

## **Mrs Katharine Palmer, 'A Collection of ye best Receipts'**

### **Publication/Creation**

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A Collection of y<sup>e</sup> best Receipts  
most approved, and fittest for Use

In { Cookery  
preserving & all manner of  
Housewifery, Physick & Chirurgery.

Carefully Selected from y<sup>e</sup> best hands, & y<sup>e</sup> most choic<sup>e</sup>  
& authentick Manuscripts

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An<sup>o</sup>. 1700

Of which You will find y<sup>e</sup> exact Tables in y<sup>e</sup>  
End of this book

By Mrs Katharine Palmer.

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Note, There is room left for a Supplement to this book of what shall  
come in after the compiling of it, beginning at p. 230 in  
Cookery, preserving, & such like things. And there is room to con-  
-tinue on y<sup>e</sup> Medicinal Collection, where it at present concludes,  
with, p. 197.

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The quantitys of Butter and flower  
sufficient to make a Venison pashy with  
y<sup>e</sup> side of a Buck & Doe.

Take a peck of flower, and 4 pounds of butter  
for y<sup>e</sup> crust and 2 pounds of suet  
minced small put into y<sup>e</sup> pashy.

To a side of a Doe 3 quarters of a peck  
of flower, and so answerable Butter and Suet.  
But also y<sup>e</sup> liquor of y<sup>e</sup> Bones (which you must  
bake in a pot) with a little Claret Wine or  
water into y<sup>e</sup> pashy, when it is almost bak'd.

### Mr. Tresham's way of making a Pashy of Venison.

Take 6 quarters of flower & break a pound of  
butter into it very small, & mix it up with  
water to y<sup>e</sup> stiffness of other past. Take 3  
pounds of butter more, and rowl y<sup>e</sup> past out, &  
strik it over with y<sup>e</sup> butter in little bits take  
y<sup>e</sup> dredging box and shew it over with flower.  
Then rowl it up, & then rowl it out again all  
one way 5 or 6 times till y<sup>e</sup> butter be wasted.  
When y<sup>e</sup> meat is boned take 2 ounces of white  
pepper and mix it with salt as much as  
you think with doe, & season your Venison with  
it then put in a pound of butter at y<sup>e</sup> bottome  
of y<sup>r</sup> pan, & then put in y<sup>r</sup> Venison, and lay  
upon it 2 pounds of butter, & so lid it. When  
it is bak'd, you must put in y<sup>e</sup> liquor of the



Cones (which must be baked in a pot) with half a  
pint of Claret.

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### To make a Tansey

Take 12 Eggs well beaten putting half the  
whites out and grate the quantity of half a  
nutmeg into it with a pint of Cream and  
sweeten it with sugar to your taste. Then butter  
a dish well & put it into y<sup>e</sup> oven till it rises up,  
you may put in half a pint of a heart juice  
or spinage which you can get & you may  
fry it, if you please, as well as bake it. Then  
squeeze a lemon over it and white sugar  
upon that.

### To roast a Calves head.

Take your head and when its washed, half  
boyl it, then broyl one half off it and cut  
it other and all y<sup>e</sup> inside bits of both as  
for an hash. Have ready in your stew pan  
half a pint of white wine, 2 Anchovies, an  
whole onion stuck with 6 cloves, a little mace  
pepper & salt and as much liquor out of y<sup>e</sup> pot  
as will cover it, you may add 7 or 8 spoon-  
fulls of ale. Cover your pan after a few  
sweet herbs and some slices of Bacon put  
in it & so let it stew till its enough, then  
beat y<sup>e</sup> yolks of two Eggs and thicken it  
then have ready y<sup>e</sup> Cakes made with veal



Bacon or what fresh meat you can get, the  
 Bacon chops small, & Seasoned with  
 spice pepper salt and a few sweet herbs  
 & Lemmon peel, which must be rowd up  
 with grated bread, flower & an egg, & fryd,  
 with some stew. Then fry raskers of Bacon  
 and Oysters and Lay them atop, and  
 pour y<sup>e</sup> oyster liquor and some raw  
 Oysters upon it with some Stew, You  
 may put a little butter & shake it in y<sup>e</sup> pan,  
 so have your Tongue cut so stw with it  
 and y<sup>e</sup> Brains beat up with a little milk  
 & spice and sweet herbs & chops parfly &  
 flower and an egg, so make them into  
 flat cakes and fry them, and Lay them  
 atop with sliced Lemmon quarters orange  
 and large fryd Oysters, & sewe it up.

### To Colter Eels, Mrs. Freshams way.

Let y<sup>e</sup> eels be skind & boned, then take a little  
 pepper & salt & nutmeg, and a little Time &  
 stw it on as you season it for a yoye &  
 rowl it up into a Colthar & stw it in a thin  
 cloth and tye it up hard at each end. Then  
 Boyl it a quarter of an hour, & half y<sup>e</sup>  
 liquor tis Boyled in must be y<sup>e</sup> prickle with  
 as much vinegar, a blade or two of Mace  
 a race of Ginger, & some whole pepper, and  
 a Bay leaf or two, with some Lemmon peel.



4  
Hang y collar up with his eole, and when y pickle  
is cold likewise take out y Eole and put them  
into y pickle

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### To pot Venison

Season y Venison with Pepper & Salt &  
take it <sup>with a Sprinkle of sweet herbs</sup> with (out as) house hold bread & then  
take it from y bones and thrust it hard  
into a pot with your hands first taking  
off all y skin and pour in upon it two  
or three pounds of butter hot after his  
back's.

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### To Collar Beef

Take y thin part of y Breast and  
exactly square & bone it & put it into a  
pale of pump water & let it stand 4 or 5  
hours, then take it out and dry it in a cloth,  
then take 2 ounces of salt Peter and a  
good handfull of other salt, and rub it all  
over and put it in an earthen pan, &  
turn it 2 or 3 times a day, & lett it remain  
so 3 days, and then collar it up with a  
little Pepper & Salt & chop'd time (if in season)  
and Cloves pounded with it, w<sup>th</sup> it be rowled  
up hard, & then it must be secured with a  
filler. This may be either boiled or baked.

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## To make Pancakes.

Beat half a dozen Eggs (with but half  
of Whites of them) 4 Spoonfulls of fine  
flower, and when these are well mix'd, Add a  
gill of Cream, a little Nutmeg & sugar  
with a little sack & rosewater. You must  
clarifie your butter before you fry them.  
Try them thin & not too fat.

## To make Cheese Cakes.

Take seven quarts of Milk, one quart of Cream  
heat it as warm as it comes from the Cow  
have ready a pound & half of Curranse  
washed & dry'd, then plunge them in boyling  
hot water, but let them cool cool again.

Take 3 Nutmegs, 4 blades of Mace beaten  
with a little Sugar very fine, Take a quarter  
of a pound of Butter washed from the salt  
& half a pound of Sugar sifted, & yolks  
of seven Eggs beaten with a little rosewater  
rub the Curd thro' an hair strainer & then  
mix it with the other Ingredients.



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## To make fine Biskets

Take 8 Eggs, and put y<sup>e</sup> Whites by themselves  
and y<sup>e</sup> yolks by themselves beating them up  
with a whisk very well for a quarter of an  
hour and then have one pound of double  
refined Sugar dryd & sifted, and strew it in  
by degrees to y<sup>e</sup> Yolks & Whites mixd, and  
put some grated Lemmon peel or some caro-  
away seeds to it. Then have a pound of very  
fine flower dryd well by y<sup>e</sup> fire & as you  
beat it, put in y<sup>e</sup> flower by degrees &  
have your Oven pretty quick & ready to put  
them in. As soon as y<sup>e</sup> flower is all in,  
lay them long ways upon flower papers,  
& sift a little fine Sugar upon them to  
make them rise.

## To make Buns.

A pound & half of Flower, 2 p<sup>t</sup>. of Caro-  
way comfits, 2 pounds of butter rub y<sup>e</sup>  
butter into y<sup>e</sup> flower and with a couple  
of eggs beaten mingle these all together  
with half a pint of yeast & 2 or 3 spoons-  
full of Cream. We set it before y<sup>e</sup> fire  
to rise, and after put in y<sup>e</sup> Caroways.



7.  
To make Deer Wine by best way.

Take 20 pounds of Malaga Raisins rub them clean & steepe them very small, let them steep in 5 gallons of fair warm water, having been first boyled an hour, let it stand ten days, stirring it every day, afterwards press the liquor thro an hair sieve having in the press 2 pints of Deer berry juice drawn in a pipkin close stopp in a kettle of boyling water put it cold into the liquor. Then stir it well together, afterwards run it into a vessel & let it stand in a warm place two months or ten weeks & then bottle it. This will keep 2 or 3 years.

To make the same with Sugar,  
resembling Tent.

Take what Deer berries You please press y<sup>m</sup> with your hands, & to every quart of Juice take 3 quarts of Water. Heat your water boyling hot & pour it upon your Maynings, cover it up close & let it stand all night. Then strain it off, & put the juice to it & to every gallon of Liquor put 3 pounds of Sugar, boyl it & scum it. let it boyl about a quarter of an hour & when tis cool enough, set it with yeast and order it as ale.



D.

## To make Sage Wine

Take a quarter of an hundred of small Raisins  
pick them clean & rub them in a coarse cloth,  
but doe not wash them, then take a peck of  
Sage of Virkie and 25 quarts of Spring  
Water, boyle y<sup>e</sup> water half an hour and let it  
stand till it be blood warm, Squeeze y<sup>e</sup> sage  
and Raisins very well, & put them in an  
open tub, and put your warm water to  
them with half a pint of Ale yeast  
stir them well together and let them stand  
6 or 7 days after stirring them, then strain  
out y<sup>e</sup> liquor thro an hair sieve and  
pour it up, let y<sup>e</sup> Vessel be full that it  
may work over, and when it has done  
working, stop it up close. Let it stand 6  
weeks, then bottle it and it will be fit to  
drink in a Months time but will be better  
kept 6 months, or as long as you please.

## To make Gooseberry Wine y<sup>e</sup> best

Take as many Amber Gooseberys as you please  
pretty ripe, Mash them all together, then mea-  
sure to each quart of y<sup>e</sup> Mash one quart of  
Spring Water, let this stand well mixed a  
day and Night and then strain it thro an  
hair sieve, and put to every quart of strayne  
liquor a pound of White Sugar, and when



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is all dissolved & layn it again thro a  
flanel and lund with some Ale yeast &  
Cover it.

To make Currant Wine, y Dutch<sup>s</sup>  
of Lauderdales way, or of any other  
fruit.

Take of y ripest and fairest Currants you  
can get 24 pounds, & put to them 8 quarts  
of Spring Water. Bruise them with y hand,  
and then strayn them thro an hair sieve,  
and put to 'em 9 pounds of powder sugar,  
then put it into your Cask, leaving it  
open 6 days till it has done farging,  
then stop y Cask up close & keep it till it  
be fine, then bottle it & keep it for y  
Use.

To make Cowslip Wine y  
Lady Lucy Brights way

Take of Gallons of Spring Water & 50 pounds  
of White dry Sugar, boyl it together at  
least an hour skim it clean, and let it  
stand till it be just blood warm, then put  
two bushels of pickt Cowslips into a sweet  
dry Cask, and pour y water and sugar  
on them, and to this quantity put 12 or



14 spoons full of good new ale yeast and  
 stir it all together with a wooden stick  
 covering it with a cloth and y<sup>e</sup> next day  
 squeeze into it y<sup>e</sup> juice of 16 Lemmons  
 paring off y<sup>e</sup> rind of 9 of them and put  
 them in likewise, stirring all together.  
 So let it stand 3 weeks close stopp'd or a  
 month if y<sup>e</sup> weather be not too hot and  
 then draw it into bottles, and keep it for  
 Use.

### To make Shrub Water.

Take 2 Gallons off y<sup>e</sup> best Brandy, 12  
 large Lemmons, peel & all, cut y<sup>e</sup> Lemmons  
 in peices & put them in a stone jug with  
 6 pounds off loaf Sugar and let it  
 stand 9 days, then strain it & put into it  
 2 Gallons of a strong white wine, a quart  
 of Spring Water & so bottle it up toge-  
 ther for Use, will keep 3 years.

### To make Orange or Lemmon Water.

Take 25 Oranges, two quarts off y<sup>e</sup> best Brandy  
 & 2 quarts off French Wine (white wine is best)  
 and put it in y<sup>e</sup> still over night & paste  
 it very close & still it in a cold still, y<sup>e</sup>  
 next morning you may draw 3 quarts good,



23.  
Let y<sup>r</sup> Oranges or Lemmons be pared  
very thin, and take only the peelings  
for your use.

See page 97. To make y<sup>e</sup> best Black Cherry  
Brandy, or of any other fruit.

Take as much fruit as will fill y<sup>r</sup> pot or  
vessel you intend to make it in and pour  
as much Brandy as y<sup>e</sup> vessel will hold upon  
it to every quart of Brandy put a quarter  
of a pound of Sugar and let it stand so  
two Months and then bottle it & keep it for  
Use.

To make a good Wind water.

See page 77. Take of Baum, Borage & pennyroyal  
3 handfull each steep them all Night in  
a gallon of strong ale put these y<sup>e</sup> next  
morning into a Still and add half a pint  
of good Brandy to it you must draw it off  
in one day. It will yield 3 quarts of water.  
Sweeten it with good Sugar, or Syrup of  
Gilliflowers.

To make Milk Water

Take to one Gallon of Milk 3 handfull of  
Carduus, 2 of Woomwood, 2 of Speer mint  
2 of Baum.  
put them into a cold Still, and draw off A.



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but 2 quarts of water. You must stir it  
once or twice Do keep it from burning to  
y<sup>e</sup> bottom.

### To make D.<sup>r</sup>. Hameys Dye bread.

Take four pounds of fine flower, and 3 p<sup>t</sup>.  
of beaten loaf sugar, and half a pint of  
Rosewater, and 20 Eggs whites and all, w.<sup>th</sup>  
A large spoonfull of Caraway seeds.  
Then put two fagots into y<sup>e</sup> Oven, & kindle  
them, and while these are burning, begin  
y<sup>e</sup> work thus. Break y<sup>e</sup> Eggs in a large  
wooden bowl and beat them together well  
with a whisk, then put in y<sup>e</sup> Caraway seeds  
& rosewater & beat them together also, then  
add y<sup>e</sup> flower, and beat all together at least  
as long as all y<sup>e</sup> former were done severally,  
& by that time y<sup>e</sup> oven will be hot enough  
into which You are to put y<sup>e</sup> batter into  
tinn pans, while y<sup>e</sup> heat is pretty quick  
and then leave them 3 quarters of an hour  
which is sufficient, if y<sup>e</sup> oven be rightly heat.



### To make an Excellent Pease Soup.

Take 3 quarts of Water, & one pint of pease, Boil them together gently above 2 hours till it be almost half boils away, when it has been an hour only fire put in a dozen cloves, & an whole Onion.

Take Sallery, a good Deal of Endive, Lettuce &c. and slice them thin (an ordinary plate full in all) then Boil up half a pound of fresh Butter by it self and putty herbs to it, and so let 'em Boil till the herbs are tender then strainy pease soup and put to it and let it stand a while, on the fire & its done seasoning it as you like.

### To make a Pravy Soup or French Pottage

Take 12 pigeons or Chickens, and Boil them till to eat. then in y<sup>e</sup> Broth Boil knuckles of Veal & Mutton. Season y<sup>e</sup> Broth with spice & an Onion, and a bunch of sweet herbs. Get a Stone of lean Beef off y<sup>e</sup> Cuttock for gravy, roast it & gash it & baste it with y<sup>e</sup> Broth, then squeeze & ring it. Keep y<sup>e</sup> gravy very hot but not boiling. Cast it curdle. Dry y<sup>e</sup> crust of 2 french rolls whole in a dish and when the dish is hot, take two Ladles full.



14.

of broth as boiling, (skim of y<sup>e</sup> first very  
clean) and pour it upon y<sup>e</sup> bread thro' an  
hair sieve y<sup>e</sup> so let it stew being covered.  
and as y<sup>e</sup> bread soaks up y<sup>e</sup> liquor add more  
by little and little till y<sup>e</sup> siff be almost  
full then thrust y<sup>e</sup> fowl into y<sup>e</sup> bread, that  
lonely y<sup>e</sup> breast may be seen, and when going  
to table pour your hot gravy upon it & shake  
it, so these may be added (as you like) paltats,  
Rocks combs, Sweet breads, Chesnuts, Green pease pulp'd  
and layd in spoonsfull here & there with green  
herbs, but they must be boiled first by themselves,  
be aware of salt, for it grows salt in stewing.

A good Pottage more readily made  
Break all y<sup>e</sup> bones of a leg of beef and  
washing it clean boil it very well, and  
put in a knuckle of Veal with a bunch  
of Sweet herbs, a little whole pepper, mace,  
6 cloves, a slice of ginger sliced 2 or 3 an-  
chovies, and when this well boiled strain it  
out and stew it an hour or more with some  
dryd bread, put in 2 paltats, sweet breads,  
Rockscombs, & Lamb's bones, boil some Endives  
Spinage by themselves, and put to it half  
New Cart y<sup>e</sup> bread a little gravy, and when  
its ready to take up, squeeze in y<sup>e</sup> juice of  
an Orange.



To make a Fricacee of Chickens

Take 2 Chickens, cut them in small peices as a walnut. Then take 2 spoons full of capers, and a spoon full of minced parsley and sweet herbs a nutmeg grated & as much salt put it all into a frying pan with a quarter of a pint of white wine & as much verjuice or vinegar. Then fry it a quarter of an hour till it be tender. Then put in half a pint of Oysters with their liquors & y<sup>e</sup> herbs, and let them boil a gallop or two. Then beat 2 eggs with 2 or 3 spoons full of verjuice or vinegar, and put it into y<sup>e</sup> pan and let it boil a little longer. Then pour a quarter of a pound of butter beaten up very thick with 6 anchovies & pippets, sliced Lemmons & barberys upon it. The same Ingredients will be proper for Rabbits, a Neck, or Loyn, of Mutton.

To make Fingen bread, M<sup>rs</sup> Brograves way

Take a pottle of fine flower, two pounds & an half of y<sup>e</sup> best Meale, & half a pound of Sugar, 2 ounces of Coriander seed beaten fine, 2 ounces of Caraway seeds unbeaten, 2 ounces of powder of Ginger, 2 pounds of



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Citron Orange & Lemmon cut in slices,  
half a pound of butter melted, all these  
things mingle together and put in y<sup>e</sup>  
butter last letting it stand about an hour  
in y<sup>e</sup> Oven.

### To make a Sack posset.

Take 16 Eggs, putting away 4 of y<sup>e</sup> whites,  
beat them very well and strain them, put  
to them a pint of Sack & half a pound of  
good sugar, then put them into y<sup>e</sup> Basin you  
make it in, and set it upon a chafing dish  
of coals, and stir them continually one way  
not too fast at first, but when tis warm  
stir it apace that y<sup>e</sup> eggs doe not thicken,  
and it must be scalding hot. In y<sup>e</sup> mean  
time, take a quart of thin cream, and put  
in it a nutmeg quarters, with 2 or 3 blades  
of mace, & a little lemon peel, let y<sup>e</sup> cream  
boil 2 or 3 times, taking it off and letting it  
on again, then take out y<sup>e</sup> spice and set y<sup>e</sup>  
Sack down by y<sup>e</sup> fire, so pour y<sup>e</sup> cream in  
boiling hot, and stir it about once or twice  
to mingle it and cover it presently with a cloth,  
& so let it stand a while and it will be like  
a tender custard to y<sup>e</sup> bottom. You may  
make it thus with new Milk and White-  
wine, but you must remember to let y<sup>e</sup>  
spice lye in your Cream 2 or 3 hours before you  
make it



## To make a plain Cake by best way.

Take 4 pounds of Flower, one pound and an half of butter, one pound of Sugar, and one ounce of Caraway seeds, and one nutmeg with 5 eggs, a pint of yeast, This made as usual with y<sup>e</sup> quantity of milk necessary to make a Cake of this size is all, so bake it in a paper hoop, This was y<sup>e</sup> Lady Seymours cake for her own eating.

## To make a plum Cake Mrs. Trefham's way.

Take seven pounds of flower well dryd, a quart of Cream, a quart of good ale yeast, 4 pounds of butter, 30 Eggs, a quarter of a pint of Sack, a pound of Sugar, an ounce of Mace, nine pounds of Currance & beat y<sup>r</sup> eggs very well. Then strain your yeast and eggs together and put your sack into it, your Mace must be finely beaten & so must your Sugar, and both mixed with your flower. Then set your cream on a slow fire and put y<sup>r</sup> butter to it and break it with y<sup>r</sup> hands till its mixed like Custard, & when its hot enough take it off, and pour in your Eggs & yeast (as you mixt) first stirring it all a while & put them all into y<sup>e</sup> flower & mix it all together & then let it stand till your oven be hot, then put in y<sup>r</sup> Currance, being pretty



107.  
Not just before You put it into y<sup>e</sup> Oven.  
You must let it stand in y<sup>e</sup> Oven two  
hours, or near it and remember to butter  
your hoop well.

To make Mrs. Trepham's Seed Cake  
Take 4 pounds of fine flower a pound of  
Naples Biskett grated a few cloves & mace  
finely beaten, a pound of Caraway comfits,  
half a pound of Sugar, put it into a  
drep pan or bowl and make a deep hole  
in y<sup>e</sup> middle and then take 2 pounds of  
Butter melted by it self, above half a pint  
of Cream beaten & cold again, mingle y<sup>r</sup>  
Butter and Cream together pretty warm, but  
not too hot, then beat 12 Eggs, leaving  
y<sup>e</sup> Whites out, & putting in a little rose-  
water then strain a full pint of good  
ale yest into your Eggs, & pour it into y<sup>e</sup>  
middle & y<sup>e</sup> Cream & Butter, then strow a  
little light flower over y<sup>e</sup> top of it but  
mingle it not & then cover it & let it  
stand a quarter of an hour to rise, then min-  
gle it & put it into your hoop, which must  
be well buttered, heat y<sup>r</sup> Oven as for  
manchet, & let it bake an hour.



19.  
To make, a buttered Loaf, or Loafs.

Take very fine flower & yolks of Eggs, sweet butter, yeast, cloves, mace, sugar, Cinnamon ginger, & work it together and make them in little Loaves, & when they are baked, set a good quantity of butter on a chafin dish of coals & cut them open, butter them, & new sugar on them, & serve them up.

To make span puffs.

Set a quart of Milk with runnet wheny Curd come, putt it into a cloth & drain out y whey, very clean from it and break the Curd with y back of a Spoon in a dish very small, put y yolks of 4 eggs into it and 2 good Spoonfull of yeast & as much fine flower as will bring it to y stiffness of a Cake mould them up all together into past, then cut them in little peices like little cakes & flat them down with y hands, make them very thin throw some flower upon a plate and lay y cake upon it set them before y fire & let em stand till they are risen & very light have half a pound of butter in readiness in a frying pan hot upon y fire, then put in y Cakes as many as y pan will hold & fry them with a quick fire till they are brown on both sides, then lay



them in a dish & put to them beaten Butter w<sup>th</sup>  
sugar & cinnamon. They must be eaten whilst  
very hot, or else they will be stiff.

### To make good Sausages

Take a leg of Mutton, of Veal, and of Pork  
and pick out a pound of y<sup>e</sup> leanest of each  
of them, then clear it from all its sinews &  
fat & shins. Then take half a pound of Beef  
cut & shred all these small as canst  
take 3 good handfulls of clean pickt Sage,  
10 or 12 tops of Rosemary, shred these  
herbs by themselves small & shew them upon  
y<sup>e</sup> shred meat, take 2 ounces of Pepper,  
2 ounces of Nutmeg, with a good handfull of  
Salt, & mix y<sup>e</sup> seasoning all together, then  
shew that upon y<sup>e</sup> meat, & mix them all together,  
& so shred them again. Take 20 yolks of  
Eggs, and put 10 of y<sup>e</sup> whites away, &  
by little & little (after you have made an hole  
in y<sup>e</sup> meal) mix them amongst it and  
then beat it with a roasting pin, but doe  
not lift your pin up, but draw it to you  
in beating, so put your Meat, & as you  
use it, fry it in butter either long or in  
cakes with a little flower to make it up,  
to keep it from sticking to y<sup>e</sup> hands, it will  
keep 3 weeks, before you need spend it all.



## To make puff past.

Break 2 eggs in 3 pints of Flower, make it with cold water, then rowl it out pretty thick & square, then take as much butter as past, & lay it in rows, & divide your butter 5 pieces, that you may lay it on at 5 several times, rowl your past very broad and cut one way all by while and take one part of the same butter in little pieces, & lay it all over your past then throw an handfull of flower slightly on, then foute up your past, & beat it with a rowling pin, so rowl it out again, this doe 5 times & make it up.

## To make an excellent baked Pudding.

Take 20 yolkes of Eggs beat <sup>m</sup> very well, then take almost half a pound of beef sweet stues very fine, add a pint or more of good Cream & stir it with a heat flower almost as thick as for a bag pudding, season it with Sugar, Rosewater & Salt beat all these together & rub y<sup>r</sup> sift with butter, & put it in, then set it in an Oven, & let it stand an hour and half.



## To make an hedge hog Pudding

Take 2 Loaves of grated bread half a pound of Beef suet, 6 yolks of Eggs cream sufficient to act it some more beaten small an handfull of raisins to stew about it & as much Sugar as will sweeten it & some salt then tie it up in a Napkin, and boil it till tis enough, then turn it into a dish & pour some melted butter on it, shew a little Sugar, & stick it all over with sliced Almonds.

## To make an Orange Pudding

Grate y rind of 2 Oranges & pound it in a stone mortar put to it half a pound of loaf Sugar, & pound it with y Orange & put to it half a pound of fresh butter & pound that too then put in y yolks of 12 Eggs & beat y on all together, & put a sheet of puff past in y bottom of y dish, & only top, & when y crust is enough, it is baked.



## To make an Almond cake Pudding.

Take a quarter of a pound of Almonds,  
Blanch y<sup>m</sup> & beat y<sup>m</sup> very fine put to y<sup>m</sup>  
a little grated Bread & y<sup>e</sup> yolks of 6 eggs  
well beaten, & a pint of Cream. Boyle season  
it with Sugar put in a little Ambergreene  
with a little rosewater, put it in a sift, &  
so Bake it.

## To make Almonds hogs-puddings

Take a pound of Almonds, Blanch them &  
beat them, then take 4 two penny Loaves grated,  
& put in y<sup>e</sup> yolks of 8 eggs & 3 or 4  
whites well beaten, as much boyled cream  
as will wet it pretty thin, season y<sup>m</sup> with  
Nutmegs, Cloves, & Mace as much as you  
like & Sugar, Salt & rosewater to y<sup>r</sup> liking  
with 2 or 3 spoonsfull of sack, make  
y<sup>m</sup> very sweet, pour in a pound of butter  
melted, a pound of beef sweet Minced,  
and as much marrow as you please, a  
pound of Raisins of y<sup>e</sup> Sun, sliced small,  
two or three dates, then fill them in  
Bullocks Tuts or hogs, not too full &  
you may grate in 2 or 3 Naples Biskets.





## To make an Apple Pudding

Take 50 pippins small sliced and two  
 rows grated mingle your Apples & bread,  
 then take 5 yolks of 50 Eggs with half  
 of whites beat y<sup>m</sup> together & add a pound of  
 Currants & half a pound of sugar with some  
 cloves, mace, cinnamon & a little Salt,  
 This quantity will make two puddings it  
 must boyl 2 hours, & y<sup>e</sup> bag must be seal-  
 ed & well flowered, serve it up with  
 sack, butter, & sugar.

## To make a Custard Pudding.

Take a quart of Cream & 4 Eggs, 4 spoons-  
 full of flower, a little nutmeg & sugar  
 according to liking, and boyl it half an  
 hour serve it up with butter beat up  
 with sack & sugar, or rosewater.



## To make an Oatmeal Pudding

Take a quart of Oatmeal & lay it in steep  
in new Milk, let it be warm and one hour  
or two will serve, Then take half a pound  
of fruit & half a pound of Sweets & or 4  
Eggs, & what Sugar & spice you please &  
Stir it together & so put it in a dish, & set  
it in an Oven.

## A quaking Pudding

Boil a quart of Cream with Nutmeg,  
Tinger & mace all whole, let it cool again,  
Then take 4 ounces of Blanched Almonds  
& yolks of 7 eggs, with but half y<sup>e</sup> whites  
& beat y<sup>e</sup> well, Then strain them & put y<sup>e</sup>  
into y<sup>e</sup> Cream with y<sup>e</sup> Crum of a Manchet  
& some fine flower Stir it thick, Then wet  
a thick cloth in Water & shew flower on it  
& putting in y<sup>e</sup> stuff, bind it up close &  
put it into scalding water & letting it  
boil till it be enough season it with Salt  
Sugar & nutmeg, scraped or sliced, as  
You like best.



## To make French Bread.

Take half a peck of fine flower and a pint of new yeast 3 eggs & a quarter of a pound of butter & take a skillet of milk warmed very warm & so beat y<sup>e</sup> yeast eggs & butter all together, & so strain it to y<sup>e</sup> flower & work it very well, & cover it warm & set it by y<sup>e</sup> fire & when tis very well risen, make it up in Rows, & then set it by y<sup>e</sup> fire again and when it is risen, set it in y<sup>e</sup> Oven.

## To make Fritters

To 3 pints of Milk take 8 Eggs put in cinnamon nutmeg, & a little salt with a quarter of a pint of Sack mix them all well in a pan and beat them a great while Then take your large fair pippins pare them and cut them in thin broad slices and dip every slice (after you have taken y<sup>e</sup> core out of y<sup>e</sup> middle of them) into y<sup>e</sup> batter one by one, but let your pan boyl to y<sup>e</sup> full only fire before you put them in, & take out as fast you can, that they may not be greasy.



## To make Plumb Pottage.

Put into a great pot on Copper, a good  
leg of Beef with a small piece off neck,  
and so let them boyl till they be half  
boyled, put in two pound of Prunes, 2  
pounds of Raisins with one pound of  
Currants and let them boyl altogether  
till they be enough, keeping the pot full of  
boyling liquor, then strain them thro' a  
hair sieve and put it into the pot again,  
also the crums of a sixpenny loaf & an  
half into some of the hot liquor that it  
may be very small. Then put it into your  
pot, and let it boyl a pretty while, then  
put in 6 pound of Prunes, 5 of Raisins  
of the Sun & 5 of Currants and when they  
are boyled, put in your Spice two large  
Nutmegs, and Cinnamon, with cloves & mace,  
to your liking.

## To make a Cordial Brewell.

Let 3 pints of Water on fire, & take  
2 Spoonfull of Oat meal, & beat it in a  
stone mortar, & put it in, & when a third part  
is boyled away, put in half a pint of Rhen-  
ish Wine with a blade of mace after  
you have strained it, and when it is to be



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eaten, put in a spoonfull of cand<sup>d</sup> Dringo  
root finely Tred instead of Sugar, and a  
little Rosewater & butter if you like it or  
either of them, which you like best.

To make y<sup>e</sup> best sort of Biscuits y<sup>e</sup> Lady  
Salmashier Bay

Take a pound off y<sup>e</sup> purest fine White flower  
add unto that a pound and half of fine loaf  
Sugar, let y<sup>e</sup> flower and Sugar both be well dryd;  
Then mix them Together, and put to them 24  
Eggs or 23 taking out y<sup>e</sup> whites of 7 or 8  
of them, but before they be put to y<sup>e</sup> flower &  
Sugar, y<sup>e</sup> eggs must be well beaten, & strained  
Then put to all these well mingled a spoonfull  
of Rosewater or two, & you may add (if liked)  
to all these a few anniseeds or Coriander, then  
mix them all together and beat them two hours  
together without intermission for fear y<sup>e</sup> cold  
Take them in y<sup>e</sup> mean while let your Oven  
be prepared to a moderate heat, & butter your  
tin pans all y<sup>e</sup> bottoms, and when your batter  
is sufficiently beaten, and y<sup>e</sup> oven moderately hot  
then fill your little pans or moulds by spoonfulls,  
with y<sup>e</sup> help of one or two, to make them handsome-  
ly in their pans, & icing y<sup>e</sup> top of them by scraping  
y<sup>e</sup> fine Sugar on them, then transfer them into  
y<sup>e</sup> oven & as soon as they turn colour, if y<sup>e</sup> oven  
be of due heat, they must be drawn



## To make Almond Jumbals

Take a good Quantity of Blanched Almonds & beat y<sup>m</sup> in a stone mortar with rosewater till it last not oily & so beat it with fine Sugar very fine till it be pretty stiff, & y<sup>e</sup> almond melt in your mouth when you kiss them, then putt in two spoonsfull off y<sup>e</sup> both off whites of eggs beaten with Sugar and so beat these altogether and over them sift some Sugar to roule them in to make them up like Jumbals, then ice them thick over with double refined Sugar beaten with white of Egg, they must be put on papers strewd with Sugar, and so bake in an Oven, to be a little brown at the bottoms, but White on top.

## To make Mackeroons

Take one pound of Blanched Almonds 3 quarters of a pound of Sugar & yolk of one Egg & Whites of 3, beat these in a Mortar with a little Rosewater and bake them in a very temperate heat, upon sheets of Tinn.



## To make a good sort of Cheese Cakes

Take 4 quarts of morning Milk, and set it with  
sunnet, as for a Cheese, & when curd is come,  
drain it clean out from the whey, & break the curd  
very small with the back of a spoon, slice in  
half a pound of new butter thin, & put in 4 or  
5 eggs, mingle it very well with the curd and  
put in half a penny loaf grated, nutmeg  
Sugar & Currants as you like. Then lay y<sup>e</sup>  
into y<sup>e</sup> past, close them up, & bake them.

## A very Good White Pot.

To a pint of Cream take 9 Eggs, putting a-  
way the Whites, season it with Nutmeg &  
Sugar, cut thin slices of white bread cutting  
off the crusts, cover y<sup>e</sup> dish with your bread,  
Then take marrow cut in as big pieces as wal-  
nuts (or else they will not melt) & put in some  
raisins of y<sup>e</sup> Sun and a few dates. Then  
cover it with more cut bread when you are  
ready to set it into y<sup>e</sup> Oven. Then shaver in  
your Seasoned Cream, & so bake it and when  
it is enough baked a knife stuck in it will  
bring it out whole.



## A good Sauce for any sort of fowl.

Take 3 or 4 Anchovies, dissolve them in a quarter of a pint of white wine then put in 5 or 6 minced shallots, y<sup>e</sup> juice of 2 Oranges, a little grated nutmeg, a slice of butter, and y<sup>e</sup> yolks of two Eggs, beaten.

## A Custard.

Boil a quart of Cream with a whole spice boat some blanched Almonds very small with red rosewater strain them with y<sup>e</sup> cream & put y<sup>e</sup> yolks of 10 eggs & sugar to y<sup>e</sup> Cream stir it, and set it over a pot of seething water, & so let it boil and as y<sup>e</sup> Custard hardens, put in y<sup>e</sup> currants with dates minced small, or without, as you please.

## To boil a Capon with herbs & roots.

Fill y<sup>e</sup> belly of y<sup>e</sup> fowl with Parsley & Thyme and then sear it with some Mutton y<sup>e</sup> broth may be strong and boil in it a bundle of a Spinage, mace & salt then take carrot roots & boil them in fair water with them, & put some into y<sup>e</sup> broth, & use y<sup>e</sup> rest for Garnish.



# To make Scotch Collops.

Take part of a leg of veal, & slice it very thin  
 Then hack it chequer ways with y<sup>e</sup> back of a  
 mincing knife. Then lard them with fat bacon,  
 Then take a Nutmeg & grate all over them, then  
 season them with a little salt. Then take half  
 a pound of butter & melt it in y<sup>e</sup> frying pan,  
 and put y<sup>e</sup> Collops into it & fry them, but  
 fry them gently till they grow brown, then  
 take them out and pour out y<sup>e</sup> butter that  
 first fryd them. Then take half a pound of  
 butter & beat it up thick, & put a little white  
 wine vinegar to it. Then take y<sup>e</sup> yolks of 5  
 or 6 eggs, beaten very well, & put y<sup>e</sup> melted  
 butter to y<sup>e</sup> Eggs, then put y<sup>e</sup> collops into  
 y<sup>e</sup> pan & pour y<sup>e</sup> butter & eggs to y<sup>e</sup> Collops,  
 and toss them in y<sup>e</sup> pan till tis thick, on  
 a soft fire, but remember to add y<sup>e</sup> liquor  
 of what green Peas you think fitting,  
 and stirring some of y<sup>e</sup> Peas & frying  
 shreds of them, with slices of Bacon lay  
 them in a warm dish on y<sup>e</sup> Collops, with  
 slices of Lemon (and Balls (if you will)  
 of forced meat fryd & steard, made of  
 veal, sweet herbs, Jewitt, spice & white  
 bread, & so serve it up.



## To pot Eels.

Take y<sup>e</sup> largest Eels clean washed, cut off all y<sup>e</sup> finny parts and Bone them season them with pepper, salt, & Nutmeg, cut them according to y<sup>e</sup> size of your pots lay a row of Butter at y<sup>e</sup> Bottom and then a row of Eel & so on till its full, cut at y<sup>e</sup> Top lay Butter and upon that an Onion sliced & a Bay leaf or more then graft up y<sup>e</sup> pot & bake it as household bread & when its baked take off y<sup>e</sup> pot leaves & Onion, and fill it up with Butter clarified with y<sup>e</sup> white of an Egg.

## To Salt Ham &amp; Tongues.

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Take a pound of Salt Peter 2 pounds of Bay Salt, Beat y<sup>m</sup> very small, Add to these one pound & half of coarse sugar 2 pound of white salt, This with salt 2 Ham, & 6 Tongues, mix y<sup>e</sup> salt & sugar & lay it upon your Ham & Tongues & lay them in a thing where they may lye flat and that y<sup>e</sup> brine may cover them so let y<sup>m</sup> lye for 3 weeks, turning them sometimes & this brine being boild again with salt one Ham & 2 or 3 Tongues more, adding a little



more Bay salt hang y<sup>m</sup> up in a chimney where  
 Wood is burnt and if that cannot be had  
 lay them on a rack, or hang them so near  
 your kitchen fire, as they may dry, but  
 not so grow greasy note, they must be  
 boiled 4 hours and bind bands of hay  
 round them, to take them up by better,  
 lay it in 2 or 3 quarts of beer a night  
 & wash it with blood & let it dry in so  
 make it look black. Note y<sup>e</sup> same brine  
 will serve again being boiled & skimmed, ad-  
 ding some more to it.

### A good way to dress an Hare.

Take a quart of Ale to baste it with, & a  
 good quantity of y<sup>e</sup> best Butter. Mince some  
 salt upon it, then take a little Spinage,  
 thin Lemmon peel and anchovy with  
 marjgold flowers, savory & nutmeg, &  
 chop 'em all together, Take also a good  
 piece of butter & crums of White bread,  
 work them well together, & put them  
 into y<sup>e</sup> belly of y<sup>e</sup> hare, & be sure it be  
 well roasted, you should make good beef  
 gravy & baste it well & thicken it, then  
 take y<sup>e</sup> stuffing of y<sup>e</sup> hare, & mix it all  
 together, but if you have no Spinage  
 take some parsley or Beet leaf in y<sup>e</sup>  
 room of it.



## To pickle Mushrooms.

Wash them & put them into Water & salt as you doe them. Then take them from y<sup>e</sup> water, & boyl them onely with their own Liquor you must have onely y<sup>e</sup> little buttons for larger mushrooms are not good & then prepare your pickle Thus Take white wine Mace a whole pepper Cloves, an onion & boyl it, and when its almost cold, put in your Mushrooms, & keep them close covered.

## To Boil a Cods Head, & make sauce to it.

Take 2 quarts of Water, as much Ale but of Aleet, & vinegar, of each a quart boyl this together with a bundle of sweet herbs two Onions & a sprig of Rosemary, some cloves and Mace, an Handfull of salt, with some whole pepper & when it boyls put in your fish, and let it boyl very softly, till it be enough, then take it up, drayn it well, & dish it, with y<sup>e</sup> sauce following.

Take a quart of Shrimps, put y<sup>m</sup> in a pint of Aleet Wine with 2 anchovies, 2 shallots cut small, 2 whole Onions, 2 or 3 cloves draw all this together over y<sup>e</sup> fire with half a pound of butter, grate



in half a Nutmeg, with a little Lemmon, &  
Thicken it with 3 yolks of Eggs and dress  
it with Sippets round y<sup>e</sup> Dish, & some stear  
oysters with it.

### To make Mustard.

Take y<sup>r</sup> Mustard seeds, & dry it in an  
Oven beat it & sift it put in some vinegar,  
& verjuice some Rosh radish pepper, a  
little salt, & an Onion slit, & keep it  
close stopp for y<sup>r</sup> Use

### To pickle Oysters.

When You open y<sup>r</sup> Oysters, save y<sup>e</sup> li-  
quor of them, & wash them clean in y<sup>e</sup> same  
liquor, strain y<sup>e</sup> Liquor from them, & season  
it with Salt, & let it boyl a pretty while  
then scum it & put in y<sup>r</sup> Oysters, but  
be sure boyl them not too much (for that will  
make y<sup>m</sup> eat dry) put in sliced Lemmons  
& 6. Blades of Mace, then take up y<sup>e</sup> oysters  
& set them for cooling with y<sup>e</sup> flat sides  
upward, then boyl y<sup>e</sup> liquor with some  
whole pepper half a quarter of an hour  
& when it is cold, put up y<sup>r</sup> Oysters in a  
pot, & keep them close covered.



## To make pickle for Surgeon

Take half Beer & half Water & boil in it  
a good deal of Bran, & strain it, &  
when tis cold put in y<sup>e</sup> Surgeon.

## To pickle Cucumbers, Mangoe way.

Take y<sup>e</sup> Cucumbers & put them in water &  
salt two days. Then take them & slit y<sup>m</sup>  
with a penknife. Take y<sup>e</sup> seeds out & y<sup>e</sup> soft  
part, then put in a spoonfull of Mustard  
in each, 3 bits of Garlicke, and 3 bits of  
ginger, with 3 bits of horseradish. Then tie  
y<sup>m</sup> close every one with a Thread. Y<sup>r</sup> pickle  
must be half wine vinegar half beer vinegar,  
bits with ginger, Jamaica pepper &  
salt and put it boiling hot to them 9  
days twice a day. Note your Cucumbers  
must be greenest and largest you can get  
and you may doe Melons y<sup>e</sup> same way, &  
They are very good.

## To pickle sliced ripe Cucumbers, to stew under Mutton.

Take y<sup>e</sup> Cucumbers & slice y<sup>m</sup> & put as much  
Vinegar salt & onion as will cover them & keep  
them close stopd in an earthen gally pot.



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## To pickle Farragon.

Take two parts vinegar & one part water & boyl them together then put salt into it as into any other pickle, then pick yr Farragon & put it into a vessel, then pour yr liquor boyling hot upon it & stop it close, this doe 3 days together and it will make it as green as when first gathered.

## To pickle Nasturtium, seeds or Buds.

Take a pint off yr best White wine vinegar, an handfull off salt, & put as many seeds or buds as yr vinegar will cover & keep them close covered & they will green off themselves, but yr buds will perish soonest, the other will keep yr year round.

## To pickle Barberrys.

Boil a good many Barberrys in Water & salt till they break & redder yr liquor then take it off yr fire & put it to your Barberrys as you mean to keep all yr year either hot or cold



### To pickle Cowcombers & small ones

Take some old pickle & wash them very cleare,  
if you have none take any vinegar & then  
dry them very well in a cloth, Boile your pickles  
about an hour and half, 6 quarts of  
white wine vinegar, and 3 of reape  
with pickle a thousand, about 4 handfull  
of Salt put in Dill & fennel seeds & some  
Bay leaves betwixt y<sup>e</sup> Cowcombers, then  
pour your pickle hot over them and cover  
them up close and let them stand a month,  
then boile your pickle again and pour  
it in upon them hot, & cover them up  
close and they will keep 2 years.

### To collar Pig

Cut off y<sup>e</sup> head first and flit it down y<sup>e</sup>  
back and take out y<sup>e</sup> bones then take a  
handfull of sweet herbs & mince them small,  
season y<sup>e</sup> pig with some nutmeg, cloves,  
& mace & salt, then slit the pig quite  
in two & shew your herbs upon the inside,  
then rowle them up in collars like brawn,  
as many as you wish, then bind them close  
up in a cloth & lye them fast, so put them  
into a boyling pot of water as much as



will just Boyle it put in some vinegar & salt,  
& when they are Boyled very Tender take them  
off & let them stand in that liquor 2 or  
3 days, and is fit for use.

### To pot an Hare

Take an Hare and bake it very Tender but  
first season it very well with pepper and salt,  
pouring in upon it a pint of Claret, & a pound of  
butter, with an whole Onion. Then when its baked  
take out all y<sup>e</sup> Bones and thrust it down hard with  
your hands, into y<sup>e</sup> pot or pan. You would have  
it in, and cover it with melted butter.

### To Ragoo a Breast of Veal.

Half roast y<sup>e</sup> Breast of Veal, & then stew it  
with no more water than will keep it from burning  
to y<sup>e</sup> Stewpan, & when its Tender take it out. Then  
take some Thyme, Lemon peel, a little nutmeg, with  
some beaten Cloves, some sweet Marjoram and a  
Shallott cut small amongst it and mingle these  
with a spoonfull of fine flower, and strew it  
upon y<sup>e</sup> meat. Add to y<sup>e</sup> liquor You took it  
from a pint of good Gravy with 3 spoonfull  
of White wine, and let it just Boil up with y<sup>e</sup>  
Veal. Then take out y<sup>e</sup> Veal, & put in about  
half a pound of butter taken off its thick (or thickened  
w<sup>th</sup> flower) & serve it up, w<sup>th</sup> sliced Lemmon, Mushrooms &  
Oysters if You will.



## To pickle Purstin Nalps.

Take your Purstin stalks, & pick off all  
 y<sup>e</sup> leaves, Then make your pickle 3  
 Quarts water & vinegar & put in salt enough  
 to season it well. Then lay y<sup>e</sup> Purstin in  
 soke in this pickle 4 or 5 dayes and  
 put it into a pott or skillet of bell mettle,  
 and cover it with vinegar, Then putt it up  
 close that no air may come out and set  
 it on a charcoal fire, till it be ready to boile,  
 Then take it off till it be cold, and set it  
 on y<sup>e</sup> fire again, but let it not boile,  
 This doe for 3 or 4 hours. Then take it  
 off and shake it out of that Vinegar &  
 put it into an earthen pott with y<sup>e</sup> pickle  
 that it lay in soake in, & that keeps it  
 all y<sup>e</sup> year.

## To pickle Walnuts.

Put them in cold water in a brass kettle  
 and boile them till they are tender, Then take  
 them out of that water and put them into  
 cold water, and salt and shift them once  
 every day till y<sup>e</sup> bitterness be gone, with fresh  
 salt every day, Then take y<sup>e</sup> best white  
 wine vinegar, a little salt and water, &  
 boile it a quarter of an hour, & before it



be quite cold, stir in a quart of Mustard with a little garlic, if liked, and when your liquor is cold, put in your nuts, stop them up close & keep them for Use.

### To stew Carps in their own blood

Take 2 fair Carps and scour them very well from slime with water and a little salt then lay them in a dish and open their bellies, take out their guts, & have a care of breaking y<sup>e</sup> gall or any of y<sup>e</sup> guts, but save y<sup>e</sup> roes, and y<sup>e</sup> blood in y<sup>e</sup> dish, then put in a pint of Claret some whole spice & salt with a little horse radish root, cover them close and let them stew, then, when they are enough stewed, take a dish rubb with a shallott, in which you must lay rippets, and take a little of the liquor, an Anchovy or two with some butter, and heat it, and pour it upon them in y<sup>e</sup> dish. Garnish with Lemmon sliced horse radish, & capers, & serve it up covered hot.



## To Boil a Game Duck.

Take your Duck & Truss it Boil it with water and Salt, or rather mutton broth, when it has boild a while, put in some whole spice, and when its boild enough, take some white wine & butter good store of Onions (boild tender in several Waters, as for rabbits) with a little off y<sup>e</sup> liquor wherein y<sup>e</sup> Duck boild, & a little Salt, and, laying your duck into y<sup>e</sup> dish, pour these Treates all together upon it and serve it up, garnish with Boiled Onions & Barbeys..

## To make a Pallat Pye.

Take Oxe-Pallats and Boil them so Tender y<sup>t</sup> you may run a straw thro them, To 3 Pallats take 6 sheeps tongues Boild tender and peeled, 3 veal sweet breads cut all these in thin slices, Then having your pye ready and butter in y<sup>e</sup> bottom, Lay in these things first season with pepper, nutmeg, Salt & Thyme, & parsley shred small, and as y<sup>e</sup> season affords y<sup>e</sup> put into it Asparagus, Anchovies, Peasants or what You please else, as Orange or Lemmon peel, Citron peel, with Eriogo roots & y<sup>e</sup> yolks of hard Eggs, some Marrow & Oysters, Then Lay on Good store of butter



only tops, so close it up, & bake it. Then put in  
White wine, Butter, & yolks of Eggs, vinegar and  
sugar, heat them & serve it up.

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### To roast a Calves head with Oysters.

Slit your head, as to boil and let it lye a while in  
water, then wash it well, cut out the Tongue and  
Gains, and mince them both together with some  
Sage, oysters, marrow, and 3 or 4 eggs well beaten  
ginger, pepper, nutmeg, grated bread, salt and  
a little sack, make it pretty thick. Then take  
your head, and fill it with this and bind it close,  
spit it, and roast it, save your gravy, baste it  
well with butter, and put to this gravy some  
Oysters, sweet herbs minced small, a little white  
wine, a slice of Nutmeg, and when your head is roasted  
set your sawce upon hot coals with some butter  
and salt, with the juice of an Orange beat  
it up thick and sift it. Garnish with Stewed  
Oysters and Caulierys.

### To make Sawce for Quails or Pigeons.

Take some Vine leaves dryed before your fire in  
a dish and mince them, then put to it white  
wine, a little pepper & salt, with a peice of  
butter.



## To make a Fricacee of Oysters.

Take a quart of Oysters and put them in a frying pan with some white wine and their own liquor a little salt & some whole spice with 2 or 3 Bay leaves and when you think they are enough lay them in a warm dish & add to their liquor 2 Anchovies some butter & 4 yolks of 4 Eggs, and garnish with Carboys.

## To Bake Venison or Mutton to keep 6 or 9 Months.

Take an haunch of Venison (or a large leg of Mutton) bone it and stuff it with gross pepper, cloves, mace and Nutmeg mingled with salt well, then rub it all over with y<sup>e</sup> like then put it into a pot with good store of butter & bake it with (or as) household bread, & let it be passed over then pour out all y<sup>e</sup> liquor, and when its cold, take onely y<sup>e</sup> fat with some more butter, and melt them together in a stone pot, set into a kettle of boiling water, then pour it into y<sup>e</sup> pot to your Venison or Mutton & so keep it slice it out, & serve it up, to eat with Mustard & vinegar.



## To make Wine & Dyes, Three Dozen.

Take 9 pounds of Beef, parboil it & when tis sliced, cut out all y<sup>e</sup> skin and sinews and weigh 20 each pound of meat a pound and half of Sewit, then put in 15 Apples (if of a moderate size) and stee them in amongst it very small, to all this put a quart of sack, cloves, mace & Cinamon with Nutmeg, salt, & sugar, to your taste & what sweetmeats you will afford proportionably, as Citron, Orangepeel and dates and to this quantity of meat 3 quarters of a peck of fine flower with doe and 4 pounds of butter good weight.

## Diff of Meat, a Chim

Make some good Broth, about 3 pints, according to y<sup>r</sup> meat, put in some Thyme, let it boyl very well, then take y<sup>e</sup> yolkes of 4 eggs beaten & mix it with y<sup>e</sup> liquor when cold. Then put thin slices of Veal into y<sup>r</sup> frying pan & fry them with as little butter as will keep them from burning, having seasoned them first with Nutmeg, pepper & salt to your liking. Then lay them to one side of y<sup>e</sup> pan, and fry slices of Bacon in y<sup>e</sup> other, then take out y<sup>e</sup> Bacon & clear y<sup>e</sup> fat away, and then put in your liquor & y<sup>e</sup> veal



and Bacon, and keep it skimming over a fire, till  
its hot and thick, as you like.

### To make Lemmon Cream.

Boyl your Cream, and when tis half  
cold, turn it to a Curd with juice of Lemmon  
Then strayne out y<sup>e</sup> whey with a Canvas frag-  
ner, Then beat Clarified Almonds with rosewater  
and so lay one row of Curd another of Sugar  
& another of Almonds, till your dish be full,  
with Sugar on it all, so serve it up.

### To make Lemmon Cream another way

Take 4 Lemmons, and pare them very thin and  
squeeze y<sup>e</sup> juice of y<sup>e</sup> Lemmon to y<sup>e</sup> peel and a  
little water to them, and bruise y<sup>e</sup> peel with  
y<sup>e</sup> back of y<sup>r</sup> spoon, Then take y<sup>e</sup> whites of  
9 Eggs with 2 or 3 yolks and beat them very  
well, Then squeeze y<sup>e</sup> juice from y<sup>e</sup> rinds, so put  
in a little more water in all about a pint  
Then put it to y<sup>e</sup> eggs and sweeten it with  
double refined sugar to your tast & stir it well  
together. Then set it on a slow fire to heat till  
it begins to be thick; but it must not Boil,  
Then put it in your dish and serve it up  
when tis cold.



## To make Snow Cream

Take a pint of Sweet Cream, y<sup>e</sup> whites of 4 eggs, and strain them into a deep gally pot & put to them a little Rosewater & beat y<sup>e</sup> a little & then put in y<sup>e</sup> cream & sugar, beat it with a spoon and when y<sup>e</sup> froth riseth, take it with a spoon and put it into a Colander and beat y<sup>e</sup> cream up again till you have as much snow as you will, set y<sup>e</sup> colander in a dish, and as y<sup>e</sup> cream runs from it put it again to y<sup>e</sup> cream as you are beating it. Then take y<sup>e</sup> cream & boil it till it be thick with a little ginger, then put it in a dish and let it stand till it be quite cold, and when you serve it up, lay in y<sup>e</sup> Snow, in what fashion you please.

## Almond Butter.

Boyl in a quart of Water a stick of Cinnamon, and strain a pound of Blanched Almonds beaten, with y<sup>e</sup> safores. Regin. set it on y<sup>e</sup> fire and stir it till it be boyling hot, then put into it a spoonfull or more (if it will not burn) off y<sup>e</sup> juice of Lemmons, or (in defect of those) white wine vinegar or a little Salt. Then take off y<sup>e</sup> uppermost of it by spoonfulls & put it in a hair sieve, or piece of thin



Lawn. Let y<sup>e</sup> whey drain all from it. Then season it with rosewater Sugar & ambergreese.

### To make Cabbage Cream.

Take some flet milk & scald it, when it is very hot put it in several pans and let em stand till there is a yellow skin upon it. Then cut y<sup>e</sup> skin in y<sup>e</sup> middle & taking it off y<sup>e</sup> milk, lay it upon a saucer y<sup>e</sup> bottom being uppermost upon a white cloth. When y<sup>e</sup> saucer is covered all over sift some fine Sugar thro a Tiffany upon it & sprinkle some rosewater thereon. Then take the same milk and doe as You did before and so you may make y<sup>e</sup> Cabbages as big as You please.

### To make Barley Cream.

Take half a pound of Barley, Boyl it in 8 waters. Then strain it clean from y<sup>e</sup> water and when cold, put it into 2 quarts off y<sup>e</sup> best cream, Then Boyl it a quarter of an hour or more with a Blade off Mace and a stick of Cinnamon. Then beat y<sup>e</sup> yolles of 6 eggs with 2 or 3 spoonsfull of Rosewater. Then put it into y<sup>e</sup> Cream stirring it over y<sup>e</sup> fire for fear it should burn, and when it grows



Thick, take it off and sweeten it as You like.

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### To make Sago Cream

Boil 2 spoonfulls of Sago to a pint of Water about a quarter of an hour; throw away y<sup>e</sup> water & put y<sup>e</sup> Sago into a pint of Cream, & boyl it up with a blade of Mace & put in afterwards a little Orange flower water, & serve it up in glasses.

### A Candy Ginger Nutmegs or any other root or flowers.

Take a quarter of a pound off y<sup>e</sup> best refined Sugar or Sugar Candy, which You can get, powder it yout thereto Two spoonfulls of Rosewater & dip therein your Nutmegs, ginger roots, which being first sodded in fair water till they be soft and tender the oftner You dip them in your Syrup & thicker your candy will be but it will be y<sup>e</sup> longer in candying your Syrup must be of such a stiffness as that a drop thereof falling upon a pecker dish may congeal and harden being cold, You must make your Syrup on a chafin dish of coals with a gentle fire, after y<sup>e</sup> Syrup is once at its full height,



Then put them upon Papers, presently into a  
 stove or near some fire Ten or Twelve days,  
 till you find y<sup>e</sup> Candy hard and glittering  
 like Diamonds. You must dip y<sup>e</sup> Red Rose,  
 y<sup>e</sup>illy flower, y<sup>e</sup> Marigold, Net Borage  
 flower, and all other flowers, but once.

### To dry Plums, & Cherries

To 4 pound of Plums, put a pound of  
 Sugar, and by same do 6 pound of  
 Cherries.

### To candy Rips of Apricocks.

Take y<sup>r</sup> Apricocks and weigh them and so a  
 pound of sliced and pared. Take half a pound of  
 Sugar, lay a row of Sugar and a row of  
 Apricocks, & let 'em stand till next day, &  
 then boyl them till they jelly. Then take y<sup>m</sup>  
 off & set y<sup>m</sup> in an earthen pan till y<sup>e</sup> jelly  
 be stiff. Then take y<sup>m</sup> clean from y<sup>e</sup> jelly,  
 & lay them on plates and turn them every  
 day till they are dry.



## To make Marmalade of Apricocks.

Take 3 quarters of a pound of Sugar to a pound of Apricocks, not pared, slice them as thin as You can, and when y<sup>e</sup> Sugar is boyled to a Candy height then put in y<sup>e</sup> Apricocks, stir them up together till y<sup>e</sup> Sugar be dissolved, then let them be half an hour upon a very soft fire, and put them in y<sup>r</sup> glasses in at above.

## To preserve Apricocks.

Put y<sup>r</sup> Apricocks into a skillet of fair Water, and set y<sup>m</sup> on y<sup>e</sup> fire till they be tender, then take them out, then with a bodkin stone them at y<sup>e</sup> top, & peel off y<sup>e</sup> skin carefully, & put em into a silver dish or basin to cool, and, if requisite, boyl them y<sup>e</sup> more a little more, so when they are cold and y<sup>e</sup> Syrup almost, put y<sup>m</sup> up in y<sup>r</sup> glasses.

## To Candy Pears, Plums, or Apricocks as clear as Amber

Put your Apricocks (or other fruit) in y<sup>e</sup> notch of y<sup>e</sup> stone, strew sugar on them, & set y<sup>m</sup> in an Oven or Stove in an earthen or silver dish a day or two, then boyl y<sup>m</sup> gently a little while, and when they will Candy, lay them out



one by one upon glass plates, & so dry them  
cover (if you can) with glasses made like Mar-  
malade boxes which will make y<sup>m</sup> candys  
sooner. So for any other fruit.

### To make Past of Currance Gooseberrys, or Barberries

Boyl any of these fruits on a chafing dish,  
then strain them taken very soft then  
take as much Sugar as they weigh with  
rosewater enough to wet y<sup>e</sup> Sugar and put  
in y<sup>e</sup> pulp of y<sup>e</sup> fruit into y<sup>e</sup> Sugar hot,  
& let it boyl leasurely till its pretty stiff  
almost as thick as for Marmalade  
then fashion it on a sheet of glass, and  
set it in an oven upon two sheets, that  
y<sup>e</sup> glass may not touch y<sup>e</sup> Cottom or in a  
store, and when its dry, box it for all y<sup>e</sup>  
year, but let it dry leasurely.

### To preserve DAMSONS

To every pound of damsons, take a pound of  
Sugar & a quarter of a pint of water, and  
put y<sup>e</sup> Sugar, water & damsons all together on  
a gentle fire till they are scalding hot almost,  
then let them stand two or 3 days, & then  
boyl them up.



To Sugar Currance, Cherries, Rasp-  
beries, or any other fruit

Beat y<sup>e</sup> Whites of Eggs to a froth, then dip  
in your Currance and sift fine loaf Sugar  
upon them, turning them on both sides, & so lay  
them drying in a stove. Thus you may doe  
flowers or any Greens, as Marjoram, Thyme,  
& fruit will not keep above 2 or 3 days,  
but flowers & herbs all y<sup>e</sup> year this came  
from y<sup>e</sup> Marquess of Borcesters.

To Preserve Citrons

Scrape off y<sup>e</sup> outer Rind and cut y<sup>m</sup> in  
quarters, take all y<sup>e</sup> meat & some off y<sup>e</sup> white  
out & scour them very clean with salt & water  
& let 'em lye a night & day in fair water  
then put them into a kettle of fair  
water cold, and keep y<sup>m</sup> under further boy-  
ling till tender then lay them in a clean  
dry cloth, and make so much Syrup as  
will cover them in an earthen pot, & when y<sup>e</sup>  
syrup is well boyld and scum'd, pour it on y<sup>m</sup>,  
cover y<sup>m</sup> and leave them all night, & next  
day heat y<sup>e</sup> Syrup again, and pour it on them,  
doe this every other day till y<sup>e</sup> Citron look



very clear You may steep it in y<sup>e</sup> Syrup  
 & cut it in thin slices as You use it  
 but if you woud have it in jelly, you  
 must take it out of y<sup>e</sup> Syrup and make  
 some pippin Jelly, and putt it thin slices  
 into that.

### To preserve Oranges.

Take y<sup>e</sup> fairest and smoothest Oranges  
 of best colour, chipp them thin, and as You  
 chipp them putt them into a pan of cold water  
 have a kettle of hot water over y<sup>e</sup> fire  
 and make y<sup>m</sup> Boil in it, then have another  
 kettle of boyling water & so changing y<sup>m</sup>  
 4 or 5 times, as y<sup>e</sup> water grows bitter, till  
 they are tender, take them out upon a  
 clean cloth, & make a little hole at y<sup>e</sup> top  
 to take out y<sup>e</sup> kernels, and then weigh y<sup>m</sup>  
 a right for weight with y<sup>r</sup> Sugar, & to  
 every pound of Sugar take a pint of  
 Water & make a Syrup, and let it just  
 boil to skim it, then boyl y<sup>r</sup> Oranges  
 in it very softly till half boyl, but turn  
 them often, then take them off y<sup>e</sup> fire &  
 putt y<sup>m</sup> into a clean pan and let them  
 stand a night, next day let them over again  
 and putt to every pound two spoonfull of  
 y<sup>e</sup> juice of Oranges with a little Sugar  
 then skim them, and let them boyl till they



be very tender.

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### To preserve Pearmaines

pare them & slice them very thin into fair water then make a thin syrup, & when it boyls take y<sup>r</sup> sliced pearmaines out off y<sup>e</sup> water and put them in, & as they boyl shew some sugar on them to keep their colour, when tis almost boild enough, squeeze in y<sup>e</sup> juice of a common or two, and then it jellys, take it off, & put it up into y<sup>r</sup> glasses.

### To make jelly of Pippins

To a quart of water take a quarter of a p.<sup>t</sup> of Hartshorn, & boild it gently till tis reduced to a pint then strayn it out and when tis almost cold, put in a pound of Pippins and let it boild brisk till they be all soft, but remember to pare, core, and quarter them first and when tis boild, strayn it out without wiping it then take y<sup>e</sup> weight of it in sugar and when it begins to jelly add two or 3 spoonfull of Lemon juice, then boild it till it cuts & then put it into glasses, note, your fire must be quick.



To make Lemmon Cakes w<sup>th</sup> y<sup>e</sup> Syrup.

Beat some Sugar very fine, and put it into a poringer wetted w<sup>th</sup> with Lemon juice. Then heat it (without boyling y<sup>e</sup> least be sure) stirring it, and when tis very hot, drop it on paper.

To make Cakes of y<sup>e</sup> Sulp<sup>r</sup> of Lemmon.

Take some beaten Sugar, beat with fair water, and boyl it to a Candy. Then take it off and put y<sup>e</sup> Lemmon to it, & stir it about quick, & set it on y<sup>e</sup> fire again a little, but not to boyl. Then take it off, & put it in Coffins of paper so let it stand 2 days in a stove or near fire.

To make Black Cops.

Take y<sup>e</sup> largest pippins, cut them in halves & core them, and bake them upon thin plates till they are soft and y<sup>e</sup> tops black, then sift fine Sugar on them in y<sup>e</sup> Oven and let y<sup>e</sup> Sugar harden, and take y<sup>e</sup> out.



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## For Stewing Pippins.

Parse them & core them, and lay them in a silver basin or earthen. Stew 'em gently on a chafing dish with sugar, a little a glass of mace & a clove or two till both Syrup & Apples are clear, w<sup>th</sup> a little white wine, if you please.

## To make Apricock Cakes.

Parse and slice them very small, & put y<sup>m</sup> in two pitchers with 3 pippins coarsed & quarters at y<sup>e</sup> mouth of y<sup>e</sup> pitchers, then set y<sup>m</sup> in a kettle of water 3 or 4 hours upon a fire and take 'em then out into a pan, then take y<sup>e</sup> juice of them into a glass w<sup>th</sup> a clean, then weigh y<sup>e</sup> juice & take its weight in sugar into a skillet with water enough to melt y<sup>e</sup> sugar, then boyl y<sup>e</sup> Syrup to a little candy, & take it off, and put y<sup>e</sup> juice of apricocks into y<sup>e</sup> hot Syrup & stir it about, and heat it over y<sup>e</sup> fire without boyling, & put it into glasses & let it cold into cakes.



## To Candy Orange Peel

Take Civil Oranges very thin, & cut them in little peeces, lay them a day & night (shifting them night & morning) in fair water. Then Boil them & shift them when bitter into fresh water hot, & so doe till they are soft. Then drayn y<sup>e</sup> water from them and make a thin Syrup, and boyl them a while in that. Then take them out, and boyl them in another Syrup somewhat stronger as long as before, then drayn y<sup>e</sup> Syrup from them, and make another Syrup that you think will Candy, then lay them on plates one by one, and when they are somewhat dry, turn them.

## To preserve Green figs.

Take y<sup>e</sup> largest green figs & slip off y<sup>e</sup> outward skin so as y<sup>e</sup> white is not seen. Put them on a slow charcole fire 2 hours, shaking them. But let em not boyl when you find they are tender, boyl em just up, then take them off & cover em close for a quarter of an hour. Then take them out and put y<sup>m</sup> in an earthen pot, remember when they are stirring, to keep y<sup>m</sup> below y<sup>e</sup> water, & put y<sup>m</sup> so a quarter



of 8 Lippens Take a pound of Sugar,  
put to them, keep them in Syrup two or  
three days, boiling y<sup>e</sup> Syrup Night &  
Morning without y<sup>e</sup> figs, let it but just  
boil up, and put them in Glasses or  
dry them.

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### To Candy Eringo Roots.

Weigh y<sup>e</sup> roots & to every pound of roots  
take two pounds of very fine Sugar cla-  
rified with 2 whites of Eggs, strain it  
and boil it almost to Sugar, dip in  
y<sup>e</sup> roots 2 or 3 together till they be all  
candy, & so put them in a stove, and  
keep y<sup>m</sup> for Use.

### To preserve Cherrys.

Wash & stone them, take their weight in  
Sugar finely beaten, & put half into y<sup>r</sup>  
preserving pan, then put y<sup>r</sup> Cherrys to  
your Sugar & now only set.



## To preserve Gooseberries.

Take y<sup>e</sup> Dutch Gooseberries before they be quite ripe into water & take a pound of gooseberries & a pound of double refined Sugar & draining y<sup>e</sup> gooseberries from y<sup>e</sup> water, put a laying of Sugar & a laying of gooseberries in a silver Cassin using no more water then hangs upon them boyle y<sup>m</sup> only fire very fast & put y<sup>m</sup> in Glasses close covered while hot.

## To preserve Walnuts.

Take full grown Walnuts with y<sup>e</sup> green rind on, supple them till they are very tender but not broke in warm water and as it wasts supply it with boyling water then take em up when tender & peel off y<sup>e</sup> rind or scrape them rather then peel gently then slit them from y<sup>e</sup> seam to y<sup>e</sup> middle of y<sup>e</sup> Nut and put in to it a thin slice of Citron, Orange, or Lemon, & close it again and stick a clove into y<sup>e</sup> top of some of them, and to every pound of Nuts take a pound and half of powdered Sugar, and half a pint of Water.



To each quantity of Sugar boyle Syrup &  
 skim it well, then put in y<sup>e</sup> Nuts into y<sup>e</sup>  
 Syrup hot & scale y<sup>m</sup> onely, not boyling  
 on & then set them by till y<sup>e</sup> next day  
 heat y<sup>m</sup> throly once or twice a day till  
 they look clear at y<sup>e</sup> middle of y<sup>e</sup> nut  
 & so put y<sup>m</sup> up, you must doe so 2 or 3  
 days together. But if y<sup>e</sup> Syrup should  
 be too thin, when y<sup>e</sup> Nuts are enough  
 boyl it again, and you must keep them  
 covered with y<sup>e</sup> Syrup by putting a glass  
 and a clean flint upon them, or they  
 will be dry'd too much

### To make Crystal jelly.

Take 4 Calves feet & flea them and lay  
 them in fair spring water with a knuckle  
 of Veale & shift it into 6 waters, take out  
 y<sup>e</sup> fat betwixt y<sup>e</sup> toes, but break no bones,  
 that done nicely, boyl them tender in spring  
 water & that done too you may easily  
 feet but let y<sup>e</sup> broth stand in an earthen  
 pipkin till cold, then take off y<sup>e</sup> top &  
 leave y<sup>e</sup> bottome, and put y<sup>e</sup> clearest into  
 an earthen pipkin with half a pound of  
 Sugar Candie & drop of Oyl of Nutmegs  
 a grain of Musk and boyl it a quarter of  
 an hour leasurly, then run it thro' a jelly bag



into a silver dish and when cold, You may serve it in lumps taken out with a small sweetmeat spoon.

To preserve Pippins whole & white  
 Boil an whole & largest Pippin, and paring them put them into a basin of seething Water, and give 'em a warm or two. Then put them into as much clarified Sugar as will cover them and let 'em boil in y<sup>e</sup> Sugar till they are tender. Then take them up & boil y<sup>e</sup> Syrup of it self, & when tis cold, put them in glasses, and they will keep all y<sup>e</sup> year.

To preserve green Plums.  
 Cover them close in warm water, shift it once or twice, not boyling but hot, till they will peel, and when peeled, put 'em into hot water and so let 'em stand on y<sup>e</sup> fire till they be soft and green, then make a thin Syrup, and boile them in it gently, then take them out & thicken y<sup>e</sup> Syrup, & boil y<sup>e</sup> again & so let 'em stand 2 or 3 days & if y<sup>e</sup> Syrup wax thin, and be of a good colour, boile it to a jelly, but if not, put them



To a new Jelly.

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### To make white Quince Marmalade

Weigh 10 a pound of y<sup>e</sup> best Quinces &  
quarters of a pound of y<sup>e</sup> best Sugar  
beaten small, then pare them & quarter y<sup>m</sup>  
and put a layer of Sugar & a layer of  
Quinces, then grate some Quinces & strain  
y<sup>e</sup> juice, and wet y<sup>e</sup> Sugar with it only,  
then boyl it as fast as possible till it look  
clear, so take it off & put it in glasses.  
Note to have it red, put y<sup>e</sup> Quince seeds in  
a bag, and boyl it altogether.

### To make Past of Quinces

Scald y<sup>r</sup> Quinces till they be soft enough  
to scrape without breaking, then mix as  
much best refined powdered Sugar as Quinces  
scrap'd together, and cover them with Sugar  
to keep the color, when y<sup>e</sup> Sugar is melted  
set them on y<sup>e</sup> fire, & let em boyl apace  
scumming & stirring all y<sup>e</sup> while. When  
you see y<sup>e</sup> bottom off y<sup>e</sup> Coffin they are done,  
then put them into y<sup>r</sup> moulds.



To preserve Quinces whole  
 Take a pound of Quinces of their weight  
 in Sugar pare them and core them,  
 then take 8 pints of jelly of pippins  
 and put in half your Sugar & set y<sup>e</sup>  
 over a gentle fire, and put in y<sup>e</sup> rest of  
 your Sugar & boil them up, and put  
 them into Bots.

### To Candy Angelica

Boyle it in several waters till tis tender  
 (they must be y<sup>e</sup> youngest stalks) then drayn  
 y<sup>e</sup> water from them well and lay them upon  
 gelates and have ready y<sup>e</sup> finest Sugar  
 Coild to Sugar again which you must sift  
 upon y<sup>e</sup> Angelica while tis wet, as  
 they dry keep turning of them till they  
 are sufficiently candied, and keep them  
 dry.

### To make Jelly of Raspberries or Past.

To a pound of Raspberries take a pound (or  
 3 quarters if you please) of y<sup>e</sup> best Sugar,  
 and bruise and strain as many Raspberries more



as with yeild Liqueur to moisten y<sup>e</sup> Sugar  
Then Boil & Scum it till its thoroughly  
clear with y<sup>e</sup> other Raspberries when it  
jellys take it off and put it in y<sup>e</sup> glasses,  
or dry some for Cakes.

### To preserve Currants whole

Stone your Large red or White Currance  
in y<sup>e</sup> bunches, then to make y<sup>e</sup> Liqueur for  
them take more currance & seeds than y<sup>e</sup>  
staysn them, & to a pint of that Liqueur  
take a pound of best Sugar and Boil it  
to a Syrrup, and then put in y<sup>r</sup> whole  
Currance, and give 'em a boile up without  
breaking them, y<sup>e</sup> white Currance must  
be boile up with jelly of pippins, made  
as y<sup>e</sup> other Syrrup is.

### To make Syrrup of Oranges, or Lemmons.

To a pint of Juice of Oranges  
take two pound of y<sup>e</sup> best double refined loaf  
Sugar finely beaten, stir it twice a day till  
y<sup>e</sup> Sugar be quite dissolved, then set it on  
a gentle fire to clear it, but let it not boile,



and when tis cold bottle it but cork it not  
and cover it with a leather pined full of  
holes.

## To make Syrrup of Violets

Take a quarter of a pound of Violets clipped  
from y<sup>e</sup> whites, Stamp them in a stone  
mortar Take a quarter of a pound of fine  
loaf Sugar, Beat it small and shew it into  
y<sup>e</sup> violets as they are stamping, then re-  
move them into a deep gally pot & y<sup>e</sup> next day  
put in as many as you will observing y<sup>e</sup>  
same quantity of Violets and Sugar then  
shew on y<sup>e</sup> loaf Sugar as much as will  
whiten them on y<sup>e</sup> top y<sup>e</sup> last day you doe  
them, then cover y<sup>m</sup> up close and set y<sup>m</sup>  
in a skillett of water and let y<sup>e</sup> water boile  
till y<sup>e</sup> Sugar be all dissolved in y<sup>e</sup> Violets  
stirring them by fits, then strain them clean  
out and let y<sup>m</sup> stand till they be cold in a  
white earthen dish then put it up in a glass  
and keep it in a temperate place.

Q



## To make Syrrup of Horehound.

Take a good handfull of Colts foot another of  
 Hyssop, and a Cup of Horehound, as much  
 Licampare root as y<sup>e</sup> Bigness of a great Walnut  
 sliced thin 3 quarters of an ounce of liquorish  
 scrap'd & sliced two small rices of Ginger sliced,  
 & boyl all these in 3 pints of running water  
 till it be consumed to a pint & half. Then straine  
 the herbs thro in a cloth from y<sup>e</sup> liquor and let  
 y<sup>e</sup> liquor stand an hour. Then take a pint  
 off y<sup>e</sup> clear of it, and a pound of y<sup>e</sup> best  
 powdered sugar set it over y<sup>e</sup> fire, and when  
 it begins to boyl put in two Whites of  
 Eggs, beaten to clarify y<sup>e</sup> Syrrup and straine  
 it very well, & boyl it to a Syrrup.

## To make Syrrup of Poppeys.

Straine a peck of red Poppeys (which some  
 call Red weed) to a quart of Syrrup  
 strained, add 20 pound of Sugar to it, & boyl  
 y<sup>e</sup> Syrrup till it be very well scum'd & put  
 it up.



## To make Syrup of Marshmallows

To 6 pounds of roots (which should be those that really are dug in  $\gamma$  Salt-marshes and not those transplanted into Gardens) Take 20 quarts of Spring Water and boyle it till one part off  $\gamma$  be consumed off  $\gamma$  Liqueur Then gently strain it & dissolve 15 pounds of Coaf Sugar in as much fennel Water as will moisten it. Then boile your Sugar to a Sugar again and stir  $\gamma$  Decoction of ~~Marshmallows~~ <sup>Marshmallows</sup> into  $\gamma$  Sugar as it stand upon  $\gamma$  fire and then let it gently seeth into a Syrup & after its cold bottle it up. But remember  $\gamma$   $\gamma$  roots must weigh 6 pounds after they are clean scraped.

This came from Dr. Billis but since by Dr. H. Chamberlayn's approbation there has been wisely added one pound of Liqueurice to  $\gamma$  other Ingredients.

## To make Syrup of Sulloo

Take 2 Ounces of  $\gamma$  Balsam of Sulloo, a pint & half of Colts foot water, you must beat  $\gamma$  Sulloo & put it into a Stone Bottle with  $\gamma$  water & stop it up close, (which must hold  $\gamma$  quantity of 2 quarts)



Then put it into a Kettle of Cold water and  
 set it on fire, and let it boil about 5 hours,  
 Then take it out off water and let it stand  
 till tis cold. But you must not unstopp  
 bottle, when tis cold straine it off & put in  
 2 pounds & half of y<sup>e</sup> finest powdered Sugar  
 skimming it now & then till y<sup>e</sup> sugar be dis-  
 solved which will be in half a day's time;  
 Then put it into a bottle & take one  
 spoonfull at a time going to bed, or as  
 You please.

To make Syrrup of  
 Elder, Clove-Gylliflowers, or any other  
 flower or Berry.

Take as much in quantity as You like and  
 set it in a Kettle of boyling water in a  
 pipkin, and when they are infused enough into  
 liquor, take a pound of that liquor for a  
 pound of fine Sugar (as many pounds as  
 there is liquor) & Boil it up to a thick  
 Syrrup, and bottle it up, will keep  
 year round.



## To make Jelly of Hartshorn.

Mix 2 Quarts of Spring Water with ten ounces of Hartshorn and boil it away, then fill it up again with 2 quarts more and boil but a pint of that away. Then clarify it with y<sup>e</sup> white of an Egg, & when settled strain it thro' a Flannel Bag, and put it into a basin and when its settled pour it off gently leaving y<sup>e</sup> settling behind. Then put it into y<sup>e</sup> skillett with half a pound of double refined Sugar and ambergreese a little, some common peel which must remain in it so long as will give it a relish. When Sugar is dissolved put in as much juice of Lemmon as will make it quick and that must not be kept too long in it. Then pour it into a pan that is very dry, & so fill it into glasses and in a night shall be Jelly.

## To make a Jelly That will keep a great while

Take a Knuckle of Veal & Calves feet scald them, but pull off y<sup>e</sup> hair carefully, then cut them in y<sup>e</sup> middle & take out as many bones out of y<sup>e</sup> feet as You can. Then put y<sup>e</sup> Veal & feet a pottle of white wine and a quart of fair water,



Boil it & as y<sup>e</sup> scum rises take it off clean &  
 let it Boil over a soft fire till the jellys in a  
 spoon, then take it off and being cold & stiff  
 strain it thro' a cloth into a Sympkin, then  
 take off y<sup>e</sup> clearest of it with a spoon, cut  
 fast pull off y<sup>e</sup> skin which is upon it then put  
 it into a pan, and put 4 whites of Eggs  
 well beaten with an ounce of sliced Ginger  
 as much Cinnamon whole 6 corns of Broken  
 white pepper, 12 Coriander seeds, Half a  
 pound of y<sup>e</sup> best Sugar and then simmer  
 your jellie over a soft fire and when  
 it Boils clarify it with y<sup>e</sup> Whites of Egg  
 putting a sprig of Rosemary (if liked) & at y<sup>e</sup>  
 end of y<sup>e</sup> jellie bag, run it thro' twice or  
 thrice To make it more Clear.

To make Lashils of ~~Wormwood~~ Wormwood,  
 or Violets, Orange or any other flowers,  
 Juices, or Lemmon & Orange peel cut  
 small.

Beat 8 or 4 Whites of Eggs into a thick  
 then put in some sifted Sugar, & some  
 drops of y<sup>e</sup> Chymical oyl of Wormwood (or  
 what else you use) You may colour them with  
 Scutellionell & to fix y<sup>e</sup> colour You must  
 mix it with a little cream of Tartar & allome.  
 Put in y<sup>e</sup> Sugar by Drops, & make 'em pretty  
 thick, that they doe not run together, & on



fine paper and dry them on a stove.

### To make LOZENGES.

Take a pint of Hyssop Water, half a pint of juice of Colts Foot, half a pint of Hyssop juice, half a pound of Lighonish sliced & scraped, one ounce of amisseeds. Bruise them and boil them all to a pint, put into it half a pound of Brown Sugar Candy, half a pound of White Sugar Candy, & grains of musk, boil all these together till they come to a past, & so make them up.

### For clear Cakes with Flowers.

Boyl yr Sugar to an high Candy, then put about a spoonfull of water into a little earthen saucer & pour a spoonfull of Symp upon yr water, then lay some Borage Flowers, or of Thyme (or what you like) as broad as you can and as thick & let them stand in a stove four or 5 days, then loosen them about yr edges, and they will part from yr saucer. They must <sup>stand</sup> so harden sometime after-wards.



## To make Sweet Bags

Take damask Roses dryd, half a pound,  
 half a pound of Orice roots half an ounce  
 of Cyprus, one ounce of Sweet Marjoram,  
 one ounce of dryd Lemon peels, 1 ounce of  
 Benjamin 1 ounce of Storax, 1 ounce  
 of Calamus Aromaticus, half an ounce of  
 Nutmegs, 6 heads of Lavender but you  
 must remember to take Benjamin & Storax  
 with 2 or 3 drops of Clove water & put into  
 a mortar with a spoonfull of powder &  
 grind it. Add to this 10 grains of Musk  
 as much Civet & Ambergreene.

## To make Lemmon Wine

Peel 12 large fair Lemmons & slice them,  
 put them into an earthen pipkin and add to  
 them 6 quarts of spring water and two  
 pound of fine sugar boiled together,  
 but be sure to put them in but blood warm.  
 Cover it close and stir it once in twelve hours  
 for a week, then bottle it but not stop it  
 too hard, You may drink it a week after  
 but will keep a quarter of a year, or longer



## To make Mead.

Take 4 Gallons of Water and a pottle off  
Best Hamshire honey, warm y<sup>e</sup> Water so much  
as to dissolve y<sup>e</sup> honey, put a good Branch of  
Lemmoa Thyme in it & boyle it quick, scum it  
clean, and take it off. Let it stand an hour so &  
then strain it into a cooler and y<sup>e</sup> next day  
run it & stop it up close, and let it stand 5 or 6  
weeks, and bottle it with a knob of Sugar.

## To make small Metheglin.

Take ten quarts of Water to every quart of honey  
you use, set on y<sup>e</sup> water & boyl it with such  
herbs as You like then boyl y<sup>e</sup> honey in y<sup>e</sup>  
water half an hour, skimming it all y<sup>e</sup> while  
then pour it out & when tis cold, put it into  
a Vessel, and work it with Yest. Bottle it  
after a week or fortnight, & will be soon  
ready to drink.

## To make Metheglin another way.

Melt 1 gallon of Honey in 3 Gallons  
of fair Water on y<sup>e</sup> fire and when melted  
quite, put in a Bundle of Sweet Bryer, Baye,  
a little Rosemary Marjoram, & one or two sprigs  
of Thyme y<sup>e</sup> together then boyl it sufficiently  
skimming it all y<sup>e</sup> while, then pour it



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out into 2 vessels, that it may not thicken too  
much together, till y<sup>e</sup> next morning, then softly  
pour it off from y<sup>e</sup> settlings, and banel it  
hanging a bag of Spice some ginger, some  
nutmeg, and 5 Cloves with some Cinnamon,  
and it must be 6 weeks or two Months  
old, before will be fit for Use?

## Common or Orange Ale

Cut 6 Lemons or Oranges round only  
inside with y<sup>e</sup> penknife, but not thro,  
that they may hang in y<sup>e</sup> vessel, then take  
a bottle of Sack & sweeten it with 2 lb.  
of Sugar, some sliced ginger & nutmeg, and  
when its dissolved, put all into a Vessel of  
good Ale, but hang y<sup>e</sup> Oranges on a  
Thread in y<sup>e</sup> Vessel, that they touch not  
y<sup>e</sup> vessel, add y<sup>e</sup> whites of 6 Eggs beaten,  
with an handfull of Wheat meal, &  
proceed as with common Ale.



## To make Hart's Tongue Ale.

Take 3 leaves of Hart's Tongue (when your Ale is first bottled) and put it into each bottle and let it stand till y<sup>r</sup> ale be fit to drink, but will help ripen it.

## To order March Beer.

Take 10 bushels of good Malt to an hogs-head, and a peck of Beans, you must not keep it too long in y<sup>e</sup> Vat You may make 2 very good Hogs heads (with y<sup>e</sup> first and second running) of strong beer you must brew it with 4 pound of hops boiling it very well, and put an handfull or two of double Violets in it.

## To make Cherry Water.

See page 33.

Take a pound of red Cherries and put a pint of Sack to them, with some Cinnamon, and Nutmegs bruised, an handfull of Rosemary flowers, an handfull of Blaum, and an handfull of Bugloss flowers, an handfull of Borage flowers, an handfull of Hearts ease flowers, some marigold flowers, and Cowgilly flowers.



To make Plague Water.

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Take Rue, agrimony, wormwood, Celandine,  
Sage, Baum, Rosemary, mugwort, Tor-  
mantil, Dragon, ginspernel, featherfue,  
burnet, dorel, with some off root of  
Elicampne scrape, Marygold flowers,  
Cowslip flowers, Pansy flowers, Carduus  
Benedictus, Scordium, & Angelica, of each  
of all these <sup>half</sup> a pound, onely of Rosemary  
a pound and of Elicampne less, then  
chuse them very small, & soake them in  
a pottle and half a pint of Sack,  
let them infuse 5 days & five Nights,  
stirring y<sup>m</sup> every day, but infuse w<sup>th</sup>  
them, Anniseeds, Caraway, Corianders &  
Cardamum an ounce of each bruised  
put them then in an ordinary rose still  
close stopp'd, & still wine & herbe together &  
keep y<sup>e</sup> still running by it self till  
you find it run small. But remember  
to put in a pint of White wine into y<sup>e</sup>  
herbs with y<sup>e</sup> Sack.



# To make Aqua Mirabilis by Lady Rowfons way

Take 2 drams of Jujubes, two drams  
of Cardium, two drams of Tallingal,  
two drams of Melilot flowers, two drams of  
nutmegs, two drams of mace one dram of  
ginger, one dram of cloves, two drams of  
Lemmon peel, one of Orange peel, one dram  
of Olicampne roots & pound all these  
small, and with a pint of Cy juice of Ce-  
landine a pint of anniseed water, a quart  
of white wine & a quart of Sack (or 3  
pints of good white wine & one pint of Sack)  
infuse all together 12 hours or more in a  
well seasoned earthen pot close stopp'd with a  
double paper & a trencher upon that, &  
a double cloth bound on upon all. In the  
morning early put it in your cold still  
which must be stopp'd close, and so distill it  
with a gentle fire which if carefully done  
will be much the better & yields more water  
you may draw first a quart of the strongest,  
and 3 pints of the other, but not together,  
and draw the last pint by it self because  
that will be very small. Of that mix  
some w<sup>th</sup> the strongest, & some of the strongest



with that, according to judgment, and will make  
an excellent water.

Do

To make y<sup>e</sup> Dutchess of Landerscales  
Snail water. see another of these p. 226.

Take a quart of Snails, & shell them, into an  
earthen pot. Then take a pint off y<sup>e</sup> largest  
worms you can get wash them very clean, &  
with a sharp bodkin open them & clear them  
of all filth, then wash them again & put  
them to y<sup>e</sup> Snails, then take a quart of  
Brandy, & steep y<sup>e</sup> Snails & worms in it  
with an ounce of Barbary-Cork, half a  
quarter of an ounce of Saffron, & y<sup>e</sup>  
next morning take 5 quarts more of Brandy  
and put into y<sup>e</sup> still with y<sup>e</sup> other with an  
handfull of cut Angelica & half an  
handfull of Wormwood & rue mix an  
handfull of Ivory, an handfull of harts-  
horn & an handfull of sorrel roots scrape  
very clean, with 2 or 3 ounces of Turmeric  
beaten beaten together in a Mortar.



# To make y<sup>e</sup> Dutchess of Auderoales Lemmon Thyme Water.

Take half a bushel of Lemmon Thyme & ring it in peeces with y<sup>r</sup> hands, and if y<sup>r</sup> Still be not ready, put it into an earthen pot & cover it but if you put it into your Still, put in y<sup>e</sup> head of y<sup>e</sup> Still 5 pints of Water & half an handfull of Salt if You still it for oil you must still it with a quick fire into a glass that is broad at y<sup>e</sup> bottom & narrow at y<sup>e</sup> top, You must not still it too dry. But when it is out take another glass <sup>as big as</sup> at y<sup>e</sup> top as y<sup>e</sup> bottom of a quart bottle, and round in y<sup>e</sup> middle as a globe and narrow at y<sup>e</sup> bottom as it can be. Put your finger at y<sup>e</sup> bottome after you have poured the water into it. Then keep your finger close till y<sup>e</sup> oil rise up to y<sup>e</sup> top, then let it run out, & when y<sup>e</sup> oil is just going to run out stop it again with y<sup>r</sup> finger and let your oil run into a little bottle if You still it for y<sup>e</sup> Sweetness of y<sup>e</sup> water it must be done with a Temperate heat.





To make a very fine *Proial Water*  
of *J. Dutcheys* of *Lauderdales*.

Take one handfull of unset *Hyssop* one  
handfull of *Mint* one handfull of *P. Sage*  
one handfull of *Baum* 2 or 3 Springs of  
*Rosemary*, ring all these together and put  
y<sup>m</sup> into a wide mouthed glass, then put to them  
one ounce of *Anniseds* & a quarter of an  
Ounce of *Coves* finely beaten, then  
put to them 2 quarts of *Brand*, *Sack*  
or *White wine*, & let them stand 5 or 6  
days covered close, then strain y<sup>e</sup> liquor  
from them, and take y<sup>e</sup> same quantity of  
herbs as before & put y<sup>m</sup> in a cold still,  
put y<sup>e</sup> same liquor you straind from y<sup>e</sup>  
others to those, Dist down y<sup>e</sup> Oil of the  
still, and if it be too strong for use,  
you may qualifie it with any sweet  
Water.





## D<sup>r</sup> Willis his Cordial Water

Take 2 quarts of Claret and put into it 4 pound  
of black Cherrys, Bruise them, Stones and all in a  
mortar, put in Rosemary, Baum, Mint, peagles  
& clove gillyflowers of each an handfull, 20 green  
walnuts sliced in, half an ounce of Nutmegs,  
2 ounces of Cinnamon. Steep all these in an earthen  
pot all night, and next morning distill them with  
a good quick fire put to every quart of Water  
4 ounces of white Sugar Candy, Lye a little  
musk in y<sup>e</sup> mouth off y<sup>e</sup> bottles, if You like it,  
and sell it as You doe other Waters.

## To make Surfeit Water.

Take two handfull of Wormwood, two  
handfull of Carous, and two of Speer mint  
with 2 of Baum, mix all these herbs together  
in Milk, and distill them all together in an  
ordinary Still.

## To make Mrs. Freshams Cordial Water, of Cherrys.

Take 9 pounds of Cherrys, Stone them & stalk  
em, and mash them with your hands, then put  
in 6 pints of Claret, take 9 ounces of Cinnamon  
& bruise 3 nutmegs sliced, with half an handfull of  
Rosemary, Baum, & a quarter of an handfull of  
Sweet Majoram, put all these into an earthen pot



well clos'd, and so let them infuse 24 hours,  
stirring it 3 or 4 times. Then distill them in a  
Linnbeck with a gentle fire, keeping y<sup>e</sup> strongest  
water by it self. put some Sugar into your  
glasses finely beaten, and lay some Muske and  
Ambergreece in a peice of Linnen, and so hang  
it by a Thread in y<sup>e</sup> water, till it is strong  
enough off y<sup>e</sup> last, and you may qualify y<sup>e</sup>  
strongest to y<sup>r</sup> pallet with y<sup>e</sup> weaker.

### To make D<sup>r</sup>. Stevens's Water.

Take Ginger, galingal, Cinnamon, Nutmegs,  
Grounds of strong Beer or Ale, Cloves, Anniseeds,  
fennel seeds, Caraway seeds, of either 2 drams take  
Sage, red mint, red roses, Pellitory off y<sup>e</sup> wall, rose-  
mary, Thyme, & wild Thyme, Camomil, Marjoram,  
Lavender, of each a little handfull with some rue  
Then beat y<sup>e</sup> Spices fine & bruise y<sup>e</sup> herbs small  
and put to them a gallon of Gascoigne Wine  
that is red, and let them infuse in it near 29  
hours, stirring them together & shaking y<sup>m</sup>, then  
distill all together in a Linnbeck & keep the  
first water by it self. Set it in y<sup>e</sup> Sun all y<sup>e</sup>  
summer.

See y<sup>e</sup> Virgines  
p. 227.



## To make Treacle Water by Duke of Lauernodes

Take one ounce of Hartshorn shaved boyl it in 3 pints of Spring Water till it come to a quart, then take roots of Elicampane, Gentian, Cyprus, Angelica of each an ounce, Borage, Bugloss, of each two ounces, of Citron rinds one ounce. Then take a pound of old treacle and distill it in 6 pints of red rose Water after its well infused.

## To make Cock Water for a Consumption.

Take a Cock, pick him & slit him, pull out his guts, but doe not wash him, take two handfull of Liver wort, a quart of cream, a quart of Mustardine, a pound of Currance, a quarter of an ounce of Mace, a quarter of a pound of dates an handfull of Sage of Ierusalem, an handfull of Maidenhair and distill all these into a glass where by water runs put of a white sugar Candy a pound, finely beaten & sifted.

## To make Berzear Water

Take of Rue, Scabious, Wormwood, Celarsine, Baum, Mugwort, Dragons, Pimpernel, Peachesew, Jonel, of each an handfull red rose leaves dryed a pint, Elicampane roots scraped an ounce, and



as much Angelica roots Ramps roots & Thies  
 herbs grossly being first washed & dry in a linnen  
 cloth, then put them into an earthen pot and add to  
 them as much white wine as will cover them, and  
 let it stand covered 6 days and 6 nights, then  
 put them all into an ordinary still being  
 set upon a pot of water, and distill it temperately  
 and when the herbs are dry put them by, &  
 return y<sup>e</sup> water into y<sup>e</sup> still again adding  
 to it a good handfull of Cardus benedictus,  
 two handfulls of Cardus flowers two of Mari-  
 gold flowers, one ounce of Venice Treacle &  
 return this second water, with 30 grains of  
 Bezoar stone beaten small & sifted thro a  
 Lawn before you put it into y<sup>e</sup> glass and so  
 let this water distill till y<sup>e</sup> left herbs are  
 dry too.

See y<sup>e</sup> Virtues  
 p. 227.

## To make Crystal Water

Take twelve ounces of Nutmegs, mace ginger  
 cloves of each half an ounce, subarb one  
 ounce, Bezoar & Spikenard of each half an  
 ounce, oyl of Bays two Ounces, leave  
 y<sup>e</sup> spices unbraten, pour to it 4 quarts of Wine  
 cover it close, and let it stand 4 weeks, then  
 pour off y<sup>e</sup> scum, and pound all y<sup>e</sup> spices to  
 papp, and put in again to y<sup>e</sup> aforesayd Wine  
 let it stand with stopp 3 days, stir it well  
 about, then distill it in hot water without  
 seeking, & preserve it Carefully.

See y<sup>e</sup> Virtues  
 p. 227



## To make Patasya

See page 21. To a gallon of Brandy put 400 Apricock Stones, Broken without crushing y<sup>e</sup> kernels, & ~~Kernels~~ <sup>anely</sup> ~~with~~ with half a pound of White Sugar Candy, (and a quarter of an ounce of Cinnamon <sup>(if you like it)</sup> Bated & set it in the Sun a week, shaking it twice a day, and tie it down close that no air come to it, shayn it thro' fine white paper, You may perfume it with Amberreece.

## To make Orange Flower Brandy

To a quart of Brandy put a large hand full of y<sup>e</sup> Orange flower leaves picked, sweeten it to y<sup>e</sup> tast with y<sup>e</sup> best White Sugar Candy, & let it stand in y<sup>e</sup> Sun, till its strong of y<sup>e</sup> flowers, then rack it off, & keep it for Use.

## To make Lilly off Valley Water.

See its Virtues  
p. 227 Take off y<sup>e</sup> flowers of Lilly off valley a large quantity in May, and distill them with sack, and they will yeild a Noble Water.



## To make Angelot Cheese

Take 4 quarts of Milk from a Cow as much of  
 y<sup>e</sup> droakings as you can, and a quart of Cream  
 not warm, run it in a pale nearly washed in hot  
 water put in a pint of y<sup>e</sup> best runnet or  
 something less To bring it quickly, then take  
 up y<sup>e</sup> curd without breaking it & put it in  
 gently to y<sup>e</sup> bottom of y<sup>e</sup> Vatt till it be full  
 as it sinks down put in more, till y<sup>e</sup> quantity be  
 all in. Then cover it with a trencher and lay  
 a weight upon it To keep it down in y<sup>e</sup> vatt, y<sup>e</sup>  
 next morning turn it upside down as it is in  
 y<sup>e</sup> vatt, & then salt it at each end, but y<sup>e</sup>  
 night after you make it take y<sup>e</sup> whey clean  
 out of y<sup>e</sup> Cover y<sup>e</sup> vatt stand in with a spoon,  
 salt it every day a little whilst it is in y<sup>e</sup> vatt  
 which sometimes will be a week before it be  
 ready To turn out. Then, if it be tender & ye  
 a cloth about it wipe it & turn it twice a  
 day, let your vatt be half yard high  
 turned round like a joint dish, but bigger  
 without a bottom.

## To make a slip coat Cheese.

Take 4 quarts of new milk, and one quart of cream,  
 put to it one spoonfull of runnet, and when it  
 come put a wet cloth to y<sup>e</sup> bottom of y<sup>e</sup> Cheese fat  
 & lay y<sup>e</sup> curd on it without breaking it and when  
 its all in, cross y<sup>e</sup> 4 corners of y<sup>e</sup> cloth & lay a



board upon it weighing a pound and when it has  
stood an hour scrape off y<sup>e</sup> curd from y<sup>e</sup> cloth  
doe this twice in every two hours and after  
put it into a fresh wet cloth until it has  
had 4 wet cloths and towards night press  
a little salt on both sides of it & put it into  
a damp cloth, & when it has stood 2 hours  
lay it upon a Cheese fat all night & y<sup>e</sup> next  
morning lay it upon a fresh board and so let  
it stand 3 days if y<sup>e</sup> weather be cool if not  
put it in dock leaves & change them three a  
day turning it every time but if cool lay a  
woollen cloth on it and will be ready to cut in  
6 or 7 days, if you can have y<sup>e</sup> milk hot from  
y<sup>e</sup> cow you need not warm it then put your  
cream on it & y<sup>e</sup> runnet.

## To make y<sup>e</sup> Lady Robinsons Cream Cheese.

Take two quarts of Cream and 2 of Smoakings  
boil y<sup>e</sup> cream without smoaking it let it cool to  
blood warmth, then put to it 2 spoons full of  
runnet when tis well come put it in a large  
cloth with a Cheese fat under it putting it  
in with a skimming dish that y<sup>e</sup> curd may not  
break too much lay upon it a board & 2 pound  
weight till y<sup>e</sup> whey is out of it then put it in  
a dry cloth & lay it in a vat about 2  
fingers thick with a board on it & a weight of  
6 pounds, turn it 3 or 4 times before Night,



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in 2 fresh cloths dry, Early next morning  
salt it & turn it once in 2 hours in 2 fresh  
cloths, 7<sup>th</sup> day after take it out of y<sup>e</sup> watt &  
continue it in dry cloths, or put it in y<sup>e</sup> broad  
leaves of Nettles changing it once a day &  
in a fortnight will be ready to eat.

To make y<sup>e</sup> Lady Stanvils Cheese  
Take 3 gallons of Mornings & put to it a  
gallon of scalding water. Then mix a pint of  
cream with a quart of scalding water & rise  
and add it to y<sup>e</sup> rest, colouring it with Mary-  
gold, beaten very small, and streene thro' a  
cloth with a little of y<sup>e</sup> Milk, stir all very well  
together & put to it 6 Spoonfull of Summet  
water, cover it close & when tis come cut it  
close every way with a knife, and take up y<sup>e</sup>  
curd gently with a bowl and put it into a  
cloth and rowle it up & down between two till  
y<sup>e</sup> curd be firm, then cut it in thin slices, and  
place it in y<sup>e</sup> watt, set it in press a quarter of  
an hour. Then take it out and put it into a  
pale of cold water as it is in y<sup>e</sup> watt and let it  
lie so for an hour. Then wipe it dry & salt it &  
press it again as you doe other cheese, when tis  
pressed enough, keep it in a cold place, and once a  
day change it in a damp cloth that is among  
very hard out of cold water, this must be done  
for a week or ten days, according as y<sup>e</sup> weather is,



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it must be ordered so in y<sup>e</sup> drying, That it may not  
gather a rough coat, which will make it eat rank,  
& if it dry too fast it will be powder & choaky.  
It will be ready to eat in 3 weeks or a month,  
those that are made about Michaelmas, will  
hold good till spring.

### Another receipt for a Cheese

Put Morning Milk & Evening Creams  
Two pretty big Cheeses a pottle of Cream & and  
doe not mix milk till it be even cold, if you  
put a few cloves and more in y<sup>e</sup> sunset will  
relish well. When y<sup>e</sup> cheese is come sink it with  
a cloth between y<sup>e</sup> hands, to keep y<sup>e</sup> curd  
tender and when its pretty well firmed from y<sup>e</sup>  
whey, take y<sup>e</sup> whey out and fill your bath  
pressing it with a cloth between, & so put them  
to y<sup>e</sup> press, changing y<sup>e</sup> cloths dry 4 times y<sup>e</sup>  
day, but y<sup>e</sup> last time salt it and when it  
has layn two days upon dry cloths turned, that  
y<sup>e</sup> whey may be drye up, put it in nettles  
or rushes, every day changing them.

### To make a soft Cheese Mrs Freshams way.

Take a pint of Cream, set it on y<sup>e</sup> fire and  
when it almost boils sweeten it. Then take 4  
yolks of Eggs well beaten stir them well with  
some of y<sup>e</sup> hot cream, when y<sup>e</sup> cream boils put



in your Eggs, Stir it well, and when tis well curdled  
to your Mayner with Rosewater, & Strain it,  
& put it into your Vatt.

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### The best Way of drinking Milk

Take one part of Fountain Water, Boil it well,  
Then pour two parts of Milk upon it and give  
it a warm or two, and then suffering it to  
cool, Take away y<sup>e</sup> cream that rises, and drink  
y<sup>e</sup> rest Blood warm, or as You like. p<sup>r</sup> Dr. Hamer.

### To make Clarified Whey, to cool & cleanse

Turn y<sup>e</sup> milk with juice of Lemons  
and in y<sup>e</sup> Whey thereof boil equal quantities  
of agrimony, Succory, Semitory, sorrel,  
Gorage, Bugloss, Columbine leaves (or  
which of these You like) with a few cloves,  
and Strain it and in a day's time will  
be fit for y<sup>e</sup>, a glass full fasting.

### A Whey to <sup>open</sup> obstructions, by Dr. Mayern.

Take Baum, Thyme, of each an handfull  
of Dandelion, Succory, Gorage, Bugloss  
& Strawberry leaves, and semitary of each



half an handfull, 3 ounces of Currance one  
 ounce of Liquorish Boil all these in a pottle  
 of new fresh Whey to a quart, Then Strain  
 it softly, and drink of this fasting every  
 morning, a large draught for 15 days.

### To make An Emulsion, or Almonds Milk.

Boyl a quarter of a pound of y<sup>e</sup> best French  
 Barley in fair water, when y<sup>e</sup> water changes  
 red putt fresh water to it with half a hand-  
 full of Violet leaves another of Strawberry  
 leaves, and what other cool herbs You please  
 Then Boyl it till y<sup>e</sup> Barley be soft & Strain y<sup>e</sup>  
 liquor thro' an hair sieve Take a quarter  
 of a pound of Jordan Almonds Blanched  
 & stamped with a little of y<sup>e</sup> Barley Water, &  
 squeeze them thro' a strainer into y<sup>e</sup> Barley  
 water, Then stamp them again, and squeeze  
 them till y<sup>e</sup> Barley water be as white as  
 milk, Then season it with y<sup>e</sup> Syrup of  
 Marshmallons & Sugar till it be as sweet as You  
 like, set it in a cool place, in a glass bottle  
 and Use it, as you please, but will not keep.



~~An innocent and usefull Wash for y<sup>e</sup> Face~~  
 of Dr. Hamey.

Take 3 ounces Barley, boile it in two waters,  
 then softly put it to something more then a  
 quart of rain Water, putting likewise (y<sup>e</sup> bar-  
 ley being cast away) a quart of White wine to  
 it and so let them boile a pretty while with  
 3 quarters of an ounce of Sili Margiam, &  
 then pour it into a Basin till it be cold,  
 leaving y<sup>e</sup> Silmarge behind at y<sup>e</sup> bottome  
 and so, softly, pour it into a glass with y<sup>e</sup>  
 juice of 3 Lemmons, where th<sup>o</sup> a thick  
 seeming mouldiness comes upon it yet it is  
 very good (a Towel with two or three drop  
 off oil of bitter Almonds upon it being  
 wiped into it) for use.

A receipt to make y<sup>e</sup> cold Cream for y<sup>e</sup> Face

Take 3 ounces of Virgins Wax 2 ounces of  
 oil of Pumpkinseeds, 2 ounces of oil of Olives,  
 2 ounces of Oil of white Poppyseeds, Purify  
 Wax in a white Jug, & stop it very close,  
 & set it into a skillett of fair Water & let  
 y<sup>e</sup> Water boyle & when y<sup>e</sup> wax is melted take it  
 off y<sup>e</sup> fire & put in all y<sup>e</sup> oils, then put y<sup>e</sup> Basin  
 as before in a Skillett of Water, and beat it up  
 with a bone Knife till it be very white, and put



in it by degrees, half a pint of Damask  
Rosewater and let it stand till y<sup>e</sup> next day,  
then pour off y<sup>e</sup> Rosewater from it and put  
it in gallypots for your Use & anoint y<sup>r</sup> face  
with it at night and wash it in y<sup>e</sup> morning  
with Straw Berry Water or some other cooler.  
This came from y<sup>e</sup> Lady Dorot. Jacob.

## To make Pomatum

Take y<sup>e</sup> caul of a fat Wether or Lamb  
whilst it is hot, wash it in several Waters  
till tis no longer greasy, then lay it in  
water 9 days shifting it twice a day,  
then dry it very well in a clean course cloth,  
then beat it in a stone mortar till tis as soft  
as butter, it must be done gently, and y<sup>e</sup> mortar  
must be very clean & dry. Then take Ben-  
jamin & Borax, of each 2 ounces, then  
take of y<sup>e</sup> four great Cold Seeds 2 ounces,  
of White Lilly roots 2 ounces, then take  
out all y<sup>e</sup> yellow and clean them very well,  
& slice them mix y<sup>e</sup> powders Seeds & roots  
when pounded all together, & 4 large Lemmons  
pared & sliced, then take a new Stone jug well  
stapled & dry & put a layer off y<sup>e</sup> fat and a layer  
of y<sup>e</sup> other Ingredients till all is in close.  
Then add a pint of Cherry Sack & tie it  
up close with a paper & a double bladder,



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and put it into a pot of boyling Water and  
let it boile 7 hours, then strayne it into  
an earthen Basin, & let it cool and when  
cold, quarter it with a Knife & scrape  
off all the jelly & dirt very clean, then take  
of Sug you used w<sup>th</sup> etc and lay in some  
of fat, then putting in half an Ounce of  
Camphire, tie it up close, and set it in  
boyling Water for an hour, then strayne it  
thro a double Cloth into an earthen Basin,  
and beat it with a spoon, and when it begins  
to cool, put in half an Ounce of White  
Sperma Ceti, beat all these together an hour,  
or two, till its very white, and put it up in  
gally pots.

### To make Past for y<sup>e</sup> hands.

Take a pound of bitter Almonds, blanch y<sup>m</sup>  
and pound y<sup>t</sup> very small, a pennyworth of  
Brandy, half a pound of Raisins of  
Sun dried and pounded, put all these into  
2 galls of a Bullock or Calf & clarify  
y<sup>m</sup> with Brown Sugar, boile these all together  
and after its boile, mix (almost cold) y<sup>e</sup>  
yolks of 4 eggs, and its fit for Use.



# The Dutcheys of Lauderdale's precious green Walnut Water.

See p. 95.

Gather your Walnuts in y<sup>e</sup> Beginning of June  
and Bruise y<sup>m</sup> in greens in a Mortar. Then  
distill them, and keep this water by it self  
a fortnight, then distill as much more, put y<sup>e</sup>  
2 Waters together & distill y<sup>m</sup> again in a  
Limbeck, keep it close stopd in y<sup>e</sup> Limbeck.  
One drop of this water turns a basin of  
Water as white as Milk.

## To make y<sup>e</sup> Powder of Salves & Breachmole Sores.

Take Burgundy Pitch, Rosin, of each  
half a pound, Frankincense, Bees' wax,  
Sear Scurt Venice Turpentine of each 4  
ounces, Mastick one ounce, Camphire two ounces,  
melt all y<sup>e</sup> gums together with y<sup>e</sup> wax & scur,  
and strain them into a bottle of white wine  
and boil it till most of y<sup>e</sup> wine be con-  
sumed, then put in y<sup>e</sup> Turpentine and  
strain it till it be cold enough to make into  
Rolls.



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# I. make y<sup>e</sup> Leaden Plaster,

Take 2 pounds 4 ounces off y<sup>e</sup> best Oil Olive  
of good Red Lead one pound, of White Lead  
one pound, beaten to dust, 6 ounces of Spa-  
rish soap, and incorporate all these well  
together in a well glazed earthen pot be-  
fore you boil them, and shew y<sup>e</sup> soap cometh  
uppermost, put it on a small fire of coals  
for an hour and half stirring it with an Iron  
ball upon y<sup>e</sup> end of a stick, then encrease  
your fire until it change from Red to  
Grey, but you must stir it on till it be of an  
Oil colour somewhat darker, then drop of it  
upon a wooden trencher, and if it cleave not to it  
tis enough then take a piece of linnen of  
fingers breadth & dip it therein, and smooth  
it as it cools upon a Table with y<sup>e</sup> hand  
or a flect-stone, and keep it for your  
Use, it will keep 20 years, & y<sup>e</sup> older tis  
y<sup>e</sup> better to Use. This was y<sup>e</sup> Lady R. Symonds.

## A Sovereign Salve, called commonly y<sup>e</sup> Black Salve

Take a pint off y<sup>e</sup> best Tallow Oil 4 ounces  
of red Lead, Two Ounces of White Lead;  
two penny worth of Camphine, bees wax as much  
as an ordinary Walnut, and as much Rosin,  
Boil all these things till they look Black &

See Mrs Giff  
Black Salve is  
a loose paper  
at y<sup>e</sup> end.



and is stiff enough to make into Rolles,  
Then roast it upon a board with a spoon-  
full or two of Oyl (reserue out of the first  
quantity) and note y<sup>e</sup> Red lead is a  
Purifier and y<sup>e</sup> White lead an healer therefore  
upon a special occasion of Drawing or  
healing, You must proportion more or less  
of either. Use not a pewter spoon in  
stirring it, least it melt. It is good for mops  
sore, even in young Children.

### A Sovereign Salve of Mrs. Erules

Take oil of Olives a quart and an half,  
of Turpentine as much, of unclarified Butter  
a pound, of Rosin half a pound of Sheeps  
tallow 3 pounds, & handfull of Orpiment as  
much . . . . . wort as much of Bugle,  
as much Mallage, as much Ragwort  
as much Plantane, shred them very small  
and boile them in y<sup>e</sup> afore sayd panels over  
a fire of coals, without smoaking it keeping  
it stirr'd till it be well mingled, and then  
strain it thro a strong Canvas cloth, and  
keep it for Use.

### To make a Cere cloth To Take away pain.

Take a quantity of Beek Pitch, and add thereto  
2 Spoonfull of oil of Turpentine, set over  
a gentle fire (for fear of catching) spread it upon



By fleshy side of a Lamb skin and sprinkle Nutmeg  
upon it, and so apply it where y<sup>e</sup> pain is.

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To make an Excellent Salve for a sore Breast,  
By Lady Lucy Bright.

Take a pint of Sallas Oil, 4 ounces of  
unworkt bees wax, boil them together a little  
while, then take it off, and stir it till tis a little  
cool, then put in 3 spoons full of honey, set  
it only fire again and boil it half a quarter  
of an hour, then take it off and put in small  
cut 6 ounces of grey brachylon, stir it  
well so mett it in till tis cold & so put  
it, y<sup>e</sup> bees wax must be stied thin.

A Salve for Deafness. Mrs. Erles.

Take 2 drams of Camphire, a quarter of a  
pound of Deats Schit, one dram of Frank-  
incense, a quarter of a pound of Virgins  
Bax, one dram of Rosin, one dram of  
Mercury, two drams of Venice Turpentine  
two drams of Maskick, one dram of Bone pitch  
beat all these in a mortar to powder then  
Boyle them with y<sup>e</sup> Wax & Deats Schit till they  
be well mixed, then take it off y<sup>e</sup> fire & put in  
y<sup>e</sup> Turpentine, then pour it all into an Earthen  
pan and wash it well with a quart of y<sup>e</sup> best  
White Wine.

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To take away dead flesh from a sore.  
Take Mistletoe berries, drye and powderd, and  
use it for that purpose.

Against Linewes Shrinking.  
Take Oile of Scorpions, and oil of bene-  
dictus, of each alike & oil of Spike, mix y<sup>m</sup>  
and rub it into y<sup>e</sup> Linewes.

To make Lucutellus Balsam.  
Take one pound and half of choice Tallow  
Oile beat it well with a pint of right  
Canary melt 4 ounces of Virgins wax  
finely scraped, put it to y<sup>e</sup> Wine and Oile  
when they are ready to boile, then infuse one  
ounce of Red Saunders in fine powder, let  
this boyle a long hour, and then put in a pound  
of Venice Turpentine first beaten in Da-  
mask Rosewater till it be quite white stir  
it well in, and boile it an hour, then strain  
y<sup>e</sup> whole mixture into a gallypot and when  
its cold, cut a peice down to y<sup>e</sup> Cottonne or  
make an hole therein and pour out y<sup>e</sup> Wine  
& water, which liquor is good to wash wounds,  
& keep it close stopp'd, & to use this Balsam  
by Virnes is, The better is for Use



A very good Ointment for piles.  
 prepared by Dr. Willis.

Take flower of Toad Flax 4 handfull picked  
 clean, add to it one pound of butter unsalted,  
 and a pint of Plantane Water, put  
 all these in a Pipkin over a soft fire, till  
 the water is all waisted, strain it, & keep  
 it in a gally pot.

A very Good Ointment for  
 Cold Swellings, of Mrs. Trefham's.

Take an handfull of Southern Wood, an  
 handfull of Rosemary Topps, an handfull of  
 Camomil Flowers, an handfull of red Sage  
 half an handfull of hemlock, Chuse all  
 these very small and put to them half a  
 pint of Sallet oil, with a quarter of a  
 pound of y<sup>e</sup> Kidney Swit of a Sheep.  
 Boil them altogether a good while  
 and then strain it out for y<sup>e</sup> Oil

Mrs. Ernle's Ointment for any  
 Burn or Scald.

Take a pint of Neats foot Oil, a quarter  
 of a pound of dry Mutton Sear, two  
 roots of White Lillys, ground Ivy, green  
 leaves of Marygold, y<sup>e</sup> inner rind of Elder,  
 of each a little handfull, Boil all these



together in The Neats foot Oil & Scum &  
 then Vis **Oil**, put in a quart of a pint  
 of Saffad Oil shayn it and keep it for  
 Use. You must dress with it in this manner,  
 Melt y<sup>e</sup> Ointment and anoint y<sup>e</sup> sore with  
 a feather then dip rags of old Linen in y<sup>e</sup>  
 ointment and put it on y<sup>e</sup> sore dress it 3  
 times a day upon y<sup>e</sup> Linen, without taking  
 it off at all in 24 hours, unless it be a  
 scald with gunpowder, then change it once  
 in 12 hours.

**An easier Ointment for a  
 Burn more readily had.**

Take an handfull of Sheepsdung an  
 handfull of y<sup>e</sup> inner rind of Eaten a large  
 kind of House lark, an handfull of ground  
 Ivy Coil all these in a pound off y<sup>e</sup> inner  
 fleck of an hog and then shayn it and  
 put it. If y<sup>e</sup> burn be deep, when y<sup>e</sup> fire is out,  
 like wax & butter & dress it.

**A Bruise Ointment. Mrs. Pralls.**

Take one handfull of Rosemary, one hand-  
 full of Brown Sage, one handfull of fennel  
 one handfull of Hyssop, of Woodbine  
 leaves, Baum, Camomil, y<sup>e</sup> same quan-  
 titys, wash these in beer & ring them dry  
 & chop them and put them in an earthen pot



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with 2 quarts of Strong Beer, 2 pounds of  
Butter (and bake it as bread) When it may  
it thro' a cloth, & when its cold, scum off  
Ointment & clarify it, & put it for Use.

### An Ointment for Rheum in Eyes of Mrs Harisons.

Clarify 4 Ounces of May Butter in Sun,  
one ounce of Virginis wax Lapis India  
half an ounce, two drams of Camphire,  
dissolve them in a platter over a fire, then  
work them up with a little white Rosewater.  
Lapis India must be ready powdered at  
an Apothecaries. The Eyes are to be  
anointed onely at bedtime, and in morning  
is to be washed off with white Rosewater.

### To make y<sup>e</sup> Green Ointment Mrs Betty place.

Take of Sage one pound, ... one pound, of ... Rens  
Wormwood half a pound, Bayleaves as  
much, St. Johns Wort, Rosemary, Camomil-  
flowers, dill, of each a good handfull,  
chop all these small, and add the weight  
of all these in a Sheeps Scuit clean pickt, then  
stamp all these together in a Stone mortar,  
till y<sup>e</sup> scuit cannot be seen, and put in as  
much Oil Olive as there is Scuit in weight,



and work them together in an earthen pan  
close covered and let it stand covered seven  
days, then put it into a fair brass pan &  
two or 3 saucers of fair water, and  
distill it upon a soft fire, stirring it till  
herbs grow hard, then strain it into a fair  
Vessel and add of y<sup>e</sup> oil of odoriferous  
Violets, of oil of Lillies, of oil of Roses  
each one ounce of oil of Spike half an  
Ounce, of y<sup>e</sup> oil of y<sup>e</sup> Dill one Ounce  
& an half, stir all these together and  
put them into a Galley pot for Use  
About y<sup>e</sup> quantity of an hazel nut  
must be chafed in at a time with a  
warm hand in y<sup>e</sup> place grieved and it must  
be kept warm with linnen cloths.

### To make Oil of White Lillies.

Take y<sup>e</sup> leaves of White Lillies clean wip'd,  
that none of y<sup>e</sup> yellow be upon them, & put  
a good quantity of them into good Oil of  
Olives, and sun them 2 or 3 days, then  
press them out, and put in fresh leaves,  
and let them stand till y<sup>e</sup> next year, then  
strain them out & put in fresh leaves, & sun  
them, this Oil will be making 3 years &  
then it must be well fund, & shall be fit  
for Use.



To make a green Oil good for all manner  
of Sprains & Bruises. Mrs. Freshams.

Take an handfull of Rowes All heal, an  
handfull of Bay tops, 2 handfull of Ca-  
momil, an handfull of Trunsel, an hand-  
full of Lavender, an handfull of Baum,  
an handfull of Mint an handfull of Rosemary  
tops, an handfull of Rue & an handfull of  
wormwood, & put all these in a earthen  
pot & mix them well, then put as much  
Sattas Oil to y<sup>e</sup> herbs as will cover them,  
& let 'em stand so all night. Then boil y<sup>m</sup>  
over a gentle fire a quarter of an hour  
and strayne it off from y<sup>e</sup> herbs, and  
to every quart of liquor add an ounce  
of Oil of spike.

## To make Oil of Charity

Bruise an handfull of Rosemary, another  
of Wormwood, & so, of Sage, Lavender &  
Camomil in a quart of Oil Olive, & let  
it stand in y<sup>e</sup> Sun 7 days, & set it on a  
gentle fire, and let it but simmer (not boil)  
then strayne it, and put in y<sup>e</sup> same herbs as  
before fresh, and let it stand 7 days more,  
& so doe four times, but y<sup>e</sup> last time add



one handfull off y<sup>e</sup> Lesser Valerian then sun  
it again, & when it hath stood y<sup>e</sup> time,  
strayn it off and keep y<sup>e</sup> clearest, for in-  
ward ails, and y<sup>e</sup> other for outward, but  
note that which is for inward uses, must be  
given in sack or posset drink, it shoud  
See its virtues be made in May

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## To make y<sup>e</sup> famous Round Drink Gather y<sup>e</sup> herbs following.

|                        |                |                  |
|------------------------|----------------|------------------|
| Bugle.                 | Mugwort        | (hawberry leaves |
| Acens.                 | Mint           | inquefoil.       |
| Pumpey.                | Plantain.      | Wolft-leaves.    |
| Daisy roots or leaves. | Ribwort        | Wils Angelica.   |
| Dandelion.             | Lapacle.       | Good Doctory.    |
| Agrimony.              | Scabious.      | White bottles.   |
| Honey suckle.          | Southernwood   | Dormewood        |
| Bramble buds.          | Adonis tongue  | Solomons seal.   |
|                        | Haw-thorn buds | Oak-buds.        |

These 8 last buds must be gathered in April &  
y<sup>e</sup> herbs in May and carefully dryd without  
handling, in some close room not exposd to y<sup>e</sup>  
air, and when dry they must be pint up in  
paper bags. When you would Use these,  
take three handfull of all these (supposing of  
each of y<sup>e</sup> herbs dryd there be an handfull, & of  
Adonis tongue two) mixt together, and boyle  
them in a quart of White wine & a pottle of spring  
water till half be consumed, then strayn off y<sup>e</sup>  
Liquor, and put to it a pint of Honey, set it



overly fire again & skum it. Then take it off &  
cool it, & bottle it for Use. Of this You  
may drink 6 Spoonfull in y<sup>e</sup> morning, fasting  
Two hours after it, blood warm, and lastly  
cure is worse more at Noon, and bedtime, as  
Discretion directs You.

See its Virhes  
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Note, upon y<sup>e</sup> wound,  
You may easily lay a plaister of Honey & Wax  
with a Lint in it.

The Lime Drink good against  
all Dropsical & Scorbatick Distempers,  
& Shortness of Breath.

Take a gallon of Water one pound of unstacked  
Lime, when its disposed in it & let it stand 6 hours  
then filter or strain it thro' paper or flannel, put  
it in a large glass, or glazed Vessel on these  
Ingredients Two ounces of Sarsaparilla as  
much shavings of Sassafras one ounce of  
shavings of Guaiacum, half an ounce of the  
shavings of China root 2 ounces of Am-  
moniac one ounce of Coriander seeds 3 ounces  
of dried Raisins an ounce & half of Li-  
quorice, and after it has stood 48 hours  
pour it off clear, and then take halfe a pint  
or more in a day's space, at what times You please,  
but its best at Meals. Bottle it.



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## To make a Drink for Yellow Jaundice

Take one handfull of Liverwort one handfull of  
harts tongue, one handfull of Barbery bark,  
one handfull of ground Ivy steep these in two quarts  
of beer or ale or water and let the patient drink  
a good draught every morning.

The Lady Parkhurst's receipt for it.

Take a pennyworth of Saffron, and lay it upon  
a plaster to the Navel, and let it lye 5 or 6  
days.

For Black Jaundice, from Mr. Car.

Take a live Toad & open it and apply it to the  
Stomach, continue it there 24 hours, and tis infallible.

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## For Colick in the Stomach or any other illness there, so Surfeit &c. or for Stone in the Kidneys. Mrs. Freshams, Alias, Lowers's Tincture.

Take 2 ounces of Guaiacum, smallest chips,  
Sena, Licorish, Anniseeds, Orander seeds, Di-  
campene roots drye, each, a pound of Raisins  
in the Sun dried, steep all these in 3 quarts of  
Aqua vita 10 or 12 days till the liquor be red,  
then strain it off & 3 or 4 or 5 Spoonfull in every  
fit, for Indisposition, is enough.

Put 20 leaves of Carduus into a pint of wine & pour it  
after 24 hours, take 2 Spoonfull of it an hour before dinner, for the Colic.



To make y<sup>e</sup> Egg Water To prevent Miscarrying  
 To prevail which too, a swathe is of excellent use.  
 Take 3 quarts of milk and y<sup>e</sup> whites of 2s eggs  
 beat y<sup>m</sup> and as y<sup>e</sup> froth rises put it in y<sup>e</sup> milk &  
 stir it well together & put it in a still and distill  
 it gently, & when y<sup>e</sup> Eggs grow hard chop em with  
 a spoon & continue y<sup>e</sup> fire and it will yield more  
 water. You must take 4 or 5 spoonfull in a  
 morning warm with sugar, and as many at 4 in y<sup>e</sup>  
 afternoon.

A good receipt against Miscarrying.  
 Take a pint of Claret Boil with a large spoon-  
 full of Cloves, and Boil it to half a pint then  
 Take out y<sup>e</sup> Cloves, & pour y<sup>m</sup> up in a Linen Bag,  
 and apply it warm to y<sup>e</sup> Belly, and drink y<sup>e</sup> liquor  
 warm with a little loaf Sugar.

Mrs Herbert (y<sup>e</sup> great Midwives) receipt  
 To prevent Miscarrying & from y<sup>e</sup> Loos Down.  
 Take oak buds before they are blown distill  
 y<sup>m</sup> in a rose still, and of this water let y<sup>e</sup>  
 person take a spoonfull or two every <sup>day</sup> about what  
 time (as ten or twelve weeks) she is up to mis-  
 carry. Or otherwise, let her begin this water  
 a month before the usual time of her miscar-  
 rying, & drink it two months together, and if  
 there be any likelihood at any time after either  
 immediately take 6 spoonfull of this Water  
 at any time of y<sup>e</sup> day. Note, when you still it



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Take Mat Water You first draw off and put it to a  
second Still full of fresh buds or leaves, and y<sup>e</sup>  
second Water to a third Still full of fresh buds  
or leaves, and then will be strong enough

The Lady Seymours way of timely prevent-  
ing a Miscarriage

Take 3 grains of civet wrap<sup>d</sup> up in cotton & sew  
up in a sausage bag, and apply it to y<sup>e</sup> Navel,  
and as soon as you are within a month of your  
time, there must be a little round sticking  
plaster layd over y<sup>e</sup> bag to keep it on.

Cause for a week back, or after a Miscarriage  
Lay a pint of Asale Nuts in some Water all night,  
then Blanch them & beat y<sup>m</sup> small, and boyle them  
in a pint of Muscadine, a pint of Ale 2  
nutmegs quartered, two Dates five pennyworth  
of y<sup>e</sup> pith of an Oxes back boile them half  
an hour together, take half of it in y<sup>e</sup> morning  
fasting and y<sup>e</sup> remainder late at Night you  
may strain y<sup>e</sup> Nuts out and sweeten it to  
your tast, and add to it 3 Spoonfull of red  
Rosewater, note y<sup>e</sup> pith is to be washed and  
cut into small peeces.



## Dr Willis's Emulsion for Cough

Take French barley half an Ounce, of Marsh-mallows roots Ten drams, Violet Leaves two pugils, Licorish a dram, boil them in a sufficient quantity of Spring Water to a pint & half, then strain it out clear & beat into it in a marble mortar sixteen sweet Almonds, two drams of Melon seeds, and one dram of Violet seeds & draw out an Emulsion, strain it well & sweeten it with equal parts of Symp of Violets & <sup>symp</sup> marsh mallows, and take a quarter of a pint or somewhat more at pleasure.

## Dr Day Keelyn's receipt against The Scurvy.

Take a peck of Sea scurvy grass and half a peck of Garden Scurvy grass stamp them and strain them and put to them  $\frac{1}{2}$  pint of juice of a dozen & half or two dozen of Citrus Oranges, when its clear bottle it and take every morning for a good while together 7 grains of Rhubarb and 3 or 4 spoonsfull of these juices in a Wine glass of Wormwood wine, and use exercise after it.

## Dr Short's Bitter Drink.

Take of Cutoory tops, and Camomil flowers each a small handful, 20 grains of Senonian root,



Carduus Lees a dram, pour in these Ingredients  
half a pint of Water, with boyle over night &  
let it infuse in a chimney corner and in y<sup>e</sup> mor-  
ning strain it out & take it fasting, it will  
operate 5 or 6 Times. *Ad Sena, or Manna*  
*it is purge.*

### A Receipt for y<sup>e</sup> Scurvy

Take a pint of Milk wet it only fire and with  
2 or 3 Oranges make it into a posset then  
strain out y<sup>e</sup> Drink from y<sup>e</sup> Curd, and while its  
very hot put in an Handfull of Scurvy grass  
& one handfull of Water Cresses, one handfull  
of broock lime, let these infuse a little time  
but not too long, then strain it from y<sup>e</sup> herbs,  
& drink a good draught fasting in y<sup>e</sup> morning  
& fast 2 hours after it, using moderate  
exercise.

*In Excellent Water for y<sup>e</sup> Jaundice*  
and all stoppings of y<sup>e</sup> Liver & spleen, & for  
any Griefs caused by them.

Take a peck of Nails, wash them clean  
in a bowl of Beer, then clean out an hearth  
of a chimney and lay on it half a bushel  
of kindled Charcoals, then make y<sup>e</sup> coals hollow  
in y<sup>e</sup> middle & pour down y<sup>e</sup> Nails & cover them  
with y<sup>e</sup> hot coals, so let them continue till they  
have done hissing, then with a knife & a clean



coarse cloth put them and wipe them from y<sup>e</sup> Ayles  
 & put y<sup>m</sup> into a Stone mortar bruising them  
 shells and all. Take also a quart of Earth  
 worms slit them with a needle and thread &  
 cleanse them, and bruise them in a mortar, take  
 an Iron pot on which you may set a Limbeck  
 and take 2 handfull of Angelica and lay it  
 on y<sup>e</sup> bottom of y<sup>e</sup> Iron pot and 2 handfull of  
 Celandine lay upon that then put in a bottle  
 of 2 Rosemary flowers Bears breech Agrimony  
 Dock Leaves or roots y<sup>e</sup> bark off y<sup>e</sup> Barberys tree  
 Wood sorrel & betony of each 2 handfull half  
 an handfull of Rue of Tenucreck & Turme-  
 rick an ounce well beaten then lay y<sup>e</sup> nails &  
 worms upon y<sup>e</sup> top of all these herbs and flowers  
 then pour in 3 gallons of Strong Ale & let it  
 stand all Night y<sup>e</sup> next morning put in 3  
 ounces of Cloves beaten to powder hartshorn  
 rasso 6 ounces and 6 penny weight of  
 Saffron dry to powder it must not be stirred  
 after y<sup>e</sup> hartshorn put in, then set on y<sup>e</sup>  
 Limbeck and pass it up close & so distill y<sup>e</sup>  
 Waters into parts y<sup>e</sup> first into one vessel  
 y<sup>e</sup> 2<sup>d</sup> another &c. but afterwards you may  
 qualifie it with each other and it may be drunk  
 with 4 spoonsfull of Ale or beer mingled w<sup>th</sup>  
 it as much Water as Ale 2 hours before  
 meat in y<sup>e</sup> Morning at 4 in y<sup>e</sup> afternoon stirring  
 half an hour after. Mrs. Heale added  
 Vinegar for y<sup>e</sup> last wash of y<sup>e</sup> nails and 20 y<sup>e</sup>  
 Ingredients, 3 handfull of Singing Nettles roots



and all, Avena two good handfull, of red dock  
 roots 6 ounces, a little handfull of Wormwood,  
 2 handfull of Strawberry leaves & roots and  
 of y<sup>e</sup> inner rind of Carduus 9 ounces or 2  
 handfull, and one ounce of Juniper berries  
 with 4 ounces of Thaw Hartshorn & as much  
 Ivory.

### A Cordial Ale.

Take 4 handfull of fir, 3 ounces of Sarsaparilla  
 one ounce of China slices, one ounce of Hartshorn,  
 as much Ivory, Boil all these in 5 or 6 gallons  
 of middling wort as it comes from y<sup>e</sup> malt.  
 till a gallon be consumed then work it with  
 Ale yeast and turn it when it has done working  
 and put in these things in a bag or loose  
 Scorzoner roots 3 ounces, sweet Chervil &  
 Eringo of each 2 Ounces, Hart's tongue dry  
 two handfull of Maiden hair, Agrimony  
 Liverwort each an handfull, Winter Cuck  
 half an ounce by rinds of 2 Oranges  
 half a pound of Raisins of y<sup>e</sup> Sun Dried  
 Brooklime & watercresses 2 handfull. After  
 4 or 5 days will be fit to drink.



A purging Ale off y<sup>e</sup> D. Crew to prevent  
y<sup>e</sup> fits of y<sup>e</sup> Gout of good effect.

Make a Vessel of Ashen wood to hold 4 gallons  
with a bung hole off y<sup>e</sup> largest size make also  
a bag or boulder cloth with strings like  
a purse, then take of Oriental Senna  
clean picks from y<sup>e</sup> stems, or beaten ounces,  
of Polypodium off y<sup>e</sup> oak as much, of Sasa-  
-fras root grossly powdered one ounce  
of Anniseeds, fennel seeds each the like  
quantity, off y<sup>e</sup> pith or kernels of Ashen  
trees beaten to powder grossly 2 ounces, of  
bay berries unshaled 3 ounces, boil y<sup>e</sup> ale  
till for fear of scumming, and when tis  
ready then it up, having put in y<sup>e</sup> ingredients  
in a bag and keeping it down from y<sup>e</sup> top hole  
with a thin stick, make y<sup>e</sup> bung a  
stopple of Ashen wood and when it has done  
working stop it up with y<sup>e</sup> clay over it after  
it hath stood 5 days, drink of it morning  
and Evening half a pint at a time, during  
some good time of y<sup>e</sup> spring and fall  
about 20 days off better season and  
10 off y<sup>e</sup> former. You may add two ounces  
of Hermodactills



For y<sup>e</sup> Sout, to be taken Spring & Fall.  
 Take of Agarick 3 Drams, Guaiacum, & Euphorbium  
 each one ounce, Casapmas, Sarsaparilla &  
 anniseeds, an ounce (each) & an half, Ashen keys,  
 Juniper berries, Bay berries, choice Rhubarb, Licam-  
 pane roots, Fennel seeds, caraway seeds of each  
 2 ounces, Raisins in y<sup>e</sup> Sun Stones one pound,  
 Scurvy grass & Hands full, all these must be sliced  
 & powdered & prepared according to their several  
 kinds & put into a thin bag, then prepare 4  
 gallons of good ale wort well boyld, and put in  
 y<sup>e</sup> bag before it works, then turn it and let it  
 worke as it will and when it has done  
 working 4 days drink thereof every morning  
 for 14 or 15 days one pint or more or  
 less (as it works with you) Spring &  
 Fall.

Another for y<sup>e</sup> Sout.  
 Take 2 ounces of Flea seeds bruse it &  
 put it into half a pint of Brandy & half a  
 pint of Red Wine or very deep Claret &  
 2 spoonfull of Bay Salt boile altogether  
 while it comes to a thick jelly, so spread it  
 on a cloth and lay it so as hot as it can be  
 endured.



Mr. Ten's (of Harrow) receipt for y<sup>e</sup>  
Gout.

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Take 2 handfull of Round Pine, Permander  
& Centory of each a good handfull put them  
in a bag into a vessel of 5 or 6 Gallons, then  
run up your beer being somewhat better than  
small beer, when it has done working stop it up,  
and in 9 or 10 days you may begin to drink it  
drink every morning a good draught and at  
5 in <sup>the</sup> afternoon till y<sup>e</sup> year round, if you  
please.

A Dyett drink for y<sup>e</sup> Gout.

Sarsaparilla. 9 ounces.  
Fine China. 2 ounces.  
Quaicum. 4 ounces.  
Sassafras. 2 ounces.  
White Saunders 1 ounce & half.  
Red Saunders. 1 ounce & half.  
Harts horn 1 ounce.  
Tordonella. 2 ounces.  
Licorish. 2 ounces.  
Cinnamon. 1 ounce & half.  
Coriander seed. 2 Ounces.

Take Quarts of Water boils 2 of quarts, then  
put in 4 quarts, and let it waft off 2 quarts  
You must put in y<sup>e</sup> Licorish, Cinnamon, & Cori-  
ander seeds with a quarter of a pound of



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Raisins of the Sun stoned half an hour before  
You may off the first Quantity

D.<sup>r</sup> Lowers Drink prescribed in 1697  
against Ruptish Tumors.

Take 3 pounds of common Small Dock roots  
scrape them clean & wash y<sup>m</sup> & dry y<sup>m</sup> in a  
cloth then slice them thin and dry them by  
y<sup>e</sup> fire then take 5 handfull of Dandelion  
roots 'cleansd & sliced, 4 handfull of Elder  
flowers, 4 handfull of Hart's tongue leaves  
hang all these into a runlet of 6 gallons  
of ale & bran as soon as it has done working  
stop it up close, and when its fine, drink it  
ordinarily.

D.<sup>r</sup> Short's drink for Gout or Rheu-  
-matism, 1694.

Take Sarsaparilla 3 ounces, China 2 ounces,  
and Antimony 3 ounces, infuse these in ten  
pints of Water about twelve hours then  
boyl it about an hour adding to it 4 ounces  
of Raisins of the Sun, 2 Drams of red Sanders,  
one Dram of Coriander seeds, strain these  
out and let it settle then drink it.

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# A Receipt for Wind Gout.

First take a pound of Layfins off a Sun Stone  
 2<sup>nd</sup> a pound of figs sliced, a quarter of a pound  
 of Dates Stones, a quarter of a pound of Licorish  
 sliced a quarter of an ounce of Amber  
 another of Corall both finely powdered, 2  
 ounces of Anniseeds bruised, one handfull  
 of Colts foot boyl all these together in 6  
 quarts of Ale to 3 quarts, & so take a por-  
 tioner full first in the morning and last at  
 Night well warme.

## A drink for Gout, Dropsy, Scurvy or Consumption.

Take half a pound of Sarsaparilla (the best  
 of which is mealy) of China roots (flinty  
 is best for this) beaten well in a mortar by  
 a Druggist.

- |        |                                  |
|--------|----------------------------------|
| 4      | Ounces of Sarsaparilla shavings. |
| 2      | of Sanders Cut.                  |
| 4      | of Harts Horn.                   |
| 4      | of Ivory.                        |
| 3      | of Maiden hair.                  |
| 1      | of stoned Raisins.               |
| 6      | of Pearl Barley                  |
| 2 or 3 | of Senna.                        |



Take 3 gallons of Spring Water near boy-  
ling, put in all these except y<sup>e</sup> Maydenhair  
& raisins, infuse them 12 hours close covered &  
kept hot on a soft fire, not too boyl, then  
put in y<sup>e</sup> Maydenhair & Raisins and boile  
it till it is reduced to 2 Gallons, then  
let it cool 2 hours, (still covered) then  
strain it, & when cool bottle it up.

Drink of this, an half pint draught  
morning and Evening, eating some light  
bisket only like after it with some raisins  
& figs.

Take y<sup>e</sup> Ingredients left & put 3  
gallons of Spring Water to them infuse  
them 6 or 10 hours, then boyl it till almost  
half be wasted, adding to it half a pound of  
Raisins in y<sup>e</sup> last 3 ounces of Barley  
and pennyworth of Anniseeds, & fennel-  
seeds, let it stand 2 hours as before well  
covered, strain it off, and drink this at meals.  
No Salt Meat, nor spoon meat.

Drink this for a Month, it has cured  
several Persons who incurable by many  
Doctors, keep y<sup>e</sup> settling of your bottles  
to bath your legs or affected parts rubbing  
it downwards.





## Against Dropsie

Take 2 quarts of Water and put in a good handfull of Broom and as much of the incised Bark of Elder and Horse-radish and half a pound of Raisins stoned, an ounce of Caraway and Anniseeds, and boil this from 2 quarts to One, then put in a quart of White Wine, drink this in y morning and at 4 of y Clock.

## Another.

Take y juice of Elder berries (only very berries) and boyl it in small Ale when its brewed and drink it constantly. which did cure a fat man whose belly was swelled and this receipt made him lean and of good shape.

## Dr Willis's Receipt against Scurvey

Take 2 handfull of Scurvey grass 2 handfull of Chick-weed 2 handfull of Featherfew 2 handfull of <sup>water</sup> Cresses, a dozen & half of Oranges & a dozen of Lemmons, a gallon of milk hot from y Cow, putt these & y milk over night, & set it pretty warm & drink it in y morning & afternoon about half a pint at a time. Lem y Oranges & Lemmons if y patient be far gone in y Scurvy



Another of <sup>Wm</sup> Ridley's <sup>for</sup> Scurvey  
 To a quart of Rhenish Wine or White Wine take  
 a large handfull of Pine tree tops well bruised,  
 set it over a gentle fire, & keep it warm 5 or 6 hours  
 Then take a quart of new milk & boyl in it a good  
 handfull of Parsely on. Then make a posset  
 of  $\frac{1}{2}$  milk & wine together, make y<sup>e</sup> posset drink  
 very hot and pour it upon Scurvy grass water-  
 Cresses & Brooklime of each a good handfull  
 of y<sup>e</sup> rind of a Lemon, cover it very close  
 and let it stand till it is cold and sweeten  
 it with Symp made off y<sup>e</sup> juice of Oranges  
 & small wormwood after drink half a pint  
 of it fasting warm in y<sup>e</sup> morning, and as  
 much at 4 in y<sup>e</sup> afternoon.

An excellent receipt agat<sup>y</sup> Scurvy,  
 Pout, Rheumatism, or To fawen y<sup>e</sup>  
 Blood.

Take an ounce of Sarsaparilla sliced thin.  
 An ounce of Pualcum rasped.  
 An ounce & half of Hermodactils, bruised.  
 Half an Ounce of Agarick.  
 One dram of Sassafras.  
 One dram of Lignum Nephriticum.  
 Two ounce. of Sena & 2 ounces of Licorish.

Steep all these in 4 quarts of Spring Water cold  
 24 hours. Then set it over a gentle fire till y<sup>e</sup>  
 water is boyled 3 pints away, then take it off y<sup>e</sup> fire



and dissolve therein 6 ounces of Manna, & taken in  
cold water thro' an hair sieve

Every morning fasting Take half a pint & 3  
hours after drink a mess of warm broth. If it  
does not work too much repeat it in y<sup>e</sup> like man-  
ner in y<sup>e</sup> evening.

Abstain from fruits, Salads, salt,  
spice, & all sharp things.

### For y<sup>e</sup> Stone

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Take Amittes, fennel, parley, dill, radish,  
Saxifrage seeds, of each one ounce, beat y<sup>m</sup>  
several and sift them thro' Tiffany, mix them  
well & add to these Gabr eyes, & jawbone of a  
pike, the seeds of y<sup>e</sup> hips of Bils Bryer, they  
must be beaten several & sifted, then take of  
each as much as You can heap upon a broad  
pointed knife at 3 times mix them among  
y<sup>e</sup> rest.

Take of this powder one dram in a little  
white wine, or Rhenish ale or thin broth, warm  
wash it down with a little off y<sup>e</sup> same Take it in  
a morning fasting y<sup>e</sup> second day off y<sup>e</sup> new moon,  
fast 3 hours after doe this y<sup>e</sup> same day  
come & ennight for y<sup>e</sup> first moon so take it  
4 times that moon & afterwards take it but y<sup>e</sup>  
second day off y<sup>e</sup> new moon all y<sup>e</sup> year after.  
Note y<sup>e</sup> white Saxifrage roots is y<sup>e</sup> best,



# To make an Excellent Water for Stone

Take Sacifrage, Pellitory off Ball & handsfull, Wild Myne and Small radishes of each 5 handsfull Filipendula leaves & roots a good handsfull 3 ounces of Sassafras tree & herbs, and Glicy wood & roots, with 2 ounces of sweet fennel seeds bruised, & one ounce of Anniseeds, infuse all these in a gallon of Rhenish milk in an earthen pot new & well stoped, 12 hours or 14 very close stopp. Then distill all this alone in a Common still not a Limbeck, & 6 quarts will be drawn out, keep a good fire in your still.

Take of this 4 spoonfull or 5 in 4 spoonfull of White wine with a spoonfull of the juice of Limmon & some Sugar to sweeten it, half a Nutmeg sliced, laying it upon y<sup>r</sup> tongue wash it down with y<sup>e</sup> draught.

Use this twice a week, if in pain, but if by way of prevention take of it 3 mornings (every new Moon) together fasting, and 2 mornings before y<sup>e</sup> full, fasting 2 hours after it is best. To distill it in May or y<sup>e</sup> beginning of June. But drink not of it till it be a Month old.

Make posset-drink with half ale & half White wine, in 3 pints of this, boyl one handsfull of pellitory off Ball, 3 of Marshmallow roots sliced 2 ounces of liquorish one Nutmeg sliced boyl all these together, at y<sup>e</sup> full of every moon,



and forbear drinking y<sup>e</sup> Water Wine, & Lemmon, but  
only y<sup>e</sup> 3 mornings at y<sup>e</sup> new of every Moon.

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An Excellent Receipt for y<sup>e</sup> Stone in y<sup>e</sup>  
Kidneys. of Mrs. Rachel Belchier.

Take a pint of new Beer. set it over a soft  
fire, and as it begins to scum it, in y<sup>e</sup> mean time  
let a crust of household bread be tosted hard,  
and after y<sup>e</sup> beer hath been well scum'd  
& new scalding hot put in y<sup>e</sup> toast taking it  
from y<sup>e</sup> fire & so let it stand till it be cool  
enough to drink. Drink this in bed lying  
an hour after it. it putteth y<sup>e</sup> patient into  
a gentle Breathing sweat.

It was attested by Mrs. Rachel Belchier  
effectually to cure her, after making extreme  
bloody water, and excessive torture for 3  
years together & voiding a Stone like that of a  
Gonorrhea, and y<sup>e</sup> opinion of y<sup>e</sup> Physicians that  
she had an Ulcer in her Kidneys, by taking  
it 4 years together, but y<sup>e</sup> first quarter she  
used it, she had violent pains from y<sup>e</sup> gra-  
vel it brought away, but it wrought afterwards  
a perfect Cure.



## The Lady Devonshires Method for Stone.

Take some Sympup of Elder in White wine  
or Ale, in the morning fasting, or at any  
time of pain.

## To give ease in Stone an excellent Description of a Clyster.

Take marshmallow Roots, & White Lilly roots  
2 ounce. Of Mallow, pellitory of the Wall,  
Violet leaves, each one handfull & half,  
vinegar, Juniper berries, Melilot flowers, <sup>indeed</sup>  
an ounce each (or according to the quantity) &  
Camomil flowers.

Boyle all these in 8 quarts of Water  
till a third part be consumed then take a  
pint of this decoction strained & mix in it  
an ounce of Turpentine or half a spoonfull  
and beat it with the yolk of an Egg, a spoon-  
full of coarse Sugar, 2 spoonfulls of  
Oyl, with a spoonfull of Oil of Scorpions,  
mix all together and give it as a Clyster,  
Good to warm.



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To make Mead to cleanse Kidneys  
of Gravel, & prevent breeding of Stone.  
By drinking of which some have been  
perfectly cured in a few Months.

To one quart of y<sup>e</sup> best Honey use 9 quarts  
of Water in y<sup>e</sup> Water alone Boil for  
half an hour one ounce of Anniseeds  
4 Ounces of Licorish, and a race of ginger  
sliced, then put in y<sup>e</sup> honey, & let it Boil  
an hour longer scumming it, then cleanse it  
from y<sup>e</sup> Ingredients, & set it to cool, & when  
its almost cold, put some yeast to it to work  
it then turn it top full to work over, & when it  
has done working, stop it and at 4 or 5 days  
age, bottle it & after a fortnight begin to  
drink it in y<sup>e</sup> Summer put in a few hops,  
and take care y<sup>r</sup> bottles do not break.  
Its good likewise to cause Expectoration.

To cure y<sup>e</sup> Stone & Gravel & bloody Water in  
particular.  
Take of White Cork flowers and Camomil  
flowers mixt together half an ounce or there-  
abouts Boil them in half a pint of White wine  
popet drink, & then strain it off, and take of it  
mornings fasting 3 spoonsfull 6 or 7 warm  
dropping 8. drops of Spirit of Sulphur into it,



Fasting one hour after, & take 3 spoonfull  
again with 3 drops of Sulphur in it at going  
to bed.

### The drink.

Take 3 gallons of Spring Water and put  
therein 2 quarts of Virgin Honey stirring it  
till the honey be dissolved, then boyle it & scum  
it then cool it as you doe wort and turn it  
& it will work of it self without Calm, when  
it is 5 or 6 days old drink of this alone  
moderately, if you rack it off into bottles  
it will be quickest.

This was Mrs. Keen's method

### For heat of Urine an Emulsion Dr. Baker.

Take a quarter of an Ounce of pumpkin  
seeds, 5 Jordan Almonds blanched, of Citron  
Water & Red Poppy Water 3 ounces each,  
beat the seeds & Almonds in a Stone mortar  
adding by water by little & little till the whiteness  
be taken out, then strain it hard thro a  
linnen, & sweeten it with 3 drams of Sugar  
of pearl, and drink all at night going to bed.

### To force Urine

Take a walnut-shell & fill it with Black soap, &  
apply it to the navel and it will cause you to  
make Water. Hawthorn Berries Dones & all damps &

disorders with White wine has  
been held a secret for this purpose.

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An excellent remedy ag<sup>t</sup> Stone in the Kidney,  
which presently cured Mr. Henry Lee in Oxford.  
Take Saxifrage water half an ounce & drop of  
spirit of Salt, mix these with 9 spoonfull of  
white wine, a little Sugar Candy, Juice of Lemon,  
& take this 3 or 4 mornings, eating (a while  
after) a white Toast dips in Saffron oil & sugar  
Candy, every morning.

Another for y<sup>e</sup> Stone  
Take a pint of mild Ale, warm it w<sup>th</sup> y<sup>e</sup> froth  
rise, then take it off 3 or 4 times, then take it  
off y<sup>e</sup> fire and put in a new Lays Egg (white &  
yolk beaten together) with 2 spoonfull of  
Honey after it, mixing all together drink this  
every morning, as long as y<sup>e</sup> pain continues.

To make an Emulsion by Dr. Willis.  
Take french Barley half an ounce, Marshmallows  
roots 2 drams, violet leaves 2 pugils  
licorish 2 dram, boil them in Spring water  
to a pint & half, then strain it out clear,  
and beat into it in a marble mortar  
16 sweet Almonds 2 drams of Melon seeds,  
one dram of Violet seeds, & draw out an  
Emulsion, strain it well & sweeten it with  
equal parts of Syrup of Violets & Syrup  
of Marshmallows, Take of this at y<sup>e</sup> leisure  
a quarter of a pint at a time.



To anoint y<sup>e</sup> back for y<sup>e</sup> Stone.

Take oyl of Scorpion oyl of Camomil & of  
Dill waime in a saucer, and anoint y<sup>e</sup> place  
in paye.

To y<sup>e</sup> heat off y<sup>e</sup> back.

Take oyle of Roses & white wax cut in peices  
my ounces off y<sup>e</sup> first & an ounce off y<sup>e</sup> latter  
dissolve y<sup>e</sup> wax in y<sup>e</sup> oil, and put all into  
cold water, & labor and wash them oftentimes  
till it be very white, at last put to it rosewater  
& vinegar red or white & labor them together  
with a slice y<sup>e</sup> more it be washed, y<sup>e</sup> better  
anoint y<sup>e</sup> back, & spread it upon a cloth.

A slight remedy for y<sup>e</sup> Stone

Take y<sup>e</sup> skins & cover y<sup>e</sup> gibards of Pigeons  
dry them to powder in an Oven, then drink  
therof in Beer morningly.

Another from Dr. Hamer.

As much as a filbird of Castle Soap drunk  
in White wine possit drink, drives down y<sup>e</sup> Stone  
abundantly.

Another

Take y<sup>e</sup> hoof of an hogs foot scrape and wash, &  
dry, beaten to powder as much as a small rub  
in Beer, ale or Rhenish Wine, once in a fortnight.

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## A medicine for Angullion

Take an Horseradish root & bruse it well, also a quantity of Parsley seed & fennel seed peritory of y<sup>e</sup> wall & y<sup>e</sup> middle rind of a Nut tree, Then bruse all these together & seeth y<sup>m</sup> in a quart of White wine till it come to a pint putting in a little Sugar and let y<sup>e</sup> Patient drink of it Morning & Evening.

## The Consumption-Drink, or for any Stoppage of y<sup>e</sup> Stomack, or Dropsy.

Take 4 bunches of Turneps, 12 Colts-foot Leaves, of Sweet Fennel Seed, Aniseed, Caraway seeds, Coriander seed, each, half an ounce brused, 4 ounces of sliced English Licorish, 20 pippins, Lay of y<sup>r</sup> Colts foot Leaves round y<sup>r</sup> pot & at bottome, Then slice your Turneps thin & put a Lay of Turneps & pippins, Then shew in of your Seeds & Licorish, in a strong well glassed pot, Then put a Lay of Leaves between, & then your sliced Turneps & brused seeds, & Licorish, so in Lays till all be in y<sup>r</sup> pot. Then stop up y<sup>r</sup> pot & set it in a brown bread Oven, and let it stand as long as y<sup>e</sup> brown bread. Then take it out and strayn it as hot as You can, & as clear as You can.



Then put to your Liqueur To shaynd halfe  
 pint of Hyssop & as much Mint & red  
 Rosewater, & Plantane Water, of each halfe  
 a pint, & ounces of White Sugar Candy, &  
 as much honey, give all these a boyl up.  
 & when a little cool, bottle it up, & keep  
 it in a cool place, and drink thereof  
 3 times a day blood warm a quarter of a  
 pint fasting an hour after it.

Another for the same.

Let there be a few Drops of green Mint  
 put in y<sup>e</sup> bottome of a Silver Tankard  
 & some double refined Sugar, & milk in  
 some Milk from y<sup>e</sup> Cow warm, and drink  
 mornings & Evenings, This did y<sup>e</sup> old Lady  
 p<sup>r</sup>actise much good.

D<sup>n</sup> Willis's Drink for y<sup>e</sup>  
 Lungs. 1667.

Take Pina half an Ounce, hartshorn Ivory  
 each a quarter of an Ounce. Maidenhair.  
 Agrimony. hartstongue, Speedwell, Mullein, Mouse-  
 ear, each an Handfull Raisins half a pound.  
 Licorish 1 ounce. Boil these in 3 quarts of Water  
 till a third part be consumed, Strain it by Cotton.



# Dr. Huttons Restorative Broth

for Weaknesses. prescribed by L. Seymour.

Take a pottle of fair Water drop in a dram of Spirit of Sulphur & infuse therein 2 ounces of y<sup>e</sup> best China sliced thin y<sup>e</sup> space of 10 or 12 hours, then add an handfull of Rins Raisins off Sun, 2 or 3 dates half an ounce of Dried Trappes, & as much Harts horn, and with a young Cock, a little Veal & Mutton altogether with a bunch of Sweet herbs (some Eriago roots & Citron pills if you will & any) & make a close infusion for 10 or 12 hours more, and then open y<sup>e</sup> vessel adding half a pint of white or Rhenish Wine, with an Anchovie washed and so stop it up close again, setting it a stewing for 2 hours, & tis done. It may be quickened with juice of Oranges.

## The Dutchess of Lauderdale's Pizan for a Consumption

Take one handfull of Maiden hair one handfull of Liver wort 2 handfull of Colts foot 2 handfull of Licorish Boil all these in 2 quartts of Water & drink half a pint of it every morning.



### A rare Receipt for a dry Cough.

Take of Quinces preserved with Honey 2 pounds,  
Honey boyled & skum'd one pound, off y<sup>e</sup> best  
rose water 6 ounces, white sugar of Candee,  
mix all these well together, and boile it till  
its all one substance. Then take it from y<sup>e</sup> fire  
and add thereto, one ounce of Cinnamon,  
one dram of Saffron, three drams of Lignum  
Aloes, 4 drams of Ginger, 2 scruples of  
Cloves, 3 Canacks of Musk dissolved in rosewater,  
6 ounces of pure Aquavita, 3 drams of  
Oil of Sulphur incorporate all these  
well without fire into an Electuary, take  
hereof every morning 2 hours before meat  
and at Evening 2 hours after meat, one  
Ounce, or half an Ounce at a time, Use it  
a Month together.

### Another for a Cough, of D.<sup>r</sup> Cars.

Let Rosemary flowers & sliced liquorish be  
boiled in Posset drink & taken warm at bed time  
3 or 4 nights together sweetned with Sugar.  
Or let some hyssop and Rosemary be cut  
small & boild in milk, then turn y<sup>e</sup> Milk  
into Posset drink with double y<sup>e</sup> quantity of  
Beer, Then taking y<sup>e</sup> Aurd off, Boil in y<sup>e</sup>  
Clear of it some Toned Raisins, and give it  
at bed time.



D<sup>r</sup>. Bates's prescription for a Cough,  
to be taken at Night onely.

Take of Conserve of Red Roses and Syrrup  
of Sugar Candy, each 2 ounces, Syrrup of  
White poppyes 2 ounces and an half mingle  
these together & take a spoonfull and half  
at bed time for a cough caused by a reflexion  
from the head.

Another of D<sup>r</sup>. Bates for a cough  
attended with forepess in the Lungs.

Take an Ounce of Syrrup of Maidenhair  
and an half, one ounce of Syrrup of  
Cank Crespes, 2 ounces of New drawn Oil  
of Sweet Almonds with 2 drams of  
White Sugar Candy, mix the Syrrup & Oil  
with the other ingredients very well (the Sugar Candy  
being very finely beaten) by little and little  
This may be taken as a Linctive, at any  
time of the day, out of a spoon, or on a  
Lion's Tongue Stick.

A Receipt for a Cold of Anne D<sup>ch</sup>. of York  
Take half a pound of Raisins stoned, an  
ounce of powdered Licorish, an ounce of  
Ricampane (if it be a Thicke Rheum) but  
half an Ounce (if thin) beat the Raisins  
to a Conserve, and take a spoonfull of  
Red Rosewater, Colts foot water, Hyssop water,



hore-hound Water, and live honey 2 spoon-  
full, put all the powders in 4 raisins, and  
then scald it up in 4 liquors, but boil it not  
only one warm up. Take of this in morning  
fasting half an hour after it, and at 4 in  
after noon, & last at night, 4 quantity of a  
Balnat.

Another for the same.

An ounce of Conserve of red roses, 4 quan-  
tity of a Nutmeg of *Dicodium*, one spoon-  
full of Syrup of Poppys & 3 drops of  
Spirit of Bitrid, all these well mixed  
and take morning & Evening 4 quantity of  
a Nutmeg, fasting 2 hours after it.

For the Chin-Cough or Hooping Cough.  
Take to a pint of White wine Vinegar near  
half a pint of Red rose water or Linet hyssop  
Water and a quart & half of 4 Best Currance  
bruised, some Maiden hair Linet hyssop, 2  
or 3 leaves of Colts foot some Cup moss  
about an ounce of green Licorish thin sliced  
Simmer all these gently over 4 fire till one  
half be wasted then strain them and add  
a scruple of Saffron tied up in a rag,  
boiling out 4 4 virtue make this into a  
thin Syrup with white Sugar Candy, of which  
take a spoonfull at a time, or upon a Licorish stick,



if the Body be hot, leave out Anniseeds, if cold,  
add the former ingredients.

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A little dryd Mace finely powdered and simmered  
with a little Capons grease, Anniseeds abated &  
a Scruple of Saffron is good to anoint the  
patience's Stomach, at bed time.

To sweeten the Blood & cure Rheums.

Boil as much shavings of Birch Vite  
as You can take up with 13 fingers at once  
in a quart of Water, & cover it close. Of this  
Take every morning 3 spoonfull mixed with  
little spoonfull of warm milk.

Mr Theodore Mayer's receipt for a  
Shortness of Breath and Cough

Take 12 ounces of Licorish scraped & bruised,  
of Coltsfoot Water, Hyssop water, rose water,  
horse hound water each, half a pint and 2  
quarts of fair Water steep all these with  
your Licorish 24 hours. Then Boil it gently  
till thicknes of Cream. Then strain out the  
Liquor from the Licorish, and set it on a fire  
again and put in a quantity of a <sup>large</sup> Cream of  
Alkermes, where it will not Boil but incor-  
porate well, then put it out in 2 or 3  
Things, and Sun it, till it thicken to work



Like Baa. Then make it into little Cakes & it will keep its virtue many Years, but a drop of wet (when sunning) spoils it all. Of this keep often in your Mouth it opens the pipes & chest, but remember to add 2 lb. Alkermes, 2 granes of Ambergreene if liked. This preferred long by late Queen Mother of England.

Mrs. Bridget Nevils receipt to stay a  
— fluxion of Rheum

Keep a little Gum Arabick & gum dragon in red rose water till it jellys. Then mix it with a quantity of a nutmeg of Conserve of red Roses, adding to it a little Syrup of Poppeys and Syrup of Eylliflowers. This may be taken a fortnight together at bed time.

For a Cold, under y<sup>e</sup> Lady Seymour's own hand.  
Take a quart of Milk, and half a pint of Spring Water and Boil it once up and then sweeten it with Sugar Candy, & drink it at twice.

Another of hers. for y<sup>e</sup> Rheum.  
Take an handfull of Wood Betony & red Sage & Sweet Marjoram each, and Boil them in a pottle of Water to a Quart, & drink of it Mornings & Evenings sweetned with Honey.



## A Remedy to cure a Consumption.

Take as much as 3 ounces of pepper of right  
Amber finely powdered in a good Spoonfull  
of Malmsey Wine 9 Mornings fasting  
Succesfully

## A Receipt against a Consumption

commented by Mrs. Lawrence. an. 1635.

Take a quart of Strong Ale well clarified  
Then put in a quart of good Mustardine, &  
near a quart of red Currance, & leaves of  
Cumfrey, & of Clary, one large Mace, halfe a  
sliced Nutmeg, & cap dates sliced, & cleaned  
Then take one spoonfull off the pith of an Oxes  
back flipped out of by skin, the marrow of  
Deers shankes a good quantity and boyl  
all these with some gold, Jewell, Amber,  
Coral, or all of them, Carefully, from a pottle  
Is a quart, then clear it and drink a  
pretty quantity of this at any time, but morning  
& Evening especially.

For young Children that have extreme

Cold, and vomit in their Coughs from Laidy  
Take a Red Rose Cake and dip it in Oil of  
Mace & sprinkle over with a Nutmeg beaten  
to powder, apply it warm to the pit of Stomach



# A Pectoral for a Cough, &c. Lady Katharine Seymours.

Take a pound of Brown Sugar Candy & a  
pound of Loaf Sugar (which You please, take  
an ounce of Orice of Ligourish and dissolve it  
over night in two or 3 spoons full of Hyssop  
Water, then take y<sup>r</sup> Sugar with a dram of  
Orice 2 drams of Ricampane, half a dram  
of gum dragon, beat all these finely to powder,  
then take a dram of Oil of Amiseeds a  
little Musk, mix all together, and work it into  
pasta with y<sup>r</sup> hands, and so make your  
Pectorals, putting them upon chate paper,  
and so let them dry without fire.

## For Mumps or any other swelling in the Neck.

Take half a pint of Malmsey Wine, Boil a  
good quantity of Camomil stamped in it  
but if You cannot get enough Camomil to  
thicken it, doe it with Wheat Bran, and  
put in 2 or 3 spoons full of Sassa Oil,  
seeth it till it be thick, then spread it on  
a Cloth, and lay it to y<sup>e</sup> paticalls Throat  
warm.



A present Remedy for y<sup>e</sup> Pallat of y<sup>e</sup>  
mouth fallen down.

Take a good peice of sower Leaven, and a  
spoonfull of Cummin Seed beaten, a quan-  
tity of Gay Salt, and a good spoonfull of  
Red Rose vinegar & a good spoonfull of  
Red rose Water, put these all together  
in a Dish and set them on a Chafin dish  
of coals' stirring them till they thicken,  
Then take a Linnen cloth, and make a bag  
as broad as y<sup>r</sup> hand, & put all this into  
it and apply it to y<sup>e</sup> crown of y<sup>e</sup> head hot,  
There let it lye a day or two, and if a  
young Child be in that Case it may be as  
safely applyed to that, and when y<sup>e</sup> bag  
is dry or cold take a spoonfull of red  
rose vinegar, & a spoonfull of Red rose water,  
and put it in a saucer, and y<sup>e</sup> old bag in  
it and so warm it, and use it as before  
to y<sup>e</sup> head again. Add to y<sup>e</sup> Mingo a-  
fore says, Pigeons dung as much as a Bal-  
met, y<sup>e</sup> powder of a Nutmeg, and of  
6 cloves.

The Gargle for y<sup>e</sup> falling of y<sup>e</sup> Throata  
or inflammations of y<sup>e</sup> Almonds of y<sup>e</sup> Eat.

Take Straw Berry leaves & strings, Cinq foil  
Plantane Andegras Woodbine leaves red rose leaves,  
of each half an handfull pomegranat peel  
half an ounce. Boyl these in three



spirits of burning Water will half be Consumed  
Then Waxe it & put to it Symp of Mulbenys  
& Symp of red Roses each an ounce, a little  
Allom, & a spoonfull of White wine vinegar  
gargle with this or inject it with a Syringe.

### For a Tooth Ach or Canker.

Take Rosemary, Sage, Thyme, rue leaves, &  
Woodbine of every of these a small quantity,  
a spoonfull of honey & some rock Allom, put  
all these into a pewee dish of Vinegar and  
boil it on a moving fire of Coals till the herbs  
be tender, then put in the herbs & all into a  
fair glass & will keep a Month. when  
You feel any gnawing off your Tooth ach, Wash  
your Mouth & gums with it.

### For a Canker, sore Mouth or Throat.

Take of ails Honey Suckles two handfulls, of  
Rosemary tops, Sage, plantane, Leaves, Parsley, grass,  
Cing foil, and that which some call Binter  
gilli flower, of each of these an handfull, pick  
them clean, but doe not wash y<sup>m</sup>, then smee  
and Stamp them, Take then a quarter of a p.  
of rock Allom burn it well & powder it  
and mix y<sup>e</sup> Allom with y<sup>e</sup> juise off y<sup>e</sup> herbs  
& when You use it put a little fresh honey  
to that you use.

If need require, You may use Mercury Water  
viz, Dissolve a pennyworth of Mercury sublimat

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in half a pint of running Spring Water, & to  
dissolve 3 days, dip a little rag tyed to a Rose-  
mary Stick & so apply it to y<sup>e</sup> place affected,  
not suffering it to goe down, neither eating  
nor drinking any thing for an hour after y<sup>e</sup>  
use of it.

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For an Imposthume in y<sup>e</sup> Ears & head.  
Take feather few heated in a pan & put it into y<sup>e</sup>  
ear & apply it about y<sup>e</sup> ear close bound  
it has been used by one that is apt to impost-  
humes, and found great benefit by it.

For an Eye sore bruised and in danger  
of being lost.

Take Celadine and y<sup>e</sup> white of an Egg well  
bruised together, and drop y<sup>e</sup> clear of it  
it going to bed, or lying down into y<sup>e</sup> Eye.

For a Pin & Web of y<sup>e</sup> Eye.

Take hemlock & Bay salt beat them  
well together and apply it to y<sup>e</sup> Wrist on  
y<sup>e</sup> contrary side.

To make Eye-Water. M<sup>r</sup> Lewins. 1625

In May, & a cleare thing to catch rain  
water, maynt thro a fine cloth, and put it  
into a Glass, let it in y<sup>e</sup> Sun few days, &  
keep it to wash y<sup>e</sup> Eyes.



For Soar Eyes, pins or Webs. Mrs. Ermlé's

Take half an ounce of Lapis Calaminaris  
an ounce of Lapis Lazuli & half an Ounce of  
english Honey, half a quarter of a pint off  
droppings of Rhenish or old White Wine  
nine Cloves, and half a pint of white Rosewater  
put all these into a Viol Glass, shake it well  
a quarter of an hour. Then take some  
off & Clear, and drop into y<sup>e</sup> Eye and let  
it dry of it self without touching, drop  
y<sup>e</sup> Eyes morning and Evening, and it will  
preserve y<sup>e</sup> sight, clear y<sup>e</sup> Eyes from rheum  
and after it is 3 weeks old, it will cure  
a pin, Web, or Pearl.

For heats in y<sup>e</sup> Face

Blos Sulphuris Viriol. albi alluminis calcin.  
abrumg pulverizat ana mixt cum Vinegra  
att. Oppantum Sufficit. Apply face when  
You go to bed & let it dry on in y<sup>e</sup> Morning  
wash it with Wine water, colder Water, Spla-  
ne or Lemitory Water.

Purge with Rhubarb & Currance or Symp  
of Roses, cum Rhubarb or Symp of Lemitory,  
or a purge made with Manna & Symp  
adding ʒi of Symp of Roses ʒi: ʒi: or dissolve  
them ʒij of proper Ole Boild with cooling herbs,



You may ad. To this Cream of Tartar Vitriolate. 146  
a fimple, made in powder. Your herbs may be  
Liver Wort, Sonch, Violet leaves & Saw-  
tooth leaves, of each a like quantity, boils  
in Popet Ale

For Pain in y<sup>e</sup> Head, Mrs Ravens. 1626

1/2 after  
12. 14d

Take some Elder Flowers and a quantity of  
Cummin Seed, mix them together & crush in  
a pewter dish covers with another upon a cha-  
ffing dish a shile spread it then between 2  
clothes and apply it to y<sup>e</sup> nape of y<sup>e</sup> Neck going  
to bed.

Another.

Camomil Alehoof, (y<sup>e</sup> inner rind of Elder  
if y<sup>e</sup> flower cannot be had) Cummin seed  
crushed least as y<sup>e</sup> former and so applys.

For y<sup>e</sup> Megrin in y<sup>e</sup> Head.

Take house leek & garden Worms, but moss  
house leek Stamp them together and put  
thereto flower to thicken it put in into  
Cinamon and apply it to y<sup>e</sup> forehead & Temples.

For a Rheum in y<sup>e</sup> Gumb.

Steep Bole armeniak, in White wine vinegar  
then spread it on a playster and lay it to y<sup>e</sup>  
Temples & place afflicted, all Night. In very  
effectual.



### For a Wind in y<sup>e</sup> Ear

Take a peice of ground Oak newly cut, put one end into y<sup>e</sup> fire, and take y<sup>e</sup> oil that issues forth off y<sup>e</sup> other end, dip therein wool of y<sup>e</sup> keeps cool warm, and put it into y<sup>e</sup> ear, reserve y<sup>e</sup> same in a glass close covered.

Mr John Rolles water for a hot Rheum in his Eyes  
Take as much Bole armeniack and white Copperas each as a shilling with cold put it into half a pint of pure spring Water shake it well, and let it stand 24 hours, & use y<sup>e</sup> clear of it to wash y<sup>e</sup> Eyes at any time.

### For Speckles.

Take y<sup>e</sup> Blood of an Hase and y<sup>e</sup> Blood of a Bull, & mingle them together, and anoynt y<sup>e</sup> face or hands with it, and in 5 Nights it will rid You of them.

### Another off y<sup>e</sup> Lady Teymours.

Take a pint of white wine, an Handfull of Rosemary flowers fresh gathered, or 2 handfull if dryed, Sun it mixed with y<sup>e</sup> white wine 24 hours, then use it every Night to wash y<sup>e</sup> face at bed time. It is very effectual. but renew it, if occasion be.

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For heats in y<sup>e</sup> Face, y<sup>e</sup> Lady Seymours.

Take white Rosewater, take a rowl of  
 Brimstone & stir it in y<sup>e</sup> rosewater till it  
 turns white & at bed time lay it as thick as  
 you can with y<sup>r</sup> finger upon every pimple.  
 and wash it off in y<sup>e</sup> morning with white  
 rosewater. It commonly makes y<sup>e</sup> face worse  
 for y<sup>e</sup> 2 or 3 first days, but by continuing it  
 it cures it effectually, this is good too  
 for wens on y<sup>e</sup> Nose.

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To cure y<sup>e</sup> Head Ache, under Dr. Hamleys hand.

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If it be occasioned by stoppages, boil 5  
 pounds of rusty old Iron cleaned from  
 y<sup>e</sup> dirt in a pottle of strong Ale to a  
 quart, and to that quart add half a  
 quarter of an Ounce of Saffron, boiling  
 them a very little, and so straining y<sup>m</sup>  
 take of this a quarter of a pint every  
 morning and use exercise upon it.

A Receipt off y<sup>e</sup> Lady Jacobs  
 To draw y<sup>e</sup> swelling Eyes & head.

Ranunculus or Crocus foot & hands full with  
 one of Salt stamp together and so in part  
 applyd every morning & Evening for a month  
 afresh to y<sup>e</sup> Wrist, is very good.



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To kill Worms that breed about the Nose.  
Wash often with Vinegar, allom, & Brimstone,  
till you find they are killed, and then use Pomatum  
every Night, to smooth the skin.

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To anoint the face in the Small Pox.  
Take Tarr & Cast it upon the fat part of a  
breast of Mutton, over and over again, till by  
mixing thoroughly with the grease, it makes  
an ointment for that use.

Another

Oil of Sweet Almonds & Sperma Ceti  
melted together, is very proper too in this case.

To bring out the Small Pox.

Take the lungs of a new slain Lamb and  
apply it to the belly of the Patient.

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Toe Scabby Faces in Children.

Take an handful of Mallows with a peice  
of Allom as big as a Walnut, and Boil these  
in a quart of Water to a pint, and tis a proper  
Wash for it.

Another for any other Scabby parts in  
other people.

Tobacco leaves steeped in Beer, kills & heals.



## The Lady Roper's Cure of a Scald head.

Cutty hair quite off within half an inch close  
Then put little pieces of Linnen (as broad as a  
groat) with rosin and wax upon them, and  
then pluck them off hair and all, and then  
lay on every Night going to bed a Pulvis  
made of Wheat bran, Boiled in y<sup>e</sup> strongest  
wine Vinegar, & apply it as hot as it can  
be born, for 13 or 14 nights successively  
all Night.

## The Course of Dr. Meveril in a Pleurisie.

It is usual to apply Hot wood or coal ashes  
with a few Camomil flowers by patients  
side. Then anoynt it with Unguentum  
Dialtheae, and a little oil of Sweet Almonds  
Then give inwardly two ounces of oil of y<sup>e</sup> same  
Almonds with a little Sugar Candy.

## The Kentish method of curing y<sup>e</sup> Pleurisie.

Take a spoonfull of Penista aculeata powder,  
of Date Stones, & as much as in powder  
makes half a spoonfull, and take a quarter  
of this, which with bleeding at y<sup>e</sup> Nose sets  
them well again.

To clear y<sup>e</sup> Throat, if any thing  
perchance stick there, and y<sup>e</sup> party be like  
to be choaked.

A Spoonfull of Gunpowder in drink  
is y<sup>e</sup> best thing.

See after  
p. 126



## For Worms in y<sup>e</sup> Teeth.

Take Tansye brays in a mortar, and stop y<sup>e</sup> hollow worm hole, it will destroy worms & doe away y<sup>e</sup> Ach occasions by them.

## For swelling & rankness of Gums.

Take Oxumel of Squilles, one spoonfull or two dissolved in a penny pot of White wine since your mouth with it warm, but beat Sage in y<sup>e</sup> wine over Night, and will be better.

## To preserve y<sup>e</sup> face from pitting, in y<sup>e</sup> small pox

Take a small quantity of Malmsey and a leafe of Sattas Oil, beat y<sup>m</sup> together a little, and with a feather anoynt y<sup>e</sup> face when they come out as often as you think convenient.

## A good Medicine for Morpheus.

Take a quart of New Milk, 7 or 8 Lemmons, pare them, & slice them thin and soak y<sup>m</sup> all night in y<sup>e</sup> Milk with y<sup>e</sup> crum of a Manchet, then distill it very leisurely, and when done, put to a quart of this Water as much Camphire as a Walnut & Sun it a little to take out y<sup>e</sup> fire, and will be very good.

Oil of Tartar is very good for y<sup>e</sup> same purpose



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Sr Theodore Mayern's Receipt for  
Piles.

Take an hundred of Beetles out of horse or  
cow dung, two hundred Millipedes (commonly  
called Sows) found under water tubs or rotten  
wood, Mullen leaves dried 2 handsfull, y<sup>e</sup>  
whole plant root and leaves of Brown-  
wort dried & bruised 2 handsfull and an half  
of Orpin one handsfull and half of Garden  
Nightshade and if y<sup>e</sup> cannot be had, take  
twice y<sup>e</sup> quantity of Orpin, and y<sup>e</sup> inward  
bark off clove of each 2 handsfull, The  
flower of Camomil, Melilot, S<sup>r</sup> John's  
Wort, of each 3 pugils, Sassa oil one  
pound, of fresh Butter, Carraway's grease, new  
and sweet, of each one pound & an half, y<sup>e</sup>  
juice of Water betony newly drawn 2 pounds,  
boil all y<sup>e</sup> Ingredients till y<sup>e</sup> Juice be consumed &  
y<sup>e</sup> herbs rotten, then strain y<sup>e</sup> liquor & grease  
which must be long beaten in a leaden  
Dishel, and keep it in an earthen pot for  
Use.

This Injection for Piles, compound off former.  
Take Sassa Oil, boil it well with good store  
of Mallow, till tis very green, then strain it  
and keep it by You, all y<sup>e</sup> year. When y<sup>e</sup> pain  
is violent, Take of y<sup>e</sup> above written grease an  
Ounce of oil of Mallows two Ounces <sup>of Unguentum papulium</sup> (which  
y<sup>e</sup> Apothecarys have ready made by them)



half an Ounce. Melt these together upon a gentle fire adding  $\frac{1}{2}$  yolk of one Egg well beaten, You must inject half this with a small Pipe like a Cyster pipe of wood or Ivory, but that it must have but one hole at the end like a Syringe keep this Injection as long as You can, and renew it so often that the gut be never empty of it, the pain be eased, if it be ulcerated, this will help it in time.

### For Piles

Take of Pilewort leaves & roots with the flowers of Stoeck  $\frac{1}{2}$  lb. like quantity. Chop them small and boyl them in fresh Rago Card till it look green, it must be done over a gentle fire then strain it & put in fresh herbs. Doe this till its very green, then strain it & keep it for Use. Take some Mutton Suet, and mix with this ointment & make thereof suppositors.

### The Cyster for the same

Warm a Chamber pot very warm, as soon as You have made Water in it put it in a Cyster Bag, take it presently before it be cold. Take one of these Cysters every other day, and when You take not a Cyster, make use of a Suppositor, but if You are in great pain You may use these at any time for they doe not work, if You have Pilewort in your



broth or gruel, it will doe much good.

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If the pain be Violent.

Take 2 quarts of skims Milk put in a  
good many Turneps & use a good deal of  
inner rind of Elder Boil them together  
2 hours, then pour it boiling hot into a  
Close stool and sit over it as hot as you  
can bear it. It is good to bath & part with  
this twice a day.

Mrs. Goddards Receipt to cure Piles.

Boyl in 4 gallons of Ale 2 or 3 handfull  
of Yarrows, This drink at a week old  
once or twice a day 3 or 4 spoonfull at a  
time.

The Dut<sup>ty</sup> of Launderdals pills for Piles

Mingle y Oil of Poplar with burnt Cork  
and so put them up y fundament as a clyster  
going to bed.

Dr. Ridgely's Clyster for y  
Piles, to be given as occasion serves.

Boil in 3 pints of Equal parts Milk &  
Water two handfull of Pile wort leaves,  
Mullein leaves and as much of Toad Flax  
flowers, boyl them gently to a quart or less,  
& add to it 3 or 4 ounces of Oil of Earthworms,  
& so use it.



A methodical Experiment to know if  
Children have y<sup>e</sup> Worms.

215.

Take Moes sweetbriar & garlick tops of Wormwood  
with a little Vinegar, beat these together and  
lay it upon a Sheep's Leather, and apply it to y<sup>e</sup>  
Childs navel, if it have worms it will stick fast,  
otherways it will fall off.

To cure y<sup>e</sup> WORMS, from S<sup>r</sup> Benham Throckmorton  
1679.

See after  
p. 190 209.

Give to a Child 2 spoonfull of Symp of  
Mint, & 3 spoonfull of y<sup>e</sup> distilled Water of  
Mint, & as much oyle of Vitriol as can well  
be drank with it, all well mixt take it  
in a morning fasting & fast two hours after  
and this as often as you see occasion at  
y<sup>e</sup> Change and full of y<sup>e</sup> Moon.

D<sup>r</sup> Ridgeley's prescription for y<sup>e</sup> same.

Take Coralline, Burnt hartshorn, Worm-  
Seed, & Rhubarb each a scruple. Mix 'em  
& give a scruple at a time 3 days before  
y<sup>e</sup> full Moon, with a draught of White wine  
peppermint.

Another.

Lavender Cotton boils in Milk taken Morning  
& Evening is good in this Case.

So is y<sup>e</sup> inner Bark of a Walnut tree sliced  
thin in milk & boiled, or (if too bitter so) steeped  
in Water before tis boils in Milk, and given  
fasting.



For any common Indisposition of Children  
*D<sup>r</sup> Hamey's Advice.*

Make a clear Poppe-drink of 2 parts Beer & one Milk and Boil in every pint of it Two or Three figs sliced with  $\frac{1}{2}$  weight of a Macepence of Carduus seed, and so let them drink a good warm draught, which if they vomit up, repeat half an hour after keeping them from Milk and flesh for a day or two after, taking Water gruel and some thin Broth only.

For a Child that is galled.

Take Mary gold Leaves and house leek equal quantities stamp & strain them, then boil  $\frac{1}{2}$  pint with such a quantity of Cream kept stirring till it come to an Ointment, but with not keep long.

For Convulsion Fits.

Take 6 pennyworth of Peony seed, 6 pennyworth of fine gold, 6 pennyworth of pearl, 6 pennyworth of Bezoar, 6 pennyworth of Coral, 6 pennyworth of Amber compound all these to a powder together & give it in Black Cherry Water, or Indive Water as much as will lay upon a Macepence to a Child, and twice as much to another body.

post. 167207.



Another offy Lady Seymours.  
 Take 6 spoonsfull of Spring royal Water  
 & as much Mugwort Water & Drops of Oil  
 of Amber & give it to y<sup>e</sup> Child Blood warm  
 and let it drink nothing else till that be  
 all drunk up, nor eat any thing in an hour  
 or 2 after tis drank.

Another offy Jame Lady's. for a sucking Child.  
 Take Drumwell Seed boyls in fair Water  
 (first bruised) with a crust of bread, and  
 when tis cold, give y<sup>e</sup> Child one spoonfull  
 or two sweetned for y<sup>e</sup> Wine. And let  
 y<sup>e</sup> Nurse drink gruel & posset drink to  
 cool her Milk, which possibly may cause  
 y<sup>e</sup> Childs.

Another offy Same.  
 Take y<sup>e</sup> root of Polypodium of y<sup>e</sup> oak  
 dry them in y<sup>e</sup> Oven and take off y<sup>e</sup> powder  
 as much as will lye on a Meese and  
 put about y<sup>e</sup> Childs Arm a Bracelet of  
 Elks Claws.



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# A Receipt for y<sup>e</sup> Rickets.

Take an ounce of Ivory, an ounce of hartshorn  
3 pints of running Water, a pretty quantity of  
liver-wort, and as much hartstongue, y<sup>e</sup> same  
quantity of Speedwell some Rosemary flowers &  
some marigold flowers, some slices of Licorish,  
and boyl all these in y<sup>e</sup> running Water and  
when it comes to a Jelly. Strain it all and force-  
it with sugar and so give it y<sup>e</sup> Child with y<sup>e</sup>  
jelly or any liquor it likes to take it in, but  
note it must be Sugar of Manus Christi.

## Another Receipt for y<sup>e</sup> Rickets.

Take of Agarick, hartstongue, liverwort, each  
an handfull, half a pound of Raisins in y<sup>e</sup>  
Sun, M<sup>o</sup>d, half a score figs sliced 3 or 4  
sticks of green Licorish schaps & snits, an ounce  
of anniseeds, take all these and Boil them in  
such a quantity of Middle Wort, as when  
boild may fill 6 or 7 bottles of Stone, whilst this  
is boyling slice in 3 or 4 Oranges, and when its  
sufficiently boild, cool it and doe not work it up  
at all but bottle it and then take a small quantity  
of Rhubarb sliced and tying it up in a stiff  
rag hang it in y<sup>e</sup> bottles as not to touch any part  
of them. Then stop 'em up close and at 2 or 3  
days old give it y<sup>e</sup> Child to drink without any  
other liquor for a month or 6 weeks as you  
see cause. But note, as its cooling, Strain it  
thro' a sieve. If it purgeth above once or twice  
in a day, more than usual, omit y<sup>e</sup> Rhubarb.



Renew this once in 7 or 8 days.

An Ointment for y<sup>e</sup> Sickets, from Mrs. Davis.

Take a pound of fresh unsalted butter (not washed from y<sup>e</sup> Salt) and put into it a good quantity of Saxifrage chops very small, Boil it till y<sup>e</sup> Juice be consumed, then strain it out into a pot for y<sup>e</sup> use. Anoint y<sup>e</sup> Childs belly and sides seven morning and Evening before y<sup>e</sup> fire. This an excellent Remedy.

A Drink which hath cured y<sup>e</sup> Disease it self, from y<sup>e</sup> same Person.

Take y<sup>e</sup> rind of Ash and y<sup>e</sup> rind of Ivy, of each half an. handfull & as much Tamarisk put these into a Bottle that holds 3 quarts of beer let it stand 3 days, and give it to drink at Meals, and all other times for a year together, You may fill y<sup>e</sup> Bottle twice with one proportion of Ingredients.

Mr Morgan's Receipt for y<sup>e</sup> Sickets. 1659.

To every Gallon and half of Second Wort put Liverwort, Maiden hair, harts tongue & leaves, rock rue, raisins off Sun Stones, figs, betony, Eye bright, of each an handfull, Agrimony, Osmund royal, Scurvy grass, of each half an handfull, of hartshorn, Ivory, Anniseeds, sweet fennel seeds, of each one quarter of an Ounce, Boil these with two spoonfull of y<sup>e</sup> Ingredients till y<sup>e</sup> 3<sup>d</sup> part be wasted, & then ord it as y<sup>e</sup> other Beer.



Another good remedy.

Take bones of a Hags heart, hartshorn & Ivory, rosemary flowers, betony, & roots of primrose of each a like quantity & dry them to powder, and boil them in any Broth that a Child eats. It is likewise good to boil China or Eningo roots sliced in Water-gruel.

Another Ointment for Rickets and a Drink of

Take Colts foot Pennyroyal, Featherfew Camomil, Alehoof, all picked very clean, of each equal Quantities minced small, pound <sup>m</sup> in a Stone Mortar, and mix as much Sweet Butter nor salt nor wax, as y<sup>e</sup> herbs weigh stew them 3 hours in an earthen pipkin upon a charcoal fire, then strain it and put in two or three slices of Mace if y<sup>e</sup> pot you put it in.

Mrs. Moulsworth.

The Drink

Take Liverwort, Cetrach, Harts tongue Maiden hair, Licorish, Anniseeds, boil an Handfull (off y<sup>e</sup> 4 former) a piece, and off y<sup>e</sup> licorish 2 or 3 sticks, and off y<sup>e</sup> Anniseeds one quarter of an Handfull to a gallon of Wort. You may put in an Handfull of Scavy grass, so when tis well boyled and cold again put Yeast to it and give it y<sup>e</sup> Child to drink when it wants to drink. When y<sup>e</sup> Child is fasting, tis good to let it Swing.



# A plaister for a Rupture of Mrs Davis.

Take a small quantity of Fat a little Rags Lard mix it well together and spread it upon a piece of Sheeps leather to make a plaister. Then take 2 granes of Musk tie it up in Tiffany and lay it on y<sup>e</sup> greene. Then lay y<sup>e</sup> plaister upon y<sup>e</sup> Tiffany, & a Rups upon that change y<sup>e</sup> plaister once in 3 days, The musk will Jewe y<sup>e</sup> Child be cured, which will be probably in a Month.

## The Syrrup, from Mrs Davis, for y<sup>e</sup> same.

Take a pint of Plantane Water boile in it half an handfull of Knot grass, till half y<sup>e</sup> water be consumed, strain it & put to y<sup>e</sup> liquor as much Sugar as will make it a thin Syrrup, give y<sup>e</sup> Child a spoonfull or two of it mornings in any spoon meat it usually eats.

## A Cure for a Rupture, from W<sup>m</sup>. Owen.

Take some new butter that was never salted & some parley and beat these together, and so anoint y<sup>e</sup> place where y<sup>e</sup> rupture is and when you are sure tis up, beat with y<sup>e</sup> butter & parley some Solomons Seal and anoint it therewith, a fortnight together.

## Another.

Take y<sup>e</sup> Popoms of Elder & make them to powder, and drink them in Beer Ale, or Wine 4 or 5 times, & will help y<sup>e</sup> same.



## For Gripes & Colick.

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See before 159.

Take a pint of Sack posset and when tis clear  
boil a pennyworth of Camomile flowers in it.  
Then into one half of y<sup>e</sup> posset put 3 spoons  
full of Linseed oil and give it in a Clyster  
and into y<sup>e</sup> other half put 3 spoons full of  
Oil of Sweet Almonds & drink it.

After this has done Working you must take  
Clyster of clear posset drink made with Sack  
to comfort and quiet y<sup>e</sup> body, it must be but  
half a pint and after drink a small draught  
of plain Sack posset.

## Another. For Wind Colick.

Take a spoonfull of Aniseed water as much  
Mint water and put them in a little hot broth  
or beer & drink it.

## A Clyster for Colick.

Take 2 ounces of Syrrup of Violets  
one ounce and half of Oil of Sweet Almonds  
one dram of y<sup>e</sup> Chymical Oil of Juniper  
Berries, beat these together & put these into a  
pint of Cowe Milk.

## For Wind Colick.

Take a small quantity of Cummin Seed Coriander,  
fennel, parsley & gum arab seed, and Alexander  
seed, of each y<sup>e</sup> same quantity, boil these together  
in a quart of strong ale till they be wafter  
strain them and drink thereof warm Morning  
& Evening, with a little Sugar y<sup>e</sup> first & last thing, you doe.



### Another Soft Wind Colick.

Take a new Lays Egg and put it in Wood Embers  
till it be warm Then steep it with Griststone finely  
powdered and mildly, so sup it up next y<sup>r</sup> Heart.

### Soft Bone-Colick. from Mr. Miller.

Gather y<sup>e</sup> herb called Wild Parsley or wild Smalage,  
spread y<sup>e</sup> on a Table out of y<sup>e</sup> Sun paper  
it up and for use, powder it and take it  
in Broth.

The Ashes of Vine as much as will  
Lye on a Opeme in a draught of White wine is  
very good in this case.

### Soft Wind Colick. Cap<sup>m</sup> Rogers

Put up y<sup>e</sup> fundament a clove of Garlic, or a suppositor  
of castile soap.  
Lays eggs in poppet drink is likewise good.

### A Drink for pain and Wind in y<sup>e</sup> Stomach by Rich<sup>d</sup> y<sup>e</sup> Lady Marye found present remedy after Physicians could doe her no Service. 1629.

Take a good hand<sup>full</sup> of Neps which is otherw<sup>e</sup> called  
Cat-mint, one handfull of Cary, an handfull of  
Comfy. That which has white Blossoms of Cam,  
Jenny royall and Camomil of each an handfull,  
boil all these in a pottle of Springwater to a  
quart in an earthen pipkin, then strain it &  
put to it 3 prints of Muscadine & boil it a little  
drink of this a little warme as often as You will.



It is good in this case to purge now & then with a  
Clyster made thus. Take a quart of Warm Milk  
from a Cowe 2 ounces of Brown Sugar candy  
an Handfull of Camomil, warm it not over a  
fire then strain it into a bladder with a pipe  
so take it and is better then any other purge for  
a weak body.

For Windyness off spleen & Stomach.

Take posset Ale made very green one quart M<sup>rs</sup> Palmers.  
1688  
Take away the Ale, add a good handfull of  
young Parsley as much Mother Tyme, 3 leaves  
of Motherwort, twelve bruised Cloves, twelve  
Bay leaves or Berries, one good Licorish stick sliced,  
3 ounces of Ginger scraped & sliced, one ounce  
of Anniseeds bruised a little, two spoonfull  
of fennel seed bruised, one Nutmeg sliced,  
two Large Maces, 6 whole pepper Corns,  
Boil these all together till about half a pint  
be consumed, then strain it, & when its boile  
season it with Sugar and drink off Mornings  
& Evenings, fasting two hours after it.

To strengthen Stomach against Colick  
or any Sharp humor.

Take powder of Gentian one spoonfull off  
powder of Rhubarb, as much as will lye on half  
a Crown a spoonfull of Wormseed well rubbed in a cloth  
as much Mellicreate as a french Bean, make these  
up in Conserve of Roses or Woodforrel Roze  
thicknes of past, take as much as a Walnut of this  
in a morning & fast 2 hours after, & then drink



2 or 3 spoons full of Sack. This may be  
used 3 or 4 mornings together, asy and is possi-  
tion comes.

A Receipt for y<sup>e</sup> Spleen & Burning off y<sup>e</sup> Stomach  
Is good to help Digestion and take away Drought.  
By Lady Seymour.

Take 30 hard peppins, pare & core them, and  
lice them very thin then put them in 3 quarts  
of running Water, boil it to 3 pints, strain  
& sweeten it with y<sup>e</sup> finest hard Sugar you  
can get, bottle it with a little Saffron (if like)  
tied up in a Linnen cloth in y<sup>e</sup> bottle for a little  
time, and drink of it at pleasure.

For y<sup>e</sup> Spleen.

Heart-tongue good quantities boiled in broth is  
very Beneficial in this case.

A good Medicine for y<sup>e</sup> Spleen from Mr. Charney  
1657.

Take red dock Roots, purple, Wormwood,  
Sage, Tamarisk, of each 2 hands full, Rhubarb,  
Sena, Licorish, & anniseeds of each 2 ounces,  
put these into a bag made of thin loose Canvas,  
hang it in some Syffel of Ale or Beer and  
drink of it twice a day, mornings & at 4 in  
y<sup>e</sup> afternoon.

For y<sup>e</sup> Spleen By Lady Seymour.

Take y<sup>e</sup> Bark of Quick bean & alias Wild Ape  
and y<sup>e</sup> Bark of Buck Thorn, of each a pottle  
and boil it in 4 gallons of Middle water till



one part be Waffed, then Strain it and work it as  
Beer with Yest, then put in a bag 4 ounces of  
Polypodium, two ounces of Sena, two ounces of  
Sweet fennel seeds, two ounces of Anniseeds & hang  
it in yr Canel so as not to touch, then put up yr  
drink, and after 4 days, drink of this only for  
Nine or Ten days, But is best, Spring &  
Fall.

For Hypochondriacal Melancholy, Mr. Burton's  
The Decoctions of Wormwood, Centory,  
penesogol, Betony, in Whey, and daily  
drunk have cured many.

The salt of Wormwood in a small measure.  
But no Physick shall in these cases without  
great need, because commonly yr Spleen is cold  
and yr Liver hot, so that is helpfull to yr one  
is injurious to yr other.

Borage, Bugloss, Baum, have an  
admirable Virtue in them to alter Melan-  
cholly, whether in Substance, juice roots,  
Leaves, flowers, leaves, decoctions & syrups  
Waters, extracted Oils, or steeped in our  
Ordinary Drink.

Bugloss may be used in Broth, in Wine,  
in Conerves Syrups it is an excellent Cordial  
& against Melancholly.

Because the Spleen & Blood are often mis-  
affected in Melancholly, Endive, Succory,  
Fennel, Mugwort, Liverwort, each  
help & ease yr Spleen.



A Medicine to help a Person that cannot  
make Water.

See before  
p. 129  
See after  
p. 193.

Take an handfull of mallage, an handfull of  
Parsley, and handfull of Pillsbury off Wall &  
some Amber, Boil all these in a pint of  
White wine, let it stand & drink this three times with  
a little Sugar if he will.

Another for the same. from Mr. Abbingdon. 1625.  
Take drys Holly berries, beat y<sup>m</sup> to powder,  
and drink thereof in Poppet Ale.

To make y<sup>e</sup> Stomach able to digest &  
cleanse y<sup>e</sup> Blood.

Take 2 heads of Parslick peets and infuse, &  
put it into a quart of Milk, when it riseth  
& so covered let it simmer half away, sweeten  
it with Sugar, and take a convenient quantity  
before the blood warm fasting, and 2 hours after  
supper. The same is very proper to be used by those  
that have a Waterish Stomach.

To cure heat of y<sup>e</sup> Liver.

Take Wood Sorrel (very like Three leaved grass)  
& make poppets thereof, and drink Morning and  
afternoon.

To drink to cool y<sup>e</sup> Liver.

Take plantane leaves and roots & Boyl them in  
a quart of fair Water to a pint with an  
ounce of Sugar, when cold drink it as occasion  
requires.



Another of Dr. Meverils for heat off  
Liver.

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Take an handful of midling Earth Worms, make  
a decoction of them in Fountain Water.

An Ointment for hardness and  
Obstructions off Liver & Spleen

Take one ounce off oil of Lillys, half an  
Ounce of oil of Rill, half an Ounce of Oil  
of Camomil, a little Bees wax, which temper  
together and put up in a glass pot or gelly pot  
and thereof warm in a sauset and anoint  
the place pained applying a warm double cloth  
thus morning & evening.

For Breast & Lungs.

Take in March y Sap of Wormwood steep  
it in some syrup, and take every morning.

For pain and Crakness in y back.

Take Cumpey, stamp it & strain it, boil it in  
milk, & drink it. See over leaf  
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To strengthen y Back

Mrs Bulwer. 1627.

Take y Yolk of a new Lays Egg, clear from y  
white & headle, put it again into y Shell  
and put to it pure Mustick finely beaten and  
yellow Sanders as much as a groat will hold  
and take them with Muscadine in a morning.

For heat off y Back.

Take Cleavers or Goosemeat wash it & drain it  
stamp it & strain it take 6 Spoonfull of it with  
4 of White wine or Muscadine and drink it in y Morning  
at 4 in y Afternoon, abstain from eating an hour after, 3 or 4



# For y<sup>e</sup> Heart-burning

Eat Yarrow leaves and Borage with y<sup>e</sup> butter  
for breakfast in May & June

## Another.

Take a pint of Malmsey, & 2 pennyworth of  
Saffron Oil, put them together and drink it  
milk-warm every morning fasting.

## Another. Under Dr. Hameys hand.

It is held for a Sovereign remedy to drink down  
a draught of Beer with y<sup>e</sup> White of an Egg in it.

# For Breakings off Back, Mrs. Enles.

Take a breast of Young Mutton, break all y<sup>e</sup> bones  
to pieces, Boil it in a gallon of running water  
in a new pipkin, and when it boils & is clean  
scummed put to it one handfull of Knot-grass  
as much of Plantane, two leaves of Cympey  
& Nutmegs, quarters, a stick of Cinamon  
broken in pieces, half a quarter of an Ounce  
of large Mace, 3 cap dates, Boil all these  
till it come to a pottle then pour it into a  
basin, and Blanch some hazle Nuts beat &  
soak them in part of that broth & add with  
red Rosewater & some hard Sugar & let y<sup>e</sup>  
patient drink every morning a draught fasting  
& fast two hours after it.

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p. 168



## To Stanch Blood, at Nose

Bind Arms with Tarters half an hour longer  
then or more. Or snuff Cottony snuffs w<sup>th</sup> salt, at Nose.  
Dip a double Cloak in cold Water put it about  
y<sup>e</sup> patients Neck, and so so upon y<sup>e</sup> forehead.

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## Another, under D<sup>r</sup>. Hamers Hand.

Bleed in y<sup>e</sup> arm of y<sup>e</sup> contrary side to that No-  
til out of which the Blood comes, and wipe  
y<sup>e</sup> forehead & Neck with Cloths dipd in vinegar,  
& water made off spawn of Frogs, &c.  
one Night hard take cooling Risters, & use  
Blood stores. See overleaf 171

## A gentle Safe Purge

Take a quarter of an Ounce of Rhubarb  
small Beaten, put it into a gally pot, Take  
half a pint of Succory Water, and when  
its ready to boill, put into it a quarter of a  
pound of red Currance cleant well and when  
they are plumped in y<sup>e</sup> water, put it w<sup>th</sup> Rhubarb  
in y<sup>e</sup> gally pot, & stir all well together and  
thereof take a spoonfull or two (as y<sup>e</sup> consti-  
tution is) it works gently & safely.

## A safe Purge of Cold humors, flegm, & Cholera,

Aloes RoLat a dram taken in y<sup>e</sup> pulp of  
a Roasted Apple, first made up in little  
pills, & taken after y<sup>e</sup> first sleep that it  
may have done working by y<sup>e</sup> next Night, is  
very proper.



## To Stanch Blood.

Make list of a fine Cloth and mix it with Hens  
dung new made and lay it upon y<sup>e</sup> place bleeding  
and will stop it.

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& after  
p. 199

To cause one to bleed, when pricked  
with y<sup>e</sup> Lancet, & y<sup>e</sup> blood will not flow.  
Put a little Oil upon y<sup>e</sup> Orifice and apply  
a warm cloth to y<sup>e</sup> Arm.

## An easy &amp; safe Purg.

An handful of Damask Rose leaves  
boiled in Whey or a spoonfull of Elder  
buds juice mingled with Popet drink  
is very safe.

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A purging Potion, preferred by Dr. Lilly  
many years agoe, for Cholera & Melancholly.

Take polypodium off Oak  $\text{℥} 3$ . Bruise  
it well, and Cinnamon bruised one dram & half.  
Steep y<sup>m</sup> in two pints of fair Water with one  
pint of Deale Wine a whole day upon  
hot Embers, towards evening make it feeth  
gently for 2 hours covers close, then let it stand  
covers close all Night. In y<sup>e</sup> morning Permit  
again, and Drayn out y<sup>e</sup> liquor, and steep in it  
2 ounces of Senna, half an ounce or more of  
Epithyme, 2 drams of Rhubarb cut thin.  
Of Trochiskes of Agarick 2 drams sliced  
thin, & bound in a thin rag severally by Rhubarb



also being bound up in a rag. Cinnamon bruised & yellow Sanders bruise each a dram & half. Let all sleep upon hot Embers, but not feet, all that day & night. In the morning, pour out a convenient good Draught and add to it 3 spoonfull of Syrup of Roses, and one good spoonfull of Juice of Lemons. Drink it warm early.

*Dr. Short's Purging bitter drink. 1697.*  
Take of Centory Roots, and Camomil flowers each a small handfull, 20 granes of Gentian root, Carduus seeds a dram, 2 drams of Senna pour to these Ingredients half a pint of soft Boile Water over night and let it stand in a Chimney Corner covered, strain it out in the morning & take it fasting, it will work 5 or 6 times probably.

*The Clarified Purge of Dr. Theod. Mayer's for the Earle of Northumberland - Land.*  
Take Tamarinds one ounce Cassia with y<sup>e</sup> cane one ounce and half, Senna half an ounce, Coriander seeds prepared one dram, or instead of it half a Nutmeg sliced, put all these into a Pipkin with 3 quarters of a pint of White wine, let y<sup>m</sup> infuse 5 or 6 hours upon hot Embers not to boyle, then take it off and press y<sup>e</sup> Ingredients well with a spoon in y<sup>e</sup> liquor. Then take y<sup>e</sup> White of an Egg Shell & y<sup>e</sup> Gall, an ounce & a quarter of Manna (or for a strong body half an ounce more) put them into a Skillet,



and put two or 3 spoons full of the aforeysd Liqueur  
to them that You may beat <sup>the</sup> <sup>all</sup> together  
which will melt & Manna. Then put in all  
the other Ingredients and Liqueur and set y<sup>e</sup>  
skillet upon a pretty quick fire that it  
may boil up, and then straine it thro a cotton  
Bag, and put in y<sup>e</sup> Juice of an Orange.

For a Looseness, or Scouring

Take Pigeons dung, grind it in Wine vinegar  
and thereof make a playster and apply unto  
y<sup>e</sup> Belly.

For a flux.

Take y<sup>e</sup> shavings of Scarlet dry them &  
drink thereof in Red Wine.

For a Scouring, such as was An<sup>o</sup>. 1624.

Take y<sup>e</sup> thigh bone of a dead Man, grate it &  
drink thereof in broth.

Another to stay a Scouring

Take an handfull of red Bramble leaves, chop  
y<sup>m</sup> very small and as much Pomegranat rind  
grated as will lye upon a shilling, as much  
Cinnamon finely powdered as will lye on a Ounce,  
half a pound of French Prunes Stones, stir  
y<sup>m</sup> with y<sup>e</sup> leaves, and boil them together to a  
due thickness & stirring them over a soft fire, put  
this in a gally pot, and eat it as a Preserve.

Another under Dr. Harvey's name.

Burdock roots boiled in Mutton broth is very  
effectual. Some take 2. Cornelians Cherries at  
morning, & 7. at night for a Looseness.



## To keepy Body Supple.

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Take a quart of strong Ale, a good quantity of Senna, 2 spoonfull of Anniseeds, a little fennel seeds both bruised steep y<sup>m</sup> all Night in y<sup>e</sup> Ale, next Morning stew as many damask Prunes as will suffice to your liquor, and keep them in a gally pot and eat Two or 3 with y<sup>e</sup> Syrup, as you see Occasion, it will move you Two or 3 Times without any disorder.

A good Preservative against y<sup>e</sup> Smallpox, Plague, & Measles  
Surfeits, and diverse other Diseases, greatly commended.

Take 3 pints of Muscadine or Malmsey and boile in it one handfull of Sage, an handfull of Rue, till a third part be boild away, then take it from y<sup>e</sup> fire, strain it and put in one pennyworth of long Pepper, half an ounce of ginger, a quarter of an ounce of Nutmegs all well beaten, then set it only y<sup>e</sup> fire again and let it boyl a little longer, then take it off y<sup>e</sup> fire again and put therein 4 pennyworth of Mithridate and 2 pennyworth of Treacle, a quarter of a pint of strong Angelica water or y<sup>e</sup> best Aqua Vita, and use it.

Take of it warme Morning & Evening, a spoonfull or two, if you be infected & sweat a little thereupon but if not infected take half a spoonfull Morning & Evening, during y<sup>e</sup> time of Infection.



Also make Posset drink with Ale & Milk  
and boil Marigold flowers & leaves and drink  
it warm after sweating, or wrap up warm  
to sweat.

A good Preservative against Plague  
Take Sage of Divie, Elder leaves red  
Bramble leaves each an handful stamp all to-  
gether and strain them, and put to y<sup>e</sup> juice  
a quart of White wine and some white wine  
Vinegar a pretty quantity, mingle these together  
and add thereto a quarter of an ounce of white  
Sage powder, drink this Medicine 9 days  
every Morning fasting 5 quantity of a spoon-  
full, continually.

A good Regimen in a fever. Mrs Palmers  
case. 1630.  
If sweating come naturally embrace it & con-  
vince in it, & be careful of coming out of it.

Berber Stone small beaten 6 grains  
taken at night in a spoon with a little Posset  
drink, & some drunk after it is a good Cordial  
to cause rest, & procuring sweat.

A cooling Posset of Dr. Andrews in this case.  
Take half a pint of Milk when it rises, turn  
it with half so much Carduus water & juice  
of Lemons, and after a little, sweeten it.  
Or else.

Make an Ale posset, and clarify in it Endive  
Borage, Succory, Straw berry leaves Jonck  
Violets, and let it settle to half, and drink thereof



during y<sup>e</sup> heat, liberally.

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For Cooling in y<sup>e</sup> same case  
Use in broth or possets, Dose of Woodsoe's,  
Barley water off y<sup>e</sup> 3<sup>d</sup> shifting. Almonds milk  
made with y<sup>e</sup> Chicken broth Boile in Barley  
Water with Woodsoe's, Corage, buglosse, fuc-  
-con, Endive, whitened with a few Blanches  
Almonds, but if y<sup>e</sup> party be loose, put  
some Strawberry leaves in y<sup>e</sup> Decoction.  
Cordial cooling. Pulps of Barley Water  
with Symp of Lemons, violets, or red  
Rosewater. Give some of these at an  
hours distance.

Other Remedys are.

Pigeons applyd to y<sup>e</sup> hollow off y<sup>e</sup> feet, as soon  
as they are cut thro' 4 times, every 6 hours.

After that

Apply Celandine roots and tops well bruise  
and mixt with Oile on Heale one ounce  
a little Bay salt Bruise, to y<sup>e</sup> hollow off y<sup>e</sup> feet  
and down on, for 5 days, and renew.

Furthermore

To y<sup>e</sup> Wrists lay Blisters of Spanish Flies  
which must be warily done, and cut y<sup>e</sup> Blisters  
next morning with Scissors, and lay on a  
Diachylon plaister, or a white plaister with  
a little Butter on it. once a day, or a colewort  
leaf with a little Butter.



Mrs Poules Leo powder of excellent  
Use in Feavers Small Pox, Agues  
or Colics &c.

Take of Carouus, Pimpernel, Tormentill,  
Scabious, Betony, Angelica, Dragons,  
Med small, each a good handfull, infuse y<sup>m</sup>  
24 hours in 3 pints of White wine. Then  
put a pound of Bold armeniack well sifted  
into a broad earthen basin, strain as much  
off y<sup>e</sup> Wine in as wets them, and dry it in  
y<sup>e</sup> Sun, and wet it again, till it be all done,  
Then straining herbs very dry, and put to them  
12 pennyworth of Alkermes, half an  
ounce of Diascorium, half an ounce of  
Mithridate, half an ounce of Soud on Treacle,  
mixe all these together and when y<sup>e</sup> Nick  
and hand like a past roall it into little balls,  
and keep it in y<sup>e</sup> Sun all y<sup>e</sup> while its making,  
and till its dry, Give of this as much as  
You can heape on a Opeme or goat  
in a little distilled Water going to bed, it  
works by perspiration & gentle breathing  
sweats.

A Cordial Powder of Herbs, for y<sup>e</sup> Passion of heart,  
swooning, or palpitation, or any infirmity of y<sup>e</sup> heart.  
Take of fine Sugar half an Ounce 20 grains  
of Amberreece, 2 grains of Musk, 3 grains of  
y<sup>e</sup> Black part of Crabs claws, 3 leaves of Leaf-Gold,



9 grains of Bezoar 5 grains of Unicorns  
horn, 10 grains of Pearl 5 grains of Coral  
grind all these in a marble Mortar till they are  
reduced to powder then put to it 14 drops of oil  
of Cinnamon and grind them a little more to  
mix them with y<sup>e</sup> oil y<sup>e</sup> better, then put y<sup>e</sup>  
powder into a little glass bottle stopp close for  
your Use, will keep 7 years.

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The Receipt of Dr. Hameys Pills for y<sup>e</sup>  
Stomach, particularly y<sup>e</sup> Spleen, fullness of  
y<sup>e</sup> Stomach, & most Indispositions of y<sup>e</sup>  
Body in y<sup>e</sup> beginning, and Preventive too.  
Recommended to y<sup>e</sup> Constant Use of his  
Nearest Relations, 1666.

Take one dram of Pill Maris, 2 scruples of  
Species Hier. picr. and 3 drops of oil of  
Cloves, use with these as much mithridate as  
will make them into a Mass, and make that  
into 30 pills. 3 of which at going to bed  
is a dose commonly, but some take 5, some  
more, and y<sup>e</sup> continuance of these for 6 or 7  
days is most beneficial.

This has been  
tried in all  
true y<sup>e</sup>  
stomach  
Hicre  
simplex  
and see  
Dr Hameys  
Crispnel  
is Latin in  
his own  
hand.

<sup>lens</sup>  
Dr Cham's Pills for y<sup>e</sup> Head.  
Take y<sup>e</sup> Roots of Arisolocchia rotund,  
Pentian Dictamnium, White Bax venice  
Turpentine, Myrrhe, Chalk of each one  
dram, Mithridate a dram y<sup>e</sup> half Aloes  
an Ounce, make them into a mass with Syrup  
of Marshmallows. ten over.



Take at Night before You goe to bed y<sup>e</sup>  
 quantity of 2 pees in pills, & drink after it  
 and if it does not work in y<sup>e</sup> morning early  
 take another then. This is very good for  
 most diseases in y<sup>e</sup> head particularl Trem-  
 ming & Piddyness, these were given to Sr  
 J. Ernie, by Dr. A. Chamberlayn y<sup>e</sup> Civilian.

## Dr. Willis's Receipt for an Ague of any sort.

Make a draught of y<sup>e</sup> Juice of these herbs  
 4 sprigs of rue, half an handfull of Sage &  
 Pennyroyall beaten in a mortar, and pour upon it  
 half an ounce of Hysterical Water with a  
 spoonfull or two of Pennyroyal Water, bruise  
 these herbs in it & so strain it out and drink  
 it blood warm 3 hours before y<sup>e</sup> fit, eating nor  
 drinking so long before it any thing else, but  
 You may take it either in bed or up, and y<sup>e</sup>  
 first thing You take after y<sup>e</sup> 2 or 3 hours, if You  
 be very dry, must be Popet-drink.

## His Plaisters for y<sup>e</sup> Wrist

Take hops & Currans beaten together with a little  
 Bay Salt, and apply it to y<sup>e</sup> Wrist.



Another Receipt for an Ague

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Take a quart of Aqua vite & put into it 3 drams of Hierapiera. Shake y<sup>e</sup> bottle once a day for 9 days, then give to a Man or Woman an hour before his fits 5 spoonfull, to a Child 3 of this Water 3 fits.

M<sup>r</sup> Constable's Receipt for a quarten Ague.

Take half an ounce of Tena, a spoonfull of y<sup>e</sup> Juice of Orange, 2 spoonfull of fair Water. Steep y<sup>e</sup> Tena in y<sup>e</sup> Waters 12 hours, covering it close, strain it out at y<sup>e</sup> beginning of y<sup>e</sup> hot fit & drink y<sup>e</sup> liquor. Doe this thrice & an hour after drink some Popset drink.

For an each Other Day's Ague.

Take of green Wormwood, Brunfel, Chickweed, each an handfull, all fresh gathered chop them small & put them into a thin Linnen bag about half a quarter of an Ell square warm one side of it and lay it on to y<sup>e</sup> pit of y<sup>e</sup> Stomach, and keep it close on 2 fits, and if need be renew it again, it must be layd on 4 or 5 hours, or more before the fit. It has cured many.

For Third Ague.

Take a good stick of green Elder & stamp the inner rind of it in Ale, and drink it at y<sup>e</sup> coming off y<sup>e</sup> fit, use it 3 times, and tis sayd to be of sure effect.



### For a Tertian Ague

Take a quart of Ale put therein Red Sage bay leaves,  
& marigolds equal quantities with some long pepper,  
boil it to a pint, and give it to drink in y<sup>e</sup> cold fit,  
if up, walk upon it, if in bed, sweat.

### Plaisters for y<sup>e</sup> Wrists, for any common Ague.

Take an handfull of herb Grace beat it very fine  
take as much bay salt and a penny worth of Saffron  
crushed with a spoonfull of pepper of the beaten bay  
all these in a mortar till they come to an Ointment  
whereof spread a convenient quantity upon 2 cloths  
and lay to y<sup>e</sup> wrists an hour or two before the  
fits, and so use as often as you fear y<sup>e</sup> return of  
a fit.

### For an Ague of long Continuance of Dr. Deodatus.

Take y<sup>e</sup> powder of a Skull of a dead Man fresh  
out of y<sup>e</sup> grave, and drink it in some Liquor.

### For any Imposthume or Swelling

Take a quart of new Milk, of Marigold leaves, wild-  
mallows, blew single Violet leaves, red Sage, chick-  
weed of each one handfull, dry red rose leaves un-  
stilled half an handfull (if you would have y<sup>e</sup> sore  
break soon put to it a white lilly root) chop all these  
very small & put them into y<sup>e</sup> Milk, boil em together  
a quarter of an hour, then grate a fine manchet  
about y<sup>e</sup> bigness of a penny loaf y<sup>e</sup> staler y<sup>e</sup> better  
& put to it with as much Ocerd Sweet as a



small hen-egg, Stir this with y<sup>e</sup> pullips & thick enough  
 y<sup>e</sup> then will rise from y<sup>e</sup> bottom in stirring. If y<sup>e</sup>  
 swelling cum y<sup>e</sup> be full of heat put to it 2 or 3  
 spoonsfull of oil off Roses, (especially if it be for a  
 Soar Breast) then spread it like a plaister  
 on a cloth somewhat thick & apply it as  
 hot as it can be born on y<sup>e</sup> back of ones hand,  
 dressing it morning and Evening, & keep it in  
 Earth or Garter. If you use it to a sore  
 apply nothing but y<sup>e</sup> pullips with a little sugar  
 till y<sup>e</sup> ague or redness be out, which you shall  
 know by y<sup>e</sup> Whiteness.

For a Soar Breast. Mrs Ernle's  
 Take Trunsel, Sengreen, Marygold Leaves,  
 Lavender, arid Mathows, of each an handfull  
 Take 2 eggs, as much Boars-greese as one egg,  
 & two spoonsfull of honey with a little  
 a beaten flower pound all these together in  
 a mortar and immediately lay it to y<sup>e</sup> Breast  
 dress it Morning & Evening.

For an Ague in y<sup>e</sup> Breast.  
 Spread a plaister of LONDON beacle  
 and apply it warm to y<sup>e</sup> Breast half an hour  
 before you expect y<sup>e</sup> fit about half an hour  
 after Take a spoonfull of y<sup>e</sup> Symp of Clove-  
 Gilliflowers with 4 spoonsfull of warm Gosset-  
 drink, so take it for every half hour for 3 times  
 if y<sup>e</sup> plaister draws pimples to y<sup>e</sup> Breast, tis a sign  
 y<sup>e</sup> Ague is gone, if not, repeat it.

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## A vulnerary drink for a Fistula

Take Bugle two handfull, sanicle 2 hand-  
full, Agrimony, Angelica, Avena, Cumfry,  
Ribwort, daisy, Salselyon, Mugwort, Scabious,  
Betony, Bramble tops, Wild mynt Wormwood  
of each an handfull. Boil y<sup>m</sup> all in a gallon  
of fair running water, (putting in half a pint of  
honey when tis near boyle) in an iron pot very gently,  
& close stopp, this y<sup>e</sup> party may drink at any  
time. A pint of White wine has been added by  
some Surgeons. When cold & cleane, keep it close  
stopp in earthen bottles.

A strange Medicine but sold for a great rarity  
and of sure effect for a Fistula by Mr.  
Molesworth. Ann. 1624.

Take y<sup>e</sup> Ordure of a Man, (if for a Man) of a  
Woman (if for a Woman) not such as is thin, but  
y<sup>e</sup> other that is solid, lay it on a cleere Tile new, &  
set it upon a cleare Charcole fire to bake till it dry  
to a crust of which (after cleansing the wound with  
white wine) blow out of a quill into y<sup>e</sup> fore at  
such times and so oft in a day as is convenient.

A Medicine of J<sup>m</sup> Will<sup>m</sup> Courtneys to cure a  
Fistula in any part, or Dropsy.

Take a vessel of 4 Gallons of small ale, put into it  
400 hoglice scales otherwise, lowe found under old  
Wood or Stones, A good handfull of Sage & an  
handfull of Rue, & let it steep 24 hours, and



Then drink this Ale for your onely drink for  
some time.

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Another Cure of a Fishula from M<sup>r</sup>. Bowman.  
Take double handfull of Red Sage, one  
handfull of Rue, a little wormwood, a quart  
of Hog-bee calld Sows, Bruise these all together  
& put them into 3 gallons of new Ale & let  
it stand 4 days, and then drink it constantly  
keeping one barrel under another. This cured  
one Mr Heywood a Citizen (not attributing)  
any thing to his being cut) No syonifice when  
probed was 7 inches deep, Note a Tent made  
w<sup>th</sup> oil of Turpentine & wax is good.

### A safe Domet.

Take a good handfull off y<sup>e</sup> inner bark of Elder  
stamp it in a wooden dish, & let it lye steeped  
all Night in a draught of White wine, in y<sup>e</sup>  
morning, strain it & drink it fasting, when  
it works, Take Posset drink.

Another prescrib<sup>d</sup> by Lady Seymour.  
Take an Ounce and half off y<sup>e</sup> Infusion  
of Crocus Metallorum and half an Ounce  
of Oxy-mel of Squills.



To cure y<sup>e</sup> Itch. Mrs Treshamsway.

Take 3 drams of White Mercury beaten very small and boile it in a pint of Spring Water or somewhat more in a Dial glass, or spaw-water flask till near half y<sup>e</sup> Water is consumed. Let y<sup>e</sup> fire be temperate on y<sup>e</sup> glass will break, You must onely wipe y<sup>e</sup> Itch with it.

An Ointment for y<sup>e</sup> Itch.

Take Briony roots, Decampare roots pick'd & sticed cleare & sodden tender shagony pulp of y<sup>m</sup> thro a strainer, & seeth with juice of Lemmons & hogs grease.

Another.

Take ointmt. of Orange Flowers wash with Juice of Lemmons, anoint therewith 4 times morning & Evening.

Another.

Take Ashes made of Asken wood, and make lye therewith and wash with it warm it cleanses away y<sup>e</sup> scabs. Or red dock roots beaten in Vinegar.

For Corns on y<sup>e</sup> feet & Toes.

Take Bay salt finely stamp'd and Nails taken out off Shell, beat y<sup>m</sup> well together with y<sup>e</sup> salt & make thereof a playster cut y<sup>e</sup> Corn & lay y<sup>e</sup> playster to it and let it lye there 2 day, & if that doe not doe, repeat it.

Another.

Take y<sup>e</sup> yolk of an Egg & black soap beaten well together, pare y<sup>e</sup> corn close, and lay a playster of it on.



### Another for Corns

Soak your feet in Water & cut y<sup>r</sup> corns, taking y<sup>e</sup> corn up with a needles point & so cut it out then take y<sup>e</sup> skin of Haberdine, lay it warm to it, and bind it on, it will stick fast, & ease you.

Another well approved. From y<sup>e</sup> Lady Gerard.  
Apply an Ivy leaf steeped in White wine & immerse after y<sup>r</sup> corn is cut.

### For a Rick

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Take y<sup>e</sup> dung of a Stone horse & doars seat y<sup>e</sup> dregs of Strong Ale with fresh Butter, fry it. Then lay it in a cloth very warm to y<sup>e</sup> place affected and it will give ease. Or slice an hot cake of white bread in y<sup>e</sup> middle, & spread beacle upon it, & lay it to.

### Another.

Take half an ounce of Bay berries beaten to fine powder, take half of it and put to a good draught of Ale, and take it fasting.

### Another.

Take Malmsey and make it hot, and then beat some Acorns to powder, and put it into it with some Beorift, and drink it as hot as you can.

### For y<sup>e</sup> Tooth Ache.

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Take Yarrow & bruise it with pepper & put it into y<sup>e</sup> tooth, or lay it to it, or mixt up y<sup>e</sup> juice of Betony.

### To kill a Tetter.

Take ashen sticks & burn them to ashes, sift y<sup>e</sup> Ashes clean, work it with fasting spittle. Take Sallad Oil & beat it together, & anoint y<sup>e</sup> place & it will kill it.



Another for a Fetter  
Take of y<sup>e</sup> best White wine Vinegar & steep in it  
y<sup>e</sup> querd of a Cherry tree, and wash it there with  
often.

To take out Fire.

Cream, Sheeps-dung & Sheeps scurk Grays toge-  
ther spread on a plaister lay to y<sup>e</sup> place. Or  
Sattas Oil & bees wax lay to y<sup>e</sup> place is good.

For y<sup>e</sup> Kings Evil, or any other sore.

Take a good handfull of Smalage fine beaten  
like green sause, putt to it an handfull of very  
fine flower, a new Lays Egg & a good spoon-  
full of honey Gray together & spread on a plaister.

For pain upon Cote, or Sciatica.

Take pure May butter melted, and anoint y<sup>e</sup>  
place with it as hand warmed at a chafing dish  
of coals morning & evening & warm cloths apply  
after it.

To take away a Scar where a wound  
is well healed.

Take an egg new Lays, lay it before y<sup>e</sup> fire  
and y<sup>e</sup> blew thereof day upon y<sup>e</sup> scar.

To draw out a Thorn & heal y<sup>e</sup>  
place when red & swoln.

Take Smalage well beaten in a Mortar putt to it  
Black Soap & boars grease beat all together to  
an ointment, spread it on cloth & bind it on gently.



## To make y<sup>e</sup> Teeth White.

Powder of Broken China ware very fine, & sift it thro' a Lawn rag, and is an excellent Den-  
tifice.

## For a Felon on y<sup>e</sup> finger.

Take an handfull of Tetherfew & bay salt beaten well together & apply therunto.

## For a Cut finger, or other place.

Dip a linnen cloth in a little Aquavita & apply to y<sup>e</sup> wound, it will smart at first, then lay y<sup>e</sup> cloth dips in again. So use it once a day & keep y<sup>e</sup> cloth still dip'd when you dress it, till you dress it again.

## For any Ach or Swelling.

Take honey & oil of Roses beaten well together and so anoint y<sup>e</sup> place griev'd.

## To heal Ribes, before they be broken.

Take horse dung & roast it in brown paper like a warden pear, then beat it to powder & apply it, & it will cause it to shrivel away.

## Another for Ribes.

Take a piece of brown paper, wet it thoroughly in fair water, and apply to y<sup>e</sup> place, it will not off till it be whole.

## Another for Ribes broken.

Take y<sup>e</sup> leaves of Pricking Brambles dry'd & beat y<sup>m</sup> to powder, & sift it thro' a Lawn, lay it on thick upon y<sup>e</sup> sore place, and bind it on with a fine cloth.



For a Sprayn. by D<sup>r</sup>. Allen. An<sup>o</sup>. 1616.  
 Take one handfull of Wormwood, one of Sage,  
 another of Sutherwood, & if you please, so  
 much Herb of Grace, chop them small, &  
 put thereto Half a pound of Butter unfaltes  
 and washd first in water & then in vinegar,  
 Boil them gently therein for an hour or more  
 till the herbs be crackling, then straine it thro  
 a fine cloth & work it where the pain is with  
 a warm hand & keep it warm.

Another remedy for y<sup>e</sup> same.  
 Take a good handfull of wild Mallows, chop  
 them, & then take rusty Bacon and Beate<sup>r</sup> mallows  
 with y<sup>e</sup> Bacon very much, which done mix it  
 with a quantity of Aquavite, & anoint y<sup>e</sup>  
 place as hot as you can suffer.

For a Leg or Arm Bruised  
 Take a heat bran, & seeth it in oil of Roses  
 & Mallows, & make thereof a plaister and  
 lay it to y<sup>e</sup> Bruise as warm as it can be  
 endured, it does marvelously supple, & dissolve  
 as well as heal. A strong laven of Castile soap will take away  
 an Inflammation.

A Medicine for y<sup>e</sup> Bite of a Mad Dog  
 for Man or Beast. Dr. Trophams

See more p. 203. Take a quart of Strong Ale Malmsey or  
 Mustardine, and handfull of rue and handfull of  
 Sage, (Hog's Sage is y<sup>e</sup> best) 3 heads of Parsley  
 a spoonfull of scraped Pewter, half a pound



of Treacle Boil all these in a pipkin close  
covered & patted up in a kettle of water, for  
greater strength till half be boiled away, &  
then give to y<sup>e</sup> Man or Beast 6 spoonfull  
at a time for 3 mornings together next after y<sup>e</sup>  
full and Change of y<sup>e</sup> Moon, or 4, for a  
Month together, if you think fitting.

See before  
p. 187

For a Burn with Gunpowder.  
Take oil of Roses, white wine vinegar  
Barbitt and y<sup>e</sup> white of Henbane, mix y<sup>m</sup>  
all together & apply hot w<sup>y</sup> please.

See before  
p. 155

A Clyster to take Worms out of y<sup>e</sup> guts.  
Boil in Poppet drink some Borwood Southern  
wood a little Centaury, with 2 ounces of coarse  
Sugar & take it once a week for 3 or 4  
weeks together.

Some Receipts off Lady Seymours  
for y<sup>e</sup> drying up of Milk.

Take an ounce of Sperma Cet, a peice of  
fresh butter as big as a small pippin, with as  
much Bees wax as will make it like a Cerecloth  
add to it a spoonfull of Aquavita melt all these  
together & dip in cloths cut fit for y<sup>e</sup> breasts  
with holes for y<sup>e</sup> Nipples, spread them all over  
with y<sup>e</sup> best English honey, & apply them warm  
to y<sup>e</sup> breast y<sup>e</sup> breast may be washed with  
Aqua Vita before they be layd on, if likes.



Another which Lady Seymour always

Used her self. by Lady Talma's her  
Grand Mother?

Raisins off Sun Stone, and beaten in a  
marble mortar to a plaister. spread it upon  
linnen cloths shaps to y breasts & apply them  
warm, with these she wore a lead between  
her breasts.

Another for y same

Take Red Sage, Plantane Sunroof of each  
a like quantity. sprinkle them well with  
Aqua Vita, and dry them between 2 Tiles rub  
them to powder and throw them on Brown  
papers shaps to y breasts quilted with flax  
which must be first boiled in Aqua Vita, &  
dry before it be quilted on y papers.

Another.

Take white Cotton shaps to y breasts and fry y<sup>m</sup>  
with Aquavita, then apply y to y breasts as  
warm as it can be born, they must be new frye  
once a day.

For under y Arms.

Take Black wool well pickd and loosed, boil  
it in Aquavita plantane Water & Allom  
as much as a french Walnut, then dry it &  
loose it out again, put an handfull of these  
under each Arm, & a little piece of a plate  
of lead beaten round & hung in a string about  
y Neck to reach between y breasts for a week or  
fortnight is extremely proper, but if it hang too  
long with cast y breast too much



### For Palsye.

Take Lavender & steep it in water and steep it  
till it is sodden, squeeze it & give it to the patient <sup>dayly</sup> first &  
last, for 15 days.

Another  
I have heard that a Conserve made of Nas-  
turtium Flowers was proved effectually for this  
by Dr. Gibbon. An. 1699.

### For falling Sickness.

Take Livers of Frogs (especially when the  
Sun is in the sign called Cancer) involve <sup>em</sup>  
in 3 or 5 Cowslow leaves, to dry them  
to powder, & drink thereof.

### To cure Warts.

Take a Cobweb & dry it well, then lay it  
pyramid-like upon the wart, and set fire to it  
and let it burn down quite to the wart, which will  
dry it so that it will fall off, or you may easily  
pluck it off. Spirit of Vitriol with Sassafras  
and Kill them.

### For a kind of Leprosie. under Dr. Hamers name.

For a drink made with 2 spoons full of  
Juice of House leek and one of Verjuice to a  
pint of Milk, is good against that white kind  
of Evil.



See before  
p. 163  
129

For a dropsical Swelling in the Belly & Legs  
One that was swollen exceedingly in the legs & belly  
and could not void much Urine, took 3 mornings  
together 3 Balls of Stone-horse dung dissolved in  
Muscaden pepper-drink, & voided several  
gallons of Urine upon it.

Mrs Charltons Drink given by Lady  
Seymour, for strengthening, & facing  
Sharp humors.

Take half a P. of Sassafras.  
Two Ounces of Sarsaparilla  
Three Ounces of Licorish  
Half a pound of Stone Raisins.  
Two Handfulls of Sage & Rosemary.  
Two Ounces of Caraway Seeds.

Infuse all these in a Pipkin with 9  
Quarts of Water close covered all Night &  
next day before You take it off, give it one  
boil up, and strain it, You may sweeten  
it with Sugar Candy, & let it just boil  
Again.

Dr Bates's Dyct drink for an  
Ulcer. An. 1666.

Take of rasped white Sanders two ounces  
Sea-horse Tooth, Shavings of Ivory, each  
3 quarters of an Ounce, Sarsaparilla sliced 6  
ounces, Infuse all these in 9 pints of Spring water  
9 hours, Then add to it, Scorzonera, Eringo,



- roots of each 2 ounces, Agrimony, Mouse ear  
 Bugle, Comfrey, of both sorts, horse Radish of each  
 an handfull and half. Scabious, & Tarys -  
 Mantle of each half an handfull. Dates  
 stoned & sliced, 4 ounces Licorish 2 ounces  
 Crabs Eyes an ounce & half. Boil all these  
 gently in y<sup>e</sup> consumption of a third part.  
 Then strain it out & add to it of Honey of  
 Roses 4 ounces, then clarify it well, & when  
 it is cold, put it into glass bottles and keep  
 it for use.

Mrs. Wilky's receipt to make one grow fat.

Take 2. Drams of Anniseeds  
 2. Drams of Coriander seeds.  
 1. ounce of Sarsaparilla.  
 1. ounce of China root.  
 1. ounce of Sassafras.  
 1. ounce of Polygodes  
 $\frac{1}{2}$  an ounce of Red roses  
 $\frac{1}{2}$  an ounce of Sena.

Boil all y<sup>e</sup> roots (except y<sup>e</sup> Sena & Roses)  
 in a gallon of Spring Water, till it come to  
 two Quarts. Then put in y<sup>e</sup> Sena & Roses,  
 leave it all y<sup>e</sup> Night & next morning drink  
 a glass of this, and at night another &  
 so on.



An excellent Rectuary for  
Green Sickness — *M<sup>rs</sup> Trisham's.*

Take y<sup>e</sup> Conserve of Rosemary flowers, of  
Marrigolds, each an Ounce of Mithridate one  
drum, of Alkermis & powder of Rhubarb  
a dram of each, of Aromatick Rosarum  
half a dram, of Steel prepared with Sulphur  
an Ounce. make all these into an Electuary  
with y<sup>e</sup> Syrup of y<sup>e</sup> opening Roots, or any  
other Cordial Syrup. Take y<sup>e</sup> quantity of  
a Nutmeg every morning fasting till it is gone  
and drink after it some posset drink with Thyme  
boild in it or warm Ale with Thyme in it, and  
walk an hour after it.

A wash for y<sup>e</sup> Gums.

See before  
p. 100 106 Take 12 leaves of red Sage of Garden Scumy -  
grass & Rosemary equal quantities, put them  
into a pint bottle with 3 Spoonfulls of  
Vinegar, and fill up y<sup>e</sup> bottle with Ale.

A water good to preserve y<sup>e</sup> Teeth &  
Gumms from Aches & Rheums

Take an handfull of Straw berry leaves, an hand-  
full of Ring foil, as much of Violet leaves  
and y<sup>e</sup> same of Bramble leaves, another of  
Columbine leaves an handfull of red Sage another  
of Woodbine leaves, a small stalk of Herb of  
Grace 2 or 3 stalks of Rosemary an handfull  
of Borage & bugles & Lovel together, a  
peice of rock Altom, Boil these in a pottle



of Verjuice till it come to 3 pints, and sweeten  
it with honey as You use it.

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See before  
p. 119

For George Whitmore's Secret for y<sup>e</sup> Gout  
given Dr. Hamely.

The Quantity of a Wine glass off y<sup>e</sup> juice  
of Botony Taken Ten mornings together in  
May, and y<sup>e</sup> continuance off y<sup>e</sup> same herb  
in common drink all y<sup>e</sup> Month, is excellent  
for y<sup>e</sup> Gout.

To take away any Bruise or Blow in y<sup>e</sup>  
Face, under Dr. Hamelys hand.

See before  
p. 109

The roots of common Flower de luce Bruise  
in Rose water & a few drop of Vinegar, applye  
as a plaister is very good for this case.

For Will<sup>m</sup> Paddy for y<sup>e</sup> Stone.

See before  
p. 124

Take a Loaf, butter one side, & spread y<sup>e</sup> other  
with honey, and put thereon some sliced Nut-  
meg, and after You have eaten it, drink a  
good draught of Ale beer.

For y<sup>e</sup> Stone in y<sup>e</sup> Kidneys. Mr. Abbinson. 1625.

Take y<sup>e</sup> roots of red Nettles, dry them, & powder  
them, & thereof take a quantity in white Wine.

For y<sup>e</sup> Stone in y<sup>e</sup> Bladder.

Take y<sup>e</sup> flowers of Aser not blown, dry them in  
an Oven and thereof powder take a Spoonfull  
in a draught of White wine.



Another medicine for y<sup>e</sup> Stone.  
Take y<sup>e</sup> Stones of a Boar dry them in an Oven  
with Household Bread 6 or 7 Times till You may  
Crash them to powder, drink them off y<sup>e</sup> Powder  
with Beer or Posset Ale in y<sup>e</sup> morning.

A poultice much commended for a breast W<sup>rs</sup> Brownings.  
Taken out of Dr. Hamleys Manuscripts.

See before  
p 102 100

Take a pint of Malmsey, half a pint of Strong Ale  
Boil it a quarter of an hour putting to it a good  
spoonfull of Honey, then y<sup>e</sup> cream of a penny loaf  
grated & lastly put to it a convenient quantity of Oil  
of Roses, & apply it to y<sup>e</sup> breast warm, and sitting  
y<sup>e</sup> paper outwardly on which this must be spread,  
with y<sup>e</sup> same Oil.

To make Viper Wine. Dr. Hamleys.

Take three ordinary Vipers to a quart of  
Sack or White wine, which Vipers are to be  
cast first into a Barrel with Bran in it where  
they will cleanse themselves, then take them  
out after two days, putting them into y<sup>e</sup> runlet  
first before y<sup>e</sup> Wine. The time of taking them is in  
May, at which time they are impregnated with  
y<sup>e</sup> Salt Nitre of y<sup>e</sup> Earth, which maketh  
all things to flourish. — It is an high Cordiale.

To make y<sup>e</sup> right Gascoigns Powder tols  
Dr. Hamley by Sr. Kenelm Digby.

Is made up of four Ounces of y<sup>e</sup> blacker part of  
Cobs-claws, with an Ounce of y<sup>e</sup> Magisterie of  
Pearl, and y<sup>e</sup> jelly of Snake Skins. —



## To Stanch a bleeding wound.

See before Dry Yervain to powder, and lay it in y<sup>e</sup> wound, and  
p. 170. 171. will effect it. or Burn a peice of Red Cloth to powder, and put it  
into y<sup>e</sup> wound.

To stop bleeding of y<sup>e</sup> Nose.

See p. 200 Take y<sup>e</sup> bark of Hable & burn it and blow y<sup>e</sup> pow-  
der into y<sup>e</sup> Nostril. But if a Vein in y<sup>e</sup> Nose be  
broken drink y<sup>e</sup> juice of Comfrey in Ale Ale  
& it will stanch it.

## For Deafness.

Take 2 or 3 grains of Rivet & put into y<sup>e</sup> Ear in Black  
Wool, & it very probably will be effectual.

Dr. Denton's Snore for dizziness  
in y<sup>e</sup> head.

Take of Siquum Aloes, & Sassafras rasso, each  
half a pound. Roots of Angelica, Calamus Aro-  
maticus, each a quarter of a pound. Sage leaves,  
Betony, Thyme, Marjoram, Lillys off y<sup>e</sup> Valley, each  
2 Ounces, Flowers of Lavender & Rosemary  
each one ounce. <sup>gum</sup>liced Nutmeg 2 ounces, of  
Amber & y<sup>e</sup> best Tacamahaca, each one ounce  
and half, cut Tabaco half a pound, & one  
ounce off y<sup>e</sup> outward bark off Pistaches Nuts.  
Take these mixt all together as Tabaco, espe-  
cially at Night & morning, if not oftner.

N.B.  
One 3. Part  
of each of  
these ingred-  
ients make in  
all about a  
Pound.

## For a looseness in a Woman's lying in.

Take half a pint off mulled Sack y<sup>e</sup> yolks of 2  
new layd eggs, two nutmegs grated & stirred to-  
gether, Drink this warm as You can.



An excellent Lozenge for a Consumption  
or Cough.

Take a pound and half of loaf Sugar an ounce  
of Licorish <sup>powder,</sup> an ounce of Licampane half an  
ounce of Betony & aniseeds, half a pint of  
Hyssop Water, boil your Sugar & Hyssop water  
first <sup>whilst</sup> and then put in your powder & boil it again,  
and when tis thick, make it up in Lozenges.

To make Oil of Swallows.

Take y<sup>e</sup> Tops of Aylcott

Alexander leaves.  
Young leaves of Bays.  
Bugloss. Borage.  
Baum. Broom flowers.  
Box. Water Betony.  
Red Colewort.  
Camomil. Dandelion.  
Carduus. Daisies. Agrimony.  
Deer leaves. House leek.  
Broom. Fennel. Hyssop.  
Oxspin. Ground Ivy.  
Knotgrass. fumitory.  
Succory. Lavender Cotton.  
French Malloes. Marygold.  
Mallage. Plantain. Pennyroyall.  
Rue. Ribwort. red sage.  
Rose campion. Rosemary tops.  
Self heal. Sage of Divne.  
Hawberry strings.  
Saxifrage. Holy oak.  
Valerian. Vine strings. Violet leaves.  
Walnut tree leaves very young.  
Woodbine. Wormwood.

Each of these an handfull, Cut off y<sup>e</sup> Red Roses and



Camomil Juice as much, Stamp all these in a mortar with 4 ounces of Cloves well beaten, then put them all into an earthen pot with 3 qts of Neatsfoot Oil 4 ounces of May butter & 4 ounces of Saffron Oil well mingled together, then stop y pot close & put it into a cellar or cool place for 9 days, then take 24 young Sparrows Bruise them in a mortar quick, and put 4 ounces of Cloves well beaten & mingle them all together in y pot. Close up y pot with rye past & set it in a kettle of Water where it must Boil 24 hours. Then take it off & strain it thro a strong course cloth, make y pot clean taking y dregs from y bottom, and put it in again, with  $\frac{1}{4}$  of bees-wax small, stop it up again, and Boil it 4 hours longer afterwards, put it in gally-pots, so Use it.

### For y Teeth in Children

It was inserted in y news paper call'd y London Post which came out on y 4th of September 1700 by a Gentleman for y benefit of y Publick, upon great Experience that a Neck lace made of y Skull of a dead man not buried cut across y coronal Sutures, is of great help to Children that are breeding Teeth, and good against Convulsion fits.

### Another

Alex-bane root cut fresh & worn as a Neck lace is excellent for Teeth, but it must be renewed when Dry.



# To stop violent Bleeding any Nose

See before 170  
1901

Let the Person that bleeds get to some Wall or Door, and hang upon it full stretch by his hands only top of ill and that position of his Body will in a small time divert the course of the blood, as I have been credibly informed by Mr. Melmoth.

# To cure the Spitting of blood, told as an experienced Remedy by Mr. Rogers.

Make a Conserve of Stinging Nettles, and eat thereof.

# For the difficulty of Urine, from Dr. Hamer's Manuscript.

Hawthorn Berries stamped with Stones & distilled with white wine, was esteemed a secret by Salsen, in this case.

# Dr. Pitts' Stool drink.

Take 2 ounces of Steel prepared with Vinegar & steep it in powder 2 or 3 days in a quart of Sherry and of this drink 3. or 4 spoonfull poured clear off, as long as it lasts, in the spring time

# A Safe Vomil.

Put into a pint of Warm water, a Teaspoonfull of Spirit of Hartshorn and drink as many pints so done, as you find sufficient, tis safe & comfortable.



For y<sup>e</sup> Consumption, Scurvey, Leprosie  
or any other <sup>of the</sup> habit of y<sup>e</sup> blood.

Taken out of a book entituled Medecina  
Gymnastica, published 1705\* and ascribed  
by y<sup>e</sup> Author to have cured a Young Sen-  
tinelman that by a Scrophulous malady  
had twelve running Sores upon her, and  
was left by her Physicians as incurable.  
published with y<sup>e</sup> approbation of y<sup>e</sup> College  
of Physicians, in London.

Make a strong Decoction of y<sup>e</sup> Herb Colts-  
foot, till y<sup>e</sup> liquor be glutinous and sweetish  
and let y<sup>e</sup> patient at any times of y<sup>e</sup> day  
drink as much as they can of it, which  
in about 4 months dyd up y<sup>e</sup> abovementioned  
sores and a little more time, made a perfect  
Cure.

To make Bitter Tincture to  
recover lost Appetite.

Infuse 2 drams of Gentian, half an handfull  
of Roman Wormwood & half an handfull  
of Eutony, twelve hours in a Quart of  
White wine. Take 4 spoonfull, morning  
and afternoon.

vide p. post.  
206.



# Of Bites by Mad Dogs or Venomous Creatures, or Vipers &c.

deceitful  
p. 109. The poyson of Mad Dogs Vipers &c. is thought to be  
mortal by thickning y<sup>e</sup> blood, as many ma-  
lignant Feavers doe. To prevent which Volatile  
Salts are properest Physic, they keeping y<sup>e</sup>

Common Blood from congealing.  
Sallad oil The Volatile Salt of Vipers or Amber y<sup>e</sup>  
Cattle in y<sup>e</sup> quantity of ten Grains in Treacle water every  
the part, and half Spoon, is an immediate remedy.  
taken in y<sup>e</sup> Vomitive Volatile salt is good in this case.  
-woly

cures the Pi proper to wash y<sup>e</sup> wound with Salt brine.  
6 to 8 of y<sup>e</sup> To drink proper drink of Sage & Rue.  
Viper of 3 vomits have been used successfully with y<sup>e</sup>  
-actually Salts above mentioned each other day between.

It must be If a limb be bitten tie it hard above  
Cattle into y<sup>e</sup> part by immediately & clap an hot burning Cole upon  
y<sup>e</sup> part by immediately & clap an hot burning Cole upon  
an hot fire y<sup>e</sup> above. Strick being an Actual and im-  
mediate Caustery, Mr. Boyle, thought y<sup>e</sup> best  
thoroughly Remedy.

Some cul There are Snake Stones that cure by applica-  
of a Viper being bound on y<sup>e</sup> wound an hour or two only  
catches parts bitten by Snakes & Vipers as Mr. Boyle  
proved by experiment on pullets.

Physicians The poyson from Vipers bites is injected by a  
ye. Channel in their Teeth whereas tis y<sup>e</sup> foam  
of y<sup>e</sup> mad dog on froth that is venomous.  
It is observable that y<sup>e</sup> Madness from  
Dogs does not come on sometimes in half  
a year after and many times when Cured,  
Relapses: Bleeding is improper in this case.  
Phil. trans. abr. page 566. 3. vol.  
it weakens y<sup>e</sup> spirit by which y<sup>e</sup> blood Congeals y<sup>e</sup> Sooner.



## To Cure a Consumption.

204

Take a small quantity off Balsam of Tulloo  
& put it into y<sup>e</sup> pick'd end of a Silver Extinguisher  
and let y<sup>e</sup> Patient hold it over a Wax Candle &  
receive y<sup>e</sup> Steam of it thro a clean Tobacco pipe  
as it heats and Swallow y<sup>e</sup> Steam down, let him  
doe it often for it is very restorative & has done  
wonderfull cures. Told me by Fermyn Wyche Esq.

## A Bitter Drink

For pain in y<sup>e</sup> Stomack or excessive Appete  
attended with faintness and Lowness off  
Spirits.

Take an handfull of Centory  
Half an handfull of Roman Comwood.  
Half an ounce of Juniper Berries  
Half a dram off Angelica root.  
Half a dram of Elicampane root.  
Half a dram of Scutian root.

The rind of half a Sevil Orange  
Put them all into a Quart of Sherry  
and let them steep 40 hours, then strain  
y<sup>e</sup> liquor off thro muslin, and let y<sup>e</sup> patient  
drink a Spoonfull fasting in a morning &  
half an hour before & after supper, and  
often if faint.

For an humor in y<sup>e</sup> face that may Cure after Smallpox.  
Take a dram of Sulphur Idium to a Dill of  
Lack, & y<sup>e</sup> juice off a Lemon, and wash y<sup>e</sup> face  
with it at night, going to bed.



For y falling down off y Bombe  
 & Booe for a Rupture or y Piles.

Take White bread, a small white Lilly Root  
 and of Colts foot Calimint Solomons Seal  
 Kneeholme Roots, 2 pennyworths each of  
 Comfrey Roots one pennyworth pound y roots  
 & three y herbs, and boyl them in milk to  
 a pulpis then stir some hoggs tase into it  
 & spread it afterwards upon a Cloth having  
 added 3 pennyworth of Palm oil Oyl of  
 Mace 6 pennyworth Oil of Capers 3  
 pennyworth, Oil of Camomile 2 pennyworth,  
 and of Populeam one pennyworth,  
 and apply it as warm as is tolerable to y  
 place aggrieved.

If in y first case Let y woman drink off  
 herb calld Womans helps and Vervain of  
 each 2 pennyworth boyle in Ale, during y  
 Application

A purging Diet-Drink to  
 cleanse the Blood found among  
 Dr. Hameys papers. 1666.

℞ Sena ℥iij  
 Turbith } and ℥iij.  
 Sanders }  
 Agarick } and ℥ij.  
 Sasafras }  
 Collopodi Quer. — ℥ss.  
 Sweet fennel seed }  
 Anniseed } and ℥ss.  
 Bay berries }  
 All prepared



Hang them all in a boulder bag in two  
Gallons of new Ale & Fourth day in y  
morning begin to drink of it, at first half  
apint fasting, & fast an hour or two after  
it. Continue taking it every morning, so  
much as will give a stool or two  
and not more, every day.

When tis almost drunk out, fill it up a-  
gain with y same quantity of Ale.

Put a peice of Lead into y Bottom of  
y Bag, but not let it touch y Bottom.

### For y Tooth Ache

Take 7 Seeds of Haves Acre & bruise them  
with a little Ale. Tie them up in a Riunen  
rag and lay it to y Tooth, and it will cause  
much Rheum to come away, & has often  
brought a perfect Cure.

D<sup>r</sup> Radcliffe's Receipt for a bitter  
Lincture, to rectifie y Stomach  
℞ Absinth. Roman. ℥ss. Rad. Dentian. ℥ss.  
Sem. Coriand. Cardamum a ʒss.  
Infunde simul in aq. font. ℥ss. f. Colatura  
cui adde aq. prou. Comp. aq. Absinth.  
maq. comp. a ʒss. Capiat Cochlearia  
quatuor mane quotidie et tria vespere.

vide ante  
202.

vide 218.

June 9. 1711  
for Mr. R. Mo



## To make a Water for Convulsion fits

Ante. 156. To a pint of y<sup>e</sup> best Brandy put an Ounce of  
 Asa folia cut them and y<sup>e</sup> quantity of an  
 Egg of Wood Losh. Put them into a bottle &  
 stop them up close, and keep it in y<sup>e</sup> Sun or  
 some warm place, shaking it every day for  
 ten days together. To a Child new born  
 give a Tea spoon full, if fits are feared  
 and a little more in quantity if it is  
 older, & a large spoon full to men and  
 Women & repeat it as often in a day or Night  
 as You see occasion, either before y<sup>e</sup> fit  
 comes, or whilst y<sup>e</sup> patient is in it.

## A Mouth Water by Mr. Teuly<sup>e</sup> Surgeon.

Take y<sup>e</sup> Bark of <sup>a Turkey</sup> Oak and scrape off y<sup>e</sup> rough  
 part clean away, and likewise y<sup>e</sup> innermost  
 part then slice y<sup>e</sup> rest, and boil it in spring  
 or other water and it will color it like Bark  
 This is good to cleanse y<sup>e</sup> gums and stre-  
 ngthen them and to prevent and cure the  
 Scurvey. An handfull to a Quart of water  
 boils till it comes to be a pint, but 3 pints  
 to a Quart is better.

A Cure for any Ague or Intermitting  
 Fever, experimented on many by Mrs  
 Nichols.

Take three house spiders and shake 'em out  
 of their cob webs into a glass that has sugar  
 in it which will clog their legs, and make  
 them contract into a ball, put them into



a spoonfull or two of any agreeable Syrup,  
and let y<sup>e</sup> patient drink it up, an hour  
before y<sup>e</sup> fit is expected, if it makes to vo-  
mit y<sup>e</sup> fit will certainly never return,  
if not it will lessen y<sup>e</sup> ensuing fit before  
which y<sup>e</sup> dose must be repeated and so  
again before y<sup>e</sup> third. Three doses generally  
cures, if not, continue it, till it does.  
provd by me upon my man. R.P.

W<sup>m</sup> Morhys his Pills for a Cough.  
By Queens Apothecary

Take 3 ounces of Tarr  
3. Ounces of fine honey.  
Mix them well together, and add to it  
3 Ounces of fine flower of brimstone.  
2 Ounces of Licampane powdered  
2 Ounces of powder of Liquorice.  
Make these into pills of y<sup>e</sup> size of a large  
Pea. 4 of these are to be taken going to bed,  
and 4 more in y<sup>e</sup> morning rising.  
Roll y<sup>m</sup> in Liquorice powder before  
You take y<sup>m</sup> and continue them at Dis-  
cretion till y<sup>e</sup> cure be perfected.

To sweeten y<sup>e</sup> blood  
In case of any Inflammation, pimples  
or blotches.  
Proportion a quarter of a pound of Creme  
of Tartar into 5 equal parts. & Take



one of these a day, for two days together  
in Waterguel, drinking waterguel  
as it works. Thus doe intermitting a day  
or two or three of dissection, till all be  
taken, it does not require Confinement to  
Chamber.

To ~~prepare~~ make a Clyster for  
Corns in Human Bodies.

155. 190. Take a pint of Milk, turn it with an ounce  
of Treacle for a Man or a Woman for a  
Child half an ounce, when its turnd put in  
an ounce of wormseed, Boil them up together  
and give it for a Clyster.

By Mrs. Clark.

To make y<sup>e</sup> better burr posset drink  
good in all Feavers & y<sup>e</sup> small pox.  
Mrs. Mellers receipt.

For a Man take two Ounces (if dry) of  
Green something less & boil it in a  
full quart of Ale posset drink & let y<sup>e</sup>  
patient drink half a pint at a time, till he  
has drank it up, as soon as he can conve-  
niently, if it works by Urine it certainly  
does good. It should be taken going to bed,  
let him take it again y<sup>e</sup> next night, if he  
finds good by it. But if y<sup>e</sup> feaver does not  
abate let him take it as often as he can  
night and day, till y<sup>e</sup> feaver is off.



The roots green or dry must be cut short  
in pieces by a knife with an Hammer.  
The sometimes took 3 quints or more at  
a time, if ale be too strong, small beer  
may be mixt.

For Rheumatic Pains in the Stomach or Limbs.  
Make an Infusion of the Plant called  
Buckbeans that is, the stalks and  
leaf & y<sup>e</sup> till its very bitter take  
half a pint of it in a morning  
fasting & at 4 a clock in y<sup>e</sup> afternoon  
for some time together or it may  
be made and drunk as Tea. This was  
recommended by D<sup>r</sup>. Gibbons, who calls  
it a divine Medecine.

x on Marsh Tre-  
foil.

M<sup>r</sup> Manwaring's plaister for y<sup>e</sup>  
Stomach for a Cough. Given by  
M<sup>rs</sup> A. Merriot.

Take Burgamy pitch, Rosin, Bees Wax  
of each 2 ounces melt them together then  
take an Ounce and half of coarse Turpen-  
tine, one ounce of oil of Mace, melt all  
these together & spread it upon the fleshy  
side of Sheeps Leather cut y<sup>e</sup> plaister  
in y<sup>e</sup> shape of an heart & lay the broad  
end uppermost upon y<sup>e</sup> Stomach warm it  
onely with y<sup>e</sup> hand, or it will hinder y<sup>e</sup>  
sticking.



A Gentle purge of Cream of Tartar  
Boil a quart of Milk then dissolve an  
ounce of Cream of Tartar in it & strain  
it off & drink it in a morning  
fasting. An hour after eat a light  
breakfast.

For a Terver or Convulsion fits  
in Children by Mrs  
Selwood affirms to have done  
wonderfull Cures.

Take a large quantity of live Earthworms  
enough to cover the belly of a Child when  
dressed up into a flat Bag of Muslin or  
Cambrick. Bind it on the belly and let  
it lay on all night then put on fresh &  
do so for 4 days. In one Night they will  
sink so they are scarce to be born with.  
The distemper will lessen every application  
till its quite cured.

To make Snail Water. Lady Casks.  
Wash Garden Snails (i.e. shell snails)  
in Beer then put them into a Still with  
a good deal of ground Ivy, & fill it  
up with new milk, & still it off &  
sweeten it. Is good for a Cough.



For the Rickets. By Lady Thomas.

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Take a twig of Elder, of last years shoot, scrape off the outward green coat & then peel off the inward one very green, that lies between the outward and the wood. Tye up this with a bit of thread, & boil it in the child's victuals and drink, and is affirmed to be a certain Cure.

For the same by Mrs Verny  
Give the Child half a spoonfull of  
Tea once a day an hour after dinner.

D<sup>r</sup> Bathursts head pills for  
Tooth ach & Rheums in  
head.  
℞ Pill. popivritatis ℥℥. Aloes Succotr.  
p℥℥. ℥℥. Syr. dom. q. s. m. f. pill  
℞. xii. Cap. Res q̄uo vice mane. vel  
un. vesper. 2. mane. Probat. P me.

D<sup>r</sup> Ratcliffs prescription for the  
Cholic. from Mrs Maniot.

Take a quart of Sack and put into it  
half an ounce of Rhubarb, drink of this  
3 or 4 spoonfull in a morning, till  
a pint is gone, and then fill it up  
with a pint more of Sack, and when  
that quart is gone, make fresh and use  
it till 3 quarts are spent.



# For y Rickets by Lady Fermagh

Take 200 snails & crack y shells & scower  
 them very clean & salt them, Take a  
 pint of Earth worms & scower them  
 with water & salt, then put them into  
 a gallon of new milk from a red cow  
 Boil them half an hour, then take  
 Coltsfoot Cowslips of Jerusalem Mint  
 Balm Rosemary Egermony Bitony  
 Wood-sorrel each a little handfull  
 lay y leaves in y bottom of y Kettle  
 & then pour on y milk & Snail, so  
 distill it with a soft fire, and to every  
 pint of y water put an ounce of white  
 Sugar Candy, and a Child may take  
 3 spoonfull of this water twice a day  
 fasting an hour before and after it

Mrs Burgh's ointment to strengthen  
 y Limbs of Rickety Children.  
 from Mr A. Marriott.

Take Sage Marjoram Dwarf each  
 each 2 handfull, Bruise them a  
 good while together, then put y  
 Juice into a glass viol, till it be full  
 and stop up the hole with wax  
 and round the sides also, then bake  
 this in an Oven as long as Bread, then  
 draw it out & let it cool, break off y



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rash from the bottle and then break  
the bottle, preserving what is within  
which you will find turned to an oint-  
ment. When you use it add some  
of the marrow of the hoof of an Ox  
melting it altogether. Then rub the  
inner part of the legs & thighs off  
this. This I have heard has been  
done to a Child successfully, given  
over for ever going by an eminent  
Physician.

### A Wash for heat & pimples in the face.

Take a pound or pint of spring Water  
half a pound of Sweet almonds & half  
a pound of Bitter almond. Let em lie  
soaking in that water 4 days. Then <sup>exchanging the</sup> wash and peel them & shayn them <sup>water every day.</sup>  
thru a cloth after they are well beaten.  
Take a dram of Talk, another of Borax  
& as much Sublimate. steep them altogether  
in a little water & stir it with a silver  
spoon well mixed together. Then take ~~two~~  
~~penneyworth~~ 3 or 4 spoonsfull of the best bran-  
dy. The Juice of one Lemmon, a penneyworth  
of white Sugar Candy well powdered & the  
white of a new Laid Egg, & shake em well  
together, when its used.



To make y Calves pluck Water  
Mrs A. Mariotts.

For Coughs, Affirmas & the like  
Ailments of y Lungs.

Take a Calves pluck just as it  
comes from y Calf unwashed and  
slice it into six Quarts of new  
milk, and let it stand all night.  
The next day put to it an handfull  
of ground Ivy and a little Baum  
(drys if you cannot get it green)  
Distill it gently in a cold still  
skimming it sometimes least it burn,  
Mise all y water that drops from  
it together and then put to it two  
Spoonsfull of Crown Sugar Candy  
or as much Symp of Pelly flowers.  
Drink half a pint of this Morning  
and Evening, at rising and going  
to bed. It will keep a fortnight  
in Summer & 3 weeks in Winter.

A Worm plaster for Children, by  
Lady Fermuagh.

Take honey & juise of Wormwood & boil  
it together. Then spread it on leather  
& shoy beaten aloes on y plaster.  
If y Child has worms, it will stick, if  
it has not, it will fall off.



To make Surfeit water from  
Mrs A. Maniott.

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To 2 Gallons of Brandy, Aqua Vita  
or other Spirits, Take <sup>1 lb</sup> of Red  
Poppyes pick'd and a pound of Raisins  
of Sun Stone two good Ropes  
full of Orange pill dry'd, but if Green,  
half y<sup>e</sup> quantity, Let it steep 3 or 4  
days, Till y<sup>e</sup> Poppyes turn a white  
Stir it twice a day & keep it close  
covered, Then press it hard with  
y<sup>e</sup> hands, Then bottle it straining  
it thro a fine flannel put in a  
Funnel. The poppies must be sift-  
ed thro an oyle sieve, The orange  
pill may be kept all y<sup>e</sup> year long  
as you can get them, in y<sup>e</sup> Liguor  
You make y<sup>e</sup> surfeit water of, and  
it must be pretty bitter.

To make Wormwood Water  
of y<sup>e</sup> Strainings of y<sup>e</sup> former.  
As soon as You have squeezed the  
Poppy water out, put 2 quarts of  
Aqua Vita and if any Decayd aine  
put 2 quarts more, and after it  
has stood 2 days, put it into  
a cold still with 3 Ropes full  
of Wormwood vined Gross. After



You have. With it mix it together  
and sweeten it with loaf sugar, and  
make it yellow with Saffron.

To make a fragrant Salve  
for plaisters for perpetual Clisters  
or Issues given by <sup>Mr</sup> - Kiffigrew  
to Mrs Maniott, & receipt for  
which cost him 20.

Take of Diaculum Irracatum &  
Dracacanthos, of each half a pound  
washd, of y<sup>e</sup> purest Burgundy  
pitch 2 ounces, of Turpentine  
3 drams 4 times washd in red  
rose water, of Gum Elem one dram,  
of Sarcocoll 2 Scruples powderd,  
oil of Rhodium 26 drops. Melt  
the Salve in a pipkin and then  
put in all the other things, and  
keep it continually stirring with a  
little simmering heat stir it with  
a stick, You must try when its  
enough by dropping it on a plate  
from y<sup>e</sup> fire, and if its enough it  
will stick. Keep it stirring till it  
grows near cold, then pour it out  
into a Basin of cold water, and



while its soft make it again rolls as  
big as yr wrist amount yr hands with  
Butter or oil before you roll,  
This will keep good 3 years. This  
Plaster must be spread on the  
thickest Home paper and spread  
very thin. The 2 Salves must be  
sliced into Water to be washed  
before they are put into y<sup>e</sup> Squegin.  
Keep it in oiled papers.

A most excellent Bitter to  
strengthen y<sup>e</sup> Stomach. Mr. Manicott's

Take an 100 Orange peels mighty  
thin pared, put them into a gallon of  
Brandy, slice 4 ounces of Gentian  
Root & put in an ounce and half of  
English Saffron. Let all these stand  
in a great bottle ty'd down close for  
6 weeks, shaking it every day, then  
straiten it off, take a Tea spoonfull of  
this at a time in a glass of wine.

If You make but ~~one~~ <sup>one</sup> quart of this  
when y<sup>e</sup> Brandy is straitened off, pour  
upon y<sup>e</sup> ingredients 3 pints of white  
wine, and it makes a good Bitter wine. See halsell's  
Vide. 206. Letter 206.

This I have experienced to be  
y<sup>e</sup> best of any, for y<sup>e</sup> simplicity of its ingredients as  
I imagine, and always made it, when it is in fair weather.



Lenitive Electuary of D.<sup>r</sup> Burwels  
for y<sup>e</sup> piles or Costiveness.

Take 2 ounces of Lenitive Electuary  
a dram of Cream of Tartar half a  
dram of Salt of gunnise. Mix  
these together, and Take y<sup>e</sup> quantity of  
a Walnut, going to bed, and in  
the afternoon or more or less as is  
found sufficient.

To Cure a Weakning Eye.  
by D.<sup>r</sup> Staukopp.

Take half a pint of Lime Water  
half a dram of Sal Armoniac  
Infuse it in a Brass Skillet 12  
hours close covered But Stir'd then  
let it stand y<sup>e</sup> pour off y<sup>e</sup> clear for  
Use

To make Albes Milk  
artificially.

Take 2 ounces of pearl Carley  
half an Ounce of shaved Harts-  
horn and half an ounce of can-  
dyd Pringo roots sliced thin,  
12 house snails well washed &  
dryd. Boyl all these in 3 quarts  
of Spring water till half be boyled



away. Then shayn it off and drink  
one quarter of a pint at a time  
3 times a day with y<sup>e</sup> same quan-  
tity of Milk. The Snails if  
not in season may be omitted.

To make y<sup>e</sup> Queen Mothers Eye-  
water. Take 6 spoons full of  
Red funnel water, as much  
white rose water, add to these  
as much prepared Tuttle as will  
lye upon a shilling, with as  
much white sugar Candy pow-  
derd fine. Put all these together  
in a white Earthen basin and stir  
them well half an hour, then put  
it in a viol glass & cork it up  
and cover it with bladder &  
leather for use. But when you  
use it shake it well & drop 3  
or 4 drops out of a spoon into  
y<sup>e</sup> Corner of y<sup>e</sup> Eye next y<sup>e</sup> Nose  
leaving backward. Dresse y<sup>e</sup>  
Eye in y<sup>e</sup> morning, at 4 in y<sup>e</sup> afternoon,  
But never at Night.



To take off Inflammation  
in the Eyes

Take of ground Ivy, Celadine  
and Baysys, a like quantity  
stamp & strain them add Ivy  
Juice a little fine powdered Sugar  
and Rose Water.

Drop this with a fea-  
ther into y<sup>e</sup> Eye.

For y<sup>e</sup> Bloody Gangure  
from Mr Evelyn's Sylva, or book  
of Forest Trees, taken verbatim,  
page y<sup>e</sup> 34.<sup>th</sup>

"A dear friend of mine (says he) assured  
"me that a Country neighbor of his  
"(at least fourscore years of age)  
"who had layn sick of a bloody  
"Gangure (which by cruel torments  
"reduced him to y<sup>e</sup> very article of death)  
"was, under God recovered to perfect  
"and almost miraculous health by  
"One Sole draught of Beer, wherein  
"was y<sup>e</sup> Decodion of the internal  
"Bark of the Oak Tree.



For a Loofeneff.

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Put 2 ounces of Quince Marmalade  
to a quart of Spring Water sliced  
thin Boil till reduced to a pint  
with a race of Cinnamon in it add  
then to it 1 an ounce of Bay berries  
& husks being quite off Strain it thro'  
a fine sieve and Bottle it to drink  
w<sup>th</sup> Claret instead of water.

Take 2 handfull of Common barley  
and Boil it in 3 pints of water till  
y<sup>e</sup> barley will burst w<sup>th</sup> a little  
Lemon peel in it, then Strain it off.

To strengthen y<sup>e</sup> Eyes & for  
any Rheum. 1<sup>st</sup> Sauce.

Save a quantity of Snow water  
till harvest time, which will not  
stink and when y<sup>e</sup> Blue-bottles are  
in flower amongst y<sup>e</sup> Corn, put in  
2 handfull off y<sup>e</sup> flowers and cut  
toss & all into y<sup>e</sup> water & distill it  
in an Alembic. Dap y<sup>e</sup> Eyes with  
this often especially in a morning.



To make *Dixie's Proprietary*.

Mrs Meller's of Breunford.

Take choice Myrr the Best Aloes and  
Saffron, of each half an ounce, powder  
them very fine, and put them into a  
large glass bottle, add to them 2 gills  
of the best brandy, cork it very close  
and tie it down with a leather and  
set it pretty warm by a fire for 8 or 10  
days, then set it in a window all  
night, pour off what is clear in the  
morning and drop in 12 drops of  
spirit of Sulphur, & keep it for use  
close stopp'd down.

You may put  
half a quantity of brandy again upon  
the ingredients at first use setting it  
by the fire again as long as you did  
before. A Teaspoonful of this is  
to be taken in the morning fasting in  
a glass of white wine and fast an hour  
after it, and at 4 in the afternoon a  
gain.

For a Cough by Mrs Luttrell

Take ten or 15 drops of Balsam  
of Sulphur annihilated drop upon  
a knob of loaf sugar, at night going  
to bed.



Barly Sugar to make  
Mrs Mariotts

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Take a pound of fine Sugar, put to it  
half a pint of water & y<sup>e</sup> white of an Egg  
Set it on a gentle fire in a Silver or a  
bell mettle skillet. Take off y<sup>e</sup> scum when  
risen, Let it Boil till it will stick to a  
Spoon, Then lay it upon a marble slab  
first rubd with a piece of fresh butter  
and before it is cold cut it with a  
pair of Scizzars and turn it up  
Then lay it to dry, & tis done.

Dwarf Elder Water for a dropsy  
Lady Perards.

To six quarts of White Wine put 3  
dozen bunches of Dwarf Elder, 4  
ounces of Juniper Berries, four ounces  
of Anniseeds. Steep these one night  
and a day, and Strain them off in an  
Alembic. Take of this a quarter  
of a pint in a morning fasting

Past for y<sup>e</sup> Teeth

Take of Mastix, Myrror, each an ounce,  
Bole Armeniac half an ounce, all  
finely powdered, add some dryd Rosemary  
and Burnt allom.



For an inveterate Cough  
Mr Hepburn's.

Pour a gallon of warm Water on  
a quarter of a Pound of Limestone  
Lid stand two or three days till  
the Lime settles. Then pour off  
the water clear, and pour it upon  
2 Ounces of sliced Liquorish, and  
a quarter of a pound of sliced  
figs, and let that stand 2 or 3  
days longer. Drink of this a  
quarter of a pint at a time at  
least 2 or 3 times a day for a  
continuance. It is a great pectoral  
and good for sores or ulcerated Lungs.

Lady Norcliff's Snail Water for  
Consumptions, where the Lungs are not  
ulcerated. And for Convulsions, Palsies,  
Vapours, ill Digestions. Excellent for the  
Stomach, if taken for 3 weeks toge-  
ther a small glass in the morning fasting  
an hour after it, and as much at 4  
in the afternoon sweetened with Cast Sugar;  
then intermit a month, & repeat it a-  
gain, for continuance does the benefit, but



In Convulsions and Palsys, 3 days at  
new and full moon is enough, having  
first taken it in y<sup>e</sup> fit.

Make a clear fire of Charcoal on a stone  
floor, and pour a peck of Garden Snails  
(y<sup>e</sup> dirt scraped off) into y<sup>e</sup> middle of y<sup>e</sup>  
charcoal & cover them over with it,  
when they leave hissing, take y<sup>m</sup> up,  
clean 'em, and beat 'em in a stone mor-  
tar. Then take about 2 quarts of large  
red Earth worms (y<sup>e</sup> best are in Marsh  
Grounds) put a knitting needle thro' y<sup>m</sup>  
and slit 'em open with a penknife, wash  
em first in water then in Beer, mash  
'em also in a stone mortar. But  
when you make 'em for any use but  
Convulsions, instead of broiling, you  
may (as Lady Northlife did) wash y<sup>e</sup>  
Snails in Salty water, then in Beer, &  
put em into an Earthen pan, tying a  
paper over y<sup>m</sup> and bake em, but they  
must be beat first in a mortar too.  
And then, you may cut off y<sup>e</sup> heads  
of y<sup>e</sup> worms and necks as far as you  
see y<sup>e</sup> blood, instead of blitting them  
and put y<sup>e</sup> best part into some of the Ale  
(which is y<sup>e</sup> clean part) and throw some

turn to page  
228.



# The Virtues of several Medicinal Things in this Book too long to be inserted with the Things themselves.

**Dr. Stevens water.** It comforts spirits, & helps all manner of diseases from cold causes, palsy, promotes Conception, kills worms, cures coughs, helps the Toothach, comforts the Stomach, cures dropsie, helps the Stone, mends a stinking breath, preserves Youth in old Age, and prolongs life, as its Author made appear by using it himself to a great Age.

**The Breach water.** This Water is good for a faintness in the back, in a burning fever, it is good against all infections, it comforts women in travail, it is good for young Children in Extremity, and good against all sorts of Agues.

**The Rhytal water.** It takes away all spots off the face & body, it takes away the Toothach held in the mouth, it will preserve Virgins good a year, & all manner of fruit laid therein. Put into faint Wine it quickens it, it breaks all Impostumes if drunk, it preserves the whole body in health, a cloth dyed in it heals wounds, it preserves from dead palsy, moist Rheums, cures a stinking breath, & preserves youth.

**Lucutellus Balsam.** First it heals any green wound inward or outward, or old wound, if outward it must be spouted into the wound blood warm, & apply with lint anointed, & if parts about it anointed with it melted, it preserves from inflammations, draws out broken or putrified bones, it cures fistulas, Ulcers, Cuts without Scars, Burns or scalds from fire or water, it cures pains from Colds, Aches in the bones, Headach by action off the Temples, helps the Wind colick, the Sick, Digestion it is good against all Infections of Plague, Pox or Measles taken in warm Bath an ounce 4 mornings, & sweating upon it, it cures scalded breasts of any kind taken inward & outward, it cures any aking hollow tooth, and cures all Bruises into Melancholy.

**Oil of Chanix.** It knits ribs, cures bruises inward or outward, old aches or sprains the of 7 years continuance.

**The Bount Drink.** It is good for sores new & old, for wounds in the body, for a woman's breasts & putrified bones, causing them to scale, for aches in the stomach, and to break an Impostume, it has driven bullets out of a Soldier's body, & has drawn out broken ribs, & healed sores, it has cured Consumptions. But must not be given to Women when breeding. During the use of it, it requires Temperance.

**Lilly of the Valley Water.** A spoonfull of this Water made of Lillys of the valley, is excellent good in fits of the dumb palsy, and likewise in Apoplexy. It is good likewise to strengthen the Memory, and against youth.



with upony other part of y<sup>e</sup> Worms to scour  
them, then mash them in a mortar all.

Then Lay in y<sup>e</sup> Still

Two handfull of Angelica, two of Celandine,  
Wood sorrel, Agrimony, Betony, of each 3  
handfull. 3 Large handfull of y<sup>e</sup> Inner  
Bark of y<sup>e</sup> Barbary Tree. 3 handfull of y<sup>e</sup>  
red dock roots, scraped clean & y<sup>e</sup> pith taken  
out 3 handfull and an half of Rosemary  
Tops & flowers. One handfull and half of  
Bears foot. one handfull of Rue.

Put all these shred small into y<sup>e</sup> Still  
and upon them Lay y<sup>e</sup> Worms & Nails,  
with one Ounce of Fenugreek one ounce  
of Turmerick grossly beaten, half a pound  
of y<sup>e</sup> shavings of Harts horn, half an Ounce  
of Saffron 3 ounces of cloves. Then  
put to all these 3 gallons of very  
strong Ale and One Quart of Canary.

Paste y<sup>e</sup> head of y<sup>e</sup> Still very close  
letting it stand all Night, In y<sup>e</sup> morning  
distill it carefully by a flow pipe. At  
first receive y<sup>e</sup> Water by pints, and  
mix y<sup>e</sup> first 3 pints, out of which take  
one pint to keep for Convulsions of y<sup>e</sup>  
dead palsy, & remayning Quat put by  
rest of y<sup>e</sup> water that you draw off.

Lady Norton did it in an Alembick



An Excellent way to stew an Hare. of S<sup>r</sup> J. Cope.

Take an Hare (alive if You Can) & cut her Throat like a Deer.

Half roast her quarter her, & bruise all her Bones, then put her into a stewing pan with an Onion stuck with Cloves, a bundle of sweet herbs, a nutmeg quarters and a sufficient quantity of pepper & Salt. Then pour in as much French wine & fair water as will suffice to stew it at least 3 hours.

Squeeze in a Lemon & serve it up, & both broth and meat will be excellent.

Perhaps Ale may do better than wine,

Troncy Stone. by Dutch of Rutland  
from Mrs Tench

To 2 Quarts of wood Strawberries put a Quart of Brandy, Let em stand in y<sup>e</sup> Brandy a week then strain y<sup>e</sup> brandy and put in y<sup>e</sup> same quantity of Strawberries as before, only put a Layer of Strawberries & a Layer of white Sugar upon them and so pour y<sup>e</sup> brandy upon them Let em stand a week more, then straining em off for Use.

Take of this 3 mornings at y<sup>e</sup> full and New Moon. 4 or 5 Spoonfull, by way of prevention. But in a fit off y<sup>e</sup> Stone or gravel Take as much 4 or 5 times a day.

This is Dr Cockburns Receipt, as confirmed by him G. W. La Touche.



## To dress a Pike Coll.

Take a flat Bottomed Kettle & put therein as much water as will cover y<sup>e</sup> fish, add Claret or Vinegar to it a 4<sup>th</sup> part of the Base. Take an Onion horse radish & sweet herbs & an handfull of Salt put them therein & let 'em Boil, & then put in your Pake or Pike, & let him Boil till you see his Scales break & rise, Then take out y<sup>e</sup> fish, and drayn him in a colander some time. Then prepare y<sup>e</sup> Sauce by it self, of beaten Butter, mixing therewith a little off y<sup>e</sup> Boiling off y<sup>e</sup> fish & an Anchovie well beaten together, & so serve it up scapond with Salt with this Sauce, & y<sup>e</sup> Scales on him.

## To make a Cement for China ware or any such thing.

Take 2 ounces of Bees wax & ounces of Rosin, set it on a gentle fire & melt it. Then lay till this a couple cloth into cold water, and work it with your fingers and palms of y<sup>e</sup> hands half an hour. When it swims in y<sup>e</sup> Water, rowl it into rows. You must heat peeces of China, hot enough for y<sup>e</sup> Cement to melt upon it & then hold 'em together till its cold, scrape off y<sup>e</sup> Cement, & its done.

## To roast a Pig, y<sup>e</sup> old L<sup>d</sup>. Leicesters way.

When y<sup>e</sup> Pig is so much roasted that y<sup>e</sup> coat will strip off, peel it quite off and stick it all over with small upps of Thyme, & brew it all over with gratted bread, & serve it up.



# A poetical Receipt To make a Sack Pudding. 1699.

From Jam'd Barbadoes only Western Main  
 Fetch Sugar half a pound, fetch Sack from Spain  
 A pint and from y<sup>e</sup> Eastern India Coast  
 Nutmeg y<sup>e</sup> glory of our Northern Post.  
 O're flaming coals in basin let 'em heat  
 Till y<sup>e</sup> allcongring Sack dissolve y<sup>e</sup> Sweet,  
 O're such another fire set Eggs twice ten  
 New <sup>born</sup> from y<sup>e</sup> foot of Cock and rump of Hen,  
 Stir them with steady hand & Conscience pricking  
 To see th' untimely fate of Twenty Chicken,  
 From shining Shelf take down your Brasen Skillet  
 A quart of Milk from gentle Cow will fill it.  
 When boils and hot, pour milk & Sack to Egg,  
 Unite them firmly like y<sup>e</sup> triple League.  
 When coverd close together let them dwell  
 Till Mils sings twice, You must not kiss & tell.  
 Each Lad & Lass take up their murdering spoon  
 And fall on feirely like a starv'd Dragoon.

## To make a Cawdle to drink like Chocolate

To a Quart of Water & Oatmeal boyle together  
 & straind put in a Glasse of mace & a little Lemon  
 peel then thicken it with y<sup>e</sup> yolks of 4 eggs, and  
 put in ten spoons full of Canary white wine or  
 Pasado wine (as you like) and sweeten it to  
 y<sup>e</sup> tast.



## To salt an ham,

Take an ham cut out of a porker a year old moderately fat, but with fleske, hang it up unsalted ten days or a fortnight, where it may receive all y<sup>e</sup> wind it can, till it begin to turn & grow flymy on y<sup>e</sup> backside, when you take it down wash it well with water & sugar & to 3 hams allow 3 quarters of a pound of Peter Salt & a quarter of a pound of a salt Peter, & one pound and a quarter of common salt, mixt all together, y<sup>e</sup> salt Peter being finely beaten. Rub half this in, & now some salt in y<sup>e</sup> pan or tub and lay y<sup>e</sup> rinds downward. Before to salt them well at y<sup>e</sup> flitt of y<sup>e</sup> gambrel, thrusting in a bit of salt Peter first. Lay y<sup>e</sup> salt very thick upon y<sup>e</sup> fleshy part. Thus let y<sup>e</sup> hams lye a week & then rub on y<sup>e</sup> rest of y<sup>e</sup> salt not stirring y<sup>e</sup> hams from y<sup>e</sup> tub, & so let y<sup>e</sup> hams lye another week. Then hang them high in a chimney over wood smoak. till they are black, & when you take them down hang them not in too dry a place. Boyl them at least 5 hours.

Thus doe Mutton cutting y<sup>e</sup> Leg as like an ham as you can. To one Leg take 3 Ounces of Peter Salt as much Common Salt, and one ounce of salt Peter.

## To mend Broken China

Common Gum dissolov in Spirit of Wine will not onely joyn Met, but even glass and Crystal.  
 f D<sup>r</sup> Hamey's MS.

See before  
 p. 133.



### To clean Old Pictures.

Take wood ashes and scarse them thro' a fine sieve, with fair Water, and wet a clean sponge with it, and scour y<sup>e</sup> Picture with it and it will take off all y<sup>e</sup> filth without y<sup>e</sup> least Injury to y<sup>e</sup> Paint.

### To Roast Cheese, an Irish dish, called Ramkins, Told me by Mr. Chambers.

Take as many sorts of cheese as you have, and shave them off thin with a knife to y<sup>e</sup> quantity of a very large plate full & high heap, then put it into a clean mortar, with a new laid Egg, and a shallot sliced very thin or an onion y<sup>e</sup> egg must be broke in white and all then beat it up well altogether to a mash, & put it into a plate on a stove or chafin dish with a quick fire, when tis wholly hot hold an hot flat Iron or a fire shovel red hot so near atop of it, as to scorch it up, & send it in you must put a small slice of good butter into y<sup>e</sup> mortar with it before tis pounded.

### To prove Mercurius Dulcis

Boil a peise of Gold in Vinegar, & lay it 24 hours in y<sup>e</sup> Mercurius dulcis, & if the Gold change not in that time, y<sup>e</sup> Mercurius is safe.



To keep Walnuts moist and as fresh  
as they were first gathered all y<sup>r</sup> year round.  
Told me by <sup>Mr</sup> John Cope.

When you have taken y<sup>r</sup> green shell off y<sup>r</sup>  
Walnuts immediately lay a quantity one  
by another on a s<sup>t</sup>rewing of sand in  
some cellar and cover them with another  
laying of sand, and so on, as many as  
they are and at any time when you  
would eat them, crack them and throw  
y<sup>m</sup> into warm milk, and y<sup>r</sup> skin will  
peel off as well as ever.

To preserve Green Oranges. from Mrs  
Anne Marriott of Hampton Court

Boyle your Oranges in a Skillet till they be-  
gin to be tender, then shift them into a  
bras Skillet of Water ready to boil with a bit  
of Alome, cover them close from y<sup>r</sup> air half  
an hour, then slice y<sup>m</sup> on one side and take  
out y<sup>e</sup> pulp or inside. Then boyl a pound of  
fine Sugar in half a pint of fair water with  
a spoonfull of Orange flower water, after this very  
will boyl put in y<sup>e</sup> Oranges, and boily<sup>m</sup>  
till they are clear, then remove y<sup>m</sup> from y<sup>e</sup> fire  
and cover them till y<sup>e</sup> next day, then boyl  
them again till they are enough, when you find  
they begin to work put them into a silver  
skillet with a spoonfull of Orange flower water  
& a little sugar and boily<sup>m</sup> and they will be



as good as ever. You may dry them out of  
this Syrup if you please.

To Candy Orange flowers a hole, of  
Mrs Anne Marriott.

Let fresh flowers in cold water two hours,  
Then boil them in fair water till they sink  
remove them then into cold water again till  
y<sup>e</sup> Syrup is boild to a Candy. Strain y<sup>e</sup> Water  
well from y<sup>e</sup> flowers, then put y<sup>e</sup> flowers into y<sup>e</sup> Syrup  
and let them simmer ore y<sup>e</sup> fire. Then set  
them by till y<sup>e</sup> next day, and warm them  
3 days after successively in y<sup>e</sup> same Syrup.  
Afterwards cool y<sup>e</sup> Syrup, and then put in  
y<sup>e</sup> flowers into it, when quite cold. add to y<sup>e</sup>  
Syrup a spoonfull of Orange flower water  
They must stand 2 or 3 days in y<sup>e</sup> Syrup till  
they begin to candy & then take them out  
and dry them with a little scraped Sugar.  
shewd upon them.

A fine Wine.

Philos. Transad. A Composition of y<sup>e</sup> Juices of good Cyder Apples  
abridge vol. 2 and Mulberryes produceth y<sup>e</sup> best Tasted &  
p. 696 most curiously coloured liquor That many ever saw  
or Tasted.

Fowls to fat & keep fat. Mrs Biggs of Billon in  
Give 'em in y<sup>e</sup> Coop no Water but in one  
gran dry Bran and in another Brick dust  
and they will empty y<sup>e</sup> Brick dust fresh  
but keep 'em both supplied, till you use them.



To roast an haunch of Venison.

After y<sup>e</sup> haunch layn a small time at y<sup>e</sup> fire, lay the fleshy side towards y<sup>e</sup> fire & beset y<sup>e</sup> Jack that it may be thoroughly roasted, & then set y<sup>e</sup> Jack going, so will y<sup>e</sup> fat (which lies altogether on one side) be preserved & not wasted, which otherwise would be consumed by that time y<sup>e</sup> haunch is roasted from J<sup>r</sup> John Cope y<sup>e</sup> Hampshire way.

To make Rhubarb Brandy for y<sup>e</sup> Cholick.

To a pint of French Brandy put 3 quarters of an ounce of Rhubarb sliced very thin, put it into a pot that shuts close when covered and set it twelve hours in warm Embers but not so hot as to simmer. Set it by then for 12 hours and then strain it into a bottle for use. Take 3 spoons full at night and 3 in y<sup>e</sup> morning, in case of extremity, but otherwise take only 3 spoons full alone or in warm Ale.

To make a pudding

Take a pound of Savit fine chopd or poundd, half a pound of Raisins 6 Eggs, 2 spoons full of Flower Sweeten it to liking and boil it 6 hours. Sewed up with sack & sugar



To know good Brandy or  
Hungary Water, or any true spirits.

Dip a fine clean rag of Linnen into it  
and then set it on fire with a lighted  
paper or candle and if you find y<sup>e</sup>  
rag as dry as it was before it was dip<sup>d</sup> after  
y<sup>e</sup> liquor has burnt it self all away, tis  
certainly pure and good. But if y<sup>e</sup> rag  
remains wet or damp, it is certain there  
was some moisture in it, which will not  
burn

### To Stew Cucumbers.

Slice y<sup>e</sup> Cucumbers thin pare with a  
large Onion & put them into a sauc-  
pan with some pepper and Salt, and  
when they are stewed tender in their own  
Liquor, pour off that Liquor & put in y<sup>e</sup>  
Yolks of 2 eggs, beat with a little  
partly shred y<sup>e</sup> small. Put in a little  
vinegar or rather (if in season) a few green  
grapes, & shake it well & serve it up.  
Is excellent sauce under Mutton roasted  
when y<sup>e</sup> gravy mixes with it, or roast  
beef and is good with roasted rabbit  
or fowl. Note y<sup>e</sup> green grapes if used  
must be steept with it.



To get out Oil or Beeswax spillt  
upon y<sup>e</sup> floor of a room.

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Take y<sup>e</sup> white of an Egg or two and with  
an hard brush rub it and it will  
fetch it out. *aperted by Nurse Graves.*

To prevent Bacon from Rusting.

Before you lay y<sup>e</sup> Bacon up, carry it to  
pump & pumping upon y<sup>e</sup> flitch, outside  
and inside scrub it well with a birchen  
Broom till all y<sup>e</sup> outside salt be got off,  
then dry it well with a dry cloth & keep it  
for use (in a chest is best) and it will  
never rust.

To pickle Onions. by M<sup>rs</sup> Nichols.

Take y<sup>e</sup> finest round Onions, <sup>peel off their dry skin</sup> and fling  
them into Water for 2 or 3 days, then  
put them into a pot of fresh Water  
and boil them very gently till they  
begin to be tender, after which throw  
them into cold water and peel half  
of them away and then let em lye  
for 2 days in clean fresh water, put  
them into a sieve and drain em very well  
after which put them into y<sup>e</sup> glasses with  
cold vinegar, pepper, cloves, <sup>more as liked</sup>  
nutmeg & a Bay leaf, tye em over



close and keep them for y<sup>r</sup> use.

If You woud keep them very white  
Distill y<sup>r</sup> vinegar in a cold Still.

To roast Eels an excellent way  
Take y<sup>e</sup> largest Eels skin em and cut  
them into peices 3 inches and an half  
or 4 inches long, season them with  
pepper and Salt as You like, Run a  
small spit thro y<sup>e</sup> middle of each  
peice that they may stand upon y<sup>e</sup>  
spit, thus X with a Bay Leaf spit-  
ted in y<sup>e</sup> like mannes between each  
peice, secure them with pack thread  
upon y<sup>e</sup> spit. Let y<sup>e</sup> fire be quick  
and broast them with butter which  
will make em crisp and tender and  
make y<sup>e</sup> sauce of a little Anchovy  
gravy and butter.

To Dry Cherries. Mrs. Mariott's way.  
Take 6 pounds of Kentish Cherries and  
stone them then with a pound of fine  
sugar with y<sup>e</sup> juice of Cherries and  
boil it a little, then put in the fruit  
and boil them till they are clear. Let  
them lye in y<sup>e</sup> Syrup a week, then  
drain them from y<sup>e</sup> Syrup and lay them



upon sieves or glasses to dry in a stove  
or in the sun, or before a fire, turning  
twice a day till they are dry enough.  
You may warm them once in 4 days  
in the middle of the week.

To Make jelly of Currance Mrs Ann  
Marriotts way.

Take 2 pounds of red Currants and  
one pound of White, and half a  
pound of best Sugar to a pound  
of Currants. The Sugar must be  
boiled to Sugar again, then put  
fruit in and boil it slowly, and  
then strain it off.

To Salt Neats Tongues to  
eat Cold, or Boil, if cold  
they have not that burnt  
taste & smoaky which yr  
dryd Neats Tongues have.  
from Mrs Marriott.

Rub an Ounce of Salt peter  
and two spoons full of brown Sugar  
well into the Tongue and let it  
Lye 4 days, then Salt it with two  
hands full of other Salt, and turn it



once a day as long as it Eyes and  
it may be kept so a quarter of  
a Year or you may use it a  
Months end and taken You do  
boil it with a piece of beef and  
keep it cold or eat it hot as you  
please.

To pickle Walnuts, Mrs. Maniott  
Take green Walnuts before they begin to  
shell, lay them in an earthen pot with  
a layering of Vine leaves between every  
row of Walnuts and cover them with  
bear Vinegar, Tye them down close  
for one and twenty days, then re-  
peat them after the same manner with  
wine vinegar and fresh leaves, let  
them stand 21 days more, then take  
them clean out of that, & take y<sup>e</sup> best  
bear vinegar, a handfull of Soft Cloves  
and Mace & whole pepper and Jamaica  
pepper to y<sup>e</sup> liking, Boil y<sup>e</sup> pickle till  
it will bear an Egg and pour it  
hot upon y<sup>e</sup> Walnuts being first layd  
in y<sup>e</sup> pot with fresh leaves & tye them  
down close with a bladder, You may  
add a few cloves of Garlic, if you  
like it.



To make Orange Marmalade.

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Take 9 of the deepest rind Oranges  
put them into Water for 2 hours  
then take them and with a very sharp  
knife pare them very thin and as  
you do them put them in Water  
then squeeze out the Juice and lay  
up the halves in a thin cloth and  
put them into a pot of boiling  
Water and have another in ready  
-ness for it must be soon taken  
out of the first change. Change  
the water for 3 times, let them  
boil till they are tender, then  
have 2 pounds of the best Sugar  
and put to it a pint and half  
of Water. Let it boil pretty  
high, then put in the peels being  
prepared after this manner take out  
all the pulp clean and dry the  
Oranges in a cloth and shred them  
very small with a knife. Then put  
them into the Sugar that is boiling  
and when they have boiled a good  
quarter of an hour put in the Juice  
and that of 2 Lemons (take out all the  
seeds) and a quarter of a pound of Sugar



make it boyl very fast and skim it  
clean, and when it will jelly, is enough  
Paper it in 2 days

### To stew a knuckle of Veal.

Put it into peices and put in y<sup>e</sup>  
Trissels and bones first to stew with  
a little water, an Onion, and a little  
savory herbs, with a little Salt and  
Jamaica pepper, and a bit of Mace,  
When its half stewed put in y<sup>e</sup> other  
part of y<sup>e</sup> veal and let it stew till  
its tender then shake it up with  
a peice of butter, and some Anchovy  
and Mushrooms, It must be stewed  
but in little liquor.

### To Marionate Herrings

Take fifty herrings in their prime cut off  
their heads, then take an ounce of Jamai-  
ca pepper ~~half~~ an Ounce of white pepper  
beaten, and mix these with an hand-  
full of Salt, then rub some of it in their  
bellies and lay them by rows in a ear-  
then long pan. Sprinkle y<sup>e</sup> remainder  
of the Spice between the rows with some  
sweet herbs, then pour in a quart of



Vinegar by the fire of the pan gently  
 that the Spice be not washed off. Let  
 them be baked with bread. They keep  
 a quarter of a Year in their own  
 Liquor.

To pickle Walnuts a white. M<sup>rs</sup> A. M.<sup>t</sup>  
 Pare the Large Nuts till they  
 come to the white holding them  
 in water while you doe them, &  
 shewing them into clean after  
 then put y<sup>e</sup> walnuts into ready  
 boyling water with a little  
 salt in it let them boyl till  
 they are tender then take y<sup>m</sup>  
 out & let them be cold. Make y<sup>e</sup>  
 pickle of good white wine Vine-  
 gar cloves & mace & Black  
 pepper & put in a clove of garlick  
 if liked let it boyl half an hour  
 you may put in a little salt  
 when y<sup>e</sup> liquor is cold put in  
 y<sup>e</sup> Nuts & before keep them  
 close from Air.



## To make minced Veal.

Mince y<sup>e</sup> Veal very small and put it into y<sup>e</sup> Saucepan with a little water and make it thoro hot then put to it a couple of Yolkes of Eggs beaten with a little Nutmeg, pepper salt and Vinegar to y<sup>e</sup> liking, and a good piece of butter, keeping it stirring till y<sup>e</sup> eggs are thickened in it. You may add a flavor by a little Lemon peel.

## To Mince Boiled Beef especially y<sup>e</sup> Buttock

If the Beef be underboiled, first better cut it into very small dice and have a Carrot ready boiled tender & cut into as small dice, put them all into a Saucepan with some gravy, butter pepper & salt & a little shred parsley. Shake it up & make it thoro hot. It may be done with a Turnep, or both, if liked better.



## To pickle Coddins.

Take up middling Coddins that are fair and not crumpled and lay them in strong Salt & Water three days, shifting them once a day, then take them & open y<sup>m</sup> at y<sup>e</sup> sides as you doe a Melon, & take out y<sup>e</sup> Core, then put in to each a little Mustard seed, a little bit of Ginger, halfe a clove of Saclike, then put in y<sup>e</sup> peice you took out & pin them together with thorns. For the pickle, Take y<sup>e</sup> best Wine Vinegar, a pint of Mustard seed, an handfull of Salt, half an ounce of sliced Ginger and as much whole pepper & a head of Saclike: Pour it boyling hot on y<sup>e</sup> Coddins & stop them close, Doe so for 3 days & keep y<sup>m</sup> always covered with Pickle, Doe not use them too ripe.



### To make y<sup>e</sup> Best Beef Pye.

Take y<sup>e</sup> flesh with sufficient off  
fat both cut in thin slices from  
y<sup>e</sup> Inside of a Surloyn of Beef  
raw, and make y<sup>e</sup> pye of it  
put some peices off y<sup>e</sup> same without  
any fat into a pot & bake there  
at y<sup>e</sup> same time! When baked  
open y<sup>e</sup> Lid of y<sup>e</sup> pye, and take  
out y<sup>e</sup> light fat that swims  
atop and fill it up with the  
gravy out of the earthen pot.  
It is to be seasoned w<sup>th</sup> y<sup>e</sup> last  
w<sup>th</sup> pepper & salt, and the  
beef and y<sup>e</sup> fat are to be layd  
in rows interchangeably one with  
y<sup>e</sup> other.

### To preserve Walnuts with Orange flowers. By M<sup>rs</sup> Cardonnel

Take y<sup>e</sup> soundest and smallest  
you can get and prick them with  
a pin to see if there be any  
wood in them, and if there be



none, pare them to the white &  
 put them into cold water shift-  
 ing them often if the water grows  
 yellow. You must have boiling  
 water upon y<sup>e</sup> fire of a heek  
 You must take 100 boyl y<sup>e</sup> nuts  
 which must be shifted four  
 times. When they are boild e-  
 nough, take them & put them  
 upon a cloth & prick them w<sup>th</sup>  
 a large pin to let y<sup>e</sup> water out  
 then to each hundred of Wal-  
 nuts put a good handfull of  
 Orange flowers being scalded  
 in hot water and just boild  
 up in the Syrup, which you  
 must take up & then boild y<sup>e</sup>  
 walnuts in the Syrup. put  
 y<sup>e</sup> walnuts one by one in the  
 pot covering them over with  
 Orange flowers & putting y<sup>e</sup>  
 Syrup scalding hot upon them.



To make Seed Biscuit. by Mrs  
Marriott.

Beat eight Eggs very well with  
a whisk and have a pound of  
Loaf Sugar ready, Beat & sifted  
and a pound of fine flower  
drye and sifted. Shake in y  
Sugar into y Eggs first &  
then y flower, beating it all y  
while, then add an ounce of Ca-  
raway Seed, It must be Beat  
an hour to make it light. Then  
butter about 6 plates and fill  
them with y Biscuits. About  
half an hour Bakes them.

To make Apricock-paring Chips.  
As You pare y Apricocks save the  
clearest parings, and throw a little  
Sugar on them, half a pound is sufficient  
to a pound of y parings, Let them just  
boil up & then set them by till next  
day. Drain y Syrup from them and  
make a syrup with a pound of sugar  
and almost half a pint of Water,  
boil y Sugar very well and put as  
much to y chips, when it is cold as  
will cover them, & let them stand in y



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Lynps all Night. The next day make  
them fealding hot and when they are  
cold lay them out on Board. Sift  
them over with fine sugar and turn  
them on Sieves and dry them in the  
Sun or before y<sup>e</sup> fire. A.M. from Mrs Eels.

To make y<sup>e</sup> apple jelly for all  
sorts of Sweetmeats.

Let y<sup>e</sup> Water Boil in y<sup>e</sup> pan you  
make it in, & when y<sup>e</sup> Apples are  
pared and quartered put them into  
the boiling water, but let there  
be no more water than will  
Just cover them and let it Boil  
as fast as possible. When y<sup>e</sup>  
Apples are all to peices, put in  
about a quart of Water more  
& let it Boil at least half an  
hour, and then run it thro a  
Jelly bag. In y<sup>e</sup> Summer Codlins  
are best. A.M. from Mrs Eels

To preserve Apricocks

Take 4 Doren of Large Apricocks  
Stone and pare them, and cover  
them with 3 pounds of fine beaten  
Sugar, shewing some on, as you pare them.



Let em stand at least 6 or 7 hours  
and then Boil them on a flow fire  
till they are clear & tender. If some  
of them are clear before y<sup>e</sup> rest, take  
them out & put em in again when  
y<sup>e</sup> rest are ready. Let them stand  
with a paper close to 'em till y<sup>e</sup>  
next day, then make Coolie jelly  
very strong. Take two pints of  
Jelly two pounds of Sugar and  
Boil it till it Jellys, and whilst  
it is Boiling make y<sup>e</sup> Apricocks  
scalding hot & put y<sup>e</sup> Jelly to  
y<sup>e</sup> Apricocks and Boil em together,  
but not too fast. When y<sup>e</sup> A-  
pricocks rise in y<sup>e</sup> Jelly, and  
they jelly very well, I put them  
into pots or glasses with paper  
close to them. A. M.

To make Pan Cakes Mrs  
Costers way.

Take 8 eggs, Whites  
and all, and beat them very well  
with a little flower, then put to  
them a quart of Cream and as  
much flower as is needfull, then  
melt a pound of Butter & grate a  
Nutmeg into it, & let it stand in y<sup>e</sup>



air of y<sup>e</sup> fine, an hour or better,  
but put not in y<sup>e</sup> butter till you  
begin to fry. Put a bit of butter  
into y<sup>e</sup> pan & make y<sup>e</sup> pan hot.  
Then clean y<sup>e</sup> paws and fry them  
without any thing in y<sup>e</sup> pan.

To keep Apples and Pears from  
freezing in hard frosts.

Set a pail of Water in y<sup>e</sup> room where  
y<sup>e</sup> Apples or Pears are, and keep the  
water in it from being froze by breaking  
it often, and it will keep y<sup>e</sup> fruit from  
ever freezing. This was often done and al-  
ways with success by Mrs Maniott at her  
Cottage in Hampton Court.

### Auzietz

Take half a pound of sweet  
Almonds blanched & beat y<sup>m</sup>  
in a stone mortar with as  
much Orange flower water  
as will keep y<sup>m</sup> from oiling  
and when beaten enough mix  
in it a pound of double refined  
Sugar finely powdered and  
sifted, and put in a bowl



make a past which if you  
put any of ' into a glass of  
spring water, It makes  
a pleasant Liqueur to cool  
one in hot weather.

To dry Apricocks. Mrs Mariott.  
Rub y<sup>r</sup> Apricocks very clean, cut 'em  
in quarters or half quarters (if large)  
Take one pound of double refined Sugar  
& half a pint of Water, Boil it, and  
when it Boils, put in y<sup>r</sup> Apricocks a  
few at a time and let 'em Boil till they  
are tender, then lay 'em out upon  
Sieves. One pound of Sugar will doe  
4 pounds of Apricocks weight, stones  
and all.

Mackerel to pot, so as to keep  
good 2 months. Mrs Mariott  
After y<sup>e</sup> Mackerel are washed & scales  
cut off y<sup>e</sup> heads & fins, split them down  
y<sup>e</sup> bellies, take out y<sup>e</sup> rows & clean y<sup>e</sup>  
Back and blood next y<sup>e</sup> bones. Take out  
all y<sup>e</sup> bones great & small. Ten large  
Mackerel will require 3 Ounces and an  
half of Salt, Half an Ounce of Nut-  
megs, as much pepper and, a quarter



of an Ounce (together) of Cloves & Mace  
with a very little ginger. Beat all very  
fine and mix em with 1/2 lb of Salt. Double  
them together and lay them in a  
long pot very close together with  
some Bay leaves & Lemmon peel be-  
tween them, putting on them about  
2 pounds of Butter. Put on y<sup>e</sup> pot  
w<sup>th</sup> Brown paper double, and they  
will take up 3 hours baking.

When baked take them hot out of  
y<sup>e</sup> pot, and peeling off y<sup>e</sup> Black skin  
place y<sup>m</sup> as close & as whole as  
you can in Able pots covering y<sup>m</sup>  
w<sup>th</sup> clarified Butter which y<sup>e</sup>  
Butter they were baked in will help  
good. *Stew Mackerel, as you like Capers or any*

### To Boil Plate

Take Sal Armoniac, *Mr R. Marriott's*  
Rock Allom, Allom plume, Sal *see how to*  
Rem, Tartar & Roman Vitriol *Preserve if*  
of each equal parts, all which *white from*  
*Hand. p. 298*  
Being very finely powdered must  
be mixed together and dissolved  
in fair clear water, Then put y<sup>e</sup>  
Plate therein, Let it lye an hour  
and then scald it over y<sup>e</sup> fire till tis



very hot, and you'll find them in  
white enough.

To clean Turkey work on  
Persian Carpets.

Rub 'em all over (after they are  
beat & brushed well) with an Ox-  
gall, and let it dry upon upon it  
and then rub it off, and with  
make it look as fresh as new. *Mr. Ekersall.*

*Lady Nordiff  
well fullers  
Earth with it  
and lays it on  
so, & then dry  
rubs it off.*

To wash Black Silk Stockings  
Take y<sup>e</sup> green leaves of Thea after  
y<sup>e</sup> Thea is drank, take a quan-  
tity of 'them into water and boil 'em  
and then put in a small piece of soap  
and wash y<sup>e</sup> Stockings in it and it  
will give 'em both a gloss and a per-  
fect colour, tho' they were rusty  
before, and rowl 'em up a little & hang  
hard, before they are quite dry. *Mr. B. Berris*

To take out spots out of Black Cloth.

*Mr. Ashmole*

Rub y<sup>e</sup> Spots with tobacco Ashes, very well, dry,  
then brush it out Clean.



To preserve Gold Plate from Tarnish  
 Take a quarter of an Ounce off clearest  
 Brinnglass, & dissolve it in a quarter of a  
 pint of rectified Spirit of Wine. It must  
 be often shook & will be long dissolving,  
 but when dissolved, take a clean soft pen-  
 cil brush, such as painters use of Camels  
 hair, and wash y<sup>e</sup> plate all over with it,  
 and let it dry on, and y<sup>e</sup> damp off y<sup>e</sup> air &c  
 will not change or affect it. Lady Norcliffe.

To make Orange Brandy: Lady Norcliffe.  
 Take y<sup>e</sup> yellow rind off Ten Sevil Oranges or  
 Lemmons, steep them Ten days in a Quart of Brandy  
 shaking 'em often, then dissolve half a pound  
 of double refined Sugar in a pint of Spring  
 Water, boil it and scum it, & let it stand till  
 it be cold. Then mix it with y<sup>e</sup> Brandy It  
 being poured off fresh from y<sup>e</sup> Yeels, and then  
 strain it thro a flannel.

To make a Dram, for cholic Colic  
 of Hinters or hostes, by M<sup>r</sup> Hutton.  
 Infuse in dry mountain wine the best  
 Green Tea, as to time and quantity - at discretion  
 y<sup>e</sup> Tea helps allay thirst, better than any thing  
 and y<sup>e</sup> wine is not so pernicious as y<sup>e</sup> empty brandy  
 as brandy, rack, or rum, y<sup>e</sup> Tea must be strayed off.



## To Make Lollid Loop Lady Caves

Take a leg of Veal, cut of all the skin & fat, & make a very stronge Broth of y<sup>e</sup> veal, & Strain it through a liewe that it may be very clear, then put the broth in a broad flat stew pan y<sup>e</sup> will hold it all & set it over a high Chaffing Dish of charcoal & Stir it continually about y<sup>e</sup> it may not boil nor burn too while tis upon y<sup>e</sup> fire w<sup>ch</sup> must be about seven hours after this sett it by for a Day or two, & then cut it out of y<sup>e</sup> pan & scrape or cut of y<sup>e</sup> settlement if it has any & put y<sup>e</sup> clear jelly into a China (or earthen) Dish, & place it upon a stewpan of boiling water, w<sup>ch</sup> water must be kept boiling, till the y<sup>e</sup> seem of y<sup>e</sup> jellies grows of a glewy substance, w<sup>ch</sup> it will do in two or three hours, you may know when tis enough by putting a little by in a spoon to be cold, & if it will cut like soft cheese, it is right, it shoud be put into a flatish meat meat pot till it is quite cold, then you may take it out, & wrap it up in flannell, & afterwards in paper, & lay it in a dry place for use, it will keep many years, a piece of bigness of a Nutmeg will make half a pint of broth, w<sup>ch</sup> is done, only by pouring so much boiling water upon it, & y<sup>e</sup> you are to season it to y<sup>e</sup> taste, the whole leg of veal unless mighty large will not make a piece of y<sup>e</sup> lollid jelly, bigger y<sup>e</sup> y<sup>e</sup> hand;

I boil a calves foot in it sometimes, & if you like it, & w<sup>ch</sup> make it stronger, or more on't, you may add a good skin of Beef



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The End of y<sup>e</sup> Second Table  
 Containing only  
 The particulars of Physick &  
 Chirurgery. &c

Deo Gloria

1700



# A Table of Apothecarys weights.

|                 |               |            |
|-----------------|---------------|------------|
| ℔. a pound Troy | } is equal to | 12 Ounces  |
| ℥. an Ounce     |               | 8 Drams    |
| ʒ. a Dram       |               | 3 Scruples |
| ʒ. a Scruple    |               | 20 Grains  |

## Averduupois Lesser Weight.

|                      |        |         |
|----------------------|--------|---------|
| 4 Quarters of a Dram | } make | 1 Dram  |
| 16 Drams.            |        | 1 Ounce |
| 16 ounces.           |        | 1 Pound |

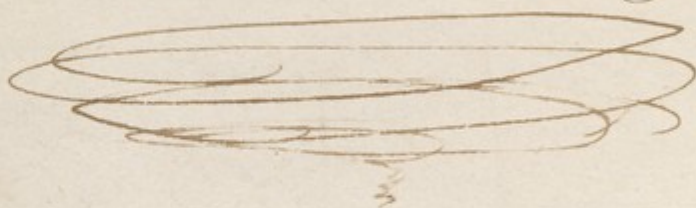
## A Table of Liquid Measures.

|                              |         |                                 |                   |
|------------------------------|---------|---------------------------------|-------------------|
| 1 pound of Wheat Troy weight | } makes | 1 Pint                          | <del>measur</del> |
| 2 pints                      |         | 1 Quart                         |                   |
| 2 Quarts                     |         | 1 Pottle                        |                   |
| 2 Pottles                    |         | 1 Gallon                        |                   |
| 1 Gallons                    |         | 2 Firkin of Ale, Lore, Herring. |                   |
| 9 Gallons.                   |         | 1 Firkin of Beer                |                   |
| 10 Gallons & an half         |         | 1 Firkin of Salmon or Eels.     |                   |
| 2 firkins                    |         | 1 Kilderkin.                    |                   |
| 2 Kilderkins.                |         | 1 Barrel                        |                   |
| 42 Gallons                   |         | 2 Tierce of Wine                |                   |
| 63 Gallons.                  |         | 1 Hogshead                      |                   |
| 2 Hogsheads                  |         | 1 Pipe or But                   |                   |
| 2 Pipes or Buts.             |         | 1 Tun of Wine                   |                   |



# A Table of Dry Measures.

|            |       |                        |
|------------|-------|------------------------|
| 1 pint.    | .     | 1 Pint                 |
| 2 pints    | .     | 1 Quart                |
| 2 Quarts   | .     | 1 Pottle               |
| 2 pottles  | .     | 1 Gallon               |
| 2 Gallons  | .     | 1 Peck                 |
| 4 Pecks    | makes | 1 Bushel Land-measure  |
| 5 Pecks    | .     | 1 Bushel Water measure |
| 8 Bushels. | .     | 1 Quarter.             |
| 4 Quarters | .     | 1 Chaldron             |
| 5 Quarters | .     | 1 Wey.                 |





*Bolus ktkriticum.*

℞. Pulv: Rad: Serp: Virgin: gr: vj. Confect: Raleigh:  
 Pulv: e' Chel: Cancer: compost: ana gr: xij. Spec:  
 Diamb: gr: iij. Syr: Caryoph: q. s. ff. Bolus; sument:  
 sing: noct: durāte Paroxismo; & manē etiam si  
 Paroxismus non statim aut libenter adveniat; cum  
 coct: v. sequent: haust: Cardiac:

℞. Aq. Menth: ℥iv. Lact: al: ℥ij. Cinamom: f.  
 ℥iss. Conf: Alkerm: ℥ij. Sp: Lavend: c. Sal: vol:  
 oleof: ana ℥ss. M. ff. Mixture.

J.S.



Irony Bite of a Mad Dog

A Remedy infallible at Mr Dittinghams Apo-  
thecary at Golden Ball in Red Lyon Street

He must know y Age of person & London

From Mrs Maniott of Windsor Castle

Irony Bite of a Viper

Rub y wound as soon as done with Tallow Oil  
and apply it warm to it and in an effectual  
Remedy so published in y Daily Advertiser of  
July 24. 1734

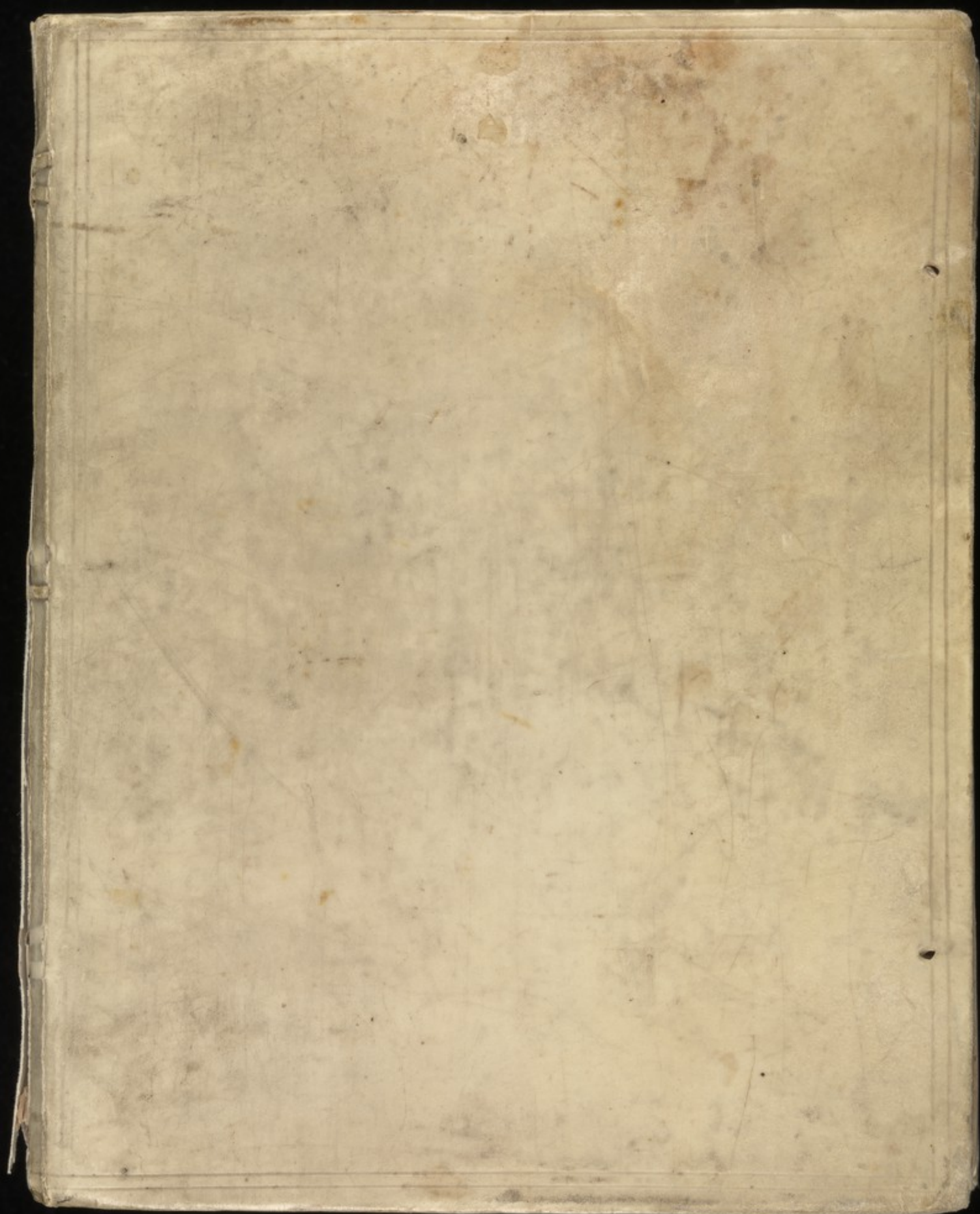


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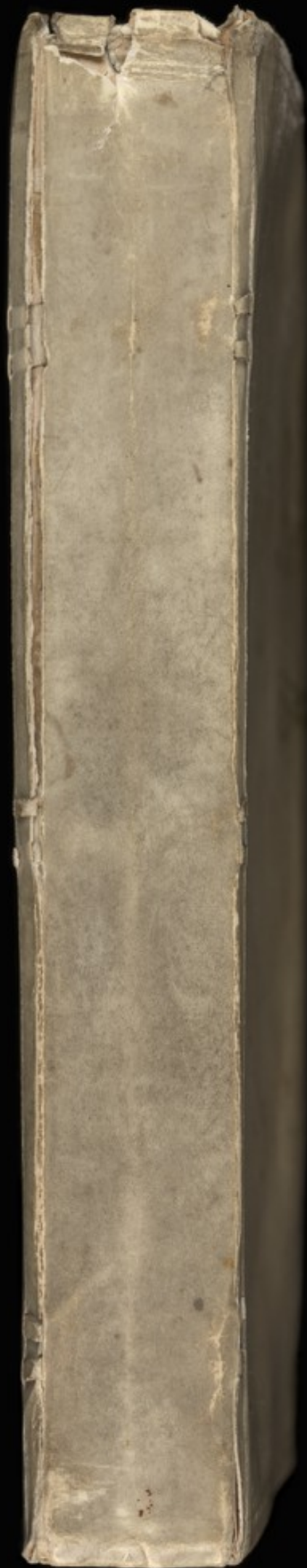
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16377























To cure a Drey.

Take leaves that stand from y<sup>e</sup> stems of  
Artichokes and Bruise them in a Stone  
Mortar, and presse out the liquor from them  
fine, Drink 4 Spoonfulls of this 3 or 4  
times in a Day, and tis a Sovereign Cure  
I have bought away 16 quarts of ~~water~~  
from a Gentleman who was well of the  
a Jun, One Mr Moor of Battersea  
told me by Cap<sup>l</sup> Juby,



Cure for a  
Dropsy

W.D.

W.D. MS. 7976



To Bake Herrings or Spratts in Pickle

Cutt y<sup>e</sup> Tails & heads off & take out their Guts  
and Lay y<sup>e</sup> Spratts close in rows, one row over another  
till you have filled your Potting Pot as full as you  
w<sup>ill</sup> have it, strewing, some whole pepper & a little  
Mace between y<sup>e</sup> rows, and at last pour in vinegar  
till y<sup>e</sup> Spratts are something more than covered w<sup>ith</sup> it,  
then tye some thick paper over y<sup>e</sup> top of y<sup>e</sup> Pot  
& Bake it; They will keep a good while in y<sup>e</sup> same  
Pot & Pickle; & eat very well, with oyl & vinegar



Mrs Palmer

Wm MS. 7976



Rx: 16 large Nutmegs, broom ashes dried & burnt in  
an oven 11. Spoonfulls; Mustard seed bruised 3. 1/2.  
an hand full of horseradish scrap'd; infuse in a Gall.  
of Mounsl: wine for 3 or 4 days: Drink a Gill or half  
a pint every mor: fasting, & fast an hour or 2.

For a dropsy

This cured a Man whose Legs were  
so swoll'd and insensible that he could  
put em into scalding water and not  
feel it. from a printed news paper, the  
London Daily Post June 15. 1739.



To Make Oyster Leaves

Take a piece of butter & brown it in a saucepan with flower then stir in a very little Onion & three times as much parsley shred very fine, put in a little pepper, a spoonfull of Anchovy liquor, three or four spoonfulls of good gravy, stir all these in the brown butter, then your Oysters in their own liquor with a little bit of butter, when enough put them to the brown butter all to gather, then thicken it with the yolks of two or three Eggs, you must take care not to let it boil for fear of curdling, take three french Rolls & cut a round piece out of the top of each, and pick out the crumb, but do not break a hole through the sides, make some dripping boiling hot in a frying pan, just dip the rolls in some milk & throw them into the boiling lard, when they are crisp take them out & fill them with your stewed Oysters put on the top, so serve them to table; Lobsters or Shrimps are y<sup>e</sup> same



## The Plaster

Take 2 Ounces of Myrrh, beaten to powder  
and sifted, 3 Ounces of Leatherges of Gold, beaten &  
sifted, 6 Ounces of White-lead beaten Small. —  
Then take a new earthen Pipkin & put into it  
A pint & half of Sallad Oil & warm it.  
Then put in the White lead & Leatherges of Gold  
& then the Myrrh, & be sure you stir it <sup>constantly</sup> all the  
Times 'till it turns as black as Jet, then 'tis enough.  
Then take a pan, butter it at the bottom & put in  
a Quart or 3 pints of Water, let the Salve stand  
in it 'till it begins to feel Stiff, then put half  
the Salve into the Water, butter y<sup>e</sup> hands &  
make it into Roles. — Your fire must not be  
too hot.

## The Virtues.

This plaster has done very wonderfull Cures upon all  
sores wherever, while my sons were at Mr Griffiths School  
in Fulham, and one that deserves never to be forgotten.  
Mr Franshaw, a youth of 16 years of age had Left y<sup>e</sup> School  
and had a Tumor in his Thigh, And all y<sup>e</sup> advice and  
help that Physicians and Surgeons could afford in vain  
and his Thigh was to have been by their advice  
cut off. The Youth would not yield to it, but had  
an impulse upon him that his School Mistress with  
this her Salve could cure it, and earnestly applyd to her  
for it, she, without much faith, at his request applyd it  
and it perfectly cured him.



1  
A Receipt  
To make the Black Salve

Mrs Anne Crafts.



There are Dr Hameys pills  
under his own hand too.

My father used them  
frequently on all  
little occasions  
of disorder in the bowels  
or stomach.



Diff. apertissima. Concolor  
et. color. et. id. et. id.  
et. id. et. id. et. id.  
et. id. et. id. et. id.  
et. id. et. id. et. id.  
et. id. et. id. et. id.

26 Feb. 74

Bo Mass: pto Maen 24  
Species hinc: simpl. 94  
Ol: canophyll. gut. in  
dist. hinc: q. p. son

Ex hac. fiant pte.  
parva, digestur et  
consolidat et  
de. utitur

M. Calmer

into  
30. p. m.



*Pilula Macri*

℞ Fine Aloes Zij - two ounces  
Mashick - half an ounce  
Leaves of dried Marjoram, Two drams  
Salt of Wormwood - - One dram

Reduce all to powder with juice of Coleworts and Sugar, q. s.  
make them into a Mass. { Dose from two scruples to four.  
going to bed.



The Senyotion of 1844  
Maen

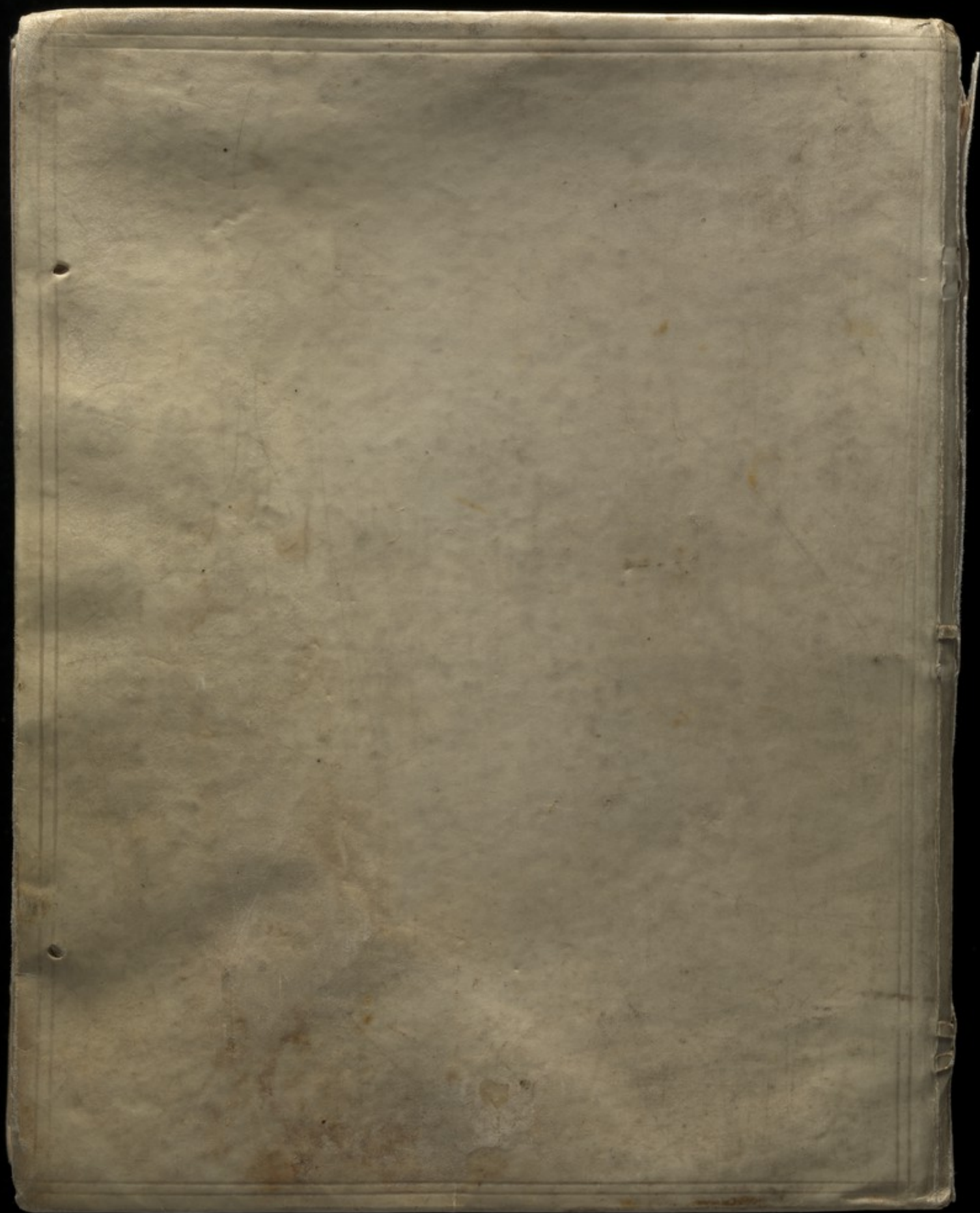
Montane in Delta;  
-mays receipt. of  
his pill



Receipt Book

1792







Receipt Book





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 — *Teagle*: P. 85.  
 — *Leck*: P. 85.  
 — *Boston*: P. 85. *its history*: P. 227.  
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 — *for the juvenile*: P. 113.  
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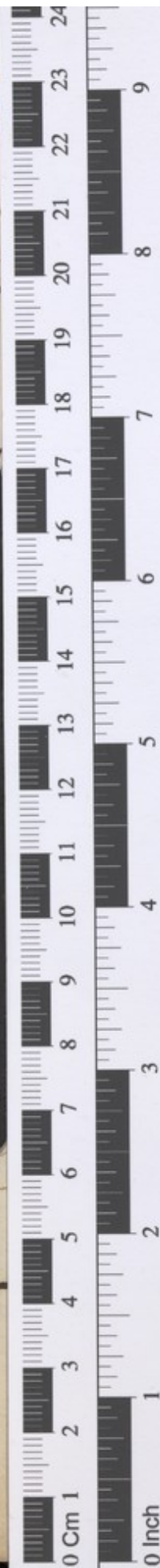
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An: 1700

ed y exact Tables in y  
book

Mrs Katharine Palmer

ament. To this book of what shall  
beginning at p. 230 in  
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where it at present concludes,



