John and Joan Gibson: medical recipe book

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John Gibson 1634

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A Booke of Midwifing.

Joane Gibson.

Ars longa, vita brevis.

1689.

Jounna Gibson 1408

For the Winde Colicke

Take the leaues of Radishes and chop them some what small, and fry them in Sallet oile, or fresh butter, till they be browne, and then apply it hot to the place where your paine is.

Another for the same.

Take oates and fry them in a little butter, and put them in a little bagge, and then apply it hot to the place where your paine is.

For the Bladder Sore.

Take Garlicke and roast it and then take the pap that comes forth of it and force it vpon a peece of leather, and apply it to the Sabill.

For

To drinke aqua vitæ and running water is very good.

For one that is troubled with Wormes.

Take a clout of Garlicke, and prick it full of holes, and steepe it a day in Vinegar, and then draw a peece of silke through it and so put it into your eare, and there let it dissolue, and then pull out the silke.

For to cause easy passage
in the yeards, when one
is troubled wth the
stone.

Take the oyle of Scorpions and
apply it to the outsyde of
the yeards, wch the stone
stayeth, and it will pass it
the sooner forwards.

For a Consumption.

Let them first take a strong of Beefe and roate upon it, and if they be
sicke let them take a spoonful of
this Cordiall and eate mollinete ful
broth, and drinke six shillings beere
wth a toste.

The Cordiall.

Take a pinte of Strobery water, and
half a pinte of Blathe rewar water,
two ounces of Syrupe of Violets, and
two ounces of Syrupe of Gilliflowers, two
ounces of the Syrupe of Poppie, mingle
them all together in a stuffe, and take
out of it two houres a spoonfull.

To stay a scouring.

Take a pinte of sponge water and one ounce of beate Limmonde and one ounce of harde Sugar and boyle them together till they come to halfe a pinte, and then straine it and take three spoonefulls of it when you goe to bed, and three in the morninge.

For the stone.

Take a greate horse radish, and lett it be thoroughly dryed and then drawe some of it and drinke it in white wine.

A powder for the Stone.

Take Gum Dragant, Gum Arabick, Gum Arymi, Doyle Amber, Gum of dates of the 24 barley corns, wodicke liver, date stones, 20. kernells of wildes, a chicken inward skinne or Pigeons gizards dried as much as can be, sowerdocke seeds, seeds of Marshmallows, halfe a spoonfull, Crowsh as much, one eggshelle boule of skimme. Beate all the into a very fine powder, by many beatings, with sittinge leaf it may be as fine as bolled flower, then take of this the weight of a groate at a time, delyver in possett

X

X of wlarsh mallowes or in sightlod wogaye & ~~[illegible]~~ drauget.

To make the stone slippe
downe the narrowe passage
betweene the kidneys and
the bladder

Take a groate handfull of Pellitorie
of the walle, and of Marsh-
mallowes in equall quantitie, boyle
them in a fryinge pann as a good
quantitie of fresh butter for that
they be not parched nor burnt
and when you take them off the fryinge
pann, some good part of the
vertue of the herbes is infused
into the butter, take the herbes
so fryed, somewhat fat of the
butter and laye it upon the
of halfe a yeard or more
betweene the fold of a napkin
and in broade for y more the
slope the fat side of the napkin
all alonge from the backe bone
to your flanke upon the hippe,
especially on that side wherein you
paine, for warme as may be
endured, then that y rolle apply
a fresh and in twice or thrice
doinge, the passage will be inlarged
whereby the stone will slippe downe
and the paine ease

For the stone vaulinte one
to make water forbolye

Take the shelly of Snailes and bryt them very well and they grap them to powder, and for drinke it in wyte wine.

To make a poffet drinke
against the stone.

Take Pellitary of the wall, the tops of Labander rotten a reasonable quantite of dittk, 3 parsleye roots and one fennill roots, take off the pithes off the roots, and cutt them be sloane wrapt and washed, stamper the roots and herbes together, and bruise stamped all there into one pint of Renish or white wine, strain the wine from the herbes and wth one pint of new milke make it proof a poffet drinke fodder by the poffet drinke morninge and eveninge first and last, all the new moone, and full moone, and walke well after it.

L: Ob: For the collike and to bringe away gravell and the stone from the kidneys.

Take a drame of the roots of madder and bruise it, and as much of the seed of Grape or Aniseed, boyle them together in a quarter pinte wth a porringer and a halfe of water till halfe be consumed: then strame it, and after it is strained, put thereto an ounce of good honey or sugar, wth done your it 2 houes more and skyme it, and strame it againe, lett it all be taken hott,

ffott fasting, or fiue houres after dinner after yo taking of it you may sleepe if you please.

A posset ale to ease yo woolike or stone.

Take milke a pinte, seeth it and put to it a quarte of ninth round, and make a posset of it; when you haue taken of the curde take a handful of marsh mallowes, seeth them well in the posset ale, if you cannot gett the roots, take the roots, drinke this drinke often, and it will draue the stoane, or strabell a way: it will be good for you to haue some broth of brake weed, wherein you may haue putt yoe horses, or rotes a bout layd: if you please, you may take three finely heaten a out meet, and a poonfull of parsley seeds, mincte them together and put them into a pinte of white wine, and drinke: these are sufficiently proued.

For the rayninge paines of the

Take the hearbe Hole Smarte that grow of it that is good flood, it growth in longe north grounds and in ditches distill of this hearbe fresh quantitie as you please, keepe this water in glasse vessels, and when you are pained, drinke the quantitie of seaven or 8 spoonefull in the morninge fasting, and about 4 of the clocke in the afternoone. Moisten it in the water of it may please your taste and drinke of it twelve days together.

2 To cure a bloodie water.

Take Follicate white or red stalks, leaves and flowers, till then for distillinge, take of the water hereof drinke twelve 6 or 7 spoonefulls at a time, morninge and eveninge for often as neede shall require this is much the makinge of bloodie water stanchinge the flux, and health all elevations on in those parts.

To cure the coldmyre passion of the breste

Take foure handfulls of ordinary mallowes, the flowers and leaves, of marsh mallowes, the flowers and leaves, one handfull of marsh mallowe roots made very clean one ounce of anyseeds bruised, two nutmegs sliced, put all those into two gallons of skimmed milke, and distill it, and into the receiver put one ounce of Spanish liquorish sliced, keepe it in a close glasse, and when you are troubled with any shortnesse, or coldmyre breathe of the warme drinke every morninge fastinge, a dauncht of halfe a gill or somewhat lesse, it will keepe sixe or seaven months.

A medicine for a green wound.

Take an ounce of Roots grated, an ounce of worms grated, mixed upon very fine, and put to them an ounce of olem nuce, an ounce of benise nuce pistine, melt all these together for that they may not boyle in noe wise, then being through mouldon strained then through a cloth into a pallet pot, and upon you use it warme a little of it upon a feather pointe and drope it warme into the wound, then lay some tow plaister on the wound to defend it from cold, and wellmet it then be safe, for this will be whole.

A posset ale for an Ague.

Take camomile flowers half a handfull, tansy a cloth, sabertan on handfull, cardus bendictus half a handfull, betonell one handfull, boyle all these in a pinte of ale, and almost milk after the nurse is taken of, then straine it, and drinke a draught of this upon ye on before to drinke in your fits.

An oyntment for a nett
or a sore

1 Take rosemarye, Addertonge and
Hope, of ye half handfull,
shred them small. Take pound
either of mutton or deare suett,
a quarter of a pound of beeres
greese, Half a pound of rosin
beaten small, boyle all these
together, and strayne it into
something to keepe it in, and
keepe it for occasion shall require

2 An oyntment for an itch

Take Rosemarye, camomile, wodsage,
wormwood, Calander, and wood
bittony, of each, equall quantities
shred them small and put fallet
oyle and beeres grease or harrowes
grease to it, and put them
into some pott made of pouter,
and set them into ye ouen
after your bread is drawne, and
when you think, there is a sufficient
mixture of the infusion of ye herbes
into the oyle and beeres grease by
often stirring it in oven (as aboue
saide) then put it into a fair
pott and keepe it for your
use

An oyntment for a burne.

Take the inward barke of Elder the flowers and buds of Elder, ballet oyle and barrows grease put hose in a pott made of earthe and fett them onto your fire after your broth be drawne.

A water for a Canker.

Take a pinte of running water one handfull of Hope a handfull of wood bynde a handfull of Rosemary a handfull of Sorrell of Sorrell of greene boyle hose for halfe a pinte and put in lie spoonfull of Roome brimstone halfe an ounce of Roome two spoonefull of Romye.

A Plaster salue for an Ache.

Take 6 ounces of bonnewaxe wax, 3 ounces of pitch, 3 ounces of rosin, one pinte of ballet oyle one pinte of turpentine, 3 ounces of olibanum: put all those into a kettle upon a little fire to out flame then take two handfull of Cutt Some leaves, 2 handfull of rosemary tops, 2 handfull of Plantan with muff & wafft & and bruise all those herbs in a morter before you put hem into the kettle with muff be hogon the other things are melted and stirr it continually for feare of burninge too, hogon you think it a halfe boyled a way take it off and straine it through a peece of Sontaffe into a bason, and lett it stand till it be cold.

For the Pyles.

Take Pile porte redsaue, of earth like quantitie, and therto a sufficient quantitie of may butter boyle the herbs and boyl them together a reasonable time and anoynte your body therwith both with in and without. prepare therto a shelf-lowne beardes hooke and a small quantitie of bayr salte stamped together very fine, and puff it off all into a lawne ray and lyr it so a fired as much as you can well put into your body, let the ends of the lawne be somewhat longer, that you may take holde of it stand and bemoue out the hooke, and bemoue it the nighte, till the hooke, and bemoue it as afore saide

To take a way beale scotts in the hard

Take halfe an ounce of litterge of gold beate it very fine and searse it therwith a pewter of the bayre then take halfe a pint of white wine vinegar, and the litterge therin and putt it into a glasse let it stand 4 or 5 dayes together, every day shake it that they may be throwly medlyed and when you haue occasion, if they trouble you take a little therof and wett your scotts with it -1

An other medicine for weak backs.

Take three yolks of eggs, a reasonable quantitie of milk butter or for want of that capons greese, for much camphire as a hazle nutt, beate the yolks of your eggs and put them into warme milk, stirring the butter stirring it to a loome and when they are all broke in, and put them into a small pipe to drink, then rub it on an ointment.

To stare the blood.

Fumitory horehound, strobywraite water=cresses of each a greate handfull, sorbe roots, liver small 2 handfull, stamp all together in a stone morter and straine them as hard as may be: then take of the rippings of wheaten 4 ounces, and boyle them in 2 quarts of water till two be spent, then strame it, and take of all put in the former juyce and boyle it faire and softly, to as much justage as you thinke good, and then put it by and take it continually the more the better.

For an ache.

Take camomile and camomile of dutch like quantitie, stamp and straine them, and put the juice to capons greese and boyle them together, and anointe the place where the pain is and cover it very warme.

An approved excellent plaister for many infirmitys.

Take of Galbanum, Opopanax of each an ounce, Bdellium, Ammoniacum, of each 2 ounces, lett them seaton all as fine as possible may be, and put them into an earthen pott loaded or plaied, powringe upon the same very good vinegar, and lett them for xxxiiii hours a day and a night being close stopped then boyle them in the same vinegar upon a gentle fire of coales that the gums may melt, upon they be be throughly melted power them into a strainge cloth, and strame the gums through the same, rastinge a way the filth that remaines in the cloth; then lett this so you have strained boyle very gently upon a soft fire untill the vinegar be vapored away still stirringe it least the gums burne, keepe this very close and stop covered that nothinge fall into it, then take oyle of olives 2 pounds, neve wax halfe a pound and lett them be put into an earthen pott loaded or plaied, lett them on that fire of coales and lett them melt, after put into it, fittanye of white seaton into fine powder xx pounds and an halfe, stirringe it continually untill a thick that they be well mixed together, and become of a ~~a~~ reddish color, then take the gums before prepared and put them in by a little at ones about the quantity of an halfe nutt at a time that they may melt and be the better mixed mixed together take great heed that you stine them untill they be throughly melted and the fire be very soft for feare of burninge ouer, then take the wooe

finely of.

kinds of Aristologia rotunda Calaminaris
Mirrhe Franckinsence of each of them
an ounce beat them into very fine powder
that it to be beaten and searced upon, then
put them into two pints matter: let it
put in oyle of Bayes an ounce, of the best
turpentine ~~4~~ ounces, let them be all
boyled together gently, upon your finger
they are boyled ~~together~~ enough, drop
some of it into cold water, it turns to
pouch it sticks to your finger, let it
boyle till it be for hard that it stick
not at all, then power it into cold water
anoynte your hands with the oyle of roses,
or the oyle of Camomile upon the
plaister if cold, worke it betweene
your hands good or 4 hours, make
it up in rowles that it may keepe, with
it will doe forth years, keepe kept
in oyles wooden vessel.

The vertues of this plaister aforesaide.

It is good for olds sores or new sores it drieth
and cleanseth, it breedeth good flesh, it
confirmeth, and comforteth and healeth
more in a week upon any other doth in
a month, it will not suffer any fox to putri=
fie, nor any dead flesh to grow, it is most
excellent it draweth out of wounds ~~and~~
iron, woods, lead, or other things, if you
doe but lay it over plaister wise, it mundi
the bytinge of any venomous beast, it
taketh all kinds of impostumes to ripen
and healeth upon alone, it rotteth out against
the canker, fistula, chinckes of Anthonies
fire, alsoe a present help to assuage X

X all kinde of athes, you must not tent any
wounds with it except it matter.

An electuary for the rough of the Lungs.

Take of the dried leaves of Cardus Benedictus or wormwood, the powder of angelica roots of each a like quantity, and the powder of 2 or 3 bayberries, if it be an old body, mix these with clarified honey a competable quantity into an electuary, put this into a little rose water into the mixture of these things, they seldome or never failed.

A Bredge for a rough.

Take brown sugar candy three ounces, aniseeds one ounce, one ounce of liquorice roots, one ounce of liquorice beat your sugar candy to the small nesse of your aniseeds, sift your aniseeds, & made cleare from talcs or dust, and in the bruised manner beat your orris roots to the same fineness, strain your liquorish cleane, and shreds it to the like smallnesse, then mingle all these together, and carrie some quantitie of it about you to gaue in your mouth, the juyce wherof swallowe downe, and to gie your selfe once more sweetnesse some to the morning then spitt out the lungs & do this as often as you please night or day.

A water for ye Lungs:

Distill Coltsfoote, & Maydenheare together, Take two, or three spoonefulls thereof, mingle itt with sugar for your taste, & Drynke itt in a morning vsually:

An Excellent Cordiall:

Serne leaues halfe an ownce, Annisseeds, Fennellseeds, of each a dramme, Musk, Amber=greise, of each fixe graynes, Liccorisse a drame & halfe, Saffron tem graynes beat all these into fyne powder, & mixe them together; Take ye weight of fixe pence (att a tyme) of this, in a draffte of whyte wyne, or thime broath:

A Julipp for the Lungs:

Take of ye fylings of Harts horne, and of Juorye, of each 3 drams, of Candied Ci=tron peels one ownce, of ye yellowe ryne of Orenge Peels one drame, of ye yellowe ryne of Lemon peels one drame & halfe, of ye leaues of Maryolde flowers one great spoonefull; Boyle these things tog=ether, in 3 pynts of ye best conduit water or the

or the best Sorrell water, till halfe be boyled away, then strayne itt cleare, & dissolue in itt of Manus Christi plata 3 ounces, of ye best sirope of violetts 2 ounces, & halfe, of ye sirope of succo Citri ye is out of iuyce of Citrons three ounces, & halfe, of ye spiritt of Vitroll 23: dropps; mixe these things together, & make a Cleare Julip of itt, drinke three or foure spoonefulls of itt att once as oft as you please:

For ye dropsye or swelling in ye bodye:

Take greene Broome ye neuar bore flower, burne itt vpon ye harth untill you haue a quarter of a pound of ashes, & as much Brambles: 3 ounces of Nuttmegs quartered seeth these in a Pottell right Renish wyne some 2 or 3 Waues, & soe strayne itt & then drinke of itt Morning, & Euening & att bedd tyme:

for a soarenesse in ye Throate:

Take halfe a pynte of Claret wyne, halfe a hand full of Cinque foyle, 2 Sprigges of Rosemarye, 2 Flakes of Mace, 4 Cloaves, 2 or 3 Jewes Eares, 2 or 3 Slyces of ye sappy bark of a Quince tree boiles, Boyle all these some quarter of an howre in the Claret wyne, then take it from ye fyre & putt there to in a pott wherin you will keepe it, 3 Spoonefulls of English honye mingle it well together, & so keepe it coolde in a cleane pott, & take halfe a spoonefull thereof into your mouth hold it in ye manner of a Gargarisme agaynst ye soare inflamed, & Gretted part of your swallowe so longe as you can, & then lett it gentlye downe; do this as oft as you please, night or daye, & it Cureth:

~~for the swellinge of the throate:~~

Take a peckle of oatese boyle them well, then when they are ye better then you can well endure, put them in some vessell where your throate may stand bye to the fire on them, and lett them sweate allways as you please. the pickle cooke on all your bromes, or eat it any way.

A bathe for the swellinge of the legges raised by a dropsie.

Take wine a good quantitie wormwood two handfulls fetherfoe herb grace camamile sage all of like quantitie amountinge to two handfull a peece, Melilot flowers halfe a handfull (at the pothecaries) set them on the embers to be warme (not to boyle) but soft it be for warme as you can well endure soft it stand on houre on the fire and bringe for warme as afore said soft your feete stand in it and soft on bathe your legges in a couple of hoores before you goe to bed, you may bathe this bathe and use it by course as you think the vertue admaneth in it.

Oyle of sugar candy good for a rod feinption or cold.

Take brown sugar candy beate it to fine flower then soft good store of eggs hard yeolks of the shelly and cast them in halves and take out the yeolks and fille the place in your sugar candy and lay soft them on by another in a platter, when they are they soft filled they will melt to a clear oyle wrigth bringe done put it into a glasse and for you make keepe it for your use you may make hereof all milk as your please: take two spoonfulls hereof first in the morninge, and last at

x

x might it vanisheth away all quill of a cold in lungs, and preserveth from consumption.

A generall purge for fresh humors.

Take green ye quantitie of halfe a pinte of Endive water, two drams of Rhubarb thinne sliced: put it into ye water rosie, you must put into a close pot, setting of ye pot a pokolt pitfull in warme embers, but not for hott as to boyle: & on ye morninge steame it hard through a cloath into a silver bowle: then to put one ounce of Manna very well broken and then 3 ounces of syrope of damaske roses, put these all together, stirr them throughly and drinke it all of, one houre after you may drinke warme posset drinke, and after that houre soffisit as you need.

A drinke for a Consumption.

Take a pottle of Allyant, half a pound of raisons of ye sonne (and stone them) a dozen of ye best dates sliced, put them into your allyant, and let them boyle ouer ye fire till a pinte be boyled away: put it then into some stone Jugge or silver flagon but not into pewter, and keepe it close, drinke fourtie dayes morninge and toward bed time, about ye quantitie of halfe a pinte warmed: if you be thirsty in the afternoones you may drinke 2 or 3 spoonfulls onlie: in ye morninge you must eate 6 of ye reysins, and some peices of the dates.

Prolatus.

A Gellye for a Consumption:

Take Gellye of Stagges horne & Snayles a pynte, this is made by boylinge of Stagges horne & snayles in fayre water: Water distilled from neiw Manchett takye hott owt of ye Oven, & putt into a Limbeck & distilled in Balneo a pynte: distilled mylke a pottle; Damaske roase water, Pimpnell water, of each halfe a pynte. all these waters togethar putt into a neiw & well glazed peptin, ye hath a very cloase couer & lett it be able to contayne as much more as you are to putt into it, & these things following, Knuckles of mutton one dozen & young Capon nott Cramed butt fedd att ye barne dore China roots small slyced 3 ounces, Potato roots sixe ounces, Lignum Aloes, Cilobalsamum, of each half an ounce, ye 3 sanders of each a scruple, Capp Dates stem; Rayzens of ye stone stoaned a handfull, Conserue of Rosa Solis 3 ounces; putt all these with the waters aforesayd into ye peptin, & then butt on ye couer, & past it cloase with dowble clowts, dipped in starche temped with whyte of eggs, & when you haue

dryed

dryed itt well before ye fyre then ffett
itt upon hott embers, to keepe hott
(butt nott to boyle) 24 howers, then
take itt from ye fyre) & lett itt stand
till itt be Coalde, then take of ye Cover,
& ffett itt upon a hotter fyre, & boyle itt
further till ye meat be enough, then
lett all run throwgh a Gellye bagge,
& Lave the broath, & lett itt stand till
itt be Coalde, & then take away the fatt
& Season itt with a little Salt, & then
keepe itt Close in a Coalde place, and
drynke of itt a warme draught thryce
a day; ytt is, first in ye morninge, att ye
afternoone, & last att night, & in every
drawaht putt in 10 graynes of prepared
Pearle, & putt in ye first Gelly into itt
also.

For a Coalde or hoarse Cough:

Conserve of Red roses 6 Drams powder of
Mastick 12: graynes, Mithridate halfe a
Dramme, Oyle of Sulphur 3 drops) Make this
into an Electuarye, & take about ye quantity
of a Wallnutt att night last & first in
ye morninge: Halfe an ownce of Lozenges of
Diatragacanthum frigidum, Sleepe with
a Lozenge of this in your mouth.

another for hoarsenes:

Take a qwart of new mylke, a handfull of Rosemarye topps, boyle them in ye mylke till halfe a pynte be wasted, then strayne itt, & putt a peice of sweet buttar into itt, & as much sugar as will sweeten itt for your taste, drink one halfe of itt when you are in bedd att night, & ye other when you rise in the morning, so long as you see cause, wch will not be long

for ye Greene sicknesse or ye obstructed stomake:

Take Cloaves, Mace, & Nuttmeggs, of each a qwarter of an Ownce, beat them into a fyne powder; Then take a qwarter of a pound of fyne sugar beaten, an ownce of ye fynest fylings of steele, mixe all these together very well, & add to this halfe an ownce of fyne Pearle beaten very fyne, Mingle them well together: Take a good spoonefull of this att once in the morning fasting in a little beere or broth waite, or stirr, for 2 howres after, then drynke a little broth made with Rayzens, & Corrants, & att Night take ye aforesayd quantitye, & drynke noth after itt:

A strengthning broth for a Consump:

Eagrimonye, Lycorwort, Harts tongue
Cinque foyle, of Each of these a little, 26
Pyne Kernells, & Pistachios slyced, of Each
twenty: make your broath Rotth these, &
a Chicken, & a Ribb of a Rack of Veale,
when ye broath is boyld enough, strayne itt
& drynke thereof morning & euening

A restoratiue in a Consumption:

Take a fowe piage of tem dayes olde, kill
itt, butt wash itt not: stall of the hayre
without Roazing; wype itt with a drye
cloath, break itt in a Morter boanes & all
then putt unto itt, a qwart of Cowe, or
Goates myllke, a pound of Bates bruised,
a pound of Raytens of the Som stoaned,
one pound of fyne sugar, one ounce of Nut
=megs, & as much Mace, A handfull of
Burrage, & as much of one, or two cooling
hearbs more: Distill all these in an or=
=dinary still with a soft fyar, you shall
haue a pynte & halfe of strong water, ye
rest will be butt weak: Drinke 5 or 6
Spoonefulls every morning of ye strongest
water so long as itt doth last, & of the
other whatt you please:

A foamentation, & an Ointment for a Coalde

Take of Cowes myllke 3 pynts, Lyntseed Oyle 6 ounces, Hony 3 ounces, mmakle these well together in a pipkin ouer ye fyar, 27 take two peices of redd Bayes, when ye liquor is throwghly warme putt them into itt, and take them out one after ye other squeezing out ye liquor gentilly ye cloath be butt moyst, & apply itt as hott as may be endured to ye stomake, & when ye groawes coole, then apply ye other cloath in lyke manner, whylst ye other heateth agayne & for lett ye one supply ye other by warme foamenting ye stomake a good whyle, Then Take ye Ointment of Orrenge flowers, & of Pectorall Ointment, of each 6: Drammes, Spirma Cete 2: Drams, Oyle of sweet Almonds as much as you shall thinke fitt, make this into a Lynement & amoynt ye stomake therewith after ye use of ye foamentation: Do this in your bedd, & keepe you very warme when you aryse especially on yous tomake vse this every day till ye tough flegme do dissolue, & that you spett itt forth: — —

To make stomake pills:

Aloes halfe an ounce, Mirrhe a quarter of an ounce, Saffron halfe a drame, Extract of Rehubarb halfe a scruple, Crocus Martis a drame, Mixe these with Worme wood water, & make them up into pills, Take 3: of them a little before you goe to bedd:

For a broaken veyne within when ye blood cometh up att ye mouth:

Take conserue of redd roases, ye quantitye of a wallnutt, a drame of Muste, & a spoonefull or better of Cynamon water, mixe all these together, & lett ye patient drynke thereof when ye fitt is upon them:

To make ye Clystar:

Take new mylke, fattett oyle, & sugar Candye of each indifferent quantityes, boyle them together, & soe vse itt att ye vsuall warmth:

For ye Scorbye:

Take a peck of scorby grasse, stampe itt, and putt to ye iuyce thereof a little bere to strayne itt with, & keepe this iuyce in a glasse close stopped: Then take halfe a pynte of Mylke, & sett itt ouer ye fyre, & when itt boyles, putt in as much of ye best whyte wyne vinegar as will turne itt & no more: (ye Curd being taken off) Sett ye drinke to ye fyre, & lett itt boyle, then

put

putt in two ~~spp~~ spoonefulls of your Juice
& stirr itt about nott letting itt boyle after
your Juice is in, then take itt off, & drink
itt warme, ye one halfe in ye morning fasting
ye other halfe last att night, 10: or 20: days
together if ye patient be farr gone: — — —
— — — — — — — — — — — — — — — —

| for ye running eyes or Cold humor: |

Lapis Calaminaris burnt red hott, & quenched
in a pynte of whyte wyne halfe a dozen tymes,
ye being done take ye stoane & beat itt to powder
then putt itt into ye whyte wyne aforesayd:
lett itt stand & clearr, 3 or 4 days: When itt
is clearr, powre a little into a saucer, about ye
quantitye of two spoonefulls, & strayne the
quantitye of halfe a Peaze, of whyte Copperisse
& with a fyne Cloath, touch ye Corner of the
eyes, & nott into ye Eyes: & if there be a skime
over ye Eye, then dropp itt into ye Eye wth a feather:
— — — — — — — — — — — — — — — —

| if ye Eye be swelled & ye humor hott: |

Take ye whyte of an egg, & beat itt in roasewater
a good space of tyme, take of ye stume, and wth a
feather dripp ye water throw att ye Eye, & take
of ye same water, & wett a fyne cloath, & lay itt
upon ye lidd of ye Eye: vse this 3: or 4: tymes
& itt cureth: — — — — — — — — — —
— — — — — — — — — — — — — — — —

To make a sweet bagge

Orrice roots one pound, Lignum Rhodium
halfe a pound, Cyprus roots 6: ounces,
Fusses of Cloaues 4: ounces, Sweet Marioroome
3: ounces, redd roses 10: ounces, Beniamin &
Storax, of each two ounces, Of Labdanum 2:
ounces, Cassamus Aromaticus 4: ounces;
Beat all these, & myxe them with Musk Codd:

To procure sleep:

Take halfe an ounce of Syropp of white Poppye
called Diacodion) & a quarter of an ounce of
Syrop of Violetts, Putt them in a drawght of
posset ale, made of small ale & mylke: & take itt
when you goe to bedd:

For sweatnesse of ye Reyns in Man or Woman

Take 2 pennyworth of Cinnamon unto 3 pynts
of New mylke, & putt thereto 12: Cloaues,
2: quarters Nuttmeggs; boyle these to a
quart, then strayne them, & drynke a drawght
thereof warme every morning first, & last att
night for a month together: Then lay to your
back an Empaster pro Renibus which every
Apothecary, or Midwyfe knoweth:

A pultise to draue, & breake a sorenesse

Two Marsh Mallowe roots, & one Lillye roote, mysh
them cleane, & boyle them in Mylke till they be
soffte, then take them & chopp them small, & add
to them some quantitye of Linseeds & putt
to

to these a little fresh suett & boyle them to a Puttiffe in ye Mylke: Apply this hott as itt can be indured, & itt bringeth to a head & breaketh

A drinke to ~~dissolue~~ dissolue floame downe ward

Take a pottle of ~~rumming~~ water two or 4 roots of Enula Campana sloane scraped, 3 or 4. roots of Sprickound, halfe a pound of Citronill sloane scraped and bruised, a quarter of a pound of raisins two stones taken out and cut in peices, 4 or 5. spoonefulls of sloane barly, Earth all these together to ye halfe, then strame it and put it in a glasse, and drink it to bedd and morning two or three spoonefulls; ye stones taken out of ye raisins causeth them to be dissolued.

A Gelly.

Take knockles of veale and mutton, of oats a like, raysins of ye sunne stoned, a little mace, Endiue roots, Sutory roots, parsley roots, of oats a like: boyle all these in a mutch water as you shall think fitt and for lott them boyle into a gelly, and when you strame it put a little rosewater to it: for bye it when you will hot or cold.

To make Rosey water.

Take a gallon of red Roses, of buglas, burrage, time tops, sweete margerom, rosemary of each 6 or 7. branches, sinamon half an ounce in stiks, 4 or 5. cloves of large mace, a pinte of damaske rose water. still all these together in a rose still, then put it into a glass that may be but three parts filled then put into it regite sugar randy half a pound in small pieces, set it in the sunne 3 weeks, then put in it a little bagge of 4 grains of musk, 3 grains of amber, and for keepe it for your use. Take eight spoonfulls at a time, for any extraordinary heate.

To make good wiggy to drinke all times of Summer.

Take the tender crops of 8 oaks endive fenitour, harts tongue ~~that smelleth~~ rocke the water liverwort, 2 or 3. loaves of harwood mary=gold, brownd fennell a good quantitie, when your wiggy is well clarified to regites of eitt, put in your herbs, and let them boyle till they turne yellow colour, then sett it downe till it be cold, and cleare it, and drinke it at your pleasure.

For burninge or scaldinge apply
honey and doe equall parts, sordad
wood a linninge rebb, and so applyed
to the sore.

For burninge or fire by
Gunpowder.

Take presently a quantitie of oyle of roses
not two spoonfull of runninge water, anoint
the fire there wth. after take 20. or 30. eggs,
roast them blonchard, then take the yolks
of them and frye them, and there of will
come an oyle, wch will be blacke, anoinke
the fire therwith.

To heale any manner of burninge
though it be wth Gunpowder.

First mingle oatmeale and milke, and lay it
hold on, and as it drieth out fresh on,
hee will take out the fire, then take
the fatt of sheep powdr a pound, and
melt it in a fry-ing pan, and then take
halfe a pecke of mous-eare and wash
it and drye it well, chop it small and
put it into your pan, then let it stue
a while, then straine it, and put it in a
pott to keepe all the yeare.

the Plague.

Take three pints of malmsey and boyle therein one handfull of sage, rue for mutch, rudwithill one pinte be noatlots a way then straine it and sett it over the fire againe and put thereinto a peninnworth of long pepper, halfe an ounce of ginger, the a quarter of an ounce of nutmegs all well bratten together, then sett it boyle a little and put thereto 4 of Celtwodate, 2 of treacle, a quarter of a pint of Aquavitae. Keepe this as your life above all worldly treasure: Take it alwaies morninge and eveninge three spoonfulls att a time (if the party be diseased) if not every morninge is sufficient. In all the Plague time trust to this for certaine (Gods blessed name be praised for it) for there was nober man woman or child that this drinke designed, if the heart were not sloane mortified and drowned with the disease before.

For the Sweatinge Small Pox, Measills and Curfells.

Da gloriam Deo for these two blessed medicines the topmost and this, noble, if it be either within 12 houres after the partie begins to be sick, neber both faile but either driveth it forth by sweatinge or else eyddes them of it the next morninge. And this is

Take as much Andromacus his treacle, as the bignesse of a good gaell nutt, and mixe it with a spoonfull of good Teodary roots made into an impalpable powder, both of them put into a spoonfull of good white wine/binegar

a. and

a. and two spoonfulls of sloane Conduit, or ruminate water, and this warme give the partie in bed to drinke and lett him sweate three hr. Ag praised sint Deo nunquam fallit. / B

For wind in the Stomach.

Take Coriander seed an ounce pd parsed, i.e, steeped in white wine vinegar 24 hours and drayed and beaten to powder. Fennyseed an ounce and beaten with Lyquorice half an ounce, Cyromon a quarter of an ounce by weight of mace and cloves, white sugar candye as much all these together in weight; all these mingled and dried by the fire or sun.

For bloody Urine.

Take a pottle of ye best Ale you can get boyle it till it be consumed to halfe a pint, take of this the quantity of a walnut dissolved in such liquor as you best affect 3 mornings together, fasting an houre after, & ye like quantity for 3 nights before you goe to bed.

how to use

To make Ginger bread

Take a pint of Sack or Claret Wine or Ale: a pound of Suger: a qu^r of a pound of Almonds blanched and beat very small: a qu^r of an ounce of Synnamon: an ounce of Ginger: one ounce of Sanders: half an ounce of Licorish: half an ounce of Anniseeds: beat all the Spyces and searse them: one nutmeg grated put all these into your Liquor and let them boyle a very little: then take white bread being beat and searsed and soc thickin it on the fire till it be soc stiff that you may make it up in prints: with a little Ginger and licorish strowed vpon them:

To make Aquamirabilis

Take Cububs Cardimums Rubarb Melolet Gallingale Nutmegs Ginger Mace Cloues of each a dram: all these must be bruised and infused one night in 3 pints of white wine and one pint of Brandy: and one pint of the Juice of Salendine: the next day distill it in a rose still close pasted it will run a pottle keep the first quart by itself you must put to the whole 3 qu^rs of a pound of white suger Candy let your still be kept wet with Cloaths: you may ad the Juice of Bawme or mint:

To make Cowslip Wine

Take 3 Gallons of fair water, put into it six pound of the best pouder sugar, boile them together for halfe an hour & as ye cum ariseth take it of, Then set it to coole & when it is perfectly cold take a spoonfull of ye best Ale yest & beat it well with 3 ounces of syrrup of limons or Citrons and put it into the Liquour & stir it well together, Then put to it one pound & three quarters of ye yellow tops of Cowslips, Let all work together three dayes in an earthen pot covering it with a Cloth stir it once every day with your hand & after the third day strein it into a sweet Cask & stop it Close. let it stand 3 weeks or a munth befor you bottel it, & when you doe so put a peice of loafe sugar in to every bottel;

To make aqua mirabilis the best way

Take cububs Gallingall cordamions mellelot flowers cloves mace cinnamon of each one drame bruised small, Juice of Sallendine one pint, of ye Juice of balme and speremint each half a pint flowers of cowslips Rosemary, Burridg Bugelase Gilleflowers merrigolds, each a dram Rice Pennirogall bornet of each half a dram: 3 pints of the best sack or white wine, strong Angelico water or brandy one pint; red rose water half a pint; bruise the spices flowers & herbs and steeps them in the wines & Juices one night, the next morning distill all in an ordinary or glass still, but first lay hearts tongue leaves in the bottom of ye still if you please you may put into the receptory of your still a pound of white sugger candy beaten or a pound of the best lofe suger if you have no Angelico water put in half a dram of leaves, or if you have noe rose water put in some roses some adds all so half a dram of Ginger

how to make apricocks cakes

Take apricocks pare them cut them in peces coddle them in a bacen then strin them and weigh as much suger as they weigh let your suger be well bet and sifid then let your pulp an suger be well drid: when your suger is is very hot and your pulp then put them to gether and set them on the fire stiring them all the while till thay ~~be~~ simmer then take them of and drop them on your plates dry them in a ouen or sun

A quadrichedin

Take good Lemons Cut ye meat very small
first paire them & take away ye seeds
Take as much dubel refined sugar as you
think will make it sweet enough, wet ye
sugar in water set it on ye fire, and boyle
it to sugar again, then put in ye meat of ye
Lemons and set it on ye fire till ye sugar
be disolued, then put it in pots or Glases,
it is good in wine to drink, or to put in
Cream for ye Table; — — — —
doubel ye weight of Lemons in sugare does well,

how to presarue quinces Red

Take quinces and coddele them
but not tow tender then peare
them cut them in haleſs and core
them: to a pound of quince take a
pound of suger and a pint of water
set the water and the suger on
the fire: and when you have scumed
it put in your quinces: couer them
you noust haue ~~re~~ rede barberis
ploumped in a letel warter and so
stran them in to your quince let
them boile easily upon a soft fire
till the surrup hang to the spoone

how To make Quince cakes

Coddel your Quinces and pare them & cut them in pieces from the core and strane them through a sieue: then dry them on a chafing dish of coales: After this take suger as much as ys doth weigh finely beaten and heated uere hott: continually stiring it then mingle your pulp and suger to gether stiring them well till it simmer: then take it of & Fashon it on plates: If you would haue them red you may coler it with iuyce of barberies

to candy angileca

Take angileco and shift it too or thre days in cold water then take it out and boyle it till it be tender then take it of peale it: then weigh as much suger as it weighs then take the suger and dip it in cold water and sit it on the fire & stur it till it cum to suger a gan then put in your angileco and let it boyl til all the suger be lict oup then take it of and twist it and dry it on slatt

To Preserue Grapes green.

Take Grapes when they be ripe and stone them and skin them then weigh them and take as much double refined suger and lay a row of Grapes and a laire of suger till they all ~~the~~ be in your pan of Bason then set them of a quick fier and let them boile till you see they be clear and soe put them up in glasses:

To make lemmon Marmalad

Take green Apples and paire them and core them and put them in water boyling hot and let them boyle till they be tender then scrape the pulp of and put it in a siluer cup to keep warme they take the Juyce of lemmon and put to it and some of the inner rinde of lemmon being tenderly boiled and small shred then take the full weight of it in suger and boile it to suger againe and soe put your pulp into it and let it boile quick till you se it come cleane from the bottom of your pan:

How to preserve Goosberries

Take half a ℔ of large Goosberyes picked & all the seeds taken out, take a ℔ of Bubel refined Sugar bet smal, beat as many of your Lesser Gooseberyes as will yeild a Gill of Juice ade 3 Spounefulls of water to it, and put all togetuer in to a pan, set it on the fire, and boyle them as fast as you can till thay Look Cleare then put them up; — — —

How to Preserve Damsons

Take a ℔ of Damsons Cut them to ye Stone
wheare ye Seam is, Take a ℔ of Loafe Sugar
put it in a Siluer Baisen with a pinte of
water and ye white of an Egge let it boyle
up, take it of and Scum it, and when it is a
Littel Coule put in ye Damsons, Set it on ye
fire and Let it be long ere it boyle, when
it does so take it of, Set them by till ye
Next day and then giue them an easey
boyle: the third day boyle them enough
which you may know by ye Sirrop being
thick and ye plum Sweet at ye Stone.—

How to presarue Currans

Take ye largest red Currans you Can get with a Needel goe round ye black end & take it of take out all ye stones at that hole to a quarter of a ℔ of Currans put a quarter of a ℔ of Dubel refined sugar & three spounefulls of water, set them on a fire let them boyle and scum them till thay be Cleare haue redy on a nother fire a Gill of ye Cleare Juice of ye les Currans with half a ℔ of Dubel refined let it boyle and scum it till it is Cleare and then put both to gether, and let them haue a boyle; so put them in Glases, — —

How to Make Biskits

Take four new layd egges whites and all beat them halfe an quarter of an our then put in eight spoun falls of Rose water beat them a quarter of an hower then put in a pound of loafe suger which must be redy beat and searced, beat these a whole hower. then put in a pound of fine flower a littel dried and a few anneseeds well dried and rubed, mingel all these well together but doe not beat them after the flower is in, you must have your ouen hot for if thay stand after thay be mingeled it wil hinder ther rising, rub your plates with fresh butter, you must obsenue when you beat them to beat all one way. take heed yor ouen be not too hot, as sone as you dray them take them of the plates or elce it will breake ye ice

How to maike kings Cakes

Take a pound of fine flower, dry it wel in a dish when it is could rub a pound of butter in to it. then put in a littel beaten sinimon and a pound of Currance well pickt and rubd with a Cloth, then beat 4 egs wel and work them in. then take a pound of lofe suger finely searsed and dridg it out of a dridging box of your paste, when part of ye sugar is on work it in & so til it be all wraught in to the past. yee them if you pleas before you set them in to the ouen, thay must be baked in caces of paper and a littel butter rubd in the in sides of the Cases;

How to make Spanish Bisket

Take a ℔ of Dubel refined Sugar Searst the youlks of ten Eggs and ye whites of five, beat ye Sugar and Eggs together, an ye houer allwais one way, then ade fouirten ounces of fine flower, which being mingeled in emeadiatly fill in to pans or drop in papers butterd set them in to ye Oven as quick as you Can; —

How to make Sugar Cakes

take half a ℔ of Flower dryed half a ℔ of butter washed in Rose water, a Quarter of a ℔ of fine Sugar Searsed, Mix ye flower and Sugar then rub in ye butter, put in ye Yolk of an Egge with a Spounefull of Cream, make it in to paist roule it thin, and Cut them with a Clas round,

How to maike Cheas Cakes

Take twelf quarts of new milk maike it in to a Courd with 2 spounfuls of good runnet then strain the wheay from it & work the Courd through a hair fine or Canuise with your hand then ade to it 2 smal handfuls of grated bread a quart of sweet Creame the yolkes of ten egs & whits of 2, wel beaten, half a pound of sweet batter half a pound of sugar 3 or 4 nutmigs 6 spounfuls of rose water a pound of Courrans you must farst work the butter with the Courd befor you put in the outher things; stur all wel to gether; be for you fill them you must harden the Cofins in the ouen filling them with Clean brane

How to make Chees Cakes. C

Take 5 quarts of new milk and one of creame, slitt it to sam, then whey it and rub it well that there be no lumps in it, then take almost half a pound of butter melted ten yolks of eggs, mix thes all togther with a little rose water, then sweeten it to your tast, and so fill them. you may put in currents or what spices you please.

How to make Cheese Cakes Mrs H.

Take a bout 4 Quarts of New milk make it in to tender curd & set it a whanging, take a good pint of Cream, put in to it a spoune full of fine flower and 15 yelk of an egge set it on a slow fire, stir it and let it boyle till it is as thick as a puding, when it is cold and your curd well whaged; rub them together with a spoune throue a haire sive, put in 8 eggs leaue out 2 whites season it with what spises you pleas, and currans a Littel salt and Rose water, so put it in pans with paist;

To make Jumballs

Take 5 eggs 4 whites taken out beat them very woll, then take a quarter of a pound of sweet butter, melt it and put it in when you have beaten your sugar into your eggs 3 quarters of a pound of sugar beat, put in a few carro seeds, then take fine flower and mix it to such a stifness as you can, roul it with your hand, then make it into what fashion you pleas, then butter ye papers, and let not ye oven be over hot.

To make Almond Jumballs

Take 6 ounces of ~~flower~~ Almonds and as much suger beat them with oring flower water in a stone morter then boyle it allmost to a candy height: when the suger is boyled then put in your Almonds: and stir them over the fire till they be stif: and keep them stirring till they be cold: then beat them on quarter of an houre in a morter with the white of an egg: beaten to a froth so put in a little and 2 ounces of suger beaten sqirt them and bake them upon papers driged with suger. you may put in some of them grated chocalet —

Another way

Take a quarter of a pound of Almonds and as much suger and beat the almonds well in a stone morter with a little oring flower water then put in the suger and beat it well: put in the white of an egg beaten to a froth then sqirt them these will dow as well as the other

How to make Jelley as clear as Cristall

Take a Jet of Calvefs feit boiled & blanched
Slet them and cut out all ye black, put to them
6 quarts of water and boyle them Softly til
you think it will Gilley. Strain it through a
thick cloath, Let it Stand till it is Cold then take
of what fate you Se, put it in to a pan to warm
till you beate ye whites of 10 eggs, take ye Juice
of 6 or 4 Lemons thre quarters of a ℔ of fine
Sugar, minced theas to gether, Set it uppon ye
fire and let it boyl up, then poure it into
a Swanskin bag ye first runings, poure in a
gain, Let ye bag hang nigh the fire and run
in to Glases — — — — —

If you put more water to ye fite you must ade more
Lemons and more eggs, you may put in oring
flower water or what you pleas to make it taist
as perfuims or Spises. —

How to mak Almond Burtor

Take a quart of thick Cream, blanch haff a pound of almonds and beat them verg smal put to them a Littel rose water that thay ogl not; put them in to yᵉ Cream and stur it strain them and if you finde any big pices beat them again and strain it in to yᵉ Cream take yᵉ yolkes of 10 eggs beat them and put them in set it uppon a slow fire and stur it til it boyle and curdel, then poure it in to a Cloth and let it hang all night in the morning take it out sweeten it to your taist, and work it throug a Canuis that it may not be Lumpieg, make it up with yᵉ back of a Spoun wet in rose water in to what fashon you pleas ;

How to make Almond Cream

Take a Quart of Sweet Cream, haue redy half a pound of Almonds blanched beat them very smal, put Rose water to them to keep them from oyleing. when they are smal put them to ye Cream Straine it, beat ye allmonds that stay in ye Cloth, then put ye Cream to again and strain it, set it on ye fire, stir it Continewally and let it be on till it be thick then sweeten it and put it in dishes eat it when Cold; — — — —

To make oring butter

Take the Juce of 8 good civill oringes and the yolks of 12 egs and 6 of the whites well beaten with 4 spoonfulls of rose water & oring flower water mixt together: mix all these together sweeten it with dubble suger and straine it through a haire seive grate into it a candid oring pill and set it upon a chafindish of coales stirring it continually on wrny till it be allmost enough then put in 2 graines of Ambergreas & the bigness of a wallnut of butter: stir it a little then take it of and stir it till it be allmost cold then stick it with cittern thin sliced & serv it cold

To make oring cream

Take the Juce of 10 oringes sweeten it well with suger set it on the fire and skim it: take only ye yolks of 13 egs beat them and straine them and mix them to a pint of cream: then straine your Juce by it self so mix them all together when your Juce is coole: then set it over the fire to thicken

To make Aprycock wine

Take 3 ℔ of Loafe Sugar and 3 Quarts of water, put them to gether and set them on ye fire Let it boyle & Seum it well, then put in to ye Sirrop 6 ℔ of ripe aprycock paired and Stoned, Let them boyle til they are very tender; then take them up; and Set ye Sirrop to Coule and when it is Settled bottel it up; — —

To mak oring wine

Take 6 gallons of spring water 12 pound of the best powder suger 4 whites of egs well beaten and put them into the water and suger cold then boyle all 3 quarters of an houre when it is cold put in six spoonfuls of yest six ounces of sirrup of cittern well beaten together then take the juce and peels of fifty oringes cut all the white from ye rind let all this work together two days & two nights then ad two quarts of Rhenish wine and so tun it into a vessell and stop it very close let it stand ten or 12 dayes then bottle and cork it well: this wine must be well scumed as oft as it rises

How to Make Biskits

Take a ℔ of eggs leave out 3 whits, beat them very well with a whisk ℞ a little sack, then put in a ℔ of fine searst sugar beat that till it rises to a white frothe then put in 3 quarters of a ℔ of fine flower and beat that till ye oven is rede, fill your pans a bout half full ℞ dust som sugar over them when you set them in to ye oven If you would have them eat like Rattafea put in 4 ounces of bitter Almonds blanched and beten small, — — — Mrs Trinch

1704

To make oringe wine

Take 3 gallons of Spring water put to it, 9 pound of good poulder suger set it on the fire to boyle stir it well: and put some whites of eggs to clarific it, when it hath boyled aboute an houre and will skimed take it of and set it to coole in an earthen or wooden vessell: and when it is Just warm poore it of the settling in to a paile: and put to it the Juice of 24 oranges the outward rine being pared of very thin: as allsoe ye rine & Juice of 6 lemmons put to the liquor then stir the pareings and Juice both together in the liquor, and tost a Slice of Bread spred it with one spoonfull of good Ale yest and put it into the Paile: cover it with a cloth let it stand 24 hours by wch time the Bills will sink: then straine it and Tun it into a Barrell, stop it as other wine and after it up a month bottle it of: add 2 quarts of Renish wine: it will keep a yeare or more besure you never suffer ye vessell to be stirred in ye least: and it must be full: — Mrs Boynton

Aug: 19 1715

To make Lemon Chese cakes

Take half a ℔. of Almonds Blanched in Rose water & 3 or 4 Spounefulls of Cream beat them fine in a woden Morter, then ade to it one ℔ of fine Sugar, one ℔ of butter melted on a dish before ye fire 6 eggs well beaten, one Nutmeg and a Litel Salt, two ounces of Lemon Pill Cutt Small, Mix them all together and beat them very well before you put them in to your pans, wch must haue a fine thin past in them, a Littel bakeing will Serue; thay will keep a Quarter of a yeare: Mrs Foulis 1708

How to make Lemon Sillibubs

Take a pint of good Cream, half a pint of Renish wine a Quarter of a pint of Sack the Juice of a Lemon and ye rinde grated 3 quarters of a ℔ of Sugar, Mingel all theas together, and put them in to a Earthen pot and beat it with a rod till it is so thick ye rod will Stand up right in it, then put it in to your Sillibub Glases; and Let them Stand 2 or 3 dages or more; you must beat them all one way or elee thay will Curdel, —

Mrs Poulis 1708

Whipt Sillabubs

Take a pint of Sack ye Juice of a Larg Lemon, put in a peice of ye Pill, the whites of 2 eggs a boue half a ℔ of white Sugar Stir it all to gether; then put to it a Quart of thick Cream, Straine it throue a hair Sive in to a boule or Tray; whip it with a whisk all one way, when it froths put it in to Glasses, and then whip it a gain Make them over Night if you would have them for diner, — — Sir Edward

1402

How to make Oring Cakes

Take 4 of ye best Coloed Seaill oringes & paire them very thin, Let noe white be on ye pairceing, put them in to water & boyle them very tender shifting them 3 times, when they are tender take them out of ye water and dry them in a cloth, beat them in a Morter very fine Take ye oringes and squeas out all ye Juice & Meat picking out all ye Seeds, Take a ℔ of Loafe Sugar, boyle it to a Candie height, then take it of ye fire put in ye Pills & Juice and Meat in Set it on ye fire, Stir it well Let it heat but not boyle, then take it of ye fire and put it in to Saucers or plaits, when it Candes you may put it in Lumps on clean plaits, turn them every day and keep them in a Stove till they are dry. — —

Sir Thomas
1402

Som Juice of Lemon does well, with ye Oring Meate.

oring cakes A:T

Take not weight you like of good coulerd civill oringes take out all the seeds and skins beat ye oringes as much as its posible that it be all smooth like past then take the weight of ym in loafe suger and beat it in to the pulp till it be all mixt or melted in then to about a ~~tho~~ of suger take the quantity of 2 whites of egs beat it to a froth and put it in as it rises and keep beating it into the oringe pun you think its enough beat drop it on puter dishes plates or not you like set ym by the fire and pun you think they are dry enough at the top turn ym upon clean ony and so continue to turn ym till they are dry and sometimes juice of lemon

How to make oring Marmalad

Take 6 Larg Sevile oringes paire them very thin, then cut them in halfs and take out all ye meat, boyle ye skins in 3 waters till thay are tender, then cut half of them in to peices & beat ye other half smal in a Marbel morter, Let ye meat & juice wch cam out of ye oringes be well picked from ye white strings & seeds, then take ye peeles and juice with ye pulp. and ~~that~~ take ye weight in loafe sugare; boyle it till it looke cleare; and a littel before you take it of ye fire, put in ye juice of a Larg Lemon. Let it be a littel on ye fire then take it of, and put it in glasses, put in Heare a Gill of water when you set it on ye fire.

Hy 1413

How to make Lemon Cream

Take 4 Lemons paire them very thin, put ye peells in to a pint of water, Let them stand till ye water taists strong of ye peal, then take them out, and beat ye whits of 4 eggs put them in to ye water, and ye Juice of ye 4 Lemons, Sweten it to your taist with fine Sugar, Straine it throue a Lawn Sive, put in a Littel oringflower water, Set it on a Slow fire Stir it Continuwally till it is as thick as Cream, then take it of ye fire and Stir it till it is allmost Cold, then put it in Glases.

Sis Edward

How to make Lemon Cream

Take a pint of water, ye thin rinde of 2 Lemons Let it Stip till ye water taist strong of ye Lemon, then take ye whites of 6 eggs beat them & put them to ye water, and the Juice of 3 Lemons, Sweeten it with Doubel refined Sugar, Strain it throue a hair Sive put in a Littel oring flower water, Set it on a Slow fire that it can not bouile, Stir it allwais one way till it be thick, wch will be long a docing, becaus if it be don Quick it will not Louke Cleare, You may make oring the same way putingin yolks in stead of whites;

Mrs Bowes at Bath

1702

To make Cittron water with Lemons
Take ye thin Rinde of 8 Lemons put to them a Quart of Brandy; then take somwhat more then a Gill of water, an 6 ounces of Sugare, boyle & Seime it. then put it in to ye Brandy; and half a Gill of boyleing Milk, keep it close Covered for 3 dayes Staring it every day, then straine it in to a Bottel with a Paper in ye Funnel, keep the Funnell close Covered while it is running

giuen me by Lady Davey 1414

Folio's 77r to 163v are blank

Physicall Prescriptions.

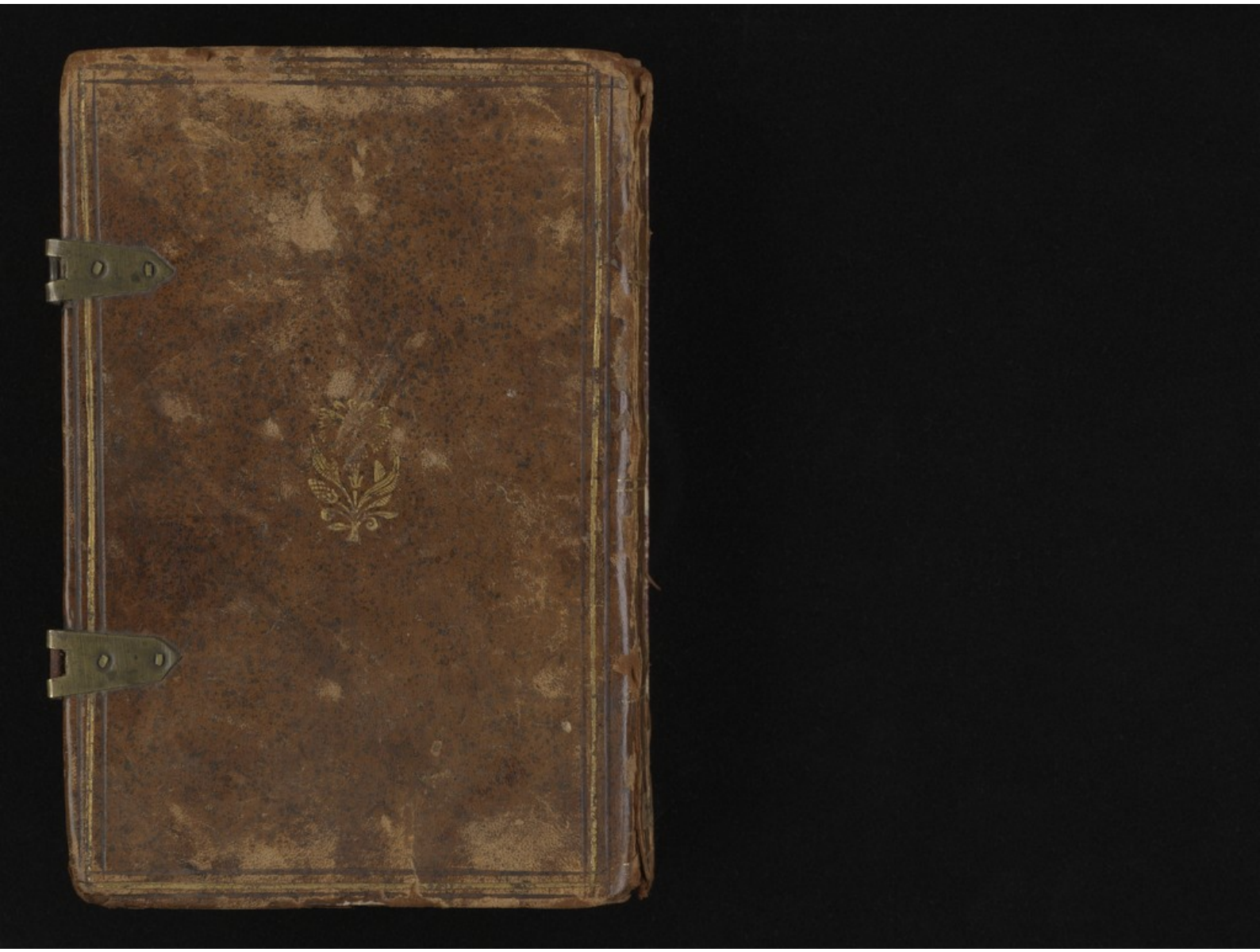
Elect: Jnd: one ounce.
Mechoacam one dram. } Are
good for ye expulsion of wind
& sticks. To be taken in two
severall mornings.

pretium — 16.

Liber Johannis Ogilvi.
Anno Dom. 1632.

Labore et constantia.

Virtus post funera vivit.



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