the blanche Creame.~~

Take a pint of thick sweet Creame, put to it 2 spoonfull of sugar, 3 spoonfull of Rosewater, boyle it, beate 10 eggs, wth cold Creame, the beate being taken out, when you see yr Creame rise put them in, stirring it very well till it come to a thick curd, take it off, & put it through a hayre-strainer, beate it wth a spoone till it be cold, & so dish it.

A Han

To make a Cauls pudding.

10 Take a peice of the leane of mutton, or Veale, parboyle it a little, then mince it small, put in beefe-suet, parsley, spinnage, sweet marjoram, winter savory, as much of each as yn like, shred them small; currans, a manchet grated, mingle them all together wth salt, nutmegs, & sugar, wet it with the yolkes of 4 eggs, make them not too stiffe, roule them in long rounds, then take the sheepes cauls, wrapping every one of them in a peice of it, to lay them in dish, & bake them. when yu dish them scrape loafe-sugar upon them.

To make a Neates tongue pudding.

A Han

11 When yr Neates tongue is well boyld, & peeld, beate it in a stone mortar very small, season it with salt, nutmegs, mace, & sugar, 6 spoonfull of Creame, & yolkes of Eggs, 3 whites, a quarter of a pound of white bread crumbs, halfe a pound of currans, a quarter of marrow. wet yr cloth, strew some white bread crumbs upon it, lye it close, & put it into boyling water, & let it boyle an hower.

To dew Beeves palats.

A Han

12 Take beefe palats after they be boyled tender wth other meate, blanch & scrape them, cleanse them out each palat in two, stew them between 2 dishes wth a peice of leane Bacon, a few mace rooms, sweet-breads of Veale, or lamb, strong broth, grauie of mutton, onyon. ~~[illegible]~~ pepper, orange peele. lay at the bottome of yr dish slices of light bread toasted wth grauie, stew marrow on yr palats, take out yr bacon & spices, & onyons, when they be stewd enough, squeeze in the jayce of 2 or 3 oranges, & serue the meate in upon the sopp.

A Han

~~To make a posset~~

~~Take 5 pints of Creame, 18 eggs, beate them well, strain them, stye pint of sack & sugar to make it sweet, sweeten the Creame before you boyle it, set yr Eggs upon coals till they be hot stirring them continually, when yr~~

~~Cream boyle up powre it into a bason, stir it well together, & immediatly take it off. Upon the top of it strew ambar gris & ye finest loaf sugar.~~

To fry Lambstones & sweet-breads.

A Han 13 + Boyle lambstones & sweet-breads, slit them, take off the skins, flower them & fry them in butter till they be browne, stew them between 2 dishes with truffles, onyon, gravie of mutton, Wine, butter, ~~anchoves~~, salt, when they have stewed enough put them upon toasts anointed wth gravie, so serve them up.

A Han 14 + ## To make a Cabbage Cream.

Take 2 quarts of new milke, put it into a ~~great~~ kettle, set it on a quick fire till it boyle. Take 3 dozen of earthen pans ~~cleane washt~~, 2 ~~of double refined~~ sugar, a little ~~orange water~~ orange flower water; ~~put it in a little dish, lay it wth feathers, pick the leaves wth a bodkin full of holes~~, fill each pan allmost full of milke, & let it stand till ye fee a skim ~~cove~~ upon the top, ~~then~~ take ~~a great dish~~ dish a large white earthen, put into it a brownish plate wth the bottome upward, strew a little sugar upon it, wth a large

Feathers

goose feather take the skim off the pans one after another, taking care you doe not breake the skim, so lay it upon the plate in what form you please of a Cabbage. ~~put the~~ between every lay of the skim ~~be strew~~ sift a little sugar, and sprinkle a little Rosewater, but not too much. ~~when you have put yr milke into pans, cleane yr kettle~~ & put the milke into the kettell & when it is hott into it again. Cleane ~~yr~~ pans, thus you must doe foure times. if any froth rise upon the milke, scume it off as it boyles ~~with a skimer~~. Observe that when you have put yr milke into yr pan you must blowe off the top of the milke into another empty pan, & so doing the skim will settle whole without crackeing. As soone as the milke begins to boyle it must be taken off the fire, & immediately put into the pans.

Nonpareils Sugar Roule

A Han + ## To make pasty crust.

~~Take as much flower as is proportionable to 6^lb of butter for a Buck, & 5 for a doe, put there to 16 eggs, cut yr butter into the flower, then wth a Rowling pin worke it~~

very well together; if in summer, then wth cold water; if in winter, with warme. Showers is the ordinarie time for baking of fallow, & for red deere.

To boyle ducks.

A ffan t 58

Take 2 ducks, lard them, half rost them, draw them off, put them in a pipkin with a quart of Claret wine, Chesnuts, a pint of great oysters, taking the beards off, 3 onyons minced very small, thyme, Rosemary, parsley, savory, of each a sprig hye all together; a Crust of white bread grated, or baked crumes, an Anchouie shred in, sliced lemons layd atop, & serue it up wth sippets.

~~Mrs Fisher Mrs E S receipt~~

to make a Cake.

A ffan t

Take 5 pound of dryed flowr, fine pound of Currans, a pound & halfe of butter, 20 eggs (put out 12 of the whites), one quart of Creame, a pint of good Ale yest, when the Creame is boyling hot put in the butter, & when it is melted mingle it wth the flowre strining it through the cloth wth the yest put in a quarter of a pound of sugar finely beaten, & cinnamon nutmegs & Mace according to yr discretion in fine powder.

A ffan t 16

To make almond puddings in Guts.

Take a pound of Almonds beate small wth a quarter of a pint of Rosewater, a pound of marrow cutt, a quarter of a pound of fine sugar, put this into a pint of Creame, & put to it a pound of crumes of white bread grated, a quarter of a pound of Currans plumpt, 11 eggs, a nutmeg sliced, a little ambergris, fill it into hoggs ~~skinnes~~ guts & boyle them.

butchers puds are larger & better

A Man +

~~To make a fine syllabub.~~

~~Take a glasse of whitt wine of 3 quarters of a pint, a quarter of a pint of sack, 4 spoonfulls of the juyce of limon, put to it a quart of Criame, a nutmeg grated small, a grain of musk, a sprig of rosemary, as much sugar as will sweet it to yr liking; this must be put into a deep stone-pott, yr must beat it with a birchen rod all one way: when yr think it is thick enough take out the rosemary, & power it into syllabub glasses or a pott. It must stand 12 howers before it be eaten, but it will keep 3 days.~~

A Man + 17 To make a puff.

Take a quarter of a pound of double refined sugar being beaten finely, & finely searced, with 2 grains of ambargris, one of Civet, & one of musk: beate all this to a perfect paste with gum-dragon steept in Rose-water, beate in the whitt of an Egge; make this up into little loaves the fashion of a marchett some 3 inches about, bake them in an Oven as hot as for thin ~~tasts~~ taffaty tarts, & when they rise up high take them out of yr Oven that they may be as whitt as snow, & when they be thorough

dry, & very light, box them up for all the yeare.

A Man + 18 To make Gentillisses.

Take a pound of fine sugar beaten & searced, 2 ounces of blanchell almonds beaten in a mortar very fine with Rose-water of wch yr must put in all a quarter of a pint, 3 grains of musk: grind them all together till they grow very thick, then streyne it into an earthen dish, lay as much gum-dragon to steept in the whitt water as yr think will make it a paste: when it is steept enough beate the gum dragon & juice wth the whitt of an egge, & 3 graines of ambar gris: when yr have beate all this to a perfect paste make it up in knottes, & bake them. They will be whitt as snow, & as light as a puff.

A Man + 19 To make Curran Cakes.

Take a pound of flower, a quarter of a pound of sugar, the yolkes of 2 Eggs, 3 quarters of a pint of Criame made scalding hott, a little saffron squeezed into the Criame: make it an indifferent stiff paste, wrap it up in a cloth, & let it lye half a quarter of an hower by the fire: then rule yr Curran very strong, rowle yr paste out very

thin, spread yr currans, & upon them put citron or limon pill thin sliced; a little ambar-grise, & jelly of pippins if yu please: Cover them wth very thin paste & cut them round with ye top of a beer glasse. prick & bake them, & kep them for yu use.

To make an excellent Water gruell for the cleansing of a Childbed Woman or one in the like Condition.

A ffon

take a quart of spring-Water, half a pint of ~~white~~ Rhenish wine, 3 spoonfull of whole groats, 2 ounces of eringo roots, 2 handfull of maydenhair, boyle this close stopt in a pipkin: you must take this at 3 times, Viz: in the morning early fasting, at 4 of the clock in the afternoon, & when you are in yr bed at night.

my Lady Grinthorp.

~~To stew a Lambs head.~~

~~Take a Lambs head half boyled with the lights & heart, slice them in thin slices of an inch long, put them in a stew pan with the gravy that comes from them, put to them the~~

~~of mace, a little ginger, 2 anchouis, 6 spoonfull of the liquor they were boyled in, salt, half a nutmeg sliced, then cover it with claret wine, & let it stew wth the Cover on till it be very tender. so serve it up with the wild limons & barbarisis, & what other pickled things yu please, on the dish side.~~

To make french Broth.

Boyle two capons with two pounds of beefe mutton, and bacon, boyle them in about two gallons of water with ~~one~~ half an ispoonfull of salte, when the capons are tender enough to eate, take off the pott & after you have taken out 3 quarts of the liquor, cover it, put that liquor into a pipkin or skellet upon a handfull of purslin, a handefull of succorre, 2 handfull of sorrell, 4 cucumbers cutt in peeces foure inches long, & the seeds taken out, when the hearbs are very tender take them up, & poure them into the same dish as the capons must be in, upon thin slices of french bread, then fett the dish upon a chaving dish of Coales, & let it boyle, then poure upon it 2 eggs beatten very well, with the iuyce of two lemmons, ~~[illegible]~~ put your two capons in the middle of the dish & so serue it up.

You must let your beefe mutton, & bacon boyle halfe an houre before you put your capons in, if you please you may boyle peeces of marrow, & mesforums with your hearbs.

A Han + 20

My Lady Levinthorp's receipt to make Cream cheese

Take 2 quarts of strokings and 2 quarts of cream, boyle the cream of a clear fire, then put it into the strokings and cool it a little with a skimming dish, put in a spoonful of rennett the older the better soe it be sweet. Take a large strainer and lay it in a great cheese fatt, then with a skimming dish take up the curd gently & lay it in the strainer wch lapp up and lay upon it a cheese board of the semi size of the fatt, putt 2 pound weight upon that letting it drain 3 houres, then turn it into a cheese cloth and a fatt 2 fingers deep fitt for ye quantity of curd. Lay 6 pound weight upon it, turn it into clean fresh cloaths 3 or 4 times before night and very early ye next morning salt it wth fine white salt beat small, according to yd likings. Turn it ~~out of~~ into dry cloaths twice in four hours, then take it out and the next morning early, lay thick over it & under it the leaves of the largest nettles, shifting them and putting fresh every morning. If the cheese be moyst at first drie it wth a soft rag: At 15 days it will be fitt to be eaten.

A. Hanshawe

A Han + 21

Mrs Ganshaw of Jeakin her receipt to make a sack posset. the best that is

Take 12 eggs, leave out 2 or 3 of the whites, take out the thirds and beat them very well, putt them into the basin you make the posset in, half a pound of sugar a pint of sack, a nutmegg sliced, mingle them well together sett the basin upon a chafing dish of coales till the liquour is more than blood warm. Take a quart of Cream and when it boyles up skim it and poure it into your basin covering it wth a warm plate, setting it upon embers till it be that thickness you like. If you will have your posset higer double the quantity.

A. Hanshawe

A Han +

To Pickle a sallet of Reddish.

Let your reddish seeds be stewed in a weake pickle of water salt and vinegar 12 houres. Then take them out of that liquour and wash them in 2 or 3 severall vinegars, untill you have washed away an ill tast & savour in them. then put them up in a great pickle made of the Verjis Vinegar and sugar gently boylinge a while together, so they will last all winter. You may stew capers in the same manner to be tender.

A. Hanshawe

To make endouillettes

A Hart

Take a peece of a hind leg of veale without skin and half roast it and baste it with butter. When tis half roasted hash it very small with bacon and a little parsly and some sithes, when tis well hashed together take the yolks of 4 eggs and the white of one egg, put in some pepper and some salt and knead it altogether, then put in butter in an earthen pipkin upon a chafingdish of coales that it may boyle softly; Cover the dish, & when you uncover it let the steame drop into the meate, and stirr it often least it should burne. You must putt noe water in it, the steame of it is enough to stew it in. When they are stewed enough you must take the yolk of an egg and a little verjes & some of the sauce & beate them well together & putt them upon the meate.

A Hart

To stew beef alamode

You must take a thick peece of beefe without skin or bone & fett it must be very good beefe. Beate it very well till it is ready to breake. Larde it very thick with bacon. The bacon must be seasoned before with vinegar pepper and salt. Then putt the meat in an earthen dish upon a little fire. Putt noe water in lett the steame drop into the meat, wch is enough to stew it in. It must be very well covered with a dish and a napkin over it. Season it very well with pepper salt and some cloves. When it is stewed enough take it out of the sauce while tis hot. Tis to be eaten cold.

A Hart

To make potage of cherries.

Take Cherries and pull off the stalkes of them ~~and fry them~~ then with very good fresh butter. when they a little fried in the butter, putt in some water, a little sugar and make it boyle together, then cutt some bred in little bits & fry it in butter alone, and when tis well fryed putt it to the cherries boyling them all togeather till there is not much juice left, shaking them well together in the boylings. So serve it up with fine sugar strewed upon it.

To make French porrage of a Duck

A Hart

Take a fat Duck larded, putt into the belly pepper and salt then almost half roast it. You must have then a pott of hott water upon the fire, draw the Duck of the spitt and putt it into it with all the gravie in the pan that came from the Duck, putt in a little salt a little cloves & nutmegg, then take turneps pare them and cutt them in round slices you must have a good many of them, then fry them in a pan with some Lard, and when they are well fryed, putt them altogeather into the pott with the Duck. When the turneps are well boyled in the broth then make some tasts of white bread, breake them in little bits, and putt them into the pott to the broth. When the bred is ~~[illegible]~~ a little boyled Take out the bred and turneps & strain them through a sieve pressing them with a spoon to make the thick goe through. You must mingle a little crumes of bread with it & poure in some broth to make it pass through, to thicken the broth. Then putt this broth into the pott again and lett it boyle a little, then take it up in a dish with slices of bread under it, and the Duck with slices of the boyled turneps about it. Lett the bred bee well soaked in the broth.

A Receipt how to Make Pão de lo

First they take twenty eggs and of them they break ten in a basin neither very great nor little, of the wch they put their whites, of the other ten, only their yolks, and with a great spoon they beat them, then put in a pound of Sugar well weighed and beat it by little and little for the space of an hour or 4 quarters and when they are well beaten, they put in a spoonful of water, and beat it a little more, then a pound of flower dispersed and well mixed. This being done put it in a basin wch is called de fartes that is not very large, yet somewhat deep, and putting under it a little paper carry it to the oven put it in presently and when it is baked take away the paper before it be cold.

Receita de como se fas o pão de lo

Primeiramte se tomão dzte ouos, e dos delles se dão quebrando dentro dma pasella, nem mto grande, nem pequena, os quais ouos se dem de bater com colheres, os outros dez se ah jemos se hão de bater e com hũa colher grande os hão de ir batendo a qual ha de andar entre as palmas das mãos, botase lhe hũ arratel de assucre bem peneirado, depois botando pouco e pouco, dentro dma pasella, e se vai batendo com os ouos por tempo de hũa ora, ou cinco quartos, e como estão mui bem batidos, se lhe bota hũa colher de agua, e se torna a bater outro pouco, e terão pezado hũ arratel de farinha e se vida botando dentro espalhada, e se vir a mexendo, estando isto feito se botão na dma bacia das q chamão de fartes, q não seja mto grande, e q seja fundinha, e se lhe ha de por hũ papel de baixo, e logo ha de levar forno e meterse logo dentro, e como esta cozido se lhe tira o papel antes q se arefeça.

To Hibabado Porke.

A Pfer

Take Pork: new killd what joynt you please flay of ye skin & put it into an Earthen pan shred a handfull of sage very small & put it into a stone: Morter put thereto two cloves of garlick rub them very well, with ye sage: & Pestle put thereto a pint of sharp claret wine; then poure all this upon ye porke put in likewise Bruised ye pore a pint of vinegar & a pint of water mingled together, & straw some bay salt finely beat over it all, when ye Meat have layn in it 2 days & a night it must be rosted & you may eat it hott or cold, as you please with mustard or else wth oyle & vinegar wch is ye most proper sauce.

A Pfer

A Receipt to make an Italian dish of Hogs heads

Take 2 Hogs heads & 2 Tongues, 2 whole nutmegs bay leaves & rasle, whole pepper, lett them be boyled till ye bones come of very cleane, then take them out, ye Eares & ye great end of the tongue must be cutt in pretty bigg slices & the rest chopt small, then putt in Cloves Synnamon, mace, Nutmeggs pepper all beat to a powder, & some Lemon pill cut small, & salt as much as you thinke will season it very well & then you must have a wooden presse of what fashion you please, in ye bottome & sides you must putt Bay Leaves very thick, ye ye Meat may not touch ye wood, then in ye Bottome you must strew some spice & salt, & then put in some of ye chopt meat, & upon ye some of ye Eares and Tongues, ye are cut in sleeces & so lay chopt meat againe, Eares & Tongues till it be all in & between every Row of chmst meat & tongues strew some salt & spice when you have done lay Bay leaves a top, & so cover it wth the Cover of ye Presse, & lay very good weight upon it & lett it stand 40 houres all this must be done whilst it is hott when you take it out of ye Presse you must serve it whole & carve it at ye Table in thin slices, & eat it wth oyle & Vinegar.

Madrid ye 10 of August 1665 A.M.

A Man

To make Lemonado.

Take 1 quarte of ye best fountane water & 2 quarts of ye best white wine, cut into it 3 large Lemons, rine & all, in square bitts or as much bigg, squize ye juyce of the whole Lemon into this likewise, & put in a pound and a halfe of ye best white sugar, stop all these close in an Earthen pitcher, setting it in a cosie place for 2 hours during which time you must stirr it very well with a wooden ladle, or spatula 3 or 4 times, then passe it through a course Canvas strainer, & put to it a dragme of Ambar Greece ground very small, then bottle it up, & keepe it very cooler, after 1 hours you may drinke it, it will keep good 2 days & 2 nights & no longer, this drink is only for ye sumer time.

Madrid 10 Oct: 1665

A Man

To make Synamon water

Take 6 pints of ye best fountane water put it in a new Earthen pipkin, & sett it upon ye fire, when it just ready to boyle take it off put into it two ounces of Synamon bruised stop ye jugg very close, & let it boyle till 3 pints be consumed then take it off & put to it 2 lb of ye best white sugar & a dragme of Ambar Greece, w. must not be put in till ye liquor be strained, & ye sugar consumed in it.

Madrid 10 Aug. 1665

To make a Cinnamon Milk called Carmina de Leche de Almendas.

Boyle 5 q^tts of ye best fountaine water, wth a quart of an ounce of whole Sinamon in it, a quarter of an houre then poure it into an Earthen pan in wch there is 3 pounds of Almonds beat small after hauing them been blanched & beat wth Orange flowre water stirr them well together & lett them stand 2 houres, & put into it a pound of ye best white sugar well beat, then strane it through a thick Canvas stramer & put in a dragme of [illegible] Cheese if you like it, & put it into a [illegible] kettle, & gett it in a Cole sellar [illegible] it after 4 houres standing [illegible] keep good 2 days & 2 nights [illegible]

this is the same Cloichay pots that are made in the Indies

[illegible] Chocolatte. 23

[illegible]

The best Chocolatte but y^e of ye Indians is made in Spain.

Madrid ye 12 August 1665

To make an Olla podrida.

Take 2 pound of ye best flanck beefe, wth not much or much fatt, 2 pound of ye leaner part of a parish Gammon of bacon, let these boyle in a great pipkin or silver skellett, wth 4 q^tts of water, & put on ye fire, then put to it 2 pound of a gettor of the shoulder of a rump end of ye leane of ye rump or if it is not too fatt 2 lb of a breast of veale, then ye pott & lett these boyle together, skime as poure then put in a young hen if it is not too fatt, two partridge & lett these boyle half an houre longer to these add 4 young pullens & 2 sweet breads of veale, & after these have been a q^tr of an houre put in 4 spoonfull of green pease, 4 spoonfull of french beans cut in peeces in their skins, a slice of 2 great cowcumbers cut in great peeces, 2 spoonfull of green grapes, 2 spoonfull of parsly leaves, 3 spoonfull of balme leaves, as much yeale as will season it, as much pepper & Cloves beaten to fine powder as will lye upon a shilling lett these boyle altogether till ye Meat will part wth out cutting, then mingle as much sugar made into fine powder as will lye

Madrid 10 Aug. 1665.

To make a Cordial milk called Carmina de Leche de Almendas.

Boyle 5 q.rts of y.e best fountaine water, w.th a quart of an ounce of whole Sinamon in it, a quarter of an houre, then poure it into an Earthen pan in w.ch there is 3 pounds of Almonds beat small after bayne then bein blanched & beat w.th Orange flowre water, stirr them well together & lett them stand 2 houres, & put into it a pound of y.e best white sugar well beat, then strane it through a thick Cardas stramer, & put in a dragme of Ambar Greece if you like it, & put it into a great glasse bottle, & gett it in a Cole sellar you may drinke it after 4 houres standing there, it will keep good 2 days, & 2 nights but not longer.

Madrid 10 Aug. 1665.

To dresse Chocolatte.

[illegible]

[illegible]

The best Chocolatte but y of y.e Indians made in Trust in Spaine.

Madrid y.e 12.th of August 1665.

To make an Olla podrida.

Take 2 pound of y.e best flanck beefe, w.th out skin or much fatt, 2 pound of y.e leaner part of a panish Gammon of bacon, let these boyle in a great pipkin or silver skellett, w.th 4 q.rts of water, & cover on y.e fire, then put to it 2 pound of a pattin, of the shoulder of runp end of y.e leyne, & y.e rump or y.e is not too fatt 2 l.b of a breast of veale, skim y.e pott, & lett these boyle together halfe an houre then put in a fryed hen y is not too fatt, two partrige, & lett these boyle halfe an houre longer to these add 4 young pigeons, & 2 sweet breds of veale, & after these have been a q.r of an houre put in, 1 spoonful of green pease, 1 spoonful of french beans cut in peece in their skins, y white of 2 great cowcumbers cut in great peeces, 2 spoonful of green grapes, 2 spoonfull of parsly leaves, 2 spoonfull of Palme leaves, as much salt as will season it, as much pepper & Cones beaten to fine powder as will lye upon a shilling lett these boyle altogether til y.e Meat will part w.th out cutting, then mingle as much sugar made into fine powder as will lye

~~Open a Q pecce, rub y dish wherin you mean to serue it up, very well w th garlick putting y great sperm y shell on y top y clean white at y bottom & herbs & all other, if it be at a time of yeare when all these things are not to be had you may either doe it worse then or sodly there wt others of y like Nature.~~

~~you may inquire if you will put in Lamb Stones cocks stones & combs, a pot pound weight of all.~~

~~The sauce usually in Spaine eaten with this meat is Parsly stamped very small made thm w th vinegar & w th cloves of Garlike brusit Cut in & strind out & ye mingled well w th y parsly & served in saucers~~

to pickell Oysters

To take a fall gallon of Oysters and cut the fins and ~~and~~ pull them clean ofe with aney rags of the outter pash then one by one in the liker then strene the liker and put them into a Stillett and boil them ~~fast~~ softly for halfe an hower then take them ofe the fire and pash them agane one by one in the same liker and ~~it~~ lay them in to an earthen pan sett the liker on in a Cleane pipkin and put to it halfe a pint of vinegar 2 ounces of peper a quarter of an ounce of cloves a little sabb and a quarter of an ounce of mace lett thes boil ~~halfe an~~ and as soun as you perceue it boyl up take it ofe and pore it softly upon the oysters you must stope them up close in a little barell or pott. the liker is a very Good Cordall.

To make Cheesecakes.

Take one pott of new milke, and turn it to a fresh curd, and cotty it very well; then worke it in Halfe a pound of new butter, and beate six yealks of egges, with six spoonefulls of rose water, two nuttmeggs grated, one quarter of a pound of suger, and halfe a pound of Currant. Stirr all these together, and make your Cakes, as followeth. Two handfull of fine flower, One handfull of suger finely beaten, Two yealks of egges and one white beaten, with one spoonefull of rose water, and make it into a Dott, with a peace of new butter, roule it then and cutt it round, & raise it with an edge, & pinn papers about the edges, to keepe them from running over. And when they begin to colour, take them out of the Oven, and putt upon every one of them, two or three spoonefull of this, as followeth. Take one quarter of a pound of suger beaten, a peace of new butter as bigg as a Turkeyes egg, sobbed through a spoonefull of rose water, melt it all together and poure it on your Cheese cakes, and cearse some loft suger over them, and let them stand one quarter of hower longer in the oven.

To make Lemmon creame the best way.

Take the Juice of four faire lemmons and a half pare the pilles of two of them, very thinn and squeze the Juice of the lemmons to the pill, then take the whites of eight eggs, and but the yealke of one beate them very well, then put them to the Juyce of the lemmons, with a Pint of faire water, and two or three spoonefulls of Orange flower water, and sweeten it with suger to your taste. Then straine it through a haire Sieve, & after set it upon a soft fire, stirring it continually but let it not boyle; and when you see it thicke enough, putt it out, and let it stand three of foure howrs before it bee eaten. Putt in a little ambergreece.

~~To make Puffs.~~

~~Take the Curds of 3 pint quarts of milke put to them three A whole Nuemeg Grated the yolke of 4 Eges & The whites of 2, put into this about 2 Spoonfulls of Sugar And A very little Sale and mingle it with so much flower As will make it pretty Stiff not hard When all this is Mixt together it must bee upon a Slice and then Cut off from it in litle roules into a fring pan with 2 pound of Clarified butter which must boile or bee very hot before you put in the puffs, the fier must bee a quick wood fier They must bee fryed broune & turned and when they Are Soe you must tosse them in the pan & when you Dish them up you must a litle butter beaten thick with A litle Water & Nuemeg and sugar on them & serve Some Sugar ouer them;~~

to Stew Pippins.

A Man ✗ 26

Rub your pippins Cleane Cutt them in halfes put to every pound of pippins a quarter of a pound of Sugar and halfe an Ounce of leaman and Orange pell Shred small Cover them with water and lett them boile fast in a Skeyn dish never turning the Skines downward but keeps them Close Covered when they are very tender take them of & Squeeze in as much of the juiel of orrane & leaman as you like Serue them in an intermes dish with the Clear of the liquor when they are Cold with Double refined Sugar Strewt upon the dish

A Man ✗ To Dry your a like Spanish bacon

Cutt a leg of poarke round in the shape of a Spanish Gammon of bacon lay it upon a board high in the middle that the brine may run of, rub it well with halfe bay Salt and halfe salt peter, so let it ly ten days then hang it up in a Chimne where wood is burnt and the heat is not to great, when it is thorough dry for your use keeps it in a dry roome for your use,

✗ 27 To make Ice Cream;

Take three pints of the best cream boyle it with a blade of Mace, or else perfume it with orangflowerwater or limberbruce sweeten the Cream, with sugar let it stand till it is quite cold, then put it into Boxes, either of Silver or tinn then take Ice chopped into small peeces and powdr it into a tub and set the Boxes in the Ice Covering them all over, and let them stand in the Ice two hours, and the Cream will come to be Ice in the Boxes, then turne them out into a salver with some of the same Seasoned Cream, so serue it up to the Table.

✗ To boyle Salmon, Carps, Tench, Trouts, Pikes, or Perch

Take any 2 of the above named fishes boyle them in half Vineger or Vergis & water with a handfull of salt & a good quantety of lemon peel boyle them with no more Liquor then will well cover them when they are enough take them up & set the fish plate if you lay them upon over a woden platter near the fire then make your sauce with half a pint of white wine a quarter of a pint of oyster liquor 2 Anchoves half a spoonfull of whole pepper a little Horse Redish scraped very small a few mushrooms shred small, a quart of oysters, a pint of prawns when all when your oysters are throughly stewed with this liquor then put in 2 pound of butter & beat it very thick lay sippets of white Bread round the dish & fry leaves of parsley with fryed parsly & horse redish scraped to garnish the dish lay your salmon on the sippetts in the middle of the dish & your other fish on each side & pour the sauce all over them or lett it stand on a hasone

with a soft fire a little before you send it up

L. Marshall.

The best way to dry Mushrooms to keep for sauce is to spread them upon sieves and set them in an oven, turne and dryes, and beat them to powder, keep them tyed Close in a Galle pot, and put in as much at a time as you find thinken and give hot to your sauce

to make Powder of mushrooms

Take half a bushell of mushrooms, wash them & wipe them dry, then take 18 large Onions peel & cutt them into quarters, put them & the Mushrooms into a pott and let them stew in their own liquor over a Gentle fire a quarter of an hour, then put to them a pint of vinigar, half an ounce of cloves, & half an ounce of mace, a quarter of an ounce of black pepper, beat your spices small & put it in to the mushrooms and let all boyle together till the liquor is almost consumed, then put in a quarter of a pound of fresh butter, keeping it constantly stirring all the while it is over the fire, let it simmer till all the liquor be consumed, then take it of the fire and lay it thin all over a tin dripping pan, or something of that kinde of tin, then put it into an Oven as soon as the bread is drawn out, let it stand all night and the next morning turn it, so doe 4 or 5 times after bread till you finde them dry enough to powder, you must take care the oven is not so hot as to burn them, when they are thus dryed beat them to powder in a mortar, and sivet it thro a hair sieve, and put it in Galley pots tyed close down to keep for use, it will keep several years.

To Pickle Ripe Cocumbers in slices

Take Cocumbers before they are full growne, & slice them thin into a pewter dish, to 12 Cocumbers take 3 or 4 large Onions slice two Onions very thin and a handfull of salt and put to them, & let them stand covered 24 hours, then take out the onions & pour a way the liquor from them into a Cullender, and put them into Glassed potts.

to make the Pickle

fill the best white wine vinigar in a Cold Still, with some mace cloves & salt, make this pickle Scalding hott and pour it over your cocumbers after 4 or 5 days, pour your liquor from them & make it hott again, & put it to them as before, and cover your potts with bladder to keep them close

To five quarts of vinigar put half a pound of salt, when you stille

To make Jelly & manger blanco together,

+ 28

Cut a knuckle of Veale in peeces bones & all & a well fleshed hen, wash them both in warme water, picking out as much of the fat as you can, then wash it in Cold water, boile it in a new pipkin with as much Spring water as will Cover the flesh a handfull over, when your broth is neer halfe boiled away, put in 4 pints of whit wine, & let it boile halfe an hour, Straine it wel, & when it is Cold take ofe all the fat Cleere, then put it into a Cleane pipkin with three quarters of a pound of fine Suger, three Spoonfuls of fruite Cinamon water, ~~a very~~ little Salt, a leaman with the peel cut Close ofe and the Seeds taken out, Cequen whites of Eggs wel beaten with the Shells & all, as soon as these boile up to the top of the pipkin Straine it into a boson, take three pints of this Jelle & put into it a quarter of a pound of blanched allmonds beat very fine with a litle Orrang flower water, Shred the brawne of a Capon that hath been roast or boiled very Smale beate it very fine & afterwards the allmonds with it, mingle them well in the three pints of Jelly & set it in a skilet on the fier Stiring it til it bee ready to boile, then Straine it into the dish you intend to serve it in, it is best within six hours after it is Cold, if the remaining jelley ~~the~~ not shake

enough you may Squeeze in another Leaman.
Strayne it ouer againe,

To Pickle Cucumbers as Mangoes

Take of the Largest & Green Cucumbers, scrape off ye upper Rinds & Black Spots, Rub them with a Course Cloth & lay them in Salt & Water for 24 hours, then Slit them long ways & take out all the Seeds, & fill them up with whole Cloves of Garlick (2 or 3 in a Cumcumber) & mustard & ginger cut in Small peices mixt together, then tye them up with a thread, & lay them in an Earthen pot.
To a Gallon of white wine Viniger put 4 or 5 handfulls of Salt, boyle ye Pickle and then add Some whole Cloves & Mace, & pour it Scalding hott to the Cumcumbers, then put Dill upon them, & cover them Close, & once in a day, for the first week Scald the Pickle & pour it over the Cucumbers, & after do the same once in a month as long as they last.

To Pickle Mellons like Mangoes.

Take Ginger Sliced thin, & Steepe it in Viniger 24 hours. Take ye Smallest Cloves of Garlick one pound & Scalde them, then take horse Radish Sliced thin. & make a composition with mustard Seeds & viniger, & fill the bodys of the Mellons (the Seeds being first taken out) with these ingredients & tye them together with tape and Packthread.
For your Pickle take one half white wine Viniger, & the other Perfuice, Boyle them half an hour, then put in your Mellons and boyle them a quarter of an hour, then take them out, and let the Pickle boyle a quarter of an hour longer, then put your Mellons in a well Glazed earthen pott, and put your liquor to them Scalding hott, & Cover it Close to keep in the Steam as much as you can.

To Pickle Walnutts white

Choose your walnutts tender & young & Clear from Spotts, pare them till they come to the white, & put them in Colds water as you do them, & let them lye in it, till you have ready Some boyling water with a little Salt in it, put your Nuts into it, and let them boyle about a quarter of an hour or less if tender, — lay them one by one upon a Cloth till they be Colds, & have ready the Pickle which must be made. of white wine viniger & one third White wine, with Cloves mace, whole pepper & Salt, & a Small Clove of Garlick & a bay leaf or two. boyle the Pickle near an hour, & let it be Colds before you put it to your nuts. If the viniger have been Stilled it Need not boyle so long.

+ To Colver ~~al~~ Salmon

Cut your salmon in as many peeces as you please, wash it very Cleane then lay it into a Kettle with all the grain of the skin one way as near as you can then have ready boyled half an hour together as much water & salt whole pepper & a few bay leaves as you think will cover the fish poure this Liquor into your ~~liquor~~ kettle upon your Salmon & let it boyle slow at first but a quarter of an houre boyle it fast, to every Gallon of liquor you must put in a quart of white wine & a quart of vinegar thus take the Bottle where they are mingled together & dash it upon the Salmon long ways against the grain of the salmon about a quarter of a pint at a time then when you have put in your wine & vinegar & see that your Salmon is through boyled take up your salmon & lay it on fish plates or any other thing through which it may drain boyle your liquor apace a quarter of an hour after you have taken your salmon out, leave your liquor be very salt, & when it is cold poure put your salmon into it

thus ordered & put up Close in a kitt or Close other Vessell that no Aire Can Enter and no more liquor then will well Cover the salmon it may be sent a hundred mile good.

Cut your Brawne in as many Collers as you please wattering it so many days as will make the flesh white shifting the water once a day, then take it out & scrape it & wipe it very Cleane & dry then roul it up very hard with broad wick set all your Collers into a great Kettle or Copar filled with water & make it boyle softly at first for 3 hours then let it boyle faster 12 hours more untill it be so tender that a straw will pass through it every way when it is 3 quarters boyled you must put in 6: gallons of flat milk have a great care how you take it up for fear of breaking & set up every Coller on one end upon a dresser or board Covered 2 inches thick with salt & put a great handfull of salt up on ye top of every one as it Comes hot out of the Kettle so let them stand till the next day

the day before you boyle your Brawne you must make your Sowce drink as follows take so much ale not to strong nor small & boyle it with so much salt as will make it very salt & till your Liquor boyle 3 hours & so set it to Cool in the Tub you intend to sowce your Brawne & when ye Brawn has been 12 hours cold put it into this Liquor, it will keep good till may or June & never Prise in winter;

Mr Mace.

Directions for the fining the Raisen wine

One ounce of fing:-Glass to ten Gallons of wine.
Then Boyle it in one quart of the wine untill its dissolved, and let it stand a night or two.
Then Draw a quart more of the wine and heat it hott enough to dis=solve the Jelly into a Liquor.
Then whisk it well with a whisk into a froth, and Tun it into the Cask thro a fine Sieve, And Burr it about in the Cask; with a Broom Stick slitt a Cross at the end, and let the Bung lye open ~~[illegible]~~ three or 4 nights before you Close it. — —
When it is bright bottle it which will be in about a fortnights time.

To Make the Raisen wine

pick the fruit from the large stalks, or any that are perishr, & put them into a Mashing Tub, and to every hundred weight of Raisens pour on eighteen Gallons of Soft Spring water, Cold. Cover yt fast and once a day Stirr the Raisons very well with the Mashing Staff or a strong Stick, when it has Stood for a fortnight, prese it thro a hair bag, in a prese made for this purpose, or for want of such in a Cheese prese. — then tun it into your Vessell, and let the bung be open, till it has done working, then stop it down close, and let it stand about Six months, after which fine it. —

half Velloidore raisons, & half malaga makes very good wine as also half Smyrna Raisons & half malaga. or each sort alone. but for Elder wine the latter mixture is best, and we draw the Juice of the Elder berrys by setting them in a pott in an oven, & then prese the Juice from them, and Damsins slitt & a little water put to them & set also in the oven & prese it out, & we take two parts of the Elder Juice & one of the Damsins, & to every Gallon of wine put a pint of the Juices when mix'd,

Folio's 163v to 172v are blank

The Composition of the Syrrup of Sanacle very good against a Consumption.

A Hant

Take of these things following Sanacle, Bugle, Scabius, Red bramble tops, Agrimony, Ribwort, Avens, Spiddwill, Colts foot, Daisy Roots, Comfry Roots, of each of these 4 handfulls. of wood Bittany two handfulls.

Pick & wash these herbs very clean & dry them with a clean cloth, then stamp them & straynt them, & to every pint of Juice put to one pound of Sugar double refined in powder first boyle yt Juice on a Charcoal fire a little & scume it. Then put in yt Sugar & so boyle it to a Syrrup, & let here to scume it very clean & when it is boyled to a Syrrup put it up for yt use. Take of this Syrrup a spoonfull in the morning fasting, at night when you goe to bed, fill midnight or at any time of the day upon an empty stomacke.

This Syrrup must be made in June or July at farthest, midsummer best.

How to make Syrrup.

A Man°

You must take your Flowers or Heerbs and guide them cleane & steepe them in running Water ouer nigh. Bakers but not too hot in any Case, and straine out the Flowers or the Heerbs and put in fresh every 24 houres this doe, till your Syrrup be strong enough, 3 or 4 times or more, then, strain it out and to every pinte of liquor put a pound of Sugar, & boyle it up leisurely.

A Man°

29 To preserue Oranges.

Take a dozen of the fairest Oranges and the best coulored, & if you can get them with smooth Skins stay are the better, and with a greater greate of the outward pill, if you will haue them whole then with a Corring Iron take out some of the meate, or if you will haue them cut in Quarter you must leaue some of the meate in them, then lay them in steepe in Conduit water 2 dayes & 2 nights, they must be shifted morning and Euening, then take them out of the water and rub them with white Salt, then with a cleane Cloth rub them very drie, then boile them in 2 seuerall waters, then when you think they are very tender take them out of the water, then with a knife take out all the Kernels, then weigh them & take to a pound of Oranges 2 pounds & halfe of Sugar, when this is done, put your Sugar into a Skillet, & to euery pound of Sugar put a quart of water, then take the whites of 2 Eggs beaten well and put into the Skillet on the fire, & let it boyle as fast as it can, when you perceiue your Syrrupe to rise up, put in 2 or 3 Spoonfulls of faire water, then take it of the Fire, lay your Oranges in a preserving panne, when you haue scummed your Syrrup very cleane, seare it through a cleane Chasbin on your Oranges in a preserving panne, leaue out some of your Syrrup & as it boyleth away put it into your Oranges, then set your Chaffer dish on a very quicke Fire & let

them

them boile as quicke as you can, you must keepe them covered all the while. You must have ready halfe a pound of Sugar broken into pieces as big as walnuts, & as it boyles now and then put in 2 or 3 of them when they have stood 2 houres, put in a pottle of the best white wine, and let them boile till they be very cleare and the Syrup thicke, then take out your Oranges & lay them in a Silver Dish or Bason. If your Syrope be not thicke enough you may boile it a little more, then take it of the fire, and put it on your Oranges, & put to them the juice of 4 Limonds, let them stand till they be cold, then put them up. Take to every 3 pounds of Sugar a pint of Apple water.

A Man + 30 To preserve Cittrons.

Take your Cittrons, rub them w[illegible] till they be very clean, then cut them into quarters & lay them in Water one day then boyle them still till they be tender, then take to every pound of Cittron, a pound & halfe of Sugar, & to every pound of Sugar a pinte of the purest fountaine water you can get, and boile your Syrope a quarter of an houre, scumming it till it be cleare, then take it of the fire & pull it into a Bason then penne lining it Nine till it be cold as that you may put in your finger put in your Cittron against covering it; Thus doe every morning till your Cittron be cleare and your Syrope thicke.

If You desire to have Wharte and Cinnamon put in, tye what quantity you thinke fit in a peice of Calicoe Lawne & hang it in.

A Man + ~~To make Orange Wharte like Lemon.~~

~~Pare your Oranges & lay them in water & nitre mixed, stirre them morning and evening, boile them two houres, then take them out of the water and wipe them very dry with a clean cloth, cut them asunder and pulle out all the seeds, then stamp & strine them and set them a while to dry in a Chafendish of Coales, take to every pound of Pulpe a pound & halfe of Sugar, & put it in by degrees and let it stand a good while on the fire.~~

A Man + ~~To make Jelly of Pippins.~~

~~Take & slice your Pippins from the Core into Cordial water, boile them till you think all the heart is gone into the Water, then strine them hot not a hart is to take away any pulp out of the Liquor on the fire, & let it boile halfe an houre or more, then take a pound of double refined Sugar, and lay it by, still putting in pieces of Sugar till you thinke there is enough. When it is neere jellying put in a juice of Lemon, the juice of Orange sliced very thinne as bigger then a third and only it is perfect Jelly which you may perceive by cooling a little in a Spoone, put it up in shallow Glasses for your use.~~

A Man + 31 A Receipt for Cherries in Jelly.

Take a pound of Greene Apples & a pound of Cherries & 2 ounces of Sugar, and 2 pintes of water, boile all these together till they be very tender, then take them of the fire and put in some of the Sugar, & set it on the fire, then take 3 quarters of a pound of Cherries & put into the Syrope, then take the rest of your pound of Sugar and put in w[illegible] then up one a quick fire till the be enough

of a pound

+ 32 I'le make Conserve of Roses the best way.

Take Red Rose buds and cutt the yellow bottomes and the stoppes of them then take a pound of Leaves and a heart and halfe a pottle of water and boile them together till the water be almost consumed, then take 3 pound of Sugar beaten, & put it in at 3 severall times into your Roses and set it boile, untill your Syrope will rope, then put it up. The best way is to beate the Roses a little, and if there be a lesse quantity it will be the better boiled.

A Man + 33 To preserve Apricocks wett or dry.

Take your Apricocks and pare & stone them, then weigh them, boile them till they be very tender, then unpot them dry with a very cleane cloth

take to every pound of apricocks a pound & 2 ounces of Sugar, put to your sugar so much water as to wet it, boile it up to a Candy, then lay your Apricocks in a Dish & pour your Candy upon them, & keate them upon a Chafendish of fire three dayes morning and Evening, then put them up. Leave out those you intend to keepe dry, & put them upon Glasses & dry them in a stove.

A Hon ~~To make Albricocks.~~

~~Take a pound of the best Almonds, lay them in Cold water all night, then dry them very well in a clean Cloth, take as much Sugar as Almonds and beate them, putting Orrish in Rose water, then mingle them well together, then dry your paste over a Chafendish of Coales. You must beate a quarter of lb. & when the paste is cold, put the rind of the lb. with a grain of Musk and Amber greece, then laydes upon Marchpane Bottomes, and sprinkle Sugar upon them & when they are hardned take them out of the Oven and fashion them, then set them in a dish & let them stand until you think they are baked.~~

Marchpane.

A Hon ~~X 34 To make Cheese Cakes.~~

Take a pound of Jordan Almonds, wash them very clean, blanch them out of hot water into Cold, then dry them in a Cloth, & beat them in a stone Morter with a wooden Pestle till they be pretty small, then put in a Spoonfull of Rosewater, or Orange flower water, & beat them till they be pretty dry, continuing sowring, and putting in of water till they be beat very fine: then take a pound of ambergreased Sugar, let the better halfe be finely beat and searced, and put into the Almonds, stirr them well about, take them out & make them into little Cakes what fashion you please, lay a Sheet of Paper with fine Sugar & lay them upon it, have a Cover of a Baking panne with Charcoale, kindled very clear & set your Paper of Cakes upon a Table, & cover them with a Cover of the baking panne, untill you see them white and

hard on the lower side, then lett them cool a little, take them out of your Sugar and make a Candy with Orange Flower water & faire Water, then with a Feather wipe your Cakes over with this Candy, then put them under the baking panne till that side be dry, then turne the other side and Candy it, then set the baking panne & them till they be through dry, & Save them for your use.

A Hon

X 35 To make Clare Cakes of Currans, Plums, Gooseberries or Goose berries.

Take your fruite, put them into a stone pott, having picked them very clean, set them in a Skillett with boyling Water, & let them boile, still pressing out the juice as it comes, measure your Liquor, & take to every pinte of Liq. a pound of refined Loaf Sugar put your Sugar in Lumpes as you put it into your panne, set it on the fire, and let it boile to a candy, warme your Liquour somewhat more than Bloodwarme, & powre your Candy into it, let it stand upon a few soft Embers, stirring it continually till the candy is dissolved, put it in Glasses & set it in the Stove, keepe a constant heate but not too hott. All white fruits are to be boyled in 3 quarters of a pinte of water to a pound of fruit.

A Hon

X 36 Clare Cakes of Quinces the ancient way.

Take 2 Skillets of boyling water on the fire at once, then take of your best Quinces, wipe them and cutt them in halves or Quarters if they be great, then boyl but one in a Skillett at once, & let them boyl only till they be but soft; for if they be too soft the juice will be too thicke, then take them up in a Skimer that the water may runne from them; then straine or wring one of them at a time through a Tiffany as hott as you can endure to touch them, & let it be wrung so long as any juice will come without pippes, then put out & take another & doe the like till you have as much as you would, then powre it againe through a Tiffany that it may be clear, & set it on a few Embers to keepe warme, then take to a pound of refined Sugar a pinte of juice, boyl the Candy as for other clare Cakes mingle

them together and let it stand upon the Embers till the Candy is dissolved, put them in Glasses and stove them.

A Man

31 To make Marmalade of Orange.

Take six or eight Oranges & pare them very thinne, cutt them in halfes and take out the meat and the juice, then boyle them in 6 seuerall waters till they be very tender; You must boyle them in Fountain water, with a dry cannas both try them, peele of the outside and cutt them in square bits, put to every pound of Orange a pound & halfe of Sugar, only put the Sugar in water, then let it melt, & cleare it over the fire, then blue Apple water ready strained, put to every pound of Sugar halfe a pinte of that water, let them boyle a little, & sumon them, and then put in your Orange; when it is halfe boyled put in as much Amber Greece as you please, picke out the Kernells, & shrine of ye meate of ye Orange, and when it is boyled very thicke put in ye meat and the juice, then name the juice of a Lemon, & put into it as it comes of the fire, rub the Oranges with Salt, & wash them before you boyle them.

A Man

38 To dry Cherries.

Take to every pound of Sugar 4 pound of Cherries, & take almost a Quart of Water to one pound of Sugar, & to make a Syrope first and sumon it, then put in your Cherries & let them stand very hot, but not boyl some 2 houres, stirring them sometimes then poure them out, & let them stand in ye Syrope 2 dayes, then name them again, & let them stand 2 dayes more, then lay them upon Glasse Plates and dry them in the Stove.

A Man

39 To preserve whole Quinces Mr. Hollycrofts way.

Take such of your Quinces as are well coloured, not of the greatest but of a reasonable bignes, weight them, & to every pound of Quinces take ~~[illegible]~~ a pound of refined Sugar, then cleare your Quinces & in the

in the clearing, let your knife goe cleare thorough, so as they may have a whole in the stalke end as in the other end, & cure them with a small knife or conveing Pen, then put them into warme water & so seed them untill they be very tender, You may not preserve above 2 of Quinces at a time, put to your 2 lb of Sugar the white of an Egge & the Wheis, pinte, & ½ of water, and when your Syrope is fine cleare strine it into a deepe preserving Pann, then let it boile till the Syrope be of a greiche height, then pare your Quinces as fast as you can, & put them into the boyling Syrope, & write them put in ½ a pinte of Sugar of Quinces, and there let them boyle as fast as you possibly can make them continually sumon the Syrope, & turne ye Quinces, & so let them boyl untill they be tender & begin to breake, then take them up with a Slice sumner, but take up no Syrope with them, & lay every Quince seuerall by it selfe in a pitcher or stone pott, when you have taken them all up take some of the cleanest of ye Syrope, & keepe it in a Dish by it selfe to lay the next day upon the Quinces, when they are throughly cold put your Quinces into preserving Glasses, which must not hold above one or 2 Quinces at the most, then put the rest of ye Syrope to them wherein it is left, & so set them in an open window to cool space.

A Man

40 How to dry Apricocks.

Take of your fairest Apricocks, stone them & cure them put them into faire water to keepe them from looking blacke, then weigh them & take ye weight in fine sugar, beate it not, but breake it into reasonable big peices, & dipp it into faire water to wet it, & then put it into a Silver Pipkin, & let it melt upon the fire, & when it is melted, let it boile a pace till it will haire, & is neere candying, then take it of the fire & let it stand a little while, then put in your Apricocks & turne them in the Syrope, & let them stand in the Syrope 2 houres, & turne them now & then, then take them out & put every Apricocke on a peece of Spinnage by its selfe, and tye it up, & while you are tying them up set your Syrope on the fire to heat, but it must not boile, then put in your Apricocks into your Syrope, & let them boile as fast as they can

until

untill you see them looke cleare, & ye Syrroppe is thicke, then take them of the fire, and let them stand till they be cold, then take them out of ye Syrroppe, & lay them on a Sieve side, to drayne in the Stoffing, & when they have drayned a little while, take them out, and lay them upon Sheetes of Glasse, & set them in a Stove to dry, & turne them upon dry Glasse every day.

A Man + 41 How to preserve Quinces red.

Take Quinces & pare them, & core them, then take to every 2lb. of Sugar, 2lb. of Quinces, & 2 pintes of water, clarefie your Syrroppe, then put in your Quinces, cover them very close, then let them boile very softly till they be tender, & looke very red, then take them up, and boile the Syrroppe a pretty while longer, then put them up with some of the Syrroppe, & put the rest of ye Syrroppe to them when they be cold.

A Man + 42 An Excellent way to make Conserve of any Flowers.

Take your Flowers, and picke them very cleare, & to every halfe pound of Flowers, a pint and halfe of water, & let your water seethe, then put in your Flowers, to let them boile till they be very tender, then put in your Sugar at severall times, till the Syrroppe be thicke enough, then put it, and keepe it for your use; You must take twice the weight of your Flowers in Sugar. Never three times their weight.

A Man + 43 To make any Kind of Cheverges with Spirits.

Take the purest refined Sugar what Quantitie you thinke good, breake it in peices as big as walnuts, then take 2 parts of the Quantitie of Sugar you meane to use, put thereto no more water then will just melt the Sugar after it is upon the fire, put the remainder of your Quantitie of Sugar in by degrees a lump or two at a time,

then

then boyl it till it become almost sugar, then put in your Spirits in a boone, stirring them together, then have ready a silver or Pewter Bye-plate drop your sugar upon the Plate as fast as you can, the bigness of a three penne or a groate. If you find your Sugar grow cold, ridiculy or too thicke you may put in a little water according to your discretion, & set it on the fire againe till it be come to the same height of it is first too droppe. If it be for any Cheverges that are medicinall, you must put in the Quantitie of your Spirits according to the Parties desired. If not 5 droppes of any Spirits to halfe a pound of Sugar is sufficient.

A Man + 44 To dry Cherries.

Take two pound of Cherries, stone them, and lay them in a silver Dish, then take some choice spoonfulls of the juice of Cherries, & put to them, and a Quarter of a pound of sugar finely beaten, strewed on them when it is melted, let it boile apace till it looke cleare, then take them out and lay them one by one in a dry Dish, & keepe them safe in an Oven, still turning them, till they be dry, in the same Syrroppe you may boile more Cherries.

A Man + 45 To make red Marmelade of Quinces with Jelly between.

Take the juyce of Quinces as for cleare Cakes, & some juice of boiled Pippins, but not much, take twice the weight of sugar, to boile it to Faire water mingled; then take 2 or 3 Quinces parboiled, & when they are pared boile them in big peices a while in your Sugar: and when they are tender & well coloured take them out & slice them in very little thinne & small peices, & put them in your Stuffe being ready to jelly, stir them in and set them into your potes, & set them three or foure dayes into a Stove.

A Man + 46 To make Jelley of Crypple Johns to lay upon Oranges.

Take Apple Johns & pare them and cutt them in peices somewhat higher then quarters, then picke out the Kernells but leave the Cores in them, & as you pare them putt them into fayre water for feare of being black,

then

then pull to every pound of Apples 3 quarters of a pint of faire
running water, & let it boile apace till it be halfe consumed,
then let it runne through a little Cotton Jelly bagg, then take
the full weight of it in double refined sugar, wett your sugar
pretty thinne with faire water, & let it boile till it be almost a
Candy, then put your Apple liquour & 2 or 3 slices of Orange
pecles, & one slice of Lemmon pecle, and a little Ambar gris &
Musk tyed up in a little peice of tiffany, so let it boile not
too softly for hinder the cooler, then warme a little peice of Orange
& Lemmon together, & when it is halfe cold, put it to it. You
must not put to much juice for then it will not jelley. then set
some to cool in a spoone, & when it is jelley take it up, &
have ready in glasses some peices of preserved Oranges, & powre
the jelly hot upon them.

A Jffan.

My Lady Greyes white Quinces.

Take 4 lb. of Quinces & core them, & weigh them, & to every
pound take a great pound of fine sugar, finely beaten, then
take an Earthen pott very well glazed, & strew some of ye sugar
in the bottome, then pare your Quinces, & as you pare them fill
the Cores with Sugar, and set them into the pott, & strew sugar
on them, so doe till one rowe be filled, then put a good rowe
of Sugar, put another rowe of Quinces, & then sugar as many
as you please, & let sugar be on the top. Cover them with
a Board, & a bladder and yellow waxe that no ayre may
enter in, and set them in the Cellar. after you open them
set them in a warme place: You need not open them till Lent.

A Jffan

47 How to dry Plums the Lady Mandevills way.

After the Plumms be stoned take halfe the weight of them
in Sugar, & to a pound of Sugar put a quarter of a pint of water,

then

then melt the Sugar, and lay the Plummes one by one into it.
so boile them very softly for feare the skinn should bracke: boile
them till halfe enough set forth, and so let them stand till ye next day;
then boile them out right and when they are cold then lay them upon
a Sieve, and let them not touch one another, & so set them into an Oven
when it is warme, till they be halfe dry, and if they feel clammy then
dryp a cloth in sweeting hott water and wipe them: then set them
into the Oven againe and dry them up for your use; lay them with
Papers between, let it not be white Paper, but a thinne browne Pa-
per, for that will sucke in the Syrrope, & will drape your Plums dry.

A Jffan

48 To dry more Plums in the same Syrrope.

Put as many Plums as you can into the Syrrope & set them
on the fire, & if you find your Syrrope sharpe, sprinkle a little
Sugar upon them, let them boile till they be tender, then take them
off, and the next day set them on againe, & so 3 dayes together, then
when they are cold, take them out, & lay them upon Glasses, when
they are half dry with a fine Sugar dryst in sweeting hott water
wash them, & rubbe them dry with another Cloth, set them in the
Stove againe till they be throughe dry, then keepe them up for ye
use. In this manner you may doe any kind of Plummes or Cherries.

A Jffan

49 To make paste of Oranges or Lemmons.

Your Oranges or Lemmons being thinne pared, boile them in nine
or tenne severall waters, untill the bitterness be out, & they be very
tender, cutt them in two, & take out the Kernells, then beat them
in a Morter with the pap of 2 pippins, then strayne it all, & set it
on ye Embers, then take to every pound 2 pound of Sugar, boile it to
a Candy, then take your Stuffe, and halfe a pint of ye clearer juice
of Orange, boile it to what height you please or paste or Marmelade
when it is ready to take up squeeze in a little Lemmon.

A Ffan † 50 To perfume Sugar.

Beat double refined sugar very fine, put it into a gelly pot, fill it halfe full, if your pot holds 2 pound then put in 4 grains of ambar gris, tie in a little peece of taffeta, then put in the rest of your sugar, thrust it down, stir it down with a Paper & a leather, set it into the oven after you have drawne, if great bread, let it stand till it is cold and then breake it out for your use. This is the best way that is to perfume sugar. You may put in more or less ambar as you like.

A Ffan † 51 To make White Marmalade.

Take a pound of Quince, being pared, cored, and quartered, add to that, halfe a pound of double refined sugar, and put them together into a chillor or pan, let not the fire at first be too violent, but when as the sugar begins to melt, boile them as fast as possibly you can, stirring them very carefully from the first putting in, (for they will burne to presently if you be not very carefull) till breake enough in stirring, & when ye Quince is tender glass it up.

As fast as you pare it, cover it with sugar, yt it may not grow black.

A Ffan † 52 How to preserve green wallnuts my sister Elizabeth Ffanshawes way.

Take yr green wallnutts before they be hard when you may run a needle thorough them, boyle them in fayre water shifting them in the boyling from one water to another 4 times, let them boyle but a little in the first waters for first they turn black when yr find them tender enough, take them up in a cullender, & prick them, & put them into syrrup wch must be made ready while they are scalding; to every pound of nutts a pound and a quarter of sugar; you must weigh yr nutts before yr boyle them, yr must boyle yr syrrup to a good height, & put yr nutts into ye hott syrrup as fast as yr prick them, stick into the top of every nutt a clove, let them boyle leisurely in the syrrup till the syrrup be thick enough, then take them out, & when yr syrrup is cold put them in a pot & keep them for yr use. yr must run a great needle through every one of them, & prick them before yr boyle them. The best time to do them is the moon after midsomer about the 10th of July in the increase of ye moon. If ye will preserve them physicallly for ye [illegible] yr must make yr syrrup of powder sugar.

My Lady Bridlis receipt for Gilly of Pipins

+ 55

A Man

Take a pound of pipins and a pint of water; pur your applis and put them into the water and bogle it untill it will gillie then strain it out and set it by. then take one pound of sugar and one pint of water and make a syrup of it. then take it off the fire, after it hath bogled a quarter of an hour, and when it is somewhat cold, put in a pound of applis after they are pared and coared, and bogle them so fast as you can, until they are halfe done. then put in your gillie and halfe a pound of sugar, a quarter of a pint of Rhenish wine, the juyce of three limons and some limons pills bogled ~~then~~ then up as fast as you can.

Sr Kenelm Digby his Receipt to make Mead

Boyle what quantitie of rain or spring water you please till a fourth part be wasted consumed and then let it settle 24 hours, and poure the cleare from the sediling, take 60 gallons of the cleare and boyle in it 10 handfulls of Eglantine leaves 5 of liverwort 5 of Scabios 4 of balme, 4 of rosemarie, 2 of bayleaves, one of thyme, one of sweet marjoram, halfe a handfull of Eringo rootes, scrape them splitted, when thes have boyled halfe an hour in the water, run it through a sieve, after it is sifted, poure the cleare from the dregs, to every 4 gallons of this liquour, take one gallon of the purest white honey you can get. Take the honey & liquour with a skimming dish till it is well mingled. so you must doe thrice that day: the next day boyle it verie gently skimming it all the while pouring in now and then a ladlefull of the cold liquour wch you must reserve to make the skum rise. when it is verie cleare from skum you may boyle it more strongly till it beare an egg very high, then let it cool till it be luke warme. Put in Ale yeast to make it work: the same quantitie you do into Ale. turn it up in a cask yt has had sack or white wine in it. keepe the bunge open till it hath done working, filling it up as it wastes with the same liquour wch you must reserve for that purpose. when it hath almost done working hang a bagg in it of thin canvass, in it a quarter of an ounce of ginger sliced, a quarter of an ounce of Cinnamon, cloves & nutmeggs a quart of an ounce together. Put a stone into the bagg to make it sink, stopp it up close for 6 months before you drink it, and then you may draw it into bottles if you please.

My Lady Bartlay's receipt to makin Meade.

Take 6 gallons of spring water, a handfull of tops of rosmarie, a handfull of thyme, a handfull of bay leaves, 2 handfulls of Eglantine leaves, wash them clean and put them into the water, boyle it skimming it all the while for an houre, then run it through a sieve, stirr it once in half an houre for that day, at night put in a Galon of the purest white honey will stirred into the liquour, the next day boyle it again and skim it verie cleane. put in 2 eggs well beate clean it by skiming very well, and let it boyle for half an houre after, take it of and run it through a sieve, pour it into broad earthen vessell or vessells to cole. Be sure to pour the cleare from the bottome when it is well settled. Beat the whites of 3 eggs very well, put to it 2 spoonfull of wheaten meale, 2 spoonfulls of yest, beat this very wel together, put it into the liquour when it is cold, ladling it every half houre with a skiming dish for one day, not morning. Take the whites of 2 eggs, one spoonfull of wheate meale & one of yest and beate all this well together putting them into the liquour and mingling them well together. Then tun up the liquour in your vessell hanging a bagg therein, of a penny-worth of cleanes of ginger, of Cinnamon of nutmeggs, bruise them well before you put them in. At 3 months you may drink it at 6 months it is best.

Take of Sarsaparilla cut small 6 ounces, Flint china 2 ounces Guaiacum half an ounce, infuse this in 5 quarts of water 6 hours then boil halfe away, with a gentle fire: add at ye latter end of boiling, liquorish sliced 2 drams, halfe a drum of Coriander seeds & pour it off while hot: & let him drink it for his ordinary drinke chiefly

If he find it too hott add 2 ounces of raisins washt (but whole) to ye next boiling

Dr Lower.

My Lady Bartlay's receipt to makē Meadē.

Take 6 gallons of spring water, a handful of tops of rosemarie, a handful of thyme, a handful of bay leaves, 2 handfulls of Eglantine leaves, wash them clean and put them into the water, boyle it skimming it all the while for an houre, then run it through a sieve, stirr it once in half an houre for that day, at night put in a Gallon of the purest white honey, will stirre into the liquour, the next day boyle it again and skim it verie cleane, put in 2 eggs well beaten, clear it by skimings very well, and let it boyle for half an houre after, take it of and run it through a sieve, pour it into broad earthen vessell or vessels to cool. Be sure to pour the clear from the bottome when it is well settled. Beat the whites of 3 eggs very well, put to it 2 spoonfuls of the

A Ffer

To make Cakes of all fruits.

Take the best quinces you can get and boyle them tender, take them from the skins and the cores, and doe them through a fine cushion-canvass. And to a pound of the pulp take a pound of double refined sugar beaten very fine, & mix your pulp & sugar together in a skillet with some mace & ambergreece & set it upon a quick fire the faster it boyles the better it preserves the colour, but you must take heed it doe not burn. you must stirr it always with a wooden stick. and when it begins to be enough, it will come cleane from the bottome of the skillet, wch you may know by dropping a drop upon a board & let it cool, and if it come cleane off it is enough. Then take it off the fire, and have a board on purpose very smooth, and drop your past upon it what fashion you please. If you like it in knotts you must pour out and shake the board that it may not bee thicker in one place than in an other. And when it is cold cutt it off the board & strew searched sugar upon it & make it in knots. For your cakes you must sugar them & print the sides neare the board: then cast them upon papers wth the printed side upwards, for the other side is apt to stick. Then stove them or dry them in the sun, and if they bee right they will dry in 2 days. The less sugar you make it up in the better. If the pulp bee too thick, you must put two or three spoonfulls of the water of the Quince in it before you strain it. Thus you make Pippins, Apricocks, Orenges or Lemons, Goosberries or Respberries, plums. But you must boyle them as you doe for clear Cakes in a Pasteboard in a skillet of water. Then doe it all through a canvass as you doe the Quinces. If you will doe the green apple past, you must greene your apples, and put not apple water into them, nor to the four last fruits. If it be ones boyled it will never dry: if it be under it will dry, but not soe soone. You must shift it on clean papers.

A ffer

To make Lemmon Creame.

Beate the whites of eight eggs and one yeolke very well, put to them the juyce of foure lemmons and a halfe, one spoonefull of Orange flower water, as much sugar as makes it sweet, stir them all well together, and straine them through a hayre sive, set it on a soft fire in a silver or earthen basin stirring it all one way, till it is as thick as a Custe. Then it must stand three howers before you serve it up. If you please you may putt in a graine of Amber greece, and in powder, when you take it off the fire.

To make a fine Creame,

L: Good:

Set three quart of new milke ~~boyl~~ on the fier, and when it boiles up, pour into it an other quart of new milke, at several times letting it boile up betwixt every time, then take it off the fier & stir it til it bee quite cold, then pour it into severall pans or bowls & let it stand 2 days & 2 nights, then take off the top thick with a tin slice with holes in it put to it 2 spoonfuls of Orrange flower water & sweeten it to your tast, so stir it with a spoon all one way til it bee as thick as a soft butter, lay it in little heaps upon a fruit dish & so serve it up. if you would doe it at a nights warning, raise it with a quart of Creame,

51 To make Leaman or Sugar water,

L: Goodriche

Mingle your Sugar (after it is finly beaten and searced) in a Silver Spoon with as much Leaman or Orrangflower water as wil wet it, then hold it over A Chafendish til it looke Candied over as you stir it with a little knife you must have a great Care that it does not boile, when it is enough spread it upon a little Square peese of paper very thin & pin it up the a sides of it together & let them in a stone or Iron other warm place 24 hours, & when they are drie wet the out sides of the papers & so take them ofe, it must bee fine paper or they wil not come ofe whole,

To make Angelot Cheese

L: Good:

Take to 4 quarts of milke one quart of Cream let your milke bee just warme from the Cow & put ye Cream to it Cold, set it together & when it is Cone, with a little China Cup take it whole off & fil your Rose fat & when it is drawe fil it up again so is fil it if all in, then let it stand til next morn & with a trencher laid over home it in the fat so every morning & night for 4 dayes then take it out salt it a little & lay it to dry hanging it (for roughly) it wil not last good under three months but last longer.

Lr: Mordaunt:

Put 4 pints of new milke steep a quart of great Oatmeal until it bee tender, then break into it ten Eggs, put in a pound of butter stoned & washed, & a quarter of a pound of sugar, mix & beat them all well together, & pour it into a pan wel buttered, & so bake it & scorne it up.

To dress Codes the best way

Lr: Mordaunt:

Put your Codes into a pail of Clean water, and with a birch broom, rub them round the pail very wel with several waters till you thinke they bee not gritty, then fil a broad earthen pan wil Coale lighted & throw a little ashes on the top, & to spread ye Codes all over them thin & lay a cloth four or five times double over them Cover that the steam & heat doe not get out let them stand til they bee enough which wil bee in halfe an hour or little more, then take your pan into a dish & serve them up that they may bee very hot with fresh butter melted upon a plate.

to pot fruit for Tarts to keep all winter.

Lr: Garnor:

Take your fruit Clean picked & dry gathered put them one by one into Glas bottles, stop & tie them very close down that neither aire nor water can get in, then let ye bottles into kettle of water on the fire & let it stand til the water just begins to boil, then take out ye bottles & set them by they wil keep all winter

To keepe Walnuts moist all winter

La: Mordaunt. Gather your walnuts very dry & carefully for fear of bruises, then put them Green shels & all into new dry high earthen pot lay on a sheet of paper & over that a Glove & over that a wet skin, tie it all Close down & set ye pot in a room that is neither moist nor hot, when ye when your pot it wil not keepe long after, when you serue them up peil off the Green shells they wil keep thus til Summer again.

To keepe raw fruit.

Put raw fruit in an earthen pot, bake it very hard & Close up, & hang it into a well, & it wil keep til that sort of fruit Comes again.

To make french bread.

La: Isenor. to halfe a peck of fine flower take a pint & half of very good new ale yest, then beat the whites of 2 eggs til they be a light froth, & beat them vel into your yest, heat a quart of milke pretty hot & put him of it to ye yest & eggs so run it through a hair sieue into ye flower and with ye hand mingle it well together if it be to thick ye may put more hot milke to it, Cover it with a dish Cover & let it rise before the the fier halfe an hour whil ye oven heats then make it up as fast as you Can into little loafs & bake it in a quick oven.

To make Smale Cowslip wine.

La Turnor: o Pick your Cowslip flowers from the bottoms & put them into a high earthen pott & pour upon them boiling water as much as ye please for the strength of it let it stand all night and the next day run it through a Cunnasthoiner & press all the juice vel out of the flowers then make a thick Clear Lynch with juice of Leamons or Citron or both, & mingle ye liquor & lynch well together, then run it all through a double flanel Scalys bag, & bottle it up.

To make Spanish Eggs;

La turnor: Take the yolkes of 6 eggs, beat them very well, then take the weight of sugar as ye guess rather too little than too much, boile it to a high Candy almoast to a sugar again with water then flour in your Eggs, stir it on the fier as long as you Can for fear of simering, then take it off the fier & with a ladle pour it into a small tunell & let it run into a spoon underneath, as the spoon fills lay it into your dish & so fil it again til it is all run through, when it is quit Cold have it up it is proper to be eaten among Sealys & Cold Sakets after hot meat & before the Desert.

A Cordial for the hands;

La Wakela Tarnor. 3 quarters of a pound of bitter almons, halfe a pound of reasons stoned, halfe an ounce of Camphir the pulpe & juice of 4 leamons, 2 spoonfuls of brandy & 2 of Sack, all made up, with 2 spoonful of flour
End.

To make Clear Leamon Cream;

Mrs Harington:

About halfe a pound of fine sugar beat,

Squeez the juice of 4 large leamons ~~[illegible]~~ ~~[illegible]~~ of ye finest beat sugar, & 8 or 9 spoonfuls of fair water, ~~[illegible]~~; then set it over a Clear Charcoal fier til the sugar bee all melted; then have ready the white of 4 eggs beaten & put them in; stir all together and run it gently through a Scaly bag, then set it over the fier again stiring it continualy one way, & so soon as you perceave it Grow thick take it off imediatly, if you like it put in one spoonfull of Orang flower or amber water stiring it round one way til it bee Cold then put it in the dish with leamon peel boild & Cut small betwixt.

To make an Orange pudding.

Mrs Harington: ○

Take the rind of an Orang or two Cut very thin boil them til they bee very tender, and shift of the bitenes out, then bray them in a Cloth & beat them in a stone morter, with the yolks of 8 Eggs, a quarter of a pound of beat sugar & a quarter of a pound of butter, beat all these about an hour til it bee like pudding stuff then bake it in a quick oven, with a leaf of puff past under & over it as it lies in ye dish; if you Cut the peel very small as it grew before you beat it & so put it in, it wil bee much the better;

To make Cherry wine Currant, Peach or plumt wine.

Le Gunnor: ○

take your Cherys as many as you please, pick off the stalks & put them into a high earthen pot, with your hand mash them all, then pour on them boiled water as much as you guess is one part of three let it stand til the next morning uncovered, then pour it into a thick Canvas strainer & put it betwixt a Lady press or a Clear Chees press, til you have pressed out all the liquor, then sweeten it to your tast & to 6 Gallons of liquor put in a pint of fresh rasberry juice, then run it through a double Scly bag (you must beat the yolk of an Eg with three or foorfuls of milke, pour it into your Scaly bag & run it round with ye hand to shaken it,) run it through til it bee very Clear & so put it up in bottles; Currant Wine whit or red is made the same way, omitting the juice of rasberry; & so is Apricock or plumb, if you would have ye Cherry wine to keep ye must break for handful of the stones & squeez them in.

To make goosberry Wine.

Le: Gunnor: ○

Take 8 quarts of whit Corsbal Goosberys ripe, pick them into ye but one by one & Cut every one as you put them in; then pour upon them a Galon of boiling water, let it stand uncovered all that day & all night, then pour them into a Canvas strainer and hang them up to run pressing the bag gently with your hand for fear of the thick coming through, sweeten it to ye tast & run it through a Scaly bag very Clear & so bottle it up; this is for the drake, but for the brewer ye must put the water Cold to the Goosberys, cover it & let it in the oven after brown bread let it stand whil the oven is worse than it was before

To Brew Heath Beer.

Mr Hicks.

Take a Kilderkin & 2 or 3 Galons of water because of wasting in the boiling; divide it into 3 parts, first boil one part with heath & ginger, then put it into your mashing tub & let it stand halfe a quarter of an hour, then put to it a bushel of Moll & let it stand one hour til you have made the next part boile, then let the first run & put in the seacond to doo 3 times till boiling the Liquor with Ginger & heath, & if it run Clear from the Moll boil your ~~liquor~~ wort very little, & when it is Cold put it all together & set it to worke with a quart of yeast & the next day turn it into your Kilderkin 3 ounces of Ginger beaten very smale, & 2 good handfuls of Heath is enough;

the Smale Beer at Jenkers has to bushel of Moll to a Hogshead which the brewer there says is stronger than the 8 shilling Beer at London.

An Electuary for the Cough of ye Lungs.

Mr Goudhan;

Take 6 ounces of raisons of the sun stoned, beat them in a stone Morter very smale, then take 4 ounces of brown Sugar Candy, beaten very fine; then take halfe a pound of Conserve of red roses; mix all these well together, then take 12 drops of the Oyle of Sulpher, & 24 drops of the Oile of Civeret, & one ounce of Syrup of Diacodium mix them all wel together & take of this morning & evening, the quantity of a nutmeg, if the party have a loosnes they must leave out the Syrup, add 1 ounce of Syrup of Colts foot.

La: Curnor. Take a dozen of fair pipins, pair them & cut them as fast as you pare them into a quart of spring water boiling upon the fire, let it boile til it Comes to a thick pulpe then take to every pound of pulpe a pound of double refined Sugar, boil your Sugar in a Clean skilet to a very high Candy, then pour your pulpe into it, stir it upon the fire as long as you can for fear of simering, take it off & put in ye Juice of seaman ~~and~~ seaman peel, ~~seeded~~ sliced according to ye taste, Glas them up in Clear Cake Glasses & stove them, & when they are dry stoph them out upon sheets of Glass & so dry them up as Clear Cakes.

To make Cherry Brandy.

La Mordaunt. Fill a 2 quart Glas with a wide mouth, full of Morella or Turkish Cherys within 2 inches of the top & as you put in your Cherys strew amongst them a quarter of a pound of white Sugar Candy finely beaten then fil your Glas to the top with the best brandy you can get stop & tie it up close, & let it stand about 2 or 3 months & then draw off the brandy into quart bottles stop them & keep them for your use.

To pickle all manner of sallads;

Mr Benson. Make a pickle of 2 parts Vinegar & 1 part water boil it & put som salt into it, put it in an earthen pot to keepe, & when ye fines Cucumber or lettice is fit Cut them in lengths to your liking & put them into this pickle, & at your leasure a Month or two after take yon salads out of this pickle, & put them into a stew pan of fair water, Cover them up on the fire & when they begin to boile take them off, & let it by to cool, then set it on

again & take it off when it begins to boile, thus
doe till they bee Green to your mind; then make
a fresh pickle as before only boil in it Mace,
Cloves, Ginger, & whole pepper, & when it is
Cold put in your Salads, & lay a sweet
browne paper double Close upon them and
Cover your pot with a trencher, thus you
may doe any pickled Salads, for Cucumbers put Dill.

To preserve rasberys nicely

Lady Lytton.

Take the largest & best rasberys you can
get, then take their weight in loaf sugar and
boil it to a Syrup & then put in your
rasberys & boil them as fast as you can make
them boile till they bee Clear which will quickly
bee; fry Skim them & Glass them up.

To make Orange or Lymon Curds,

Mrs Dawson,

Take a quart of Cream, let it boile, then take
8 Eggs leaving out 4 of the Whites, beat them
very well & Squeese into them the Juice of a
whole Lemon, or the juice of more then one
Orange, & pour it all into the Creame as it is
upon the fiere, & let it boile a or 3 walmes
upon the fiere stirring it all the while very
well; then put it into a Strainer & hang it
up; & when the whey is run out, beat the
Curds in a Stone Morter, that they may be
tender, season them with rose water & sugar
to y liking & a Shoomful of Orange flower
water if you like it, put in y sugar & water
as you beat them they may bee as thin mixt
as Lemon Cream.

To Make the Spanish Biskets;

Lo: Pr: Pur:

Break the white of 4 eggs into a long bason
and whisk it up till it bee all froth with a
fleece of a whisk then put in the 4 yolkes, and
beate it very well a good while with a Spoon,
then put in half a pound of fine sugar
beaten and searced, and beat your Eggs and
Sugar together almoost an hour, then put
in halfe a pound of fine flower well dried, and
when you have beaten it a doubt a quarter
of an hour more, with a Spoon lay your
biskets long ways upon Clean white Paper, and
when they are layd strew a great deal of
fine searced Sugar thick over them and shake
it off again, then bake them in a baking
pann if y have one, if not, in a Gentle
oven, and take them off with a knife while
they are warme.

To Stanch bleeding;

Mr Ford.

Take verveine & bruise it well in a morter or wooden
platter & put it up the nostrils & it will immediately
stanch the bleeding.

To Make balls.

Mrs Wells:

take the flesh of veal, rabet, or Chicken & double
the quantity of beef suet, shred it small & Pick
beat it in a morter, then shred him sweet herbs
small & mingle with it, and a little salt and
pepper, then beat the yolk of an egg or more according
to your quantity of meat & mingle with it, and to
boil, or frie them in a pan.

To pickle Cucumbers or any Salad.

Mr Peck

Steep them a night in water & salt then wipe them dry with a soft Cloth & put them in a big pot or Glass; then make the pickle as follows, to a Golon of beer vinegar put salt to much as until an egg wil swim in it a Smale hand ful of fenel a Smale handful of Dill 3 nutmegs quartered, a quarter of an ounce of whole pepper, & little Mace & Cloves & a prety deal of Ginger Cut in peces, boil the pickle a gu of an hour and then pour it hot upon your Cucumbers, Cover & tie them down for tewo days & be sure not to open them at any, then pour off ye Liquor Clear & boil it again & pour it on again boiling hot & tie them down for tew days more in wch time they wil be ready.

To make Marmalad of Cherrys.

La: Denbigh.

Put your Cherrys from the Stones & Stalkes, and weigh them, & set them on the fier without any thing at all in them & let them boil in their own juice, till the juice be halfe Consumed, then put into them halfe their weight in sugar & so boil them till they are Clear & wil Jeally.

To Make Marmalad of Quinces red

La: Denbigh

about 9 Good Ley quinces make 11 pots

They must bee fear quinces,

about 15 Smale ones make a quart of Juice.

Set your Quinces (in a Skillet of fair water) on the fier & let them be Scalded but not soft, & while they are doing take as Mayey pound of fine Sugar as ye intend to have of Quinces & to every pound of Sugar put three quarts of a pint of water Let it on ye fier and Clear it with a good Mayey whites of Eggs, & so boil it to thin Syroph, then let it ly while you pair & Core ye Quinces in quarters, & weigh them as Mayey pound of Quinces as ye have of Sugar in ye Syroph, put them into your Syroph & let them on the fier and let them boil verey Gentley keeping them Covered till you perceave they begin to have a fair red then have readey to ye pot of Quinces a large pince of rose juice of quince & put it in & boil it up as fast as you can stirring it often & keeping it Covered. then put it up in pots or Glasses for your use.

To Make part-Cakes of Apricots.

La Denbigh

Cut your Apricots in quarters after they are pared & put them into a high thin pot & tie them close up & set ye pot into a Skillet of water over the fier to infuse, let them stand till they be verey tender but not too Much Mashed then put them out into a Sieve & weigh them, & take to every pound of of Apricock a pound of double refined sugar then put ye pulpe in a pann & let it boil upon ye fier till it is pretty dry, then in another pann boil ye sugar to a high Candy & then put in your pulpe & only let it stand upon ye fier till the sugar is well melted, so put it in Clear Cake Glasses, & stove them & when they are Candeyd over turne them out & dry them.

Incabelles Balsam.

by Lewenthorp.

Take one pound and halfe of sallet oyle, and heat it with one pint of Sack, half a pound of Venis turpintine but not Damacke Rose water, still pouring it out till ye turpintine broke white, then melt four ounces of wax in a great Earthen pann or pipkin, and add unto it the former ingredients, stirring them all together until they boyle, then put into it halfe an ounce of red hinders & let ye mixt boyle altogether an hour, take it from the fier & kepe it in a Galley pot, stopt Styles

To make Malevoue;

Mrs Harrison. Take a quarter of a pound of Almans blanch and 3 ounces of sugar searced beat them together with a little of the white of an Egg & one water till it be a little whiter the butter for finders, so drop it upon wafer & take it

To dry goosberries
preserving Pears

Mrs Harrison. take your large duch goosberries, & take out all the stones, & cut of all the tapes; & fling them into Cold water as you stone them, then have ready a Silver basen full of water, kett it boyle, then take it of a kett it stand one minutt, & then put in your berries, and Cover them close, for almost a quarter of an horror, or till you see they will perch, & as you perch them fling them into Cold water to harden them, & to keepe their Collor, then to a pound of these berries, take halfe a pound of the best dubble refined sugar, finely beat & 8 spoonfulls of water. kett the sugar & water boyle; then put in your berries, & kett them boyle about a quarter of an hour, or till the be Clear; kett them boyle very fast, take them of & let them stand a little while & then take them out to drains, on a sive then make a very thins Candy & lay your berries in a Silver bason, and pour your Candy hot over them. & kett them in a stove, but a little warme & for 2 days warme them every day a just Cold warme and Noe more. & then lay them on glasses to dry on in the Sune, or in a stove a little warme;

Take the best dubble refined sugar, & beat it very fine then to a pound of the sugar take a pint of the juce of white Currance, & halfe a pound of aprecokes after they are stoned, parred, & Cutt into thins Chips then put them into your juce & sugar, and kett them over a fire, & when the sugar is melted, boyle them up as fast as you Can; Scuming them Clean, & when you see the it will Gelly, take it up into your Glasses; have Care that you breake not the aprecoke in the boyle ring;

(Note Must have a Mistake in the writing there for See at the white Quince page 414)

To make a hastey pudding.

Lady Denbigh. Have readey white bread Grated, with a little flower Mixed with it, then let your Cream on the fier in a Skillet, & when it boiles put Strews in the bread Crumbs stirring it all the while with a stick, & season it with salt & sugar to your tast when you find it, mery thick have readey beaten the yolkes of four Eggs to a pint of Cream, & put them in this it till you see it mend to Curdle then take it up, you must put in a few plumped Currants before your Eggs put.

To make raw Cream thick.

Lady Denbigh; Take your pans as mancy as you would use and make water boiling hot to put into them till the pans be very hot, then have your Milke as warme as you Can from the Cow, pour away the water & pour in your Milke as high as you Can, let it stand all night and skim it the next day.

The Black Plaister.

Sr. Leventhorp.

Take of pitch frankincence and rosin of each ½ pound of sheeps suet one pound, of saffron Cones & Mace each ½ ounce, of ladanum three ounces, of annisseed half a pound dryed, beat the gummes spices and seeds very small, and shred the suet, first melt the pitch in a vessel much bigger then will hold it, else it will be very hard to keep it from boyling over, after the pitch bee throughly melted pour in the frankincence, rosin and sheeps suet, with the seeds and spices one after another, stir it continually and put in the ingredients severally, let it boyl an hour, and you will know when it is enough by droping him of it upon a board it will come off clear when it is cold, then anoint your hands with oyle or butter, of salve being hot from the fire to cool, & when it is of a temper to handle make it up in rowles, it is to be spread upon leather & laid to the soles of the feet.

This plaister draweth down the gout, or any ill or superfluous mors humor from the head & body it breaks impostumes, helpes the hight & heavy, it hath been found good in case of dropsies in the body, it hath drawn humor from any sore ould or new, that the salve applied to any such wound or sore may have its power to work with more facilitey.

White Plumb Jaut.

Sr. Middleton.

Boile the plumbs in water till the bee soft then pour off the hot water & pour on cold, and so by one seiven & three times, then put their weight of double refined sugar to them, & set them on the fire while they are well melted the clear skime to them then & put them in glasses in a stove.

for Black plumbs you must infuse them in a pot in a skillet of water, first, & then dor them like the white.

Harrison

Gather your wallnuts when the bee dor young that you can run a pin through them. & kill them be gathered in a dry day, put them into a large pot of water, shifting of it every other day, for a week; & then for a fortnight every day twice, put fresh water to them, then put them into a hair sive to drain, and then put them over the fire with a good quantity of water to boyle, till they bee a little soft then drain them out and wipe a course cloth, rub off all the outmost skine, then of white wyne vinigar, & of water boyled, & cold, an equall quantity, as much as will cover them, when they are put up, before you put them lay in the bottome of your pot, or glass, a handfull of fennell seed, a small handfull of the flowers of garlick, and one small handfull of shallot, & a handfull of salt, [redacted] & some cloves and mace, then lay in a lay of wallnuts, & then the same quantity of things, as before, & then a lay of wallnuts, & so each

Harrison

row, till all the wallnuts bee in, then power in as much of your pickle as will cover them & tye them up with a bladder.

To bake a rumpe of beefe.

Sr. Monmouth.

Take a rumpe of beef & take the bone clear out, season it as if you would dor venison then take a pound of beef suet shred very small, put the suet into the bottome of an earthen pot & lay the beef upon it then take winter savory & thime, of each a handfull strip it & strew it on the beef, then strew a handfull of sugar over the herbs, & halfe a handfull of cloves shred, then lay the bones that were taken out of the beef upon it again, & pour into it a pint of claret wine and six or eight spoonfuls of white wine vinegar all this must bee done over night & the pot made up with coarse crust, readey for the oven, & in the morning bake it seaven hours, & then put it in a dish for the table. an omen

Harrison

Take your fine Apple quinces; wipe them & with a Cleane Cloth; Core them with a Coring Iron; & Coddle ye m in a Kettle of Allwater; ye houldes 3 or 4 gallons of water; Codle them not too tender; Constantly turning them that all sides may Coddle alike; then take them up into a Cleane Cloth Couer them up, & when & when they are a little Cold part them handling them in a Cleane Cloth; for your hot hand will make them look ill; & when they are parted Slice them very thin: sick or mge Chipes; dusting some sugar ouer them to preserue ye Colour: take none but what looke white, & none that is hard; or spotty, then haue Reddy a pinte of ye Jelly of John apples; & a pound of ye best dublk Refined sugar well beat, & set it ouer ye fire & let it boyle up to ye tope of ye pan, & then forthwith sling in a pound of your quince Chipes, & one pound More of sugar: very finely beat; & let all boyle as fast as possible you Can: till you see it Jelly & the quince look Cleere; which it will the sounner doe, if you Cut your quinces very thine; Scume them very Cleane; & then up with your Jelly & when they see Cold, you will find that they will Cut out like Cheese, between the slices of quince;

Take a pound of ye best Jurden Almons blanched in Cold water; then make some very Cleere barly water: & with some of some of that water beat ye almons in a stone Mortar very fine; for the finer you beat ye m them ye better your butter will be; then put in a quart of ye barly water & press out your water from ye almons very hard; Set it ouer a Cleere fire, bring very hott; & put in as much salt as will lye upon a 6 pence; & ye juce of one lemon, & stire it softly about till you see it breake: then put it gently by spoonfulls, into a dubble boulter bag; and tye it up close & hott it; hang all Night for the whey to Runne out; & in the morning beat it up with a very little Rose water, & fine sercht sugar and pinke the tope as you doe other butter with the tip of a Knife;

Mr Pinkelton

To make a Lobster Jye

Boil ye Lobsters & take them out of their shells, and Cut the meat in bits, & put to them Oysters parboiled & the liquor taken off: season it with Nutmeg mace & salt & ye pepper then make ye Jye & lay in ye meat, put fresh butter on the top, & Cover it up, and just when ye put it into the oven pour into it a little Oyster Liquor & let it Bake halfe an hour when ye draw it Cut off the lid, & take away the fat, & put in a leaue of thick butter & a Anchouis dissolued, the juice of an orange, 2 or 3 yolkes of raw eggs, a little pepper & a lemon pared and Cut & put in your jye, & shake it together & Cut ye lid & put round it.

Mr Philips way of Ale.

L. Denbigh. Take a bushell of Veal & a gain of Olives fresh lay them in water all night to soak out the blood wash them Clean & let them on the fire in a great kiffkin with 4 quarts of water, & when it halfe boyl put in a pint of white wine, & let it boil scumming it Clean till it a tender barley, then pour it through a Callendar & let it cool take all the fat Clear off the pot and bottom, & set it on the fire to when it melted put to it a little halfe a pint of sack, and sugar to ye taste to give it one boyl, then take it off and Cool it a little, & then put in the white of 6 Eggs beaten, & frothe, stirring it fast ye while last of all put in the juice of Lemons as much as will make it sharp, then set it on a hot fire and boyl it a space till you see it Curdle, then run it guickly through the bag, then run it through again putting in but a spoonfull at a time, to let it run gently into the Glasse, hanging the bag near the fire to keep it warme, Whilst the barley is making ye Must does the bag thus, put fine in a Skull of rosemary at the bottom to keepe it sweet then add Spice, Parsley Lemon peel & amber the Spice when dryed & beaten Mix thus, first take a little Clove, fourt Spice as much mace, to it, then double that quantity of Nutmeg, & then as much Cinnamon as all the rest; when the Spice is thus mixt use it according to ye direction, make ye stock just of ye same thickness ye would have ye barley is finish.

To Make a plumb Cake.

L. Denbigh. Take 3 pound of flour well dryed in an oven put to it 6 pound of Currants picked & dryed, 4 nutmegs, 4 ounce Cinnamon and mace, half a pound of sugar and a little salt; mingle all these well together, then put in 18 eggs, beaten, but y^e of the whites, a pint & halfe of ale yest, a quart of boyled Cream, with 10 pound of butter melted in the Cream; mingle it all together well with a ladle, stirring it all one way, then Cover it with a Cloth & set it before the fire to rise, then stir it well together, & put it in a Case of paper to bake it about an hour, when ye draw it let it stand till it Cold before ye remove it.

To make a Cream Jack Cream

L. Denbigh. Take a quart of Cream, & put into it a nutmeg Cut in quarter, & boil it, when it is almost Cold put into it 4 ounces of fine sugar, the yolks of ye eggs, very well beaten; have ready a quarte of a pint of sack, & to have spoonfull of orange flower water, with a ounce more of sugar dissolved in it, then Cut a new french Manchet & lay it in your dish, & pour ye sack & orange flower water upon them, when they have soaked up all ye liquor, then make ye Cream & eggs, boiling hott, but with great care stirring it all the while for fear of Curdling, then run it through a sieve upon the syllet & let it stand till it Cold.

Syrup of Clove Gillflowers.

Mr Harrison. Cut your Gillflowers, and take their weight and halfe of fine sugar beaten very small, stamp the flowers and put them into a very Clean earthen pot laying your sugar on betwixt the flowers, tie it very close and set it in a Skillet of boiling water, let it boil a space till the strength of the flowers are out, and then strain it into a sieve boyn and set it over the fire to thicken but not boil.

To dry Plumbs.

Lady Bright. Slit your plumbs and take out the stone, and fill up the hollow with sugar, and so lay y^m one by one into a Galley pot, but first strew sugar in the bottom and between every row of plumbs a little; then tie a paper over them and set ye pot into an Oven, but not too hot let them stand in till they see well soaked, and when they are Cold lay them out upon glasses and so dry them.

To make mead.

my Lady Grantham

Take 12 Gallons of river or land water, or rain water (water) let it stand a day or two to clear, then power it off and boil it, put into it of mint, balm, rosemary, & bay, each a little sprig, then run 10 Gallons of it into a clean tub or cool, then put into it 18 pound of the best honey halfe a nutmeg bruised as much long mace Cinamon ginger & Lemon peel bruised, all, let it boil halfe an hour skimming it well before you put in the spice, when it is fit to tun a working put into it a wheaten toast well spread with yest, & let it work as other drink it will just fill an anchor bottle it at y weeks end and it may be drank in a fortnight more.

To dry Plumbs.

Lady Bright.

Stone your Plumbs and fill every one with sugar & lay them into a Galley pot and between every row of Plumbs put a bag of sugar so doe till your pot is full then tie a leather or paper over it and set it into an oven with white bread, and when they are baked till they bee clear set them by to bee cold, and then lay them out upon glasses in a stove till they bee dry.

To make Leaman Brandey.

Ld Laurance.

Take 12 large Lemons and pare them very thin, and put them into y pints of Brandey and let them steep 48 hours, then take y pints of faire water and a pound of Double refined sugar, let it on the fire and when it boyles up take it off and let it stand till it is all most cold, then pour your Brandey off your peels through a Sealey bag into your Lyrop, then run it all through your Jelly bagg 100 or 8 times till it is very clear, and so bottle it.

To make Lyrop of Ground Ivey.

Sr Medford.

In May take the Juice of Ground Ivey, put it into an Earthen pot, Cover it & let it into a pot of hot water over y fire, keep the water hot with a Coalend fire but do not let it boy, it must stand thus 24 hours, and there will bee a very Great Scum upon it when you open it, take off that Scum, and strain y Liquor, and to a pint of Liquor put two pound of sugar to boyle it up to a Lyrop, put in a very little Saffron & Cinamon in a bag.

The Queen of Hungarys Water.

Ld Carew.

Take the flowers only of Rosmarey put them into an Earthen pot & put to them as much of the best Brandey as will just Cover them, then tie down the pot close & let it 24 hours in the Chimney Corner where it may just keep warme, then still it off in a worm or Limbeck, put the same water to more flowers as before & still it off again, & so keep it.

To Make a Carrot Pudding.

L. Lytton. Grate a ha penny loaf & a Great Carrot and mix them together well, then beat 6 Eggs leaving out y whites, a pint of Cream and a Smale Glass of Sack one Nutmeg & as much Sugar as will Sweeten it & your taste. Stir all these very well together and Melt halfe a pound of butter & Stir into it, then Set it into a Moderat Oven for y quarter of an hour, Strew him fine Sugar upon it before y^u set it in,

To Make Apricok Wine.

L. Lucey Bright. To 3 quarts of Water put 3 pound of Sugar let it boyle, & Scim it well, then put into it 6 pound of Apricocks pared and stoned, & let them boyl til they be tender, then take them up & when the Liquor is Cold bottle it.
if y^u please y^u may let the Liquor have one walme with a Sprig of flowred Cherry when the Apricocks are taken out.

To Make a Great Chese

Ld Gowrick. Take 12 Gallons of New Milk, let it together as it Comes from the Cow, when it is Come break it as Smale as possibly y^u Can, put it in a Chees fat and press it well for halfe an hour, then take it out and with y^u hands break it as Smale as is possible, & take Care y^u leave no Skin Curds, then Rub well into it 3 pound of fresh butter out of the Cream with a Candfull of Salt when they are very well rubbed in put ye Chees into the press again turning it twice a day til it be well pressed, it must not be taken til it be 2 years old.

To boyl plate white.

L. Denbigh. Put your plate into a Chareoal fier til it is red hot then take Argall and Salt and a little Allum and boyl it in a Good time, & if it is not white enough the first time heat it hot & boyl it again,
you must have a Care of melting the Sauder and let him to boyl it in water enough to cover it.

To Pickel Leaman peel.

L. Denbigh. Cut 6 fair Leamans in halfes & take out the meat, Soak them an hour, then Cut them round very thin, & boil them in Rosewall water, til they be tender. put them in a Coarse Cloth & let them lay til they be Cold; in the mean time prepare a thin Syrop with halfe a pint of Whitwine Vinegar, & halfe a pound of loaf Sugar boyl together a quarter of an hour, & when tis Cold put in your Leaman peels; they will be readey in 8 dayes; ye thickest rinds are best.

Sinamon water.

Mr Mount. Take 3 quarts of whit wine and one of brandey, a pint of Damask rose water, a handful of Salt and if you please Sum rosemarey & Coriall flowers, put all these into ye Still bottom, then put to them a quarter of a pound of Sinamon grosly beaten, then set on the Still head & lute it, let it stand allwes the 24 of the fier 24 hours, then unlute it & distil it at twice with a very slow fier, you must take above 3 quarts of water, then Mix the water all together, & put into it a quarter

of a pound more of Cinnamon beaten as before, infuse it 24 hours, & distill it again at twice as before, if it be distilled with Care there wl be 3 quarts of Good water.

Mrs Hamsson.

Sweet Water

Take 3 pecks of Damask Roses picked, of pinks, one peck; Clove Gillyflowers, ~~one~~ halfe a peck, Sweet Basil, & Sweet Marjoram, of each a handful, Lavender 4 handfulls, Wallnut leaves, Costmary, Southernwood, Leamon thime, of each 1 handful, Balm 2 handfulls, Bay leaves & tops of rosmary of each halfe a handfull, of Leamon peel & Orange peel a quarter of a pound, of Cloves 3 ounces, Cinamon 3 ounces, Benjamin 2 ounces, Storax 1 ounce, pick your herbs and flowers, & put them into an Earthen pot, bruise your Spices and Gums & put them in, then put to them all 30 quarts of white Wine and halfe a pint of Wine Vinegar, tie them down close for ten days, & Shake the pot well twice a day, then still it off as you do Roses, and put it all together, with 20 Grains of Amber-Greece and 20 Grains of Musk, and 10 Grains of Civet, tied up in 20 Severall parcells, Seal up 3 Bottle & Often it not till 10 years or more, the longer you keep it the better, for it feed it selfe up the Sweets.

My Ladey Allens water.

Mrs Harrison.

Take, of Sage, Sallandin, Rosemary, Rue, Wormwood, Rosasolis, Mugwort, Pimpernell, Dragons Tearbus, Egrimoney, Balm, Scordium, Cardus Benedictus, Betony, Cinkfoy, Marigold flowers and leaves, of each of these a Good handfull, of Borage, Buglos, Burnet, Angelica, Flavellon and Wood Sorrell, of each likewise a Good handfull, then take the roots of Lovage Elecompane, Tedrary, Genkan, of each of these roots halfe an ounce, Wash all your herbs, & Shake them in a Cloth till they be dry, then Shred all your herbs, & Scrape & Slice your roots, Mix all together with these flowers and Seeds following, Marigold flowers, Cowslip flowers, Jarsey flowers, buglos, and borrage flowers, Clovy flowers, Clove Gilly flowers, & red rose buds of each halfe a pound or as Money as you can get if not the whole Quantity, Coraway Seeds, Sweet fennell Seeds, Coriander, & Cardimums, of each halfe an ounce, bruise your Seeds and put all these things into an Earthen pott with a Gallons of the best Sack, Cover it Close & let it Steep 2 days, & a nights, Shake them with your hand once a day very well from the bottom, then draw it off in an ordinary Still with a soft fire, keep 1/2 stronger and weaker apart as you please.

A Seed Cake:

Mr. Palmer.

Take a quart of fine flower, and a pound of the best butter, Rub them well together, then, take 6 yolks of Eggs, & 2 white, 6 Spoonfulls of yeast, 6 Spoonfulls of Cream, and Spoonfulls of Rose or Orange flower water, work it all well together & let it before the fier & rise halfe an houre, then worke halfe a pound of Caraway Comfits amongst it, butter your pann or paper very well, and to let it into the Oven, & let it stand an hour, you may see it or not as y^u mind

To make Orange Cream

Mr. Hopkins;

Take the juice of six large Oranges the yolks of 10 Eggs well beaten, and Mixt with the juice, Sweeten it well with fine Sugar, and put in two or 3 Spoonfulls of Orangeflower water, Then it through a Sieve, & let it on a soft fier till it bee thick, then put in a bit of Sweet butter as big as a walnut, when it is melted in, Stir it till it bee Cold, & then have readey Sum Cream boiled & Sweetned & Cold again, and put in as much of it as you please;

To make a baked oatmeal pudding.

L. C. Fairthorne

Set a pint of Cream on the fier & when it boils Stir in as much oatmeal beat to ~~pooder~~ flower as will make it as thick as an ~~oatmeal~~ hasty pudding, let it boil a little, then take it off the fier, & Stir into it halfe a pound of butter, and season it as you think fit with Salt Sugar Cloves Mace and Cynamon; & when it Cold put the yolks of 8 Eggs and the whites of two well beaten into it, then butter ye Dish & bake it in a pretty quick oven, halfe an hour will bake it

To Collar beef.

Mr. Pigg:

Take a flanke of Beef and make a brine for it of bay Salt and pump water, strong enough to bear an egg, then put in your beef and four pound of Coarse Sugar, let them lye in 9 or 10 dayes, then take it out and pull off the Skinn and Split the beef in the middle & twill bee of a good Shape, take two handfulls of Sage parsley and Chyves Smale, and 1 ounce of pepper, a ounce of Cloves, 2 of Mace, & 2 or 3 Nutmegs beat the spices very Smale and Mix them with your Sage & two handfulls of White Salt, then strew ye spice all over the beef and roll it up in Collars, tie them up hard with packthread, and put

it in a pot & lay the hot upon them &
pour in a quart of French wine and a
quart of water or butter, & set up the
pot very close, & put it into ye oven
with harbaud bread, when you draw your
bread take out the pott and burne your
Cloves in it and set up the pot again
and put it into the oven and let it stand
all night, next morning take it out of
the pot and let it hang up to drye
till it bee dry, then let it hang or stand
on a Shelfe, if you like it ye may put
in all sort of sweet herbs or bay leaves,
it will last to months.

An Ounce of Chocolat to a quarter
of a pint of water

A Drinke Good to bee taken
to Make Good Labour.

L: Northampton. Take halfe a pound of figgs sliced, a
quarter of a pound of reasons of ye sun
stoned, four ounces of Liquorish scraped,
and sliced, a spoonfull of annise seeds bruised,
boil all these in two quart of spring water
till one pint is wasted, then strain it out
and drinke a quarter of a pint in ye morning
and as much when ye goe to bed for the week
before you are brought to bed.

To dry Hamms.

Lr Godrik. Let your leggs of Porck bee Cut like Gammons
and when they are readey to salt have bay salt
Made very hott before the fier or in an oven
lay your Gammons upon a Sheeting dresser
and to Cover them thick all over and under
with the hot salt take Care they doo not
touch one another, every day they must bee
removed into a dry Place, and what salt you
put to them to lighly that which is Melted
must bee Made hot, about ten days will bee
enough to let them lye and then they must
bee hanged up in a Chimney where there is a
Constant Moderat Wood fier.

To Make buccinadoes.

Mr Windsor. Make a very thick batter with a pound of flower, 4
eggs white and all, a spoonfull of Ale yeast, a little
salt, mix it with warme milk, and to beat it up to
batter, let it before ye fier to rise to have before you fry
them.

To Make the fruit whipt Cream.

Take halfe a pint of Juice of any fruit, drawn with
water or above heat as will bee Clear, put to it halfe
a pound of fine sugar beaten & searced the White of
two Eggs whipt up, beat it with a spoon till it will
lye upon a plate.

To Make little Lead Chees.

Mrs Montague. One quart of fine flower, halfe a pound of butter, halfe a pound of Coraway Comfits, above halfe a pint of Yest, as much Milk as will wett it. Mix your butter and flower well first, then put in the Yest, then the Milke, then lay it before the fire in a pee of Worsted to rise and when you make them up put in the Comfits.

To Make a Timber Cream Cheese.

Mrs Hyghins. Take four Gallons of New Milk and one Gallon of Cream, Scald ye Cream with ten Quarts of Water amongst it, then put it to the new Milk, put to it a quart or three pints of Wheyes, when the Whey is Come lay it into the fatt in a Cloth, prse it a little with your hand as you lay it in, but break the Curd as little as you Can, you Must lay a Small weight upon it at first, then adding more weight till it Comes to the prse, let it stand an hour, with the weight, turning it 3: or 4: times in a Cloth halfe wett, when it Comes out of the prses it must be kept turned sevrall tymes, salting it as ye other Cheese, you Must take Great Care of breaking it in ye turning.

To Make ye Wheyes. Take a Gallon of Water, & one handfull of Nettles, & ye Good handfull of Holly bough all these together for an hour; then let it stand and settle, put it in a fatt, & put a bagg to it, let the bagg lye in it 6: or 7: dayes, it Must be a Wate bagg, after the bagg is taken out let the Whey stand a week to settle, & then bottle it up, ye Whey must be made at Michelmas, & May is the best month to Make the Cheese.

A Sevrall Drinke for a Cold.

Sr Needham. Take 5 pints of Spring water, put into it, 6 ounces of raisons of the Sun Stoned, ½ ounce of figgs, 2 ounces of Dates, Shred, a handfull of Maiden hair, a handfull of Cole foot, halfe a handfull of Sweet bough, a ounce of Liquorish sliced & thick, a few Annisseeds & Coraway Seeds, 12 Sebothams, 12 Rudebes, boil all this ½ ye pints, strain it, & put to it a ounce of brown Sugar Candy, Clear it with the white of Eggs.

The drying Syder drinke.

Sr Lower. Take of Sarsaparilla Cutt small 6: ounces, finely China 2: ounces, Guaiacum halfe an ounce, infuse these in 5 quarts of Spring water 6: hours, then boyl halfe away with a Gentle fire, and at the latter end of the boyling Liquorish a drams, halfe a dram of Coriander seeds, let it settle & pour it off while to hott.
if ye find it too hott, add 2 ounces of Rosin washt hot whot.

For a hot Humo in the Eyes.

Lifulmil. Pill Roten Apples in a Cold Still and wash the Eyes with the Water often time in the day.

a Gargle for a Cancer
in ye mouth. by Mr Dixeton
Surgion

Take french barley well wash'd one
ounce, boile it in a quart of water
till ye barly is soft. Strain ye Liquor
& boile in it ye Leaves of ~~[illegible]~~
fluellin, perriwincle, bramble tops,
Hunnisuckles, of Each one handfull.
Ivory, & hartshorn Calcind or burnt
white, of each half an ounce. these
being sufficiently boild upon a soft fire
strain them from ye liquor, & to every
pint, or pound, put hunny, of ~~[illegible]~~
roses, & sirup of Mulberies, of each
one ounce, Spirit of sulpher, a few
drops, if you can get any of the Flowers
of blew bottles, to boile in ye decoction
they will add more strenght to it.
the patient is to gargle with this
often. Especially Morning, & Evening.

The Lady Henvits Cordiall water

Clear Che.

Take of Red sage Bettony Spermint unsets hysope Settwell balm pimpinell fanacles Salendine water cresses Lavender Angelica german Calamint tomaris Colsfoot Aringoes valerian Sapsafrax pimpernell vervin parsley rosemary Savory Scabies Egrimony mothers of rose mary marigame Chamandermnwood Cardus Benedictus pettitory of the wall

[illegible] dryed to gether of each a great handfull after they

[illegible] maidenhaire [illegible] fore they are picked [illegible] flower burrage flower [illegible] of these half a peck [illegible] Caruway Seeds of rock [illegible] ny roots dryed melon [illegible] gnum Aloes Rubarb of each of [illegible] ames of Aromatica [illegible] nce of Sasafras sliced [illegible] unces = [illegible] them in a cloth shaking [illegible] them equaly into ton [illegible] herbs put in the flowers [illegible] inger Sinamon white pepper [illegible] seeds spices & drugs [illegible] a quantity of the best [illegible] & let them stand as [illegible] in a Limbeck & drain [illegible] n each pot 3 pints of [illegible] quart of strongest [illegible] r is grains of amber [illegible] rl 1 dram of flower of [illegible] dram and ounce of [illegible] the purest white sugar [illegible] n about tun penny [illegible] hang in the Glass when [illegible] apt every Cloft with a bladder & leather tyed on it: it must every day be shaked for the space of 15 days to make the Cordialls encorperate & then the longer it is kept the better

Vertues of this Lady Henvitts Cordiall water

Where a Cordiall is requisit none can excedd this singularly good for women in travell to uphold their Spirits and further their labour for vomiting and a sicke and griping of the guts nothing can be better it doth all infection from the heart specially Cough the root premuos Sweat in fevers where nothing else holds doe it for Surfits nothing can be better exceedingly good for palsyes Lethargies or any Swouning fits bringes out the small pox when given over by Doctors the quantity to be taken is three spoons full for a grome person and so in proportion for younger persons nothing ought to be taken in two hours before nor in two hours after the taking of it

A medicin to stop a flux.

L. Denbigh.

Take halfe a pint of plantain water and half a pint of red rose water, mix them together, set a pint of New milk on the fier and as often as it rises quench it, for nine times and then drinke of it,

Sace for boyled Rabets.

L. Denbigh.

Parboyl the liver, then take out the strings and shred them very small, with spinage, perslay, and borell, and a little sager, roul all these up in butter and shewer it up in the Rabets bellies, when they are boyled, take it out, and in a sace pann mix it with the yolke of a hard egg, sum seasoning shred, and a little of the juice, a little salt and as much butter as makes it pretty thick.

To make white Quince paste.

L. Denbigh.

Scald your Quinces a very little, and cut them in peces, then cover them with the juice of graded quinces, and to boyl it together till it be a thick pulpe, then put weight for weight of sugar wanting 2 ounces to a pound, So ye Core and stone them.

A flask or two of white sugar boyl in above a pint of thick boyl it well & drink it for a Wormes. also A Receipt.

To stop a flux.

L. Clement.

Take a quarter of a pint of Triacle water, and put into it one ounce of Diascordium, shake the bottle and take one spoonfull when ye go to bed, or to it very

The Lady Henvits Cordiall water

Cure the

Take of Red sage bettony spear-mint unsett hyssope settwell baton pimpinell fanicles salendine water-cresses Lavender Angelica german Calamint tomarisk Colts foot Aringoes valerian sassafrax pimpernell vervin parsley rosemary savory scabies Agrimony mother of time sage margerome Romanar mwood Cardus benedictus pellitory of the wall feild daysey with the leaves roots & flowers dryed to gethere of each of these several herbs take the quantity of a great handfull after they are picked clean —

Take of Rue yarrow Comfrey plantine Camomile maiden hair fen of rednose leaves Coustome flowers rosemarie flower Burrage flower buglace flower maregold flowers of each of these halfe a peck of aniseeds Sweet fennell seeds parsley seeds Caraway seeds of each halfe an ounce: of spicknard of Elecompany roots dryed molleen flower Calamus Aromaticus Cardimum Lignum Aloes Ruberb of each of sliced thine gallingale veronica them halfe an ounce of Juniper-bery 2 drames of Aromatica rosa solis 4 drams of china roots one ounce of Sasafras sliced shin one ounce of virginia Snakeweed 2 ounces =

wash all the forenamed herbs and dry them in a cloth shaking them till they be dry then cut them & put them equaly into tow great earthen pots & in the midst of the herbs put in the flowers & drugs ading alle these spices nutmeg Ginger Sinamon whites pepper Cloves & mace of each halfe an ounce the seeds spices & drugs being first bruised then put thereto such a quantity of the best Shery Sake as will cover & steep very well & let them stand 24 hours or more very close stopt then put it in a Limbeck & draw of the pots one after the othere draw from each pot 3 pints of the bett the rest will be smaller to every quart of strongest put in these cordial 20 grains of bezar 15 grains of amber greese 15 grains of musk of flower of perl 1 dram of flower of red coral & white & of amber each a dram and ounce of harts horn finely pared half a pound of the purest white sugar candey beaten & sersed you must put in a boat tow penny worth of saffron in a bag & let it hang in the Glass when all ye Cordials are in: it must every day be shaked for the space of 15 days to make the Cordials encorporate & then the longer it is kept the better

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Sauce for boyled Rabets.

L. Derbigh.

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L. Derbigh.

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A sheet or tow of white paper boyl in a bottle of milk. boyl it well & drink it for a looseness. also A Ketton.

To stop a flux.

L. Ormond

Take a quarter of a pint of Prunelle Water, and put into it one ounce of Diascordium, shake the bottle and take one spoonfull when ye go to bed, or if ye

To Make Elder Berry Wine

Dr Lover

Take 20 pound of the best Malaga raisins, pick out only very berrs or dat more than ordinary, but neither wash, nor rub nor pick them; shred them very small, then take 8 Gallons of Water, boyld half on hour and measured after, put that and your raisons together, in a tubb, & when he near Cold Cover it up very warme and let it in a warme place to work 10 days at least, stirring them 2 or 3 times a day, then strain it Well out and put to it 6: pints of the Juice of Elder berrys, taken when they are very ripe, and baked in an Oven and to the Juice strained out then Cover it up, and when it has done working in the Vessell stop it, and let it in a warme room & if the weather proove very Cold, Cover it up, let it stand 2 Months or 10 weeks and then bottle it, as near as you Can before the Great frost Come; put the juice Cold into the Liquor.

100: of raisins 100: gallons of boyling water measured when strained out is 8: gallons. Elder Juice 6: pints in all 10 gallons
1 pint of Elder berry juice yields 14: gallons.
all must be measured by the Nice Measure
Mr Cranmer put 60 of Malaga raisins for 12: Gallons of Water troyld, works it a Week, then is ton which.

The ordinary baked pudding

Mrs Harrison

Take 3 quarters of a pound of flower, as much white bread Soaked in Milke, a pound & quarter of Beef shred as fine as it possible, a pound of raisons stoned, a little Ginger and Salt.

For a berne

Corin Cole

Take an Enex stone, and beat with the white of an egg till it Coome to Curd, and Lay the Curd upon the berne, Changing it once in an hour till the fire is out, take out the stone & lay it to dry.
an Enix stone is a kinde of rock allum only.

To roast or bake a Pike

Mr Sloan

Scald your Pike, and then take out the Guts under the gills, then take, Oysters, onetouers, sweet herbs, Grated bread, Capers, and a little pepper, and Salt, Shred all these together and make it up with the yolker of 2 or 3 Eggs, and put it into y pike through the Gills, then strew it all over with sweet herbs, Grated bread onion shred, what spice y like & a little Salt, and wet it well first with yolke of Eggs and melted butter, then lay it in a pann with a quart of Claret wine, a pound of fresh butter and almoost a quart of Gravey. then let it in an Oven for an hour or more if it bee large

For your sauce, take hem of the liquor how baked in, hem Seaman cutt in bits, a few Capers shred small, hem Mushrooms, and Mureller, shrimps and oysters, heat all up with butter & to pour it over your pike in the dish.

You may shred hem ~~hum~~ Eele, or salmon into the pudding.

To make a Seaman Court.

Mr Thurson.

Take to large Seamans, Cut out all the meat and boyl them till they will beat in a Mortar to a very fine pulpe, then beat into them 3 quarters of a pound of very Good butter, and then to very well Mixt spices the Juice that you boil out, and of one or to Seamans More, and put in, & as much liquor as you please, then put it in a shallow dish with a little Crust or you do any other tart & bake it.

For a Scald head.

Coy in M. Sparhaw.

Take 4. or 5. large Onions, beat them in a Mortar till they are all flaf, then beat into it a quarter of a pound of boars Greace, till it Comes to a Salve, Make a Cap of buckaram to put on it, Cut or pulls away all the hair, then noint it twice a day; as Much as you Make at twice will Generally doo, but always thrice.

The bitter Sinchere.

Mrs. R. Sparhaw.

Take Cardus, Lenbarey tops, Camomil flowers, Sage, Rue, of each a handfull, on ounce of Gention root, Shea the root, and Shred the herbs, Gently put them all into a Stone pitcher with a quart of the best Nonts brandey, or a quart of White wine, or as Much Spring water, according as you would have it holer or Cuddar, tye down y pitcher, & let it in the oven when the bread is drawn, when you take it out dont uncover it till it Cold.

If it infused in brandy or Wine, take to y or 4 Spoonfulls, if in water a wine Glass full in the Morning fasting;

If you would have it to purge put into it 4 drams of Senna, & one of Rubarbe,

When it Comes out of the oven you Must after it settled, power off the Clear, & keep it for y use, you may put in a little saffron if you will.

The Evrings Cream

Mrs Sham

Take a quarter of a pound of the best fresh Evrings, Cut them in thin slices and pour upon them a pint of Scalding hot Milke, let them stand an hour or two at least if not all night till the tiredness is boiled out, then pour away the Milke, and boyl them in Cream & what thinks you like.

Ginger bread.

Mrs Rodcock.

Take 4 ℔ of flower, 2 ℔ of sugar, and have ready beaten and sifted half an ounce of Caraway Seeds, half an ounce of Coriander seed half an ounce of Ginger, and a Nutmegs, Cinnamon, Clove, Mace, Cardamum Seeds, of each a penneworth, Mix these with your flower and sugar, then Make it into a stiff paste with a pound of Melted butter, half a pint of Milk, and the whites and yolks of 4 Eggs, let it by the fier to rise a quarter of an hour, then Make them up into little Cakes, and wash them over with y yolk of an Egg, butter your papers, and bake them in a slow oven, if you like it you May put in 6: ounces of Citron, orrang, or Leamon peel.

Jelley of Red Currants.

Take to each pound of stript Currants, 3 quarters of a pound of double Refined sugar, and boyl that a Candey high, then put in your Currants, and stir them together as they boyl over the fier, let it boyl as fast as you Can for a quarter of an hour, then power it through a fine Jelley bag, and let Cool it.

Fudey Longwill.

Syrup of Wood Sorrell.

Mrs Peck.

Stamp and strain your wood sorrell, then filter it through a Cap paper and to every pint of juice take a pound and halfe of loaf sugar break ye sugar in lumps and power ye juice upon it, and let it stand in the sunn till ye see it quite dissolved and Clear, stirring it very often.

For the Scorbut

Mrs Peck.

put into an earthen pot a handfull of sea Scurvy Grass and a handfull of Garden Scurvygrass, and Cut into it one whol orrange peel and all, then have readey two quarts of whit wine posset drink and power it scalding hot upon it, Cover it and let it stand upon the herbs and drink a qu^t of pint or more it the morning & evening.

To Make a barley pudden.

Mrs Verney. Take 4: ounces of pearl barley, 3 quarts of Milk, som nutmeg, a little salt, and a small handfull of raisins, sugar to ye tast, bake it in a dish boil tow 3 hours baking.

White Collops.

L. Denbigh.

Cut your Collops very thin off of a leg of Veal, lard them on both sides, beat the yolkes of six Eggs very well with a spoonfull of Cream, then with a bunch of feathers wash your Collops very well all over with the Eggs, then take of Persley, Sweet Marjoram a little time, sum Common peel Cut small, pepper & salt then put them in a frying pan one by one with a little bit of butter and let them bee just warme through, have readey a little strong broth made of sum of the Veal, put into it halfe an ancone shred small, and a peece of butter to bind them all up together, and put to them balls of the same.

To Pickle Pork Red.

Mrs Verney.

Sprinkle your pork with a little bay salt and let it lye two or three days that the blood may drain from it before you put it up for good, take 4 ounces of Salt Peeter, and halfe ~~a pint~~ ~~Bay salt~~ a peck of bay salt, and one quart of whit salt, Mix all the Salts together, the Salt Peeter being first beat very fine, then rub it in very well, and lay it in your tub or pot very close, so that no ayr may get into it.

this quantity will put up two small porkets.

To Cure a Cancer or any Sore, proceeding from a Sharp humour in the Blood.

Take the hard Pith which grows in the Middle of a Walnut & which devides the Kernell in two. Dryge it in an Oven, then beat it to powder, & take as much Morning & Night as will lye on a 6d in Milk Water, or any Liquor you have a Mind to.

This Receipt was given me by a Lady who had receiv'd great benefit by it her self. She had a Swelling in one Breast which was so painful that when ever she went in a Coach her Breast felt as if it were a pulling off. & by taking a Powder every morning she perfectly well. She was advised to this by a Lady who had cured a poor Woman of a Cancer in her Breast. It Cures a Boy who had a very bad Scald Head, which shews yt it is good against Sharp humours

how long the Water
when over Still.
wch the Lotion.
wt Tea is good.
fill the vessel.
scorch fill.

Dryge Tea, & beat

The Lady who gave me this Receipt told me that the good effects of the Powder was confirm'd to her by a French Minister here ~~the Lord~~ who told ~~me~~ her that he had seen a very remarkable Cure performed in France with this powder on a Gentleman who had so Violent and Malignant a Humour fall'n on on one Arm, that after he had been ill some time of it, the Surgeons pronounced it must be cutt off, for they coud not save it from the Gangrene. The Gentle=man would not undergo the Operation, but resolv'd to Dye. Upon which a Lady who was in the House with him undertook him. gave him this Powder every 3 Houres, till the danger was over, & then Morning & Night. And with this alone she perfectly Cured him

To pickle fresh herrings

Mrs Windham

Take threescore herrings and wash them very clean and [illegible] them in a clean cloth, and then lay them up on a dresser, [illegible] the take half a pound of bay salt and one ounce of black pepper, 2 ounces of gunnes pepper, and beat it in a mortar and a small handfull of white salt and mix it all together, and strew all a bout the herrings and then put them into a pot with a few bay leaves and pour to them three pints of white wine vinegar and to bake them after the first batch of bread; lay them in your pot one by one

To make fresh cheese

Take a pottle of the best milk from the cow fresh, put to it a pint of cream, so much warmed as that is, and to this put a spoonfull of runnet, cover it close, when it is come they it well, and break it very well with four or 5 spoonfuls of rose water wherein hath been steeped all night a little mace, cinamon, and nutmeg all bruised, now spoonfuls of fine sugar, you must put to it all this must be bruised and wrought together with a silver ladle, then put it in to your fatt (for it will make good) let it stand in the sellar all night, to pour on it you must boyle a quart of creame, with a little rose water, and let it stand a night, then put the best of it on the fresh cheese when you serve it up

To make fresh biskett

Lady Falkeirk

Take 2 pound of fine flower, put in a quarter of a pound of powder sugar, then take a quarter of a pound sweet butter, rub it well in the flower put in an ounce of carraway seeds and half a pint of yest (it must be ale yest) then warm it with milk, then let it lye and rise a little while, then make it into little cakes the thickness of a pipe, set it in the oven and let it stand half an hour then take them out and cutt them thin then set them in the oven to brown again

To make tarts the best way

Take a quart of the finest flower and half a pound of butter rubbed dry into the flower the white of one egg, make it up with cold water very quick role it out very thin and handle the paste as little as possible, lay in one row of fruit and one good spoonful of double refined sugar, when the tarts are made wash them over with molted butter and scatter some fine sugar on them, bake them in a very quick oven and do not put up the drove, as soon as they begin to colour they are enough, the chief is to make them up exceeding thin and to shine all the paste

To make Apricock cakes o orange or lemon

Draw your Jelly and pare your apricocks and cut them in slices and sett them on the fier without any water in them, let them boil till they bee all soft, then put to a pound and half of apricocks, one pound of Jelly, stirr them well together, and sett them over till they bee scalding hott ready to boil, then take your sugar and heat it upon the fier in a pan or basin, and take the weight of your Pulp in sugar and put it in stirring it over the fier till the sugar bee well melted, and the glass your cakes.

For a Cough

I: Denbigh.

Make a Lenitative of Linseed Oyle, and Syrup of Maidenhair, and White Sugar Candy, and take a tea Spoonfull when y° Cough, it must bee made fresh every day.

The biber Tincture

Mr Nedil.

Gentian root one dram, of the tops of Centory the less, and Camomil flowers, halfe a handfull each of Roman Wormwood a quarter of a handfull, put to it about a quart of boyling Spring Water, & when he Could power it off into a bottle, Cover it only with a flaxer.

To make orrange wine

Take 20 gallons of water and 40 pound of sugar boile all over the fier and clarify it & have ready 200 orringes (they must bee the best Seuil oranges) pared very thin without any white: as soon as you take of the syrup put in the peelli, soon as you take of the syrup put in the peelli, cover it very close & ring out the juice of the oranges and when the syrup is allmost cold put in all the juice but no seeds & put tow or three spoonfuls of yest sett it to work 2 days then barrell it and put to it 2 gallons of renish or white wine: stop it close for a month: then draw it of into another vessell in 2 or 3 days after bottle it.

To make Stichwort Water

Take of stonehorse dung a good quantity and of Stichwort, and cover y bottom of the still with the dung and then lay a layer of Stichwort & so doe till the still is full, then pour 2 quarts of white wine and 2 quarts of small ale and put the still close and the next day still it off, you may draw 2 pint of the quantity and hang in the bottle a little of saffron a bout a penny worth & let it bee in the bottle the water & stone & it is no matter how often, let y party drink nine spoonfuls att any time, when they are in pain it is also very good for the stone sweetned with syrup of marmalos.

Orrange Cakes.

Mr Cells.

Take 12 Carg Fuill Orranges, Chip off the outward peel as thin as you Can, then Cay them in Water 2: or 3: days, Shifing it twice a day, then Cut them in halves, and take all the meat out Clean, boyl the peels, and set your meat in a pot into a Seillet of Water, as for Ger Cakes, & let it boyl about an hour, then when the peels ar boyld tender, beat them prettey fine in a Morter, then Weigh your meat and to a pound of meat take halfe a pound of the peel, Mixe them Well together & set them upon the fier whilst you boyl ye Sugar, you Must take the full weight in very fine Lugar, and boyl it to a high Candy, then put it to your Orrange, and let it over a Slow fier for an hour, keep it Stiring all ye while, but dont let it boyle; then put it into a pot to Coaf, and dry them out as you Mean to Use them, and then Lay it out in Shoupts upon Glasses, Stove them till one Side is dry, then turne them and Clap to together, Cleave them neatly with a knife, and dry them up.

Add juice of Leamon when they are all Mixt together and set upon the fier.

Mrs Hooker.

The biler drinke for one that is Paralettick.

Take the tops of Roman Wormwood, and ye lesser Centrey of each two drams, of Gentian root Sliced and the roots of Virginian Snake Weed (a little bruised) of each a dram & a halfe, the outer rind of Fuel Orranges, Calamus arromaticus, the lesser Cardamum Seed, of each a dram, pour upon these ingredient 3 pints of boiling Spring Water, when tis Cold power it off, and put to it Compound Wormwood Water, & Steel Wine of each 3 ounces.

Almand Chesecakes.

Mr Butler.

Take 6 ounces of Almands, or Penochows, beat them Smal with Rose Water: then take 1 pint of Cream, 4 bisket Grated, 1 nutmeg, & Eggs, but halfe the whites, and halfe a pound of butter, put all together in a face pan, and set it on the fier till it Grow thick, then put it into your Curds & bake them in a Great one, or Small ones as you like.

Sack Whey

Take 3 pints of Milke, 3 pints of water, set it upon the fier and when it boyls up pour in halfe a pint of Sack, take off the Curd, and so drinke it.

The Harts Horn drinke.

Take 1 ounce of burnt Hartshorne, a Crust of whit bread, & a little Sinamon, boyl them in 3 pints of water till halfe bee wasted, then Sweeten it with Coaf Lugar.

Rice pudden

Ll. Harrison. Take halfe a pound of Rice flower and a quart of Milk, boyl it to a hasty pudden with a bit of butter to keep it from burning, then stirr in the remainder of a pound of butter, and when tis Cold stirr in 8 eggs, a little Ginger and Salt, bake it.

The dying lime Water

Ll. Harrison. One pound of quick Lime to a Gallon of Water let it stand 3 days, then power off as much as is Clear for your Use.

Gar Gamon of Plums.

L. Denbigh. Mussel Plums, and Pear Plums, must have halfe the Weight of Sugar, Damsons must have 3 pound of Plums to one pound of Sugar, Make a thin Syrop with halfe a pint of Water to each pound of Sugar, to boil till tis enough.

Bisket

Mr Verney. Break 6 Eggs whites & all into a large earthen pot beat them a q. of an hour with a whisk, then put in 3 spoonfull of Orange flower Water & beat it an other q. then put in by degrees a pound of fine loaf Sugar, searced, & keep beating an hour, then put in 14 ounce of fine flower being weaded, dryed by the fire, beat it in as fast as you Can, & when there is no dry flower to bee seen, dope them upon paper buttered as fast as may bee, & bake them in quick Oven, put in Lemon peel Gradd.

Syrop of Steel

Dr Lower. Take 1 ounce of steel filings, put it into a pint of the strongest White Wine, with halfe a dram of mace bruised, let it stand a month or 6 weeks, till the Wine bee of a darkish Colour, then Filter it off through a Cold paper in a Glass Viccell, then put into it as much fine loaf Sugar broken or lumps as will make it into a thin Syrop without boyling.

Of this Syrop take every morning one Carg spoonfull with 12: grains of Cream of Tartar, with it, you may mix it with four Water, or any Simple distill Water 3 like.

If Syrop bee too heavy for your Stomach, leave out the Sugar, & use the decoction as above.

An Opening drinke.

Take Green Elecompaney Roots, Shred, on pound, sweet Syrop 4 handfulls, Horehound 4 handfulls, Water Cresses and Sauncyrass Shred fine, of each 2 handfulls, Rosin of the Sun stoned a pound, put these into a bagg & hang them in a Vessell of Small Ale or Beer Wort, put the bagg into the Vessel as soon as it hath done Working, and after 3 or 4 days you may drinke, if you keepe to this drinke only you will find the more benefit, the bagg will serve twice. only the last will not bee so strong.

A Wash for the teeth.

Mr Clarke. Take the bottoms of 60 Glass bottles, put them in the fire till they bee red hot, then put them into a quart of white Wine Vinegar, let them stand till tis Cold throw out the Glass and let the Liquor settle, strain off the Clear, and put into it an ounce and halfe of boldalmorich, fine beaten, & a quarter of a pint of the juice of Sage, Wash y mouth with it once a week, shake it when you use it.

Orang Marmalad.

Mrs Shawhaw Barlow

pare your Orranges thin and Rub them well with Salt, then put them into a Large quantetey of Spring Water, let them ly a little while in the Water and then tie them up in a Cloth, and then boyl them in a Great deal of Water, as the Water Grows, ther Change it, it usually requires Changing 4 or 5 times, when they are Very tender take them out of the Water, Cut them open and take out all the thirs & Seeds, reserve the meat to Mix with the Rinde which Must bee broak very Smale, to every ℔ Orranges boyled, take the Meat and juice of on Fine Orrange and one Leaman, which Must bee just boyled before it is Mixt with the broken Orranges, when tis thus Mixt altogether, take to every pint of Orrange, a pint of Jelley made with sorbin apples, &c to every pint of it to Mixt ½ ℔ of a pound of Sugar, Stir it well together, and let it over a quick fier, and boyl it till you find it will Jelley.

To Stop a Gangreen.

L: Longuill.

Take Cow dung and put to it as much Spirit of Wine as will boyl it to a pultis, lay it to the part as hot as you Can bear it, shift it as oft as it Cools till you find the part Sensible.

To dry up any Peterish humor

Take 2 ounces of white Lead Lifted fine, 2 ounces of Chalk, Scraped and Lifted, and 2 ounces of barrs greese, Mix them well together on the fier till it just Simmer, and then Skaf it in a pot for your Use.

To preserve orranges Whol.

L: Lanstrough:

Pare your Orranges very thin and Lay them all night in Water, then boyl them halfe an hour and put them into Cold Water, then make holes in the Stalk end and take out the Seeds as Clean as you Can with the whit pulp only that is in the Middle, let them ly in that Water till the next day then boyl them again almoast halfe an hour then take them out and put them in a double Napkin Covered till they bee almoast Cold, then Weigh them and put to every pound of Orranges a pound and halfe of Sugar, do the Sugar put a Wine pint and halfe of Water boy y Syrop and strain it, and when it is almoast Cold put in your orranges and boyl them with a soft fier till they look Clear and the Syrop bee of a Good heith, about a fortnight or three Weeks after take your orranges out and boyl your Syrop and when tis Cold put it in to your orranges again.

about halfe an hour or little more will boyl your orranges in the Syrop.

452. To make a Baked Pudding.

L. Loughborough. Take some good Milk or Cream according to the bignes of your Pan (mine is but a pinte and Half) and a Stale Loaf of Bread sliced thin and the Boiling milk or Cream powred hott upon it and when his Cold add 4 Eggs — leaveing out two Whites well beaten and Mix them and a good handfull of Currans and Raisons well Cleaned and Stoned and when you put into the Oven put half a grated Nuttmegg, some Sugar and Melted Butter with a Spoonfull of Sack or Brandy, all mixt well — together as you put it into the Oven. Plump the fruit before you Mixt it a little Baking will Serve. You may make the Rose Pudding Boiled onely adding a little flower to Bind it. Some times I put Marrow Instead of Butter but think butter better.

el Pudding.

or Cream according to the Bignes of
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Some times I put Marrow Instead
Butter Butter.

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I. Inglish from Edinburgh,
MAJESTY to Make and

ous Scots PILLS:

most eminent Physicians and others of
es; and particularly as a very Sove-
Head, Stomach or Bellies of Men, Wo-
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mpore in the Isle of Wight; Mr.
nd.

ffers, you are desir'd to take
ack Wax) with a Lion Rampa
t I. I. with his Name round

It is good against the paines in the Breast, Coughes and Colds.
It consorts the Heart, preventing the burning, and trembling there of.
It cures all indispositions of the Stomach, As extreame hunger, or Loathsomeness, and strengthens the Vitall Parts.
It Kills All sorts of Vermin, or worms, expells them out of the Body, and hinders their ingendring.
It cures the Leprosie vsed often by the Patient.
It provokes womens Termes, and the Stopped Flux of the Piles, or Emoroides, and what is wonderful! stops the too! much running of the same, Comforting Nature, weakned by both indispositions.
It provokes the after Birth, and it helps to bring forth Dead Children haueing many other vertues, that for brevity dont mention, being a Reall and rare Medicine, well known to all agreeing with all Persons from, 7. years and vpwards, at any time taken.

THE DOSE.

TO the young, and those of strong Complexions, 2 or 3 Scruples, Alone, in wine, Aqua Mulsa, or other liquor.
To Aged People One dram, and the same Quantity for Poisons, or the Ague.
But as a Preseruatiue onely, but one scruple, Haveing allways a Reguard to the Constitution of the Patient.

THERIACA ANDROMACHI SENIORIS

Divinum Inventum.

LA THERIACA adunque trà l'altre sue prerogatiue hà virtù di preservare gl'huomini dalla Peste, e da ogni altro male Contagioso conseruandosi sani, & alegri.
Gioua alle passioni dell'animo, rimouendo la Malinconia, consumando gl'humori putridi del corpo, discacciando ogni inutile superfluità, con mantenerlo sano, fortifica mirabilmente.
Cura l'istessa Peste, e gl'altri mali contagiosi, però è ottimo preseruatiuo, e curatiuo di quella, e di simili.
Vale alle morsicature di tutti gli animali velenosi, & in particolare degli Scorpioni, e del Can rabbioso, e degl'altri animali, tanto di Terra, che di Mare, pigliate per bocca, & applicate di fuora sopra dette morsicature.
Preserua da i Veleni, presa auanti quando si hà sospetto, e si cura quando fossero stati diuorati, nel qual caso deue cercare l'infermo di vomitare, reiterando, più volte il pigliar per bocca della sopradetta Theriaca.
Giouà sommamente à quelli, che da causa interna, & occulta si vanno consumando, come se fossero auuelenati.
E remedio singolare à tutte le altri leuandone il tremore, rigore, ò freddo; che durano longamente, pigliandone tre ò quatro volte auanti l'accesso.
Sana anco la Quartana data nello stato vniuersale del male, e non nel principio, essendo la materia cruda.
Preserua dalle febri, Pestilenti, e maligne, e la cura.
Risolue la ventosità dello stomaco. Giouà alli dolori delle viscere, e delle reni cagionati da Vlcere, ò dalla Pietra.
Guarisce l'Idropisia, e la Tisica nel principio del male.
Toglie dal petto la Marcia, e ferma gli sputi del sangue, tolta spesso per bocca da gl'Infermi.
[illegible] à tutti li mali [illegible] come [illegible]
[illegible] caducho, Appoplesia, paralisia fermando [illegible]
[illegible] cisare il tonno.
[illegible] sensice eccellentemente alle passioni del petto, alle reste, & a i catarri.
[illegible] fiorta mirabilmente il cuore, togliendone la palpitatione.
[illegible] a tutte l'indispositioni di stomaco, come la troppa fame, inapetenza, [illegible] nausea cacciandone la collera, e la putrefazione, aiutando la concozione, [illegible] con riscaldare, e fortificare le parti vitali.
Ammazza tutte le sorte de vermi, cacciandoli fuora del corpo, e n'impedisce la generatione.
Cura la Lebra vsata spesso da pazienti.
Prouoca i Mestrui alle Donne, & il soprefso flusso dell'Emoroide. E que lo, ch'è di Maranviglia, restringe egualmente i soueschi flussi Emoroidali, che Mestrui, confortando la natura debilitata da ambedue indispositioni, che rebusta abbraccia il medicamento.
Prouoca le secondine, retenute, e manda fuori del Corpo delle Donne le Creature morte.
Hà molte altre virtù, che per breuità si tralasciano, essendo medicamento reale, Canonico, e notissimo à tutto il Mondo.
Conserisce à tutte l'età da sette anni sopra tutte le complessioni, e si dà securamente in ogni tempo.

LA DOSE SARÀ.

ALli giouani, e quelli di virile età al peso due ò tre scropoli sola, ò con vino, o con aqua [illegible], ò altro liquore.
Alli vecchi 1. dramma, & il medesimo peso li darà ne Veleni, nella Peste, e per preseruatiuo vno scropolo, hauedo sẽpre riguardo alla qualità della persona.

UENETIA, M. DCCVII.

Presso Domenico Milocho.

Con Licenza de' Superiori.

452.

L: Lambourough.

At the Unic
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Publish

Dr. And

SO universally
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reign Remedy ag
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or Blear'd Eyes, Wa
Worms, Palenesse, G
Gout, Gravel, Stone,
effectual Remedy yt
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☞ Their Excellen
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seller in Derby; Mrs. C
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Wyat in Worcester; Mr. R
land; Mr. John Addleton
near Richmond in Yorkshi
in the Butcher-yard in Yo
Harris in Sarum; Mrs. St

☞ To distinguish my
That my Boxes are seal
Three Mullets Argent; Dr.
Isabella English underneath

THIS Antidote is composed in VENICE with all diligence by ANTHONY RAFFAELLI Apothecary at the Signe of il PARADISO at RIV' ALTO! upon the Wine bauck in the presence of the most Illustrious MAGISTRATE of the OLD IUSTICE, and the Excellent COLLEDGE of Doctors, Apothecarys and other Deputys for the same, the Virtues of which videlicet.

Mr Boorus.

THIS Rare Medicine having been Counterfei
is the Occasion of this our new Star
for the Truth of which wee annex o
Seal in Margent.

THIS TREACLE amongst all the other prerogatives hath Virtue of preserving from the Plague, and from all other Contagions, Keeping the Body Chearful and in Health.

It is good against the beatings of the heart, or Ear Akeing, removing thence Melancholy, Consumeing the putrified humors of the Body, expelling Every vnwhole some superfluity of the Same, Keeping it wholsome, and strengthens admirably.

It cures the Very PLAGVE, and other PESTILENTIAL DISEASES.

It is good against all Biteings of VENEMOVS CREATVRES Especielly of Scorpions and Madd Doggs, and other sorts of Beasts of both Land or water, Taken at the Mouth and apply'd to the wound on the out side.

It preserves from Poisons, Taken before or when there is suspition, and Especially after the Poison is discovered, In which Case the Person must not omitt the takeing said Treacle inwardly often.

It helps very much those that from, an Inward, and vn Knowne Desease, Consumes away as if they were poisoned.

It is a singular Remedy against all Agues preventing, the Rigour of the Fit, Takeing this Treakle 3 or 4 times before the Fit begins.

It cures the Quartane Ague, but not in the beginning, the matter, and, Cause being Raw.

It preserves from Pestilent and Malignent Agues, and cures them.

It expells the wind from the Stomack, it is good against the Paine in the Entrailes griping of the Gotts, Paine in the sides, occasioned from Vlcers and the stone, it cures the Dropsie, and the Pthisick, in the beginning the Fits taken.

It strengthens the Eye sight, is excellene good for All Internal Diseases of the head, Falling sickness, Apoplexy, Palsey, stops the Flux, and Rheumes provokeing Sleep.

I hope this will not give you the trouble of writing as long as I should be as well as I wish you, but by the account you gave me of your illness yesterday I can't hope for that, & I am forced to write this to let you know Doctor Lower used to give Glisters of salt breath for the distemper you complain of, if you have gripes with it I have known a glister of butter fresh made with out any salt do a great deal of good, & Doctor Lower I remember gave that once to my lord Marlborough perhaps you will think this very odd in me to prescrib to you that are so learning in these things, but when one is sick one does as think sit well as that, & I should be glad to send you a remedy both for body & mind

Jan: the 16th Friday

Mr Cokain.

Mr Cokains Drinke for the Lungs Cough

Take ~~a quarte~~ two quarts of Running Spring water, one handfull of white Archangell flowers, bruised fennell seed, & Annisseeds of each an ounce, bruised Sassafrasella and Sassafras, of each a quarter of an ounce, cut in small peeces, of Clowerwort, one good handfull, one ounce of Liquorish scraped, & sliced thin, ~~and bruised~~, put all these into a fustian and boyl them on a very soft fire till a third part bee consumed, then strainit and put to it two ounces of Rosy of Roses, take a quarter of a pint at a time, in the morning fasting, at 5 a Clock in the afternoon, and when you goe to bed, for 6 weeks Spring & fall, at least. a Child may take less.

The Clowerwort, & Archangel flowers, must bee Gathered in their season and kept dry.

Mrs Burrood.

To Pickeered Red Herrings.

Skin & bone 6 Red Herring, steep them in ale then set them over a soft fire & let them bid but not boyl, for 2 hours, then fry them in butter then lower the butter from them & shake them with fresh butter and Mustard, & some them with Balls made of fresh fish, Crumbs of white bread, Sweet herbs, Spice, & butter, Boiled up with flower, & fryed, y fresh fish must bee boyled.

For a Speck in the Eye or Eyes.

Mr Houlder.

Take white Archangell the tops, Green and Flower and all, Stamp and strain it, and take two Spoonfulls of the juice in a Morning all the while it lasts in flower, Spring and fall, you must bleed, Vomit, and purge first.

The famous neat plaister for Wrum in the Eyes.

Mrs Harrison.

Take of Gum ~~Dragon~~ tragacanth halfe an ounce Mastick and Olibanum, of each 3 drams, of bole a dram and halfe, of Myrtle seeds, Spikenard, or flea seed, and pomgranate ~~seed~~ flowers, of each one dram, burgundy pitch, halfe a pound, Gum Caranna strained, eight drams, & Venice Turpentine halfe an ounce;

Make it up after this Manner.

Ly Ferrers.

Harrison.

Let your Gum tragacanth, Mastick, Olibanum, bole, Myrtle seeds, flea seeds, & pomgranate flowers, all bee beaten & a fine powder, and first let your Caranna Gum, and Burgundy pitch bee melted together, over the fire, then put in all your powders, being mixed together, incorporate them well with your Gumms, and last of all, put in your Turpentine, Mingle all well, and make it up in Roles.

To Make fruit Jeffs.

Lr Scarborough

Take a pound and halfe of Sugar of any fruit strained very fine, and a pound of sugar beaten & sierced, beat it with white of Egg till it stiff & white then drop it on Glass, & dry it in a Stove.

Within 14 days after Midsummer day take Vervain, Pimpernell, and betony, of each one handfull, stamp and strain them, then boil the juice with 4 quarts of Wht Wine till a quart bee wasted, strain it through a linen Cloth, and set it on the fier again, put into it a pound of Rosin finly beaten, 4 ounces of Virgins wax, minced finale, and one ounce of Mastik in fine powder, boyl these together in the wine till they bee melted and dissolved, stirring it well all the while, take it off the fier and put in one pound of Venis Turpintine, stirring it well till it bee Cold, then the salve will float above the wine, take it off and worke it well with your hands, and make it up into roules.

It is good for all old & new sores, it Cleanseth and healeth more in a week then any other doth in a month, it forceth all dead flesh, and keepeth a sore allways Clean, tis good for the bruise of the sinews howsoever they bee Cut or hurt, it is good for botches and boyles, it draweth out a thorne, it is good for varicous bilein & boyl on a fine, & for frictings it ripeneth imposthumes it Cureth the Cut or fistula or fellon, and draweth out the Core, if it bee first filled with the white of an egg & dayes, wrs

L. Mattox. Take the Moles alive in March (that being the only time to make it) Cutt the throats of them and let them bleed into a pewter dish when it has done bleeding rip it down the Belly, and take out the Lungs and Guts, put them to the blood, and set them all into an oven after bread, and take Care the oven bee not to hot to parch them, when they are drye on one side, turne them and scrape up the blood, and turne that likewise to keep burning till they are drye enough to powder, then keep them up Close in a box, well pasted, and as you have occasion to use it beat and searce it.

This powder must bee given two or three days before and after the new and full of the Moon or when you find a fit Comeing or betwixt fits if they Come often, as much as will lye upon a Milled Groat to a Child, or a six pence for a bigger person, in a spoon full or two of Raw or black Cherry water.

a Carrot pudding

Mr Mountney. Too large Carrots grated, a penny Loaf grated, 4 Eggs beat, sugar and Nutmeg to your tast, and likewise salt, Mix it well and stir in a pound of Melted butter, and to bake it halfe an hour.

Orrang Marmalad.

Cousin Hanshaw

Take 12: orranges, Grate off a little of the rhind, then quarter them and take out the Meat, Cut ye peels in water two or three days to sweet shifting the water twice a day; pick away all the skins and seeds from your Meat, and strew a little Lyme over them to preserve the last while ye peels are soaking; then boyl ye peels very tender, and scrape out the soft white within them with a knife, dryse them well in a Cloth and beat them in a Morter or shee them very thin, which ye lite best but leave out 6: of the quarters or they will bee too Much for the pulpe, then put the Meat to them and mix them well with the whol weight in Sugar, boyl them slowly, putting in at the later end juice of Leamon or orrange to your tast.

Snayle Water

Take 2 handfulls of insent Hyssop, 2 handfulls of Rose Rosing, 50 Snayls washed & wiped dry with a cloth p^g of an ounce of yellow Sanders, shap all these together & put them into a cold still with 2 quarts of new mild Ale, let them stap all night Still them the next morning & so it drop upon Sugar Cand: Prise by me

M Grantham
April 9 1709

Dr Wolfs liquor drunk that hee gave mee for the scorbutick pain in my head taking thirteen one day first.

Take tops of Centory, Roman wormwood halfe an ounce, Gentian root one ounce and halfe sliced, Coriander seed, the lesser Cardamoms, of each one dram beat, infuse these in halfe a pint of boiling Water, then strain it out it must bee halfe a pint when strained, then add to it Wormwood Water, 6: ounces; Compound Piney Water 2: ounces; take 4 or 6: ~~ounces~~ Spoonfulls every Morning and 3 Spoonfulls everey eenening.

Mr Hewdings baked Pudden.

Shee a penney loaf and power upon it a quart of Milk of Countrey Measure, 3 pints of London, Scalding hot, let it stand a little to swell the bread, then break it well with a Spoon, and while it is warme put into it a pound of beef shet very fine shred, and 6: eggs well beat, a little ball Nutmeg, & Sugar, to your tast, bake it either in pust fast or otherways as you please.

Balls Bread

to two pound of flower as much salt as will lye upon a halfe Crown, a great Spoonfull of thick yeast Wet it fit to Make up with Warm Milk, throw it upon a dresser, or in the bowl about 40 times then Make it up.

A White fricasey

Mr Harrison.

Cut your meat in peeces and lay it in Water an hour, then fry it in butter till hi a pale brown, then Cover it with Cream and put in, onion herbs and Spice to your tast, Stew it till the Cream thickens, then pick out your Spice and herbs and put in a Spoonfull or two of White wine and as much Grave a bit of butter, and a yolk or two of an Egg according to your quantitey of meat, Shake it quick over a very hot fier & dish it up.

To make Liver Pudens.

Mrs Harrison.

Take the Guts of a young hogg, wash them very Clean and lay them two or three dayes in Water take the liver of the same hogg and boil it till it will Grate very fine, take to it allmoat the weight of beef Suet Shred very fine season it with Salt, Cloves, Mace, nutmegs & sugar to your tast all fine beaten, then put in two pound of Currants, a pint of Good Cream, a quarter of a pint of Rose Water, a penne loaf grated, and 9 eggs beaten & strained, mix it well together to such a thickness as Will fill the Guts, prick them & put them into boyling Water for halfe a quarter of an hour, then take them up and lay them upon straw to Cool, take Care you dont tie them too hard nor too Slack for fear they burst.

Mrs Harrison.

Take 9 pints of Cream, a lot Sinamon a little nutmeg Shred, and Scald it, have a penney loaf Shred very thin, and the Marrow of two bones, Slice the Marrow and lay that on the bottom of y dish upon the Marrow lay the bread then Raisins of y Sun Stoned upon the bread, then Marrow again as before, to the 9 pints of Scalded Cream put 9 yolks of Eggs well beaten with Rose Water, Sweeten the Cream to your tast, with a little Salt, so fill up your dish with it, backe it and when it Comes out of the oven Scarce a very little fine sugar upon it

Harts Horn Blomancy.

Mrs Harrison

To one pound of Harts Horn put 9 pints of Water, boyl it fast till it Comes to halfe the quantitey, let it Stand till his Cold, then blanch and beat halfe a pound of Sweet almonds very fine with Orrang flower Water to keep them white, then Melt your Jelley and ~~and~~ stir it in, Sweeten it to your tast and put in Seamon peel if you like it, Strain it through a thin Cloth or fine Seive, and set it to Jelley, eat it with Cream or seamon Cream.

You May doo the same with Calfes foot broth.

To Make Sausages

Take two pound of beef suet, and one pound of Veal or pork, shred them very small, then take a good handfull of Sage finely small shred, Mix it amongst the meat with a little peper salt and nutmeg, make them up with Egg when you use them, fry them with good beef suet.

To Cure a Cancer

Mr Talbot.

Take ye Corns of ye fore Legge of a Stone horse or a Gelding, wash ym in white wine then dry ym in ye Oven, when finely powdered take one good thimble full of that & halfe ye quantity of Mace in two spoon fulls of Sack ye first & last thing Morning & Night purge gently once in 10 days or a fortnight & bleed a Small quantity every Six weeks the Juice of Green Elder Leaves 2 spoonfulls or that quantity of Syrrope made of those Leaves is thought a very proper purge for that Cancerous humour

Abstain from Salt & Sowre things as much as possiable

For a Cancerous Humour

Take the corns of a Stone horse Legs wash them in warm water, dry them in a cloth and then wash them in white wine when dry, put them into a pot that covers very close, then set them into the oven that must be very little warm, and put it in open and when ye are very dry beat and search them, then take twenty Grains att a time, in any drink in a spoone washing it down, with same of ye same take it in ye morning fasting and fast an hour after it if they will doe ye same att night going to bed

taking this and being purged once a week or fortnight with mercurius dulcis cured what was thought a Cancer in my mouth,

Mr Barron.

Cowslip wine P. Benj. Gill

10 Gallons of water to 10 lb of powder suger boyle it an hour and scum it, when as cold as new milk put to it a pint of yeast, sett it to work 12 hours, then put into your Vessell a strike & half of Cowslip pups, and pour the liquor upon them. let the vent stand open three days, then stop it close up, & let it be a month or five weeks before you bottle it,

if you like lemon in it, you may put the juice of eight lemons, & half the peel parcid thin, into the vessell with the pups of the flowrs, & pour your liquor to it, — —

Taken out of Dr Dineiore his book.

To stop Vomiting in a Malignant feaver.

One Scruple of Salt of Wormwood, with a Spoonfull of Juice of Leamons.

℞ Rad. Sedoar. pulv. ... inell of Squills to too
Sylph. Rubij. b. Limat. pulv. ... mon Water, shake the
aq. Sal. Armon. depurat ... ne Vse it, and take one
℞. Gum. Ammon. solut. ... morning and one in y
cort. ℥j. Pil Stomach. ℥ss ... time that you are
Elec. Prop. q. s. M. F. Pil ... you may take too.
Med. Sp. iij vel iiij mane
& vespi. sumenda

Jul. 1. 1708

TW

Dr Wells direction for Nan Gale to take y. or q. at a time in one Spoonfull of the Linseed oyle ... for 3 Weeks, and repeat it upon Occasion.

... th the Honey in them ... to the Consistency of an ... upon Sheeps skin and ...

... Three & tenal pox ... ears old.

... one fugity Red Sanders ... ori Seraph & whole Roses of each one ounce, boyled in the broth of a Weathers head; then in Nine ounces of the Strained Liquor dissolve 3. ounces of Confectio de Hiacinto, Conserve of Roses forced through a Sieve halfe an ounce and one Egg: Mak all into a Clyster and give frequently while there is occasion.

Take Seabrow water and Carduus water, of each ounce and halfe Syrup of dry'd Roses one ounce, Coral and pearle prepared, of each halfe a Scruple, Beavor Stone y grains, Confectio de Hiacinto halfe a drame Mix all these in Julep which give twice a day.

Anoint the Groin and arme pits frequently with Oyle of Scorpions of Mathiolus.

This for Dr Ruerus.

Stert Juices for the Scorbut.

Li: Lee. Take brooklime, water Cresses, Dandelion, Groundsel, Ivey, Remeterey, and Scurvie Grass, of each an equal quantity, pound them in a Stone Morter and strain out the Juice, put halfe as much juice of Orange as the Juice of the herbs, take 8 or 10 Spoonfull in the Morning fasting and as much between dinner and Supper, it must bee fresh every time.

℞ Syrup for a Cough.

Bishop of Salisbury. Take 6 handfulls of Gill, and as much of Jarvie Royall boyl them 3 entire in a quart of water till it comes to one, then strain it and put to it to pound of Lisbon Sugar, or brown Sugar Candy, boyl it to a Syrup & Strain it well.

Taken out of Dr Dunecoe his book.

To stop Vomiting in a Maligniant feaver.

One Scruple of Salt of Wormwood, with a Spoonfull of Juice of Leamons.

For the Stink.

Put one ounce of Cinnell of Squills to two ounces of Imal Synamon Water, shake the bottle every time you Use it and take one Spoonfull in the Morning and one in ye Evening or at any time that you are taken ill if very ill you may take two.

For a bruise.

Take Honey Comes with the Honey in them boyl them in Wine to the Consistency of an Ointment, spread it upon Sheep skin and so apply it to the bruise.

For a bloody Flux & Imal pox to a Child five years ould.

Take Red Rose leaves one pugill Red Sanders halfe an ounce, Liquoris Seraph & whole Roses of each one ounce, boyld in the broth of a Weathers head, then in Nine ounces of the strained Liquor dissolve 3. ounces of Confectio da Ghacinto, Conserve of Roses forced through a Sieve halfe an ounce and one Egg: Mak all into a Clyster and give frequently while there is occasion.

Take Scabious water and Carduus water, of each ounce and halfe Syrup of dry'd Roses one ounce, Coral and pearle prepared of each halfe a Scruple, Bezoar Hony grains, Confectio da Ghacinto halfe a drame Mix all these in Julip which give twice a day.

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A Syrup for a Cough.

Bishop of Salisbury.

Take 6 handfulls of Gill, and as much of perrie Royall boyl them Gently in a quart of water till it Come to one, then strain it and put to it two pounds of Lisbon Sugar, or brown Sugar Candy, boyl it to a Syrup & Skum it well.

Lady Ann Courtney

For the Lasso;

Take of the roots of Galingal, Angelica, Elicampane, each half a dram. of mace, & saffron each a dram. Garcinis powder with Bezer one dram and a half. mix all these finely powdered, then divide them into 20 papers, whereof you may take one in a Glass of any wine, 2 or 3 times a day if you think fit.

Mr Verney

For tart for tarts, the quantetey is halfe a pound of buter to a Quart of flower.

L. Lansborough.

For Vinegar the quantetey is 3: pound of Mathigumeaens to a Gallon of Water,

For a Single tart. a quart of Goosberrys 6: ounces of Sugar, a little less then a quarter of li: of butter, and a little less then a quarter of a pound of ~~butter~~ flower.

Weight for weight for Nutcher puff paste Would be Cold.

an hour & 3 q.rs will Roast a Rump of beef of about pound Weight.

Cut off the knuckle & flaps of a Shoulder of Veal, and an hour and halfe will Roast it.

A Bill of ffare to direct a young House-keeper for setting forth a Table.

Boyld=meaty.
Beefe.
Redideare.
ffallow-deare.
ffawne.
Row-buckes.
Kidd.
Bacon.
Mutton.
Veale.
Porke.
Lamb.
Neates tongs.
Udders.
Neates ffeete
Bullockes Head.
Tripes.
Calues=ffeete.
Calues=Head.
Appurtenants of
Mutton
Veale &
Lamb.
Sheepes head & ffeet.
Hares.
Rabbets.
Ducks.
Pigeons.
Geese.
Hennes.
Chickes.
Capons.
Turkes.

Roast-meates.

Fallow-deere.
cutt in Joynts
like mutton.
Row-bucke.
Hunnes
Chines of Beefe
of Mutton.
of veale
of Porke.
of Bacon.
Neates-tongues
A Hoggs-head.
A Hoggs-Hastlett
Cowes vdders.
Pigg.
Kidd.
Rabbitts.
Hares.
Hennes.
Capons.
Turkeys.
Chickens.
Geese.
Duckes.
Fowles of all sorts.
Pigeons.
Quales.
Partridges.
Phesants.
All small birds
Swann.

Stewd-meates

Beefe.
Mutton.
veale.
Lambe.
Porke.
Ox Cheeks.
Neates feet.
Tripes.
Calves head.
Calves feete.
Sheepes head & feete.
Venison.
Rabbitts.
Duckes.
Pette pattis

Fryed=meates.

The hinchpinn of
a Deere and
Humbles.
Beefe=collops
Scotch collops
of veale or
of Porke.
Fricasyes of
Chickens
Pigeons &
Rabbets.
Mutton stakes.
Collops & eggs.
Clarey & eggs
Bacon ffroyze
Omlets
Calves ffeet
Sheepes ffeet.
Hogges inwards
Appurtenants of veale
Lon=puffes.
Ram Cakes
ffitters.

Poused meates.

Collar'd Beefe.
Pigg
Turkey
Neates feet
Brawn.
Souse.
Trypes.
Neckbolled Porke.

Baked=meates.

Venison.
Beefe.
Porke.
Veale.
Lamb.
Mutton.
Hare.
Goose.
Minc't Pyes
Plumble Pyes
Calves feet pyes
Neates tongue pyes
Potato Pyes
Artichoake Pyes
A Trotter Pye
Petit pastyes
A Turke Pye
Goose gibbett Pye
Swan pye
Peacocke pye
Ducke pye.

Fish.

Stew'd Carpes.
Stewed oysters.
Butter'd Cray=fish.
Shrimpes.
Crabbes.
Lobsters
Boyled Ling
Boyled Cod
Flounders
Oysters
Whiting
Reddy head
Salmon.
Cobbles
Marrionated Soales
Seabreams
Boyled Tench
Fryd oysters.
Smelts.
Soales.
Whitings.
Flounders.
Place.
Stewed Turbat
Thornback
Fryd Chine of salmon
Soused Trouts.
Sturgeon
Lobsters
Anchovy
Caviare
Botargo
Souced salmon
Eels.
Broyled Eels
Eele Pye
Chard Pye
Lampre Pye
Salmon Pye
Oyster pye
Trouts pye
Boyled Sprattes
Mackarell
Pilchards
Herring Pye
Red herring.
Boyled Dyes
Tench
mullett
Pickled scallops.
Pickled Oysters.

Puddings, Cakes, Pulse, and Bread.

Oatemeale Puding
Dumplings
Inabeing Puddling
A Calves fooke,
A Cloth.
Biskett.
A Baked.
A Bagg.
A plaine
Black
White
Marrow
Cowslip
Liver
Rice
Hoppy
} Puddings

Rice milke
Panada
Egg candell
Oatemeale Candell
milk pottage
water gruell.
Sugar soppes.
Oatemeale pottage
Strong broth
Chicken broth
Gelley of veale, or Calves feet
Butter'd Eggs
milk pappe.
Water pappe.
Sack posset
Gelley of Jeemglass of Harts horn

Sausages without string
Porke sausages with string
Boyled meate
Greene } Tansey
Apple }
Frommery.
Boyled Eggs.
Poached Eggs
Tarts of all sorts
Plumme Cakes of all sorts
Plaine Cakes of all sorts
Wiggs
Bunnes
Shroneshury Cakes.
Bisbates
Macaroons
Marchapanes
Pan-de-lo
Cheesecakes
Houshold bread
Wheate bread
Manchett
Cheate bread
French bread
Rye bread
Mixlen bread.
Furmety
Butter'd Rice
Wheate
Rice pottage
Pease pottage

Cold meates & sallets and Rootes.

Gummony of Bacon. A Spanish dish of a Hogges head.
Potted venison
Collard beefe
Sparrills.
Hung beefe.
Neate tongues
Bollogna Sausages
Anchoves
Caviare
Botargo
Olives
Capers
Oyle
Sherrinnager.
Orenges,
Lemmons,
Almonds
Currants
Hard Eggs.
Broome Buds.
Sampyre.
All green sallets herbs
Radish Cobs.
Horse Radish.
Cucumbers
Burrage & bugle flowers
Cowslip flowers.
Clonegill flowers.
Purslain
Radishes
Butter'd Parsnips.
Turnips.
Carrets.
Cabbages
Savoyes
Colley flowers
Artichokes
Potatoes
Pease
French beanes
Sperrets
Cardes
The great thistle
Beanes
Sparrogus
Colewarts
Spinage

Butter, cheese, Creames.

- Butter:
  - Fresh
  - Salt
  - Almond
  - Sugred
- Cheese:
  - Cheddar
  - Chesheare
  - Parmasan
  - Angelett
  - Thick creame
  - Thinne creame
  - Two meale
  - New milke
  - Slipcoate
  - Sage
- Creame:
  - Plaine
  - Clouted
- Hoole
- Sullabub
- Custards
- Fresh cheese
- Creame:
  - Almond
  - Codling
- Creame with sweetmeats
- wild curdes
- Creame:
  - Fruite
  - Whipt
  - Cabbage
  - Junkett
- Holland Cheese

Sweetemeats, fruites, Drinkes.

- All preserved fruites wett.
- Marmalade of all fruites
- Jellies of all fruites
- Cheese cakes
- All fruites dryed with Sugar.
- All fruites dryed with out sugar.
- Raw fruites.
- Melons.
- Grapes.
- Peaches.
- Pears.
- Nectarins.
- Apricocks.
- Apples.
- Plumes.
- Respryes.
- Shawberryes.
- Goose berryes.
- Mulberryes.
- Medlers.
- Sarvices.
- Philberds.
- Wall nuts.
- Small nuts.
- Chest nuts.
- Coriander berryes.
- Figgs.
- Cherryes.
- Currans.

- Wine:
  - Canary wine
  - Clarrett
  - white
  - Rasberry
  - Gooseberry
  - Cherry
- Sydder
- Meade
- Lemonade
- Perry
- Wine:
  - Cowslip
  - Curran

A meickstuer of Severall dishes 501.

out of which a yong housekiper may make choyse of what is
suitable to her fortun and estat. ~~I~~ most of thes things is
for well ordered Ketchin
A dish of butter plan or all mons the great ones
Chees of all sorts
Biskets of all sorts
Cakes of all sorts
ham pye
Brues
all sorts of stud fruitt
all ways of dressing Eggs
hasty pudding
All sorts of backed pudings
All sorts of boyld pudings
All sorts of hogs pudings
All sorts of fryde pudings
All sorts of boused meats
rysse milke
Barle milke
milke poredge
furmety
peese poredg
all sorts of patter gruell
all sorts of brothes
all sorts of barbe poredg
all sortes of Cadells
all sorts of Jelies
all sorts of Creams
all sorts of tansseys
Caney and Eggs
All sorts of posnets
pease poredge
Collope and Eggs
All sorts of Custards
All sorts of Sillabes

Otte Cakes
fraing Ottecakes
~~All~~ All sorts of Cheese Cakes
All sorts of ham Cakes
All sorts of fritters
pitte potts
buttered peette
A frase
All Inwards of bestes
All tarts
Jarsnejes
James Colle
Cotten flowers
Candes
Spinidge
~~Sparrengas~~ Espareigos
Jeanetts
Heartichokes
Colle and backon
beenes and backon
peese
beeny
french beenes
Calletts of all sorts
turnipps
Caretts
All sorts of fratte
All sorts of Sweet mettes
~~Jelley of fisth~~
Striekeses
An amlett
Chesnuts
wall nuts

Sweetmett
Stud peeres
Wafferes of all sorts
all frut both plane and Canded raw
potates
a stud Hogghed in the Jaines fashon
preced and Could
Jaredgees
Colered Beefe
Chocalate
Andoathos
Olives
Capers
Anchoues
Caueare
pickelled beans
pickelled Coucombers
pickelled Oysters
pickelled Scolops
Drid backon
Dinde beefe
drid tongs
Crabs } both butered on littell dishes
lobsters
Crafish } the same
shrimpes

Drinkes proper to be mayd in the Cuntrey

Mead
Cowslipe wine
Cherey wine
Resberry Wine
Curren wine
Gousberys wine
Lemonatha
Sinnomon Wine
Aeae
Reisen wine
Cherey
Smath Ale
all sorts of Wine

A

C.

C.

D.

C.

E.

E.

I.

I.

K.

K.

N.

N.

R

R

T.

T.

How to order each Herbe or Flower before it is distilled

First a soft Fire maketh sweete water and sweetnes to continue long.

2.ly Coales still the best Water.

3. Wash nothing that you will still: but wipe it with a cleane Cloth.

4. All Hearb Flowers and seedes must be gathered when the Dew is of them.

5. That which you will Still must lye at the least xxii. houres before you still it.

6. All Spices corrupt your Water, except Ambar Gris, Civett & Musk.

7. Scumme your water well.

8. Keepe your Still very cleane.

9. Wash your Still but not often: then dry it with a dry Cloth.

10. A Glasse Still is best.

11. Borrage must be distilled the Hearb with the Roote chopped together.

12. Hysope the Leaves stripped from the Stalkes, when it bares blow Flowers.

13. Camomile in the midst of Mayy the Hearbe and Flower being chopt together.

14. Dill x the Hearbes in the beginning of Mayy.

15. Fumitory the whole Substance chopped in the End of Mayy.

16. Mint either red or other; the Hearbe stalke & Leaves chopped in the middle of Mayy.

17. Roses cutting away the white Endes of the Flowers.

18. Rosemary the Flowers Budds and Leaves stripped from ye Stalk in Mayy in the Floweringe.

19.

19. Centory the Hearbe and Flowers chopped in the end of June.

20. Violet Flowers in Aprill.

21. Wood bynd the Flowers in the beginning of June.

To know the right Bezar Stone.

Take a peece of cleane Paper and rubb some Chalke on it: then rub your Bezar Stone; if it be good it will make the paper yellow. You may try it thus to take a wire, and make it red hot in the Fire, then touch the Stone: if it be good it will not stir; if it be bad it will hisse & enter into it

A pound physicall consisteth of 12 ounces, a pound common consisteth of 16, An ounce consisteth of 8 drammes, A dramme consisteth of 3 scruples, A scruples consisteth of 20 graines.