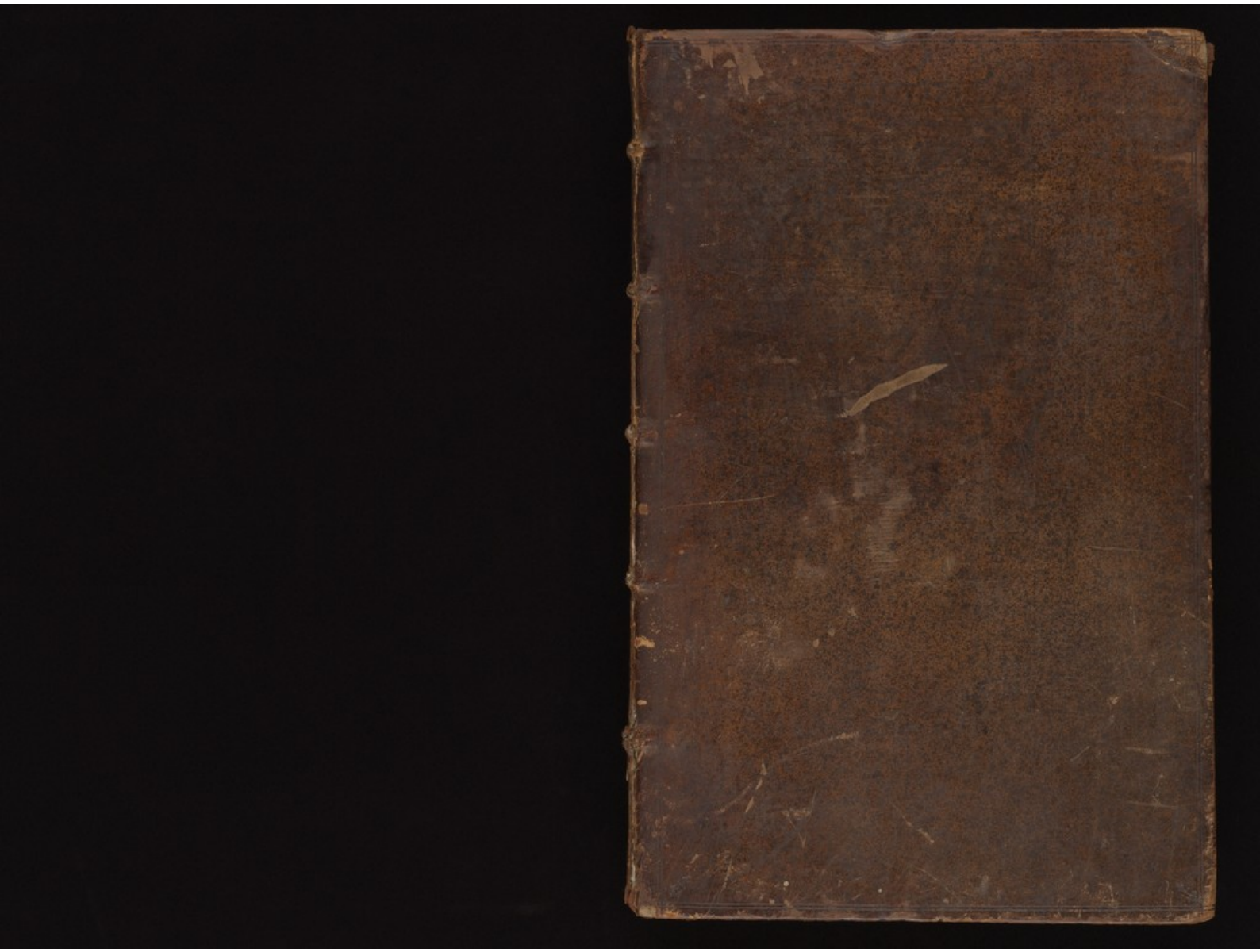

Book VII
2042

Collection of receipts for preserves
cordials, medicine and cookery
[c. 1700]

Thes are the Dukes of the sons of Esau
Eliphas the first born son of Esau Duke
teman

Lady Betty Southells Elixir a gainst the Cholix

Take of Leaves of Senna, three ounces. of Liquirish, anniseeds, Coriander seeds, Elecampane root dryd and shred, Guaiacum, of each two ounces. Raisins washt and stoned, one pound. Steep these in three quarts of the best Aqua Vitae, or Brandy, a fortnight, or till the Liquor become of a redish tincture. then power it off, and keep it in glass Bottles.

Take 4. or 5. spoonfulls in any colike sickness of the stomach, or fitt of the stone in the kidneys, or any indigestion of the stomach, it is good for all kinds of Gripes whatsoever.
Repeat the like dose after 5 or 6. hours if

if there be need.

To Make Cherry Wine

To 4 gallons of water 24 pounds of Malligoe reasons pickt from the stalls & shred small let them lye 3 days in steep in spring water & stir it twice a day then strain it throu gh a hair seive & boyle the liquor half an hower & when it is cold put ~~to y^e reasons~~ 3 gallons of y^e Juce of Cherry & put it into a 7 gallon vessill & let stand 3

Alphabetical Table to find any Rect on=
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Receipts for Preserving

To make Jelly of Pepins

Take the greatest pepins you can get, take quarters
[illegible] put them into a Melet with as much water as
will cover them. So boil them quick till the juice
of pepins is pretty wet out. Then strain the Syrup out through
a strainer and take twenty oz piece of the Syrup
a pound & a half of double refined Sugar, then scald over
a very quick fire and keep boiling as fast as may be
till it will jelly. Then put in a good deal of juice of
lemons and Oranges & rind lemons pick out about of
a pint of strong thick and not strong as a little long
it must not boil after the juice of lemons be in. So
put it up in glasses.

To make Marmelade of Quinces

Take your quinces pare & quarter them and to
a pound of quinces take a pound & half of sugar well and
finely beaten then take half the sugar & put into
a Sylver Bason with your quinces and set them on your
fire and take the juice of them till it boil as fast
as you can, & as it boils put in more of the sugar
till it all be in. And when your Marmelade begins
to boil put in half a pint of liquor of quinces
& let it boil 2 or 3 warms. Then skim it & put in
the liquor of quinces not to crumb before it be put
into the Marmelade. [illegible]

To make Liquor of Quinces

Take your quinces & wipe them clean & quarter them pare & core
of pine [illegible] put in as much water as pine [illegible]
so many times take them out and wipe them out a pint of
liquor and mix therefore put out liquor for Marmelade & so
put it more till you have the quantity of liquor you want.
The second time be careful to pour the liquor off
it keep out pips or [illegible]

Receits for Preserving.

To make Jelly of Pepins.

Cutt the greenest pepins you can gett into quarters — then putt them into a Skelet with as much water as — will cover them; So boyle them quick till the taste of pepins be pretty well out, the Syrup run through a strainer and take to every all pinte of the Syrup — a pound of double refine Sugar; then sett it over — a very quick fire and lett it boyle as fast as may be till it will Jelly; then putt in good store of Juice of lemons and Oranges a raw lemons pill cutt about of bignes of brown thred and not above an inche long. — it must not boyle after the juice of lemons be in, So putt it up in glasses.

To make Marmelade of quinces.

Take yellow quinces pare & quarter them and to — a pound of quinces take a pound of Sugar white and finely beaten then take half the sugar & putt it into a Sylver Bason with your quinces and sett them on ye fire and when the Sugar is melted lett it boyle as fast as you can, And as it boyle putt in more of the Sugar till it is all putt in; And when your Marmelade begins to look clear putt in half a pint of liquor of quinces & so lett it boyle 2 or 3 warmes then skim it & putt it up, the liquor of quinces must be warmed before it be put into the Marmelade. Some putt but half a pod of Sugar to a pod of quinces & noe liquor at all.

To make Liquor of quinces.

Take some quinces & wipe them cleane & quarter them, have a Skellet of faire ready on the fire & putt in tow pieces att a time. When they be sowing tender take them out and putt them into a pice of — tifinis and ring the juice clear out between two trenchors & soe putt in more till you have the quantity of Juice you ought to have the quinces must be hott when to putt them into ye tifinis els they will gett noe juice

To make Cleare Cakes of White Quinces.

Take your quinces assoon as they be ripe, pare them - coare them & quarter them; then have ready a litle - of Cundit water on the fire, and when it boyles putt - in the quinces and lett them boyle in it till they begin to be tender (but not soft at all lest they pap) then take them out and as hot as you can wring them thorough - a strong linnen Cloth into a glass, (and take heed the - quinces pap com not through with the juice) you may putt a Spoonfull or two of the liquor in the straining of them (but ye less the better & whiter it will be) then weigh this juice alloüing for the weigh of the glass and take full weigh of the juice and the third put over and above of double - refined Sugar; make your Syrup with a litle water as - will well wett the sugar and boile it to a Candy hatch - then power in your juice and stir it together and lett it be throughly hott mingled but lett it not boyle, then take it of the fire and putt it into Sawcers & plates and - when it is cold sett them in a stove, and with a temperate fire dry them and when they are half candied the topp, cutt them round and turne them out upon plates and putt them again to the stove.

An Excellent way to make either read or white Quinces Marmelade.

Take a pound of quinces after it is pared and cutt it in pretty thin slices not to thin, and a pound of loafe sugar beaten very fine then take halfe a pint of the juice of grated quinces and wash your skellet with faire water (for - that will make it not burn) so then putt in your things - and cover it close with a plate tied in a cloth, sett it on ye fire and now and then shake the skellet to keep it from - burning, and when you think it is of a pure colour uncover it and breake your quinces as much as you please & boyle it a pace to marmelade, If you scald your quinces it will be sooner done, If you make it assoone as you gather your quinces it

it will be better colored and sooner marmelade for they - will be tender. then when they boyle it you will have it white, boyle it as fast as you can uncovered and doble refined Sugar and lett not your grated quinces lye to long before you strainc it but strow your sugar over it assoone as you can.

To make Dutch Wastes.

Take 2lb of the best flower & 13 Eggs half the white of them; one quarte of Creame and a pint of milke; a quarter of a pound of Naples Bisketts, or else halfe a dozen of Dutch Bisketts beaten very small; a pound of melted butter a Spoonfull or two of ale yest & must stand 2 or 3 hours to raise and when you serve them you must putt some melted butter & sugar upon them.

Almonds Ginger Bread.

One pound of almonds. a pound & a quarter of sugar. 2 grains of ambregris. one of musk. 4 ounces of Cinamon a good Spoonfull of ginger. as much of nuttmegs as will lye on a sheling. as much cloves and mace as will lye on a six pence, the sugar and spices must be finely searched - the almonds finely beaten with rose water to keepe them from oyling, so putt the spices to the almonds into a - marble mortar beate it to a paste mixing with it about one third of the sugar but keep out the other two third of the sugar to mould it up in, and so print it of in litle thin cakes.

The white is the same of the read only leaving out the Ci- -namon and observing for the white the almonds must not be mixed in the mortar least it should goe into pap for want of the Cinamon to dry it but must be rolled up into - paste with the sugar and other spices above mentioned.

Take the best Jordans Almonds & beate them very fine with some rose water, then you must have doble refin'd sugar, beat it very fine and search it with a fine cive, then take ginger, beat & search it very fine, that which must be white must have nothing but ginger and sugar, and that which is read must be done with Cinamon searched a litle ginger amongst it to give it a tast it must mix like a paste rolled out thin and laid upon paper & sett it before the fire to dry, any Oven will spoile it, for it will run about.

To make a Seed Cake.

Take eight pounds of flower and three pounds of Butter three pints of new milk, a quarter of a pinke of rose water and a full pinke of good Ale yest, heate the milk and butter in it then coole it a little that it scald not the yest then putt the flower and milk together and the yest and lett it Lye and rise halfe and houre, then three pounds of white sugar and half a pound of Getroway seed, mingle them with the sugar putt them into the cake stirring it till you putt it into the case made of it must stand one houre and a quarter in the oven. Half of this proportion will make a good Cake and if you make but half this proportion then it must stand but three quarter of an houre in the oven.

To preserve Goosberries Very green.

Stone a pound of green Goosberries and putt them in cold water, as you doe them, lett them stand over a soft fire till they will peele close covered, then take them of ye fire, peele them and putt them into the same water, lett them stand over a soft fire a greening. Boile a pound of double refined Sugar with as much water as will well boyle it, Skim it and put it to the Goosberries lett them lye a scalding till they be Very green upon a soft fire, cover them all ye time when they be greened enough take them up, and lett the Syrop Boyle a little longer then putt them up.

To dry mussell Plums.

Take them and Stone them, putt them in an earthen pott a layer of plums and a layer of sugar according to your discretion till your pott is full. Then tye them downe with a paper and bake them tender then take them one by one & lay them upon cives, and dry them in the Oven or Sun, keeping them turned till they are quite dry. If you doe them in an oven you must heat it less and less as you see occasion. one baoin is enough for the first time. So you may do pears, only you must pare them, they will not require so much Sugar and after they are baked you must dry them in a oven, for they are to thick to dry in the Sun.

To make a Cake.

Take 4 pounds of sugar & 4 of flower 4 of Butter, you must dry the sugar by it selfe and the flower by it selfe you must take 24 Eggs, whites & yolks beat them very well, then take a wooden Boll and fill it full of hot water, lett it stand till the Boll be wet then take the water out and wipe it dry, then put in your flower and worke it up with your hands till it be a thick Paste, then put in your Sugar and worke it with your hand till it all well mingled, then put in your eggs & still worke it up with your hands then take your flower and put as many Getroway's seed as you think fit, Nutmeg & mace as you think will season it well doe worke it with your hands all together then take 5 or 6 sheets of paper & put your hoope on it then put it in and pin the paper about the hoope or else it will be apt to run. doe not prick ye Cake.

To make a Cake another Way.

Take a peck of flower & part it in halfe then straine in a quarte of Ale yest into one part of your flower and wet it with milke boyled & cooled again, and make it into a very light paste then set it before the fire to rise, then melt 5 pounds of Butter with a quarter of a pinke of orange flowers water, And when your paste is risen breake it in peces and strew the other part of your flower round about the paste. Mix with your flower 4 nutmegs half an ounce of Cinamon, a few Cloves and mace all finely beaten and two pot^s of fine Sugar searched, then with the melted butter wet it up all together strewing in as you kneade it, 4 pot^s of raisins stoned and cut 12 pot^s of currants washed and dryed, half a pound a citron cut in small peces and half a pot^s of candied Orange & lemon peele cut shrew all these in by little and little till the paste have received them all, then put it into your hoope, And when tis boiled beate one pot^s of double refined Sugar & searche it, the white of 3 eggs, a little Orange flower water, 3 grains of Ambregris, Beate all these in a stone mortar with a wooden pestle till tis as white as snow then draw the Cake to the Ovens Mouth & spread it on with a spoon & sett it in the Oven again to harden.

To make whipt Syllibobs

Take a pinte of good thick creame and half a pinte of Rhenish wine and a quarter of a pinte of sack & three quarters of a pd. of sugar grate the rinde of a good lemon and squeze the juice to it put all these things together into a milk pan, and whip them with a whisk, and when tis pretty thick take of the froth as it rises and put it into good glasse. then whip again so doe til the glasse be full then set them by. It is best to make them over night for the next day. Some Boile the Creame with the sugar & a sprigg of Rosmary, & when tis almost cold gouze it into the wine.

To dry Cherries without Sugar.

Put them in sives & put them into the oven that is not extreame hot, so take them out & heate the oven less & less, and continue so doing till they are quite dry. Some will be dry before the rest pick them out first & so treed them till they are all done. So you may doe Apples but as they soften flatt them with your hand gently.

To make a Garroway Cake.

Take 4 pd. of fine flower a pd. & half of sweet Butter a pinte of creame and a pinte of Ale yest the yolk of 4 Eggs half a pd. & better of Garroway confitts, half a pound of fine sugar 4 spoonfull of Rosewater, a large Nutmeg & a little mace and a few Cloves, so mix it and bake it. Some leaves out ye Eggs & creame. and put almonds blanched & Butter small.

To preserve pippins.

Take a pound & half of dear pepins, pare them & quarter them but not core them, put them into a pinte & halfe of faire water and set them on the fire and boile them a pace till the Apels look clear & begine to break to peeces then take it of, and strainc it thorow a haire sive & sett it by for gelly. Then take a pound & halfe of golden pippins, cut them thorough the midle like an Orange core them and weigh them again, but not pare them, take their full weight in double refined sugar, break it into several lumps & put them into a Sylver

Basom

Basom with as much faire water as will melt them, But have a great care of puting in to much. Sett it on the fire and lett it boyle apace till the sugar be all melted then take of and Skum it Very cleane & pare the pepins as fast as you can & put them into the syrup when it Coole then set them on the fire again & let them boyle as fast as you can all over, then cut some thin bits of lemon's peeli as long as your finger being first boyled tender in water & stirr them and let them boyle together Then take the Gelly mingle with it 6. spoonfull of Rhenish-wine & sett upon the fire to keep warme, And when the Apples begiune to looke clear, then put in ye Gelly when you are near boyled enough, put in the iuice of 3 lemons, lett them stand on the fire a little while after & so pick it in the glasse.

To Candy flowers of roses. Violets. Cowslips or other flowers.

Take the flowers & pick them from the white part, then take white sugar & boile them Candy high, as much as will receive the quantity of flowers that you will doe, then put in the flowers and stirr them about till you perceive the sugar to candy very well, then take them off from the fire, & keep them stirring till they are cold in the pan ye you candy on in, and that the sugar lookes as if it was sifted upon them, then sift the loose sugar from them & keep them dry.

To Candy Orange flowers.

Lett the Orange flowers be very fresh gathered, put them into faire water boile them while they be tender, then strain them, keep them in some of the water hot, then if your work be not to yellow, take some of that liquor and some fair water & make a thin syrup, when ye syrup is almost cold put ye flowers in a basom, your flowers be not cold, boyle them well in that syrop while you can see them clear, lett them while the next day in that syrup, make a fine Candy, lett it be allmost cold then put in your flowers then heat them by degrees, while they boile so keep them turning with care and a slow fire, And when you think they are enough take them out, if you please you may make the Candy of some of your syrup for feer it should not be strong enough.

To make Orange flowers Cake.

Dip your Sugar in water and sett it over a quick fire & lett it boyle till it is allmost Sugar again, then put to it 3 Spoon-full of to halfe a pound of Sugar & let it boyle till it is clear, then put in your Orange flower & let then boyle up - then poure it out on plate and dry them in a Stove.

To make Orange flower Ice or Cristall.

Take the best refined Dutch Sugar which is candied in small Stones, and melt it over a gentle fire with the best Orange flower water, then put in fresh Orange flowers, and when they have Stayed a litle while take them out again, and put in more for 3 or 4 times or as often as you please, but be sure they doe not lye long in the sugar to discolour the sugar, then when the Sugar has a good Smell of the Orange flowers and that the Sugar is ready to candy, then take it of and let the sugar candy again, and you shall have lumps of sugar as clear as Cristall, and smell extremely of Orange flowers.

To make a plumb Cake.

Take 3 quarters of a peck of very fine flower well Dryed, 13 pounds of Corrints well washed & dried 3 pounds of raisins - Stoned & cut very small one ounce & half of Cinamon, half an ounce of cloves & mace, a quarter of an ounce of nutmegs a pound & half of sugar a litle salt. Mix all these together with the flower then take 2 pints of good thick creame, heat it allmost Scalding hot put in 4 pots of butter then take Yolks of 30 eggs 3 pints of good thick ale yest 2 pints of Sack a wine glass full of orange flower water 3 grains of musk 3 grains of ambregris dissolved in it. Mix the yest Sack and eggs together, then Stir it all together & sett it before the fire an houre to rise before you put it in the Oven. work in a pound of half of preserved citron a pound of Orange & lemon peels. It must be baked in a very deep hoop.

Oatt Cake.

Oatt Cake.

Take half a quarter of a peck of fine flower and dry it well before the fire then take a pint of good Ale yest and - mingle it with some new milk and so stirr it all together, & make it into a light paste, and then make litle cakes of it, and put them upon a board well floured and let them Stand half an houre before you bake them you must not put - the Cakes down that after they are risen nor Shake them, but sett them carefully upon a Bakestone if you can get a litle fine Oatmeale (though Oatmeale is the best) to mix - with the wheat flower it will be much better. heate a tyle warme & lay the Cakes upon the tyle, any fire will doe that is not to hot & is cleare. first sett a trevet & then lay - the tyles upon the trevet and lay the Cakes on to bake turne them often. 1ch then half an houre will bake them - this is the way to make Oatt Cakes.

To make a Banbury Cake the Countrye of Marchester's Way.

Make a posset of Ale sack & creame then take a peck of very fine flower half an ounce of mace, Cinamon & - nutmegs as much of each, 2 pots of butter tenn eggs, leave 4 of the whites; a good deale more then a pint of Ale yest, beate - your eggs & straine them & your yest with some of the - posset drink into ye flower, stirr them together then put in your butter by little bits, your posset drink you kneed with all must be scalding hot make it good paste doe lye it to rise - in a warme Cloath, a quarter of an houre or thereabout then put in 10 pots of Corrints, some musk and ambregris dissolved - in rose water, your Corrints must be very dry and warme or else they will make it very heavy, stirr as much sugar finely Searced as you think the water has taken of the sweetness out of the Corrints which is twelve ounces, then breake the paste - in small pieces into a wooden boale or trye warmed then lay - a laying of paste and a laying of Corrints till all the Corrints be put in

be put in Worke the paste while all the Corrints be workt in, take care you doe not breake the Corrints, take some of ye paste after it is risen before the Corrints goe in to cover the bottom & top, roll it thin that cover it well, then with rose water close it at the bottom, prick it with a small long pin when it is ready to goe into the Oven, cutt it round the side. If the Cake be of a peck of flower lett it stand 2 hours in the Oven. But I think fit to bake it in a papers case & my way is to leave of the plain paste, And you may putt in lemons & citrons peels & leave out the weight of Corrints for the sweetmeats, then when you come to fie it take two pd.s of Jordain Almonds lay them in cold water over night in the morning blanche them into fair water till you are ready to beate them then dry them in a cloath and beate them in a stone mortar very small with rose water as will keep them from oyling which is a very little att a time, then take two pounds of loafe sugar finely searched, mix the better half with Almonds in the mortar with the pestle with a grain or two of musk & ʒ of ambergris, soe make it into a paste when you lay it on the cake; take the rest of the sugar to make it up, soe spread it on the top & side, spread it smooth smooth with your hand, sugred, then take the white of 6 eggs beate them in a white basom till it be very white; then mix as much white sugar doubel refind finly sifted as wil thicken it a pound & a half will goe near to doe, dry the Almonds on the Cake before the white icing be putt on, lett the Cake be quite cold before the Almonds goes on.

Oranges Cake.

Grate of gently the outside of the Orange, cutt them & take out all the meat, then boyle the rindes changing the water till they cutt so tender that a straw may run thorow them, then dry them very well with a cloth & squeese out all the water with the hands, Beate them in a mortar to a fine pulpe; to every pound of pulpe putt a pound & a half or better of sugar, wett the sugar with water Boile it to a Candy height, Have in readiness the Juice & meate of the Oranges clean pickt from Skins & Kernells, lett it on the fire & stir it, but let it not boile after ye Oranges is in, but when tis well mixt take it of, till tis coole, drop it upon glasses & dry them in a stove.

To make Ginger Bread.

Take 2 pounds of white & brown treacle, one pd. of butter half a pd. of sugar, of beaten cloves about a spoonfull, some Cinamon & mace, Coriander or Carroway seed. Mix this all together on a chafingdish of coales, till it be scalding hot, then lett it be cold again, and putt to it as much fine flower as will make it into paste.

To preserve the Green plumbs.

The plumbs that will be greenest when they are preserved are the wheat plumbs, which will be ripe in wheat harvest but you must gather them in the mid'le of July when they be greene assoone as you see them in bignes; for if they turne yellow they will never be of a good greene when they are preserved. When you have gathered your plumbs, lett them lye in water the space of twelve houres, they must be green firme & hard, the white peare plumbs I hold to be the best, wipe them in a cleane linen cloth, and cut of the stakes of them all, then set two skelets with water over the fire, and when one of them is almost scalding hot put in your plumbs & take them from the fire and cover them, & soe let them rest for the space of halfe an houre, and take them up, and then rest for the space of halfe an houre, and take them up, and when your other skelet of water boiled put them into it for a little while by two or three together, and then take them up, and scrape away the little thin skine that is on them, but so as you take away no part of their substance, for then they will never looke well. If you find it uneasy to come of then, put them on again a little while longer and the skine will come of the better, soe you leave them firme and whole, and ever as you skine them, put them into warme water again, to save their colour & then the plumbs will looke threwell & yet continue white, so then with your knife take or scrape the thin skine from them which you see riselt more then as of a codling when it is scalded, and keepe your plumbs so whole as you can possibly in the scalding. This done lett there be a third water boiling hot and put in your plumbs, giving them two or three warmes, so take them from the fire & cover them close for the space of half a quarter of an houre or longer, till you find them look a little

little greenish and in feeling to be tender; that done take them & weigh to every po: of plums a pound and two ounces of sugar of the best and well beaten. Then set a pann to the fire with a little faire water and when it begins to boile putt in your plumbs & let them boile softly a quarter of an houre or longer till you see your plums looke greene all over and be very soft and tender & yet whole; and you must seth them in such a pann as they may lye one by another and turne themselves, then take them of the fire & cover them close as before, and soe let them rest a quarter of an houre, then take them up, and straw a handfull or two of your sugar in the bottom of your pann, wherein you will preserve and so putt in your plumbs one by one, and cast the rest of your weight of sugar upon them, adding thereunto half a dozen spoonfull of the water wherein they were last boiled, as also a spoonfull of rose water if you please. then set your pann on a moderate fire, letting them boile continually, yet as softly as is possible for breaking them to much, and in one houre or thereabout they will be ready, as you find by ye greenenes of them and thicknes of your syrup, which if it be boyled enough will be jelly; when it is cold then take up your plumbs and putt them in a Gally-pot or glass but boile your syrup a little while longer, adding thereunto a graine of musk if you like thereof, made smal into powder with a little sugar, then straw it in some clare rosell, and when it is a little more then blood-warme poure it in amongst your plumbs, reserving a little thereof till it be quite cold & so putt it amongst them, to keepe your plumbs under the syrup, and stop not your pot close till they be throw cold. Note also y^t you must preserve them in such a pan or skellet as they may lye one by another & turne by themselves as you did in the last boiling to give them their colour, for if they have not roome to turne they will breake to much. So when they have lyed 10 or 12 days in their syrup, if you see cause & that the syrup doth begiune to grow somewhat thin you may draine it out from your plumbs & sett it again with a little more sugar, but put it not to your plumbs again before it be throw cold. And so you may keepe them all the year without reboyling or growing thin any more: And this way may you doe your pepin, peaches and the apricots or any kind of paire being taken in the time, and the Barberries likewise.

To Preserve Read Quinces.

Take 3 or 4 quinces, pare them & coare them, then cut them in peces or thin slices and boile them in 7 pintes of conduit water till it comes to a quarte; if you cut in one of the quinces coare and all it will be the better. But in the boiling them you must keepe a pye-plate flat down upon them tyed about with a packthread and a stick at the end thereof. So as you may easely take it of when you please to turne your quinces, soe that they burn not in the bottom, and when you find your syrup to be sodden away and it look something read or rather as it were something Carnation, then take it from the fire & straine it. and to every half pint of liquor take a pound of sugar & to every po: of sugar very nest a po: of Quinces & so sett them together to boile in ye same pann you sod your peces being of earth such as they use to scald milk in. You must putt in your quinces raw being finely pared and cored, then lay the afore said plates down on them as you did in your first boyling with another plate or plater likewise on the top but lett not the plate lay to hard down upon ye quinces for feat of bruising or breaking them, also you must turne them now and then with your spoon and cover them close again, if you ply them with a continual fire, soe that they may ever boyle prettly and not to fast they will be ready in three hours or thereabout as you may find by their colour, which will be very read and the syrup thick & high. So then take them from the fire and lett them stand close covered in the same pann all night, then next day putt them into Gally-potts or glasses with their syrup & so keep them for your use close covered.

How to preserve Cherries without stones

Take the fairest Cherries y^t you can get and cut of half of the stale then take a fine sharp pointed knive and at the side of the cherry pick out the stone then weigh them with your sugar weight for weight and keep the water y^t comes out of your cherries and put it in ye pan bottom, and strew in a good handful of sugar and so put in your Cherries & cover them with sugar & sett them on the fire to sake & let ye sake up to the pan top and keep them stirring to they looke a very faire read colour & the syrup be so thick that a drop will stand upon your nail. then take them up & close them together one by one and putt them into a Gallypot, and putt the syrup upon them & when they be cold cover them.

How to preserve Raspases white or Read.

Take your Raspases or Rasberries being very well pikt & weigh them weight for weight with your Sugar then take a litle pan fit for ye purpos and straw some Sugar in the botom with half a Spoonfull of faire water to moist it then put in the Raspases and the rest of the Sugar & sett them over the fire to boile & lett them boyle up a good pece, and when the Syrup is very thick take them of and putt them into a Jally pott & keep them.

To preserve Quinnes to make them looke yellow.

Take the fairest Quinnes you can get and make a litle hole in ye top and take out the Cores as clean as you can, and pare them very clean and take a pann full of water and sett it over the fire to boile & when it boileth put in your quinnes and lett them seete, till they be so soft that you may thrust them through with a straw then take them up, and lay them with the mouth down upon a cloth, ye water may run out, and when they be cold, weigh them with your sugar weight for weight, & looke that your Sugar be very well beaten, and take a pan fit for ye purpose and straw a handfull of your beaten Sugar in the bottom, and put in a good porringer full of water; then put in your quinnes into the pan one by one & cover them with the rest of your Sugar, and sett them over the fire, and lett them boile a good space, and ever be turning softly with your Spoon that they doe not breake, and lett them boile still up to the pans top, and when the Syrup is very thick and cleare and of a white colour then they be boileth enough then take them up, and putt them into ye Jally pott & cover them.

To preserve Peare-Plumbs to make ye. m. look betwixt a White & yellow.

Take your Pear-Plumb when they are full ripe and take a good deale more then their weight in fine sugar and beat it finely and make a Syrup thereof, and clear it with the whites of two eggs. and soe straine it into a faire pan then take your plumbs & cut of half the stalks and with a penknive make a litle rate in ye skin along ye Seame that com down it & soe lay them in your Syrup with the Seame that is cut downwards one by one & set it over the fire to boyle, and put thereto good deale of fine hard sugar being well beaten, & lett it stand over the fire a prety while to soeke, and within a while boyle them up a great pace, & ever be stirring them softly with your Spoon. and when you see the Syrup thick and white ready to Jelly, take them up. and if any of their skin goes of put them again & clear it together & so lay them on your pat one by one and put your Syrup to them: but you must keepe part of the Syrup till it be cold and then lay it upon your Pear plumbs with a Spoon to cover ye. in any wise forget not to cut them down ye Seame for it will keep them from breaking much in any place else. If you do them right after this way they will ever looke between a white & a yellow.

To preserve the Quinnes yt they looke between white & yellow

You must doe as directed before page 14 Only when you putt ye porringer of water putt to it ye whites of two eggs being very well beaten & set it over the fire to boyle & stirr it about and when it has boyleth a litle while take of ye fire & straine it & putt it in a fair pan & lay in your Quinnes & set it over ye fire to boyle with a good pece of hard sugar refined and ever when they boyle to the top you must pluck them from ye fire to lett ym soake & turne yt & set ym on again & when you see ye Syrup white & cleare & ready to Jelly then they be boyleth enough ym take them up & put them into a Jally pot with ye Syrup and lett ym stand full 3 or 4 days and then looke into your pot again, and you shall see the top of your Syrup to be thin then put out the thin syrup that is in the top, and sett it over ye fire with a pece of fine hard Sugar beaten, & lett it boile up quickly to ye pans top & seame it cleare & when it is somewhat thick take it of and straine it & put it on a dish to coole, and when it is cold lay it on the top of your preserved quinnes to keepe them from moulding: you must not lett your Syrup boile to long lest it turne read. though your Syrup look thin on the top yet it will stand on a Jelly on ye bottom.

The best way to Preserve Oranges & Lemons.

Take the fairest Oranges you can get and Chipe them or Scrape them with a sharp knive as clear as you can. then cutt them in ye midle & pick out all ye Kernells & white cores and lay them into faire water & shift them twice a day till they be soft, and then take them up & boile them in 3 or 4 waters after another till the bitterness be gone then take them & lay them on a faire cloth till the water be run out then take a prety deale more then their weight in Sugar & make your Syrup & cleare it with ye whites of two eggs & straine it & putt it into a faire pan, then lay in your halfes Oranges one by one, and if you think your Syrup —

Syrup to thin you may put in a prety peece of hard Sugar well beaten So done set it over the fire to boyle: And in the boyling ever turne ym softly with your Spoone, and let them boile softly till you see your Syrup beginne to candy about the top of your Spoon or about ye side of the pan, and till almost ye third part of your Syrup be consumed, then take them up & lay them in your pots one by one: and put to them your Syrup and when they be cold cover them.

To preserve Oranges whole.

Take the fairest Oranges and cut a round hole where the stalke grows then Squeese out the Juice gently, then pare ye rinds of very thin then put them in water & let them lye two days, shifting them twice a day, then set on some water & when it boiles put in ye Oranges and let them boile a while then put them into fresh boiling water, change them thus 3 or 4 times till they are pretty tender then take them out & lay them upon a dry cloth, then hold them against ye light and pick out the kernells with a bodkin put to a pound of Oranges a pd & half of hard sugar & to every pound of sugar a pinte of water boile it and Summe it. then putt in your Oranges and let them stand close covred scalding hot, often turning them, till they be very cleare; then boile them a prety pace till they be tender enough then take them up & let the syrup run from them. For every pound of Oranges take a pd of the best pepins pared & cutt, boile them in water till all the strenght be in ye water, to every pd of Orange take a pint of liquor put to it the iuice of your crashe from your Oranges and a peece of sugar which they must save from ye weight: boile then together very fast till the better half be wested, assoon as you take out ye Oranges put this liquor into your Syrup, and boyle them together very fast till the Syrup be very thick, then take it of the fire and fill ye Oranges, then put in the stopell which were cutt out; when they are cold, putt them into a glass & put the Syrup to them.

To Preserve without Sugar.

To preserve without Sugar but only with the Syrup of any Sort of Peares. You will find the recit in the page 21. here after following.

To preserve Apricocks with the Skins upon them.

Take the fairest Apricocks you can get & weigh them with your Sugar weight for weight but rather more of your Sugar then take your Syrup and clear it with the white of an egg, and then lay in your Apricocks one by one, but your must looke that your Apricots be cleare and not freckled you must cutt them a litle down the Seame on the side with a sharp knife & then they will breake in no other place: So done set them over ye fire to boile a good space and ever terne them with your Spoone and Summe them when any froth ariseth, and when you thinck your Syrup beginne to be thick and will almost Jelly take them of & lay them in your pots and put to them your Syrup, but you must keep a litle of ye Syrup by, till it be cold & lay it upon the tops of your Apricots to keep them from mouldinge.

To preserve Apricocks

Take your Apricocks, stone them & pare them very thin then take the weight of them in sugar & put half of it upon them, & so let them stand an houre or two till you see your Sugar reasonably melted, then put them in a Skellet with the rest of your sugar, let them stand over a soft fire half an houre. So boile them up in a litle fire casting upon them as they boile.

Some stew small Apricocks & Cornites with 2 spoonfull of water & so much of Sugar with ye liquor.

To preserve Rasberries another way.

Take a quark of ordinery Raspases or rasberries a pinte conduit water boile them till all the colour be out of them, pass them thorow a hair sive, then take 4 pounds of the best raspases you can get being pricked & stoned 3 pds of refind Sugar being beaten, putt it into your strained Syrup, let it boile a prety while upon a chafingdishe, then putt in your fruicts & let it boile slowly stane a quarter of an houre, then set them by till ye next day, then boile them up very slowly till ye Syrup be like qeademick stanning it with a feather.

To preserve the green Grapes.

Gather your grapes before they be ripe while they be greene firme and hard, yet let them be of some bigness, the white grapes if you can get them will be sweeter then the red, pluck the grapes from the stalk, or if you will doe them in Clusters, then leave 3 or 4 or half a dozen upon a stalk which is enough, Then set two Skellets with water upon the fire & put in the grapes & cover them close, & so let them rest a quarter of an houre, then take them up. and when your other Skellet begins to boile up, take it

take it from the fire and your grapes into it stirring them about softly
but let them lye therein a very litle while for feare of breaking or
growing soft, so when you have taken them up peel them with your knive
as you would doe a Codlike, then set a Skelet to the fire again with
a litle faire water, and when it beginneth to boile put in your grapes into
it which you have peeled, and so let them seath softly a quarter of an houre
untill you see them wax green in the water as they will being used as I
have written. If also when you have peeled them you cut them a litle with
the penknive & there take out the stones before you boile them they will
looke much greener & cleater when they be preserved, Moreover you must
not give them to much water in the boyling, for taking away to much
of the sharpness of the grape (for then they will eat wallowish & sweet,
and be nothing pleasant in taste) then take them from the fire and cover
them close and there let them rest for a quarter of an houre; then
take them up into a dish, and draine away the water from them, as near
as you can and weigh them, for every pound of grapes a pound & 2 ounces
of fine beaten sugar, then strow a handfull or two of sugar in the bottom
of your preserving pan & so put in your grapes and cast the rest of
their weight of sugar upon them, & so boile them prettily fast the space
of half an houre and sum of the froth cleane, you may add to them
a grain of muske made small with a litle sugar and rose water a spoonfull
And when you find your grapes very greene and your syrup to grow thick
take them up and put them in a gally-pot, and let your syrup boile
a litle longer at least if there be cause, and when it has cooled a while,
then straine it upon the grapes thorow a peece of canvas because of
the stones which will be in the syrup: and when they be through cold
cover your pots close that no Ayre doe come unto them, and you may
keep them all the year, the day berries also is to be done in all respects
as these.

To preserve read plums.

Take to every pound of plums a pound of sugar cut your plums in ye Seame
and prick them all over and so lay them in a sylver Bason a row of plums & a row of sugar
And on the top let your sugar be very thick. Then sett them in an Oven as hot as to bake
manchets then close your Basson with a dish, then shut ye mouth of your oven, and bake
them half an houre before you take them out. If you find your syrup not disolved put it
downe gently with a spon into ye syrup, and be careful you doe not stirr your plumbs lest you
breake them. When they are full enough preserved let them not stand to long in ye Oven lest they
loose their colour. After 2 or 3 days take them out of ye syrup and boile ye syrup with a litle sugar
and afterwards as its cold put ye plumbs in a gally-pot, laying a row of syrup between every
row of plumbs. Cover them with a paper & so eat them.

To preserve Damsons.

Take your Damsons being cleane wiped and cut of half of their stokes
then weigh them weight for weigt of sugar, then take a clean pan and
put in 2 or 3 spoonfull of rose water with your sugar, and sett it on ye fire
& let it boile till it comes to a syrup then take it of the fire till it be cold,
then put in your Damsons and sett them on the fire and let them boile
very softly that you scarcely perceive it, Sever and turne them continually &
ever when any sum riseth summ it of, till the bitterness be gone from
the stones of the Damsons & the syrup very thick of a very faire colour,
that it stand like Jelly. Then take them up and put ym in a gally-pot.

To preserve Walnutts.

Take your walnutts near mid July, when a wheat straw will pearce
hard thorow them, take to each pound of Nutts one pound & a quarter
of good pouder sugar and one pinte of read roses water; Pare of ye
vter skin of your Nutts as thin as you can, and lay them in water
all night. then stike in every Nutt one or two cloves or more if you please
make your syrup with the forsaid Sugar and read roses water, Clarify it
with ye white of an egg, & when it is strained put in your Nutts and
boile them in a slack fire till they be black and tender and that your
syrup be high enough. Then keepe them for your use. some boile ye
walnuts in water 3 times shifting them then pole them putting the syrup with water & sugar

To preserve White Quinces the best way.

When you have cored your quinces, weigh them then scalde them very
gently that they may be very tender and not breake, then pare them
and have a pann of very faire water ready to boile, and so fast as you
pare them put them into the water & let them boile gently till they be
very tender. Then take their weight of refined Sugar & putt a quarter of
a pinte of water to a pound of Sugar mingled together and let it boile till
its summed cleare then dry your quinces well with a fair cloth, and put
them into a syrup boiling, and so let them boile very fast for half a quarter
of an houre, and in that time continually turning them up and downe
in the syrup. Then take them from the fire & let them stand till they
be thorough coole and while they be a cooling turne the quinces every
quarter of an houre in the syrup, & when it is thorow cold take the
quinces out of the syrup, & sett it upon a quick fire & when it is ready
to boile, put into it the third part of half a pinte of the iuice of raw quinces
& let it boile a pace, then take it of the fire putting your quinces into it
again as fast as you can, & so let them stand (turning them as before) till they
be cold.

be cold, and then sett both Syrup & Quinces upon a quick fire, lett them boile a pace for a quarter of an houre continually turning them. Then take them from the fire letting them stand all night. Remember to turne them in their Syrup the next day. Make some Jelly of quinces according to the afore said directions. Then put each quince in a several glasse & and put what quantity of Jelly you please into them.

How to dry Cherryes.

Take twenty pos of Cherries when they are full ripe but not black-ripe, first stone them loosing the stone with your finger and thumb and then with the stalk pull the stone out. Save the liquor that comes from them when they are stoned; have in readiness a quick cheacok fire and a broad preserving pan yt will hold them; Take 4 pos of ordinary lump sugar, Straine some of it all over the bottom then some of your Cherries all over then the Sugar so continue till all the Sugar & cherries are in; Then poure all over them the liquor that came from them & halfe a pinke more of their Juice. Sett them over the fire and make them boile all over, then take the pan of & shake it, sett it on again & lett them boile all over then take it of & shake it & sett it on again. So continue 4 or 5 times, then poure them out into a great broad Earthen pann that will hold them all with their liquor. Lett them stand 3 two nights and one day. then draine them out of their liquor and close up the place the stone came out of and lay them on sylver or earthen dishes one by one all over. Then sett them into an Oven that Bread came out, that may be no hatter then crispe them on the top. When the Oven is cooke take them out and turne them on cleane dishes, but those that lay on the outside of the dish lay them on the bottom & those that were in the bottom of yt dish lay them on the side, sett them in the Oven as before twice or thrice turning will be enough then put them all together on a cloth, and take a cleane course cloth and wring it out of boiling water as dry as you can; and with that rub all over your Cherries to take of their clamnesse, then putt them up close in a box. And yt liquor that comes from them is very fine drink & taste most delicatly.

To preserve read Roses.

Take half a pound of the leaves of red roses flowers they ought to be buds with the white cut clean of. Boile them in a pinte of water boile that pretty fast till the water be almost quite consumed. then put in one pound and half of refined sugar, then boile it a little while & then put it in your pott & keep it stirring till it be almost cold. If you wringe into it a little juice of lemons as you stirr it, it will keep yt colour.

To preserve without sugar.

Take any sort of peares, and putt them into an Earthen pot & and bake them without any manner of liquor putt into them after so done take yt Syrup from them, using them to preserve as followeth.

To Preserve dryed sweetmeat is plumbs.

Take any sort of plumbs that are fit to preserve, putt them upon the bottom of cives, and when an Oven is well cooled after bread, put the cives with plums into it, but suffer not yt Oven to be soe hot as to crucke the skins of your plumbs, lett them there stay till they be dryed hard, which if the first heating will not doe it you must put them in another time; So done you may keepe them all yt year otherwise preserve them with the syrup above named as you can get it take soe much of the Syrup as you think fit to preserve your plumbs, Boile it very well taking of the scumme as it riseth, and when it hath boyled pretty well, putt into it the dryed plumbs, letting them boile till they are thoroughly done as if with sugar.

As Quinces.

Take them first & pull out the Cores then boile them tender & pare them and afterward take your peares Syrup so much as shall be fitting to boile with your Quinces. Boile them together as with sugar.

Likewise for your quinces Marmelade; Take your quinces tenderly boyled pare them and cut them into slices then put in your peares-syrup, and lett it boile soe long as you would your marmelade made with sugar should doe.

As Goosberries Green.

Take your Goosberries and give them a slit on the side and so scald them, then pull them & skinne them and putt them in hot water and putt over them Apricoks leaves & be sure you lett them not lock, but as the leaves colour put on fresh, till the goosberries be green: then put your goosberries into your Syrup ready prepared, and boile them as fast as you can, then take them up & put them into your glasses & put yt Syrup in them.

Rules in Preserving.

In preserving observe always you doe not scum your Sugar till it boiles & when you boile your sugar high you must not blow under it, lest it burnes, nor take it of to often least it burnes. When you sett on your fruits, be sure you put it in sugar fruit & water or Juice altogether cold, or else your fruits will be hard when you have put it into glasses. lett it stand 2 or 3. days before you paper it & then putt on them dry papers.

To make either read Jelly or white.

Take Isinglas and wash it very well & put it into a good pipkin of faire water to boile & sett it over the fire And lett it seeth a long while then take up a litle of it in a sawcer & lett it coole, and if it stand on a thick Jelly when it is cold then it is boiled enough Then take a good many Clouts of tarnsall And wash them in faire water then take a good pipkin full of Claret wine, and put in ye tarnsall, being cleare washed and so colour your wine as read as you would have it. then take a good many Sticks of Cinamon and ginger being well sliced and pounded a few graines and a litle long peper, Bruise them all together in a morter, And then putt them into your wine with as much sugar as will make it good & sweet and putt in a good handfull of Corrowayes seeds & stirr it all together in your pipkin; and lett it stand for the space of half an houre then put a good deale of Isinglass which is sodd & stirr it well together & sett it upon the fire to boile then take the Whites of 7 or 8 eggs being very well beaten & putt them in (but you must putt in the whites of eggs before it boiles) and then lett it boile a good while. Then take a Jelly bagg, and putt in some rosmary in the bottom and then lett your Jelly runn thorow it till it be cleare, you must make the white Jelly in as is aforesaid, but you must leave out the tarnsall And for the Claret wine you must take White wine.

To make Jelly of Damsons.

Take your Damsons being clear wiped and cut the stalk & weigh them weight for weight with your Sugar, then take a great Platter and and set it on a Chafing dish of Coales and putt in your Damsons & sugar bracken in peeces amongst them and cover it close and ever keep it boiling and sett a under it that the Syrup may run into it And when ye Sugar is all consumed from the Damsons, then take ye Syrup and putt it into a faire dish with a good peece of sugar, Sett it on a Chafingdish of Coales & so lett it boile till it be very thick and of a very faire colour, then putt it into a Jally-pott, and when it is cold cover it.

To make Jelly of Quinces ye best way.

When you have made your Syrup for your read Quinces before you put in your raw quinces; you may take a part of it and putt it on a dish upon a Chafingdish of Coales, and putt to it 3 or 4 thin Slices of your quinces with the cores and all then cover it very close with another dish and lett it boyle a pretty while; then looke if the slices looke very read and the Syrup as read as ye Scarlet take them out and put to it a good quantity of very fine Searced Sugar and Stirr it softly about & cover it close again, and lett it boile a good while till you perceive it to Jelly and look as read as ruby, then take it of, and putt it into your boxes. This Jelly doth pass all others both in taste and colour.

To make Jelly of Quinces another way.

Take Cores and some sliced quinces And boile them in Water untill the water be thick & white, then straine it and to every pot of liquor a pot of sugar. If of Strawberries Straine them raw or of Rasberries and make it but thorow hot & so put it to your Sugar.

To make Jelly of Lemons.

Take the fairest & newest Lemons (the poncitron is the best) take away the rinde, leaving some part of the white. then either breake them in four quarters or cutt them in pretty thick slices then take faire water & lett it be a litle hot and put in your Lemons and give them a boiling or two but not to fast then take them of and lett them stand covered till you have boiled another water for them and so you must shift them from one water to another till some part of ye sharpness and sourness be taken away, this done take them up cleare out of ye waters; Take to 4 lemons a pinte of water, boile it over a Chafingdish either in Sylver dish or Chinydish something fast for half an houre or more then take it of & lett it thorow a cleane Strainer of fustian Canvas doe not ring it to hard, take the purest of it only and boyle it with some sugar as much as will make a Jelly, of ye other you may make Marmelade.

To make Jelly of Oranges.

Take the seeds of Oranges, and lett them be in steep 2 or 3 days in fair water & when the seeds be Jellied about, then Straine them with ye water. And then take one Spoonfull of the liquor of an Orange to 2 Spoonfull of that and

and to every spoon of that so mingled a spoonful of refined Sugar, beaten fine, then set it on the fire & let it boile and Stamme it till it be stiff and when you see it come to a Jelly then take it of and put it into a pot or boxe & keep it by ye fire or in a stove.

To make Jelly of Corints.

Take Goosberries and Stew them in a gally-pot with and when they are stewd, take the Juice from them, then take the weight of them double in Sugar refined, and make it into a thick Syrup ready to Candy; Then put in your Juice with a good quantity of Corints stoned, So let it have a boile or two & put it into your glasses.

To make Jelly of Goosberries or any other frits.

Take your Goosberries and put them in a Gally pot, set them in an Iron pan with Sand and some fire under the pan, and so let them Stew, and you must cut of the black heads of your goosberries before you put them in your pot, Then poure the Juice from them; but by noe meanes Stir them; then take your Juice and weigh it with the weight thereof in Sugar, and boile it to a Jelly height then put it into gally-pot; If you please put a few Corints stones into it.

Mrs Gerards Receit to make Jelly of Lemons.

Take some faire pepins and peare them, Slice them into 3 pintes of cordiall water: Boile them untill the water doe taste well of ye pepins, then poure it out and let it stand all night, The next day straine the pepins and water thorow a white cotton bagg let it stand and settle, Of the water take a pinte and half to a pd of Sugar double refined, being finely beaten, putt ye Sugar & water into a Bell-metell Skellet, let it not boile untill your Sugar be all melted, and then let it boile as fast as you can, When you have cleane Skummdit putt in Some lemons peels being boiled very tender before cutt into Slices very thin or into litle peeces like dices. When it allmost boiled put in ye Juice of two lemons, let it boile as fast as you can, it will look ye cleaner The true colour is of a bright Amber when it is boiled, put in some Amber-gris or meshe and when it is cold lay a paper close vpon it, March is the best time to make it.

To make a Jelly of Harts-horne.

Take 3 quarters of a pinte of water to one ounce of Hartshorne and boile it together in a pipkin a reasonable pace, then straine it but not to hard; If you would have it very cleare then season it to a quarte of Jelly full half a pinte of Sack or white Wine White Wine is the best. Some infuse the Heartshorne all night in the water & season it with rose water & Sugar Wipe to it a sprig of rosemary. Juice of Lemons & Cinnamon Water.

To make Lozanges of Violets or Rosmary flowers.

Take your Violets and pluck of all the leaves very wel, then take a good deale of beaten sugar and put it to a pan with faire or five spoonfull of rosewater, and mingle it very well together and set it vpon the fire, and let it boile a great space & ever be stirring it with your spoon one way that you do not turne your hand to ye contrary, And so let it boile still, till you see it begiune to candy vpon your Spoon, Then take it of the fire and put in your Violets leaves and Stir it together with your Spoon, then take the white of an egg very well beaten, and put it on a very fine smooth board a hood with a feather. Then take your Violets leaves & sugar which you boiled together, and poure it vpon the Board, and put it abroad very hastely with your Spoone or knive, and so let it stand a while, and cutt it out in Lozanges.

To make read Quinces Cakes.

Take your quinces and boile them in a pan of faire water, till they be very soft, then take them vp and let them a while, and when they be cold, take of the paring as cleane as you can, and Slice that which is soft to the very cores, and straine it thorow a faire Napkin, and put it into a fair pewter-dish and set it on a chafing-dish of Coales and stir it very wel with a spoon, and so let it boile a good space, then take 3 or 4 spoonfull of sugar and put into it and let it boile still, and ever be stirring it, that it doe not grow to the dish-bottom, and so let it boile a long time till it be thick. Then take Barberries & pluck them of the stalke, and put them into a little pot with a cover, and set them into a pan full of Seething water, and so let them stand and Stew a good while; then take them vp and straine them and take the Juice of them and put it to your quinces that be boiling vpon the dish to colour them with, and mingle them very well with your spoon,

Spoone, till they be all one colour, then take them up, and put them into a cleane mortar with 3 or 4 spoonfull of beaten sugar and grind them very well in your mortar. then take a litle of the white of an egg well beaten & put it into them, and a litle gum-dragon and grind them a great while after. Then take a great deale of Sugar and mould it very well in the mortar till it be good & stiff then take it up and mould it with sugar & then print them in ye Mould.

To make white Quinces Cakes.

Take your Quinces and core them very cleane, then boile them in a pann full of faire water till they be very soft then take them & rub them upon a dish with a spoon very small. that done take a fine Napkin and straine them thorow very purely and put them into a faire mortar with 2 or 3 handfull of beaten Sugar and grind them very well together. Then put in the White of an egg well beaten and a litle gum-dragon, and grind them a long time after then take them up and mould them very well with Sugar & so print them.

To make Paste of Jeane the best way.

Take of the fairest Apell-Quinces you can get Core them purely but pare them not then lop them in white paper two or three together in one paper & sprickle some water on the paper for burning, then raike y^m in the hot Embers & let them roaste very leasurely, but take heed in anywise your Embers are not to hot and when you think they be tender enough take them out and pare them & draw them thorow a course cloth with your hand. Then weigh it with your Sugar weight for weight then put altogether in a cleane pewter-dish and let it boile upon a Chaffing-dish untill it comes to the height of Marmelade, but keepe it stirring still with a Slice made of wood, And when it has boiled enough, strew some Sugar very thin upon a board or Stoole & lay your paste upon it in severall heapes bigger or lesser, And when it is almost cold strow a very litle Sugar upon it, and so press it abroad with a spoon or with your fingers as thick or as thin as you will have it, then print them of as you will Ginger bred Strowing first a litle Sugar upon your printe, then lay them on your platter and set them before the fire to dry, or in an Oven when manchetts are drawn, But take heed of long drying them. You must make this paste with

with the finest Sugar being finely beaten & searsit. You may make the same likewise with pepins or other good apels. But you must roast your Apels before the fire and turne them still for burnings, and not in the Embers as you did your quinces. Then for gilding them take the white of an Egg and beat it very well, then Scum of the froth & with a litle cotton made Sharpe with your fingers Slightly dipe therein, strike it here & there on your paste where you will have your gold lye, and with sech another peece of cotton dipt a litle in Rose-water or searsely wet it & take your gold cut before hand in Small peces, and lay it on your paste & deep it downe Softly with a litle dry Cotton.

To make paste of Oranges or Lemons to comfort the Stomach & Keep the Mouth moyste.

Take the soundest and deepest coloured Oranges you can get and cut them in the halves the long way as you would to preserve. then cut out all the Substance of them, leaving nothing but the rindes. And put the said Substance into some cleane glasse or Sylver Vessell, picking away from it presently all the Skine & kernels like and great, leaving nothing but the pure meat of ye Orange and juice, And so let it Stand close covered till you are to use it. Then put your Oranges pills in water 3 or 4 days space, shifting them every day twice or thrice, then set on two pans with water on the fire and when the one of them begine to boile put in your Orange peels and keep the Cory end upward and so let them boile in the first water a quarter of an hour or longer then shift them into a second water and so into a third 4 or 5th until you perceive them grow very tender and the bitterness well gon out of y^m. Then take them up and Chip them well all over leaving no part of their bitter Coate, That done cast them into warme water & let them lay the space of half an houre, then take them up & cut them very small upon a trencher then put them into a Strainer of fastian Canvas and wring out all ye water from them as clear as you can, then beate them in a Stone-mortar with a Spoonfull of Sugar or two. That done weigh it as take as much of ye meat as you doe of the Rindes but draine away as much of the thin & sharp liquor as you can from it then put both together in a Sylver or pewter-dish, dry it well upon a Chaffing-dish of coales the space of a quarter of an houre or longer till there is little moystere left in it then take it of & weigh it again, And if you have a pound of Orange then put to ye same a pound lacking 2 ounces of fine Sugar well beaten, And so put it together and boile it to the height of marmelade in some Sylver or pewter Vessell, not in brasse, because of the Sower meat

meat that is in it. If you add to the same two or 3 Spoonfull of Rose-water it will be the better also a graine of musk made Small into pouder at ye least if you love it) but put not in your muske before it be allmost ready. The paste of Orange, will be sooner ready then the paste of lemons But if you boile them to much it will never dry well. So when you See it is boiled enough, take it from the fire and Searche a litle fine Sugar Very thin vpon a clear Board or pye-plate, & putt out the paste there-vpon by Spoonfull, washing a litle fine Searcht Sugar vpon them till they be hott, And they be allmost cold, make them out into Cakes or Lozanges or print them of, as you doe your paste of quinces, & set them before ye fire to dry, but not to neare for over-heathing them, Also you must turne them now and then with your Knife and stir them sometime in ye boiling for fear of burning to the diske. If you make in the Summer you may dry them in the Sun as well as the fire.

To make clear Cakes.

Take your Plumbs, Goosberries, Rasberries and put them into a faire pipkin then set it vpon Embers in a pot of water, which must be made to seeth very fast, and as you fruits doth heate and yeild out Juice draine it forth so long as the fruits will yeild any. Then must you take a pink of ye Juice and a po: of fine Sugar, which you must boile with faire water to candy allmost to the height of Manna Christi, then stirr in your Juice in the candy till they be well mingled, then put it into glasses or boxes of what thicknes you will have them, So set them into a Stove, where they may stand till the top of the Cakes be candied and have a hard crust, then turne them forth into plates or glasses & set them in the Stove till the other side be likewise candied, & there you must Kepe them till you Spend them.

To make Violets Cakes.

Beate the gum & the sugar first in a morter, the gum being watered in rose water, then put in your Violets or Gillyflowers in leaves or Juice, & so work it with Searcht sugar in a very thin mould & so store it.

To make paste of Rasberries.

Take them & put them into a Strainer and gently crush them out cleane thorow the thin strainer, put that away, then straine out the thick Substance and to every Spoonfull of the pap take so many Spoonfull of clarifyed Sugar (it must be hard Sugar for then it will candy) and of the cleare ye was first truld out make Jelly and to every Spoonfull of that you must take but half a Spoonfull of Sugar, it must be broken sugar because it will never candy.

To make the Apricots Jumbals.

Take your Apricots and Stone them and pare them put them in a close pot and set them in a pot of water to boile, then take the clear from them and when they are tender enough, take them vp & put them in a Sylver dish to dry, and when they are well dryed get double refind Sugar & beat it very fine, and put your Apricots in a marble morter with your Sugar till it comes to paste. If you put some Muske and ambredgris in your Sugar it will be the better when it is in paste roul it in Small roules and make Jumbals in what shape you best approue of; when you have made them lay them in plates & set them in your Stove to dry; then Box them vp.

To make the Italian Chips.

Take some of your Paste of flowers in the receits following and beate them into fine pouder and Sift them, then take some Gum-dragon Steip in rose water and beate it to perfect paste in a morter then roule it thin & cut it out like litle lozanges, then cut them thin & plat them downe with your fingers and roule them as thin as you can, and they will looke like marble and prety colours.

To make your fine Amber-gris Cakes.

Take the purest refined Sugar you can get finely beaten & searched then take 5 or 6. eggs new layd Beate them to thick froth, then take that froth as it riseth and drop it into your Sugar by litle & litle grinding it stil in the morter round with your pestel till it be all thoroughly melted and you must bestow great labour stil in the grinding of it And when it is thoroughly wrought and thin enough to drop on plates, then put to it as much ambregris as a great pin's head and half a quarter of as much Civet and grind it a litle together, then strow in a few Aniseeds well dested & pickt; Then take your pye-plates a litle moistered over with a cloth wet in water then with a Spoon drop it in litle round Cakes vpon your plates, then set your plates into an Oven, but something hotter then the Sun at midsummer & when you see them to be hard and rise a litle then take them out of the Oven and Slye them out of the plates and wipe them & so put them vp for your vse.

To make Portugall Pyes.

Take half a pound of Marish pane paste beaten and potinito it a graine of muske six spoonfull of rose-water the weight of 4d of Oriss-pouder Boile it on a Chafing-dish of Coales til you see it be something stiff then take the white of an Egg beaten to froth & put into it, and so let it boile a litle again

again. Then lett it Stand till it be cold, then mould it and roule it thin, then take half a pod of other Marsh-pues paste unboiled & put into it 2 ounces of Sarroway, a grain of musk and 3 drops of oyle of Lemons. And so make that paste into small Rowles of the bignes of wallnuts then make ye balls up into other paste like unto little pies, so flett them downe with ye hand like figgs, and so bake them upon Marsh-pues wafers. These are the right Portugal Tarts, we call it Parquetting.

To make Oranges Bisketts.

Take the best & clearest round Oranges and put them in faire water and shift them twice a day for eight days together then boile them in faire water which you must change according as you find the bitternes remaining in their taste, and until you can treat a straw through them, then take all the Inside out, and to every pod of Oranges take 3 pod of loafe Sugar which must first be finely beaten, then put your Oranges into a Stone-morter and as they worke faire put your Sugar by degrees and when it is brought to a fine paste, spread it upon a plate about half an inch thicknes and stew it with a very gentle heate, And then cut it into peces. Remember to wipe the Oranges very dry when you take them out of the water.

To make Mace's Cakes.

Take one pound of Sugar and a pod & half of flower and take creame of the best and boile it very thick, and take 3 spoonfull of the cheefest of the creame when it is cold and one yolk of an egg & two beaten Nutmeggs and so much beaten mace as you shall like and a little Salt and so much cold buter as will knead them up; And when this kneaded together the sooner you mould it in Cakes the better they will be and so bake them.

To make Flower-Bisket Bread.

Take half a pod of Sugar and three quarters of a pod of flower and Some Sweet-fenel-seed, breaud a little in a morter and the dust fanned from them; Some six grains of musk beaten into fine powder; five yolks of eggs, but none of the whites, and so much cold water as will knead them up, so roule them up like ringes & make them in knots what fashion you will & bake them.

To make Macarons.

Take two pod of Jordain Almonds blanch them & beat ym small, as you beat them you must sprinckle in Some rosewater or Some musk-water that they be not to oyley; then take a pod & 3 quarters of fine Sugar & stirr your Almonds and Sugar together in a Bason with a wooden Slice, Then beate the whites of five eggs till they com to a very froth, and as you beate your

your eggs cast in a spoonfull of wheat flower. But before you put in your whites of eggs to your Almonds you must put your Sugar with your Stiffe upon hott coales and stirr them there with a wooden Slice a whole quarter of an houre then set it to cooe & when it is cold put in your whites of eggs & stirr them well together, then take up a like with your wooden Slice upon faire paper and make it into what forme you will then put it into the Oven being in a temperate heathe. And when they are half baked which you may find by the softness of them in the top then take them and loose them from the papers; And let them Stand till they be thoroughly cold then set them into the Oven (not too hot again) and keep the Oven's Mouth Stopt. You must remember that the Oven be not scorching hot at the first.

To make flower Bisket another way.

Take a pod of fine Sifted flower and a pod & 3 quarters of fine Sugar and 15 yolks of Eggs & whites; Beat your eggs first well together in a great Bason with a wooden Slice then put your Sugar into your eggs & beate them well together, then put in your flower and half an ounce of Coriander seeds well beaten. You must have little Coffins or 4 or 5 inches long and one inche broad & deepe. then anoint your Coffins with a Feather with melted buter, then put in a spoonfull or two of melted butter into your Coffins and set them into the Oven being Something hotter then when you take out Lewain bread. Then let them stand an houre. In the time you shall see them rise higher ye ye Coffins and have a glasse skine on the top, then take them out & loose ym with a Knife very softly from the Coffin. Being out of the Coffin lett them laye till they be cold. Then lay them on clear papers and set them into the Oven again (not being too hott) & lett them stand one houre longer, the Mouth of the Oven being alwaies stopt. This way you make Spanish Bisket Bread with 8 or 10 eggs more. And bake it in a great Coffin & then cutt it out in Slices.

To make a Thick spiced Cake.

Take a peck of flower. 2 pound of Sugar. 3 pounds of Corrinte. half an ounce of Cinamon. half an ounce of Cloves. 4 Nutmeggs. 2 pod of Sweet buter. 2 penny worth of pepper. 2 pennyworth of creame being half a pint. one what more then a pinte of good Ale yeast. And let the Baker make it almost as light as his bread but put not over much yeast in it.

To make a Bride Cake.

It is the Same as this and that written before page 5.

To make Buttet-Bread of Almonds.

Take Almonds and blanche them and beate them very fine & still put rose-water in to keepe them from oyling. And take the weight of Almonds in Sugar and the weight of ye sugar in Eggs shells & all but vse but the whites and yolks and beate them some hours with these Almonds & sugar with a spoone in a dish, And when you have beaten them put in some paste and a litle rosewater mingled together and if you will you may put in Corianders Seed and Anyseed. then butter a sheet of paper and put it vpon it with a spoone so in an Oven after bread has bien drawn Bake them. They will be almost as thin as a wafer.

To make Marshpans Cakes.

Take a pound of Almonds blanche them in hot water then wash them very cleane in faire water and dry them in a cleane cloth, then beate them Something Small in a cleane mortar and put but a pd. of Sugar into them, and beate the Almonds & sugar into a paste and put 3 or 4 spoonfull of rose-water at severall times into it into which rosewater put two grains of musk over night so beating your paste untill you see no white flecks into it then take it out of your mortar and work up your paste with your Sugar searcht Rowle it out with a rowler and cut your Cakes round out of your paste, then rowle some of ye paste of the thickness of an Arrow, and do round about the edges of your cakes with a feather dipt in rosewater but first wet the edges of yt Cakes then lay them vpon wafers a sheet of paper vnder ym lay them on a plate and set them in an Oven or Bakeing-pan and lett ym be a litle dry which will be lesse then a quarter of an houre, then take them out, And with rose-water & searched Sugar beaten together as thick as pancakes butter with a feather lie your Cakes therewith, So sett them in the Oven or pan again for a quarter of an houre, then take them out and lett them Stand 2 or 3 hours near the fire. Let your pan be with a soft fire on ye bottom and good and hott on the top.

A Receit of Dryed Apples.

Take to every pd of Apies a pd & quarter of Barbary Sugar. The Apies must not be full ripe, then pare them & parboile them, then lay them in cooling, then put them into your Sugar mingled with a litle rose-water so much as will wet the Sugar Cover them close untill they boile, then take of ye Cover and lett them boile a pace till they be almost enough. Then lett them boile softly till they be full ready. They are ready when the Syrop smeth whole together from the pan. then take them out one by one while they are boiling and lay them upon a dry Cive, the Syrop being drained from them So cleere as you can. Set them into a Stove being but a litle warmd, and as their moisture soaketh out so turne them into dry places. Within 3 or 6 dayes they will be ready to put up in a Boxes.

To cast Sugar into the forme of Birds or Beasts.

Take of your clarifyed Sugar and boile it untill it will rope between your fingers. Then cool it a litle, which wee call graving; then having your Moulds ready watered and close stoped poure in your Sugar, And being cooled take it forth, and either guild it or paint it in perfect Colours.

To make Artificiall Cloaves.

Take an ounce of Cloves and beate them to powder then take half a pd. of fine powder Sugar, then take a penny-worth of Gum-Dragon and lay it one night steep in water then take a litle gum the bignes of a wallnut and take 3 spoonfull of Sugar & beat them together in a mortar then take a penny-worth of Bole armoniack the bignes of a small nut of it and beat them together then take a litle lamp-black the bignes of a smal pea then beate them together very fine till they be somewhat dry putting in some Sugar now and then as you beate them, then take it of the mortar and rowle vpon a peece of cleane paper, and so cut it with a Knife as much as you think will make a Clove. then dry them by ye fire or in a Stove.

To dry Apels another way.

Take the dryest Apples that you can get put them in an earthen pot, Cover them with paste, Sett it in the Oven with a back of your houshold bread and lett them stand as long as your Bread, then they being cold take them out of your pott, laying them flat upon dishes. If you please you may put one Aple into another to make them greater) When you have done so putt them into a cool Oven or Stove, so drying them by leasure till you think they will keepe as long as you please.

To make Corints Cakes.

Take half a pound of butter a pd of fine flower half a pd of Sugar 3 yolks of eggs knead it with thick creame and a small quantity of Safran Rowle out your paste thin and lay your corints one by one in the compas of a Saucer, then cover it with another sheet of paste Cut it round with a rowling, pricke them very thick and so bake it as you would bake Bisketts

How to sweeten Corints

Take a pd & a half of the best and largest Corints you can get wash them well then rubb them well in a cleane cloth, then lifte them well in a Cullinder then put to them any Syrup you have with rose-water and Sugar and one Nutmegg. And so lay them on your Cakes aforesaid.

To make Almonds Cakes.

Take of the long Jordan Almonds; Blanche them & beate them Small and put thereunto as much Gum-dragon (when it has been steept all night in Rose-water) as a litle walnut put some mask to your gum then beate the white of an egg and lett it stand a while, then take half a spoonfull of the froth and put in-to the mortar and as much dobble refined Sugar beaten & searcht as will make it paste; Beate the paste in your mortar, then rowle it thin & throw some sugar searcht on your rowler to keep it from sticking; then Bake them in a Baking-pan one by-one. Just soe make your Pitchides Cakes only when you take them out of the shell lay them in rosewater, poure it into a dish and season it with Rose-water, sugar and a grated Nutmeg and the yolks of seaven eggs and the whites of two and a prety peece of fresh butter, and butter your dish and bake it carefully.

To make Marmelade of Oranges.

Take a pod of good Oranges, Rindes, Boile them very tender shifting the water twice or thrice, then Slice them very thin and put them in a Syrup of Sugar & water. Lett them stand in a gentle fire then take 3 pods of Sugar & 3 pintes of strong pippin water, Boile it to a thick syrup then take the Oranges out of the thin Syrup & put it to that lett them boile a litle till they be well Jellyed then Glasses them up to this proportion put to ten grains of amber one of musk.

To make Marmelade of Lemons.

Take a pod of your best Lemons and cut them in quarters and take forth the meat, the seeds & the white yt groweth with the meat. Infuse the peels in water for the space of two days, then boile them very tender then straine the meat & the peels thorow a Cloth, the peels & the meat being finely stamped in a mortar. Then take a pod of your best clarifyed Sugar and mix it with your substance strained, and boile it with a soft fire mixing a litle mask with it. Boile it untill it will com from the pan, which you shall also know by taking a litle up on the pointe of your Knife. And when it is cold it will be stiff then it is certain that it is high enough. Straw a litle Sugar & so serve it.

To make a Marmelade of Cherries.

Take a pinte of the Juice of Corints and a pod of good loafe sugar & mingle them together & when the sugar is melted sett them on the fire and make them to boile & take of the Scum, then put in three quarters of a pod of ripe Cherries, Stoned & cut in quarters, and half a pod of sugar beaten fine, Strow it upon them; Then sett them upon a quick fire and make them boile till the Syrup will Jelly, then take it of and Scum it as it riseth and Stirr it in the Skellet till the Cherries & Syrup will mingle together and not parte them, then putt it in deare meat glasses; you may putt in more Cherries if you please to have it thicker. Some putts noe Juice of corints, but of Cherries only.

To make the Rising Confits called Muscadins.

Take half a pound of refined Sugar being beaten & searcht, put into it 3 grains of musk, one grain of civet & 2 grains of amber-gris, a thimble full of the powder of orrice, Beate all these with gum-dragon steipt in rose-water, then rowle it out as thin as you can and cut it out like litle Lozanges with a fine rowling pin, then sett them a stoving in some warme place and so you may box ym and keepe them all the yeare.

To make Conserve of Roses.

Take 4 pods of sugar and beat it and put it into a faire pan with as much conduit water as will make it a Syrup, then put into it two whites of eggs being very well beaten to cleare your Syrup and sett it on the fire to boyle, and lett it boile a good while, and Scum of all the dross & when it is boiled that the Syrup be good and thick take it of the fire and straine it and let it Stand and cool. Then take a pod of read roses leaves being very well picked & ye whites of ye leaves cut away, and put them in a mortar & beate them, when they be beaten well & fine putt it into your Syrup that standeth a cooling, and Stirr ym well together, then putt them into a pan again and boile them a prety while, take it & put it into your pot & ye next day cover it.

For the Conserve

Take tome so much sugar as Roses a litle rosewater with the Sugar, Boile it and when tis enough take it of take your roses and clip of the whites and shred the roses with a Knife, then put them to your Syrup and lett them boile very fast. they will be ready in a quarter of an hoore.

To make Conserve of Roses with whole Leaves in it.

Take a peck of Damas Roses beds pickt and put them into a pot of a gallon or more, and poure upon them a Gallon of hott Seething water and so cover the pot close, and lett it Stand 8 days - att the end of those days give it a good warme or two over ye fire and then take the Roses from the liquor And add in like manner the like quantity of roses again, and so do for the Same Space of ten or twelve times as is afore said. And in the end the roses being clean taken away from the liquor, add thereunto Six pod & boile it till it comes to a Syrup, you may take half a peck of Da- mas roses beds the whites being clipt from them and put them together in an Earthen-pott close covered, and lett them Stand as it were a Stewing with a soft fire two or three houres, so that the leaves may be Very well soaked that you find them in eating & taste Very tender.

To make the Creame with dyett Bread.

Take your Creame thick and Sweet, putt into it a good quantity of Sugar then take your Bread being Steept half an houre before in Damask roses water & Sugar; Cut it in Square peces & put it in your Creame & sett it on a soft fire, Stir it allways for feare of turning, Boile it a good while till it grow thick, Then put in ye yolks of 2 eggs well beaten, give it one boile & dish it up.

To make the Snow Creame.

Take a bolle of Sweet Creame and a gallon of Strokings, Mingle them when the Strokings are hott & the white of 12 eggs well beaten with Roses water & Sugar have a good handfull of fine White Sticks, if you can gett Basket withing they will be the better & beate them all together with the whitings, they will be the better and as the Snow rises have a Sumner ready to gather it of, & yr dish with a white round peece of bread to lay your Snow upon, If you lay it Still on the Bread it will laye the more handsomly, Butt before it be as bigg - as you will have it take a long Sprigge of candied larkspurs or candied Marjoran and Stick it on the loafe, but for want of a long peece of Rosemary, then make it up as you fancy.

To make Orange Creame.

Take a pinte of Sweet thick Creame, putt into it as much Sugar as will - Sweeten it & 3 or 4 Oranges, roles broken in litle peces, Boile ye Roles & Sugar Very well in the Creame, then brake the white of 2 eggs & beate them very - well and putt into your Creame when it is of the fire then give it a Warme or 2 and Stirr it continually one way, and putt it into your dish & when it is - cold lett it. Some takes only the Juice of 6 oranges & sett it on the fire & when it is hot put to it 3 yolks of eggs well beaten and Sugar & lett them have one boile, Keeping - it Stirring all the while & Sum it cleare & put it into a dish.

The Spanish Creame.

Take new Milk 2 or 3 gallons Sett it on the fire, and boyle it as you would doe for clouted Creame, Sett it on 7 severall Basons the next morning take ye Creame of it into a Sumer that the milk run cleare away from it the which Creame you may beate until it beginnes to be thick, and so season it as you shall think fit.

The Lemons Creame.

Take a quarte of Creame or more as you please, Sett it on the fire, when it boiles turne it with a litle Juice of Lemons, but not to much, have a - curse cloth & tye them up in that and hang it up all night. Then take - Almonds finely beaten, and so laye a Row of fine creame and a Row of - Almonds strowing a litle fine Sugar between.

To make a Syllibubb

Take a pinte of Creame half a pinte of white wine, half a pod of - Sugar the Juice of a Lemon (for want of a lemon a litle Verjuice or Cyder) you must take a whiske and tye a Lemons peele to it & a Rosmarys - branche, putt in Some Musk or amber Sugar or confets & beate it very well, and as the froth riseth lett it Stand a litle before you take it of & soe lay it into your Syllibubb pott untill you have filled it up & so eat it.

A Lemons Syllebubb

Take a pinte of white wine & Squeese a Lemon into it & lett a - whole one laye on it putt in a good quantity of Sugar take a quarte of the best creame, Sweeten it Very well with Sugar lett the white wine Stand on the ground in that you would have your Syllibubb made in, then put your Creame into it or poure it, and hold up your hands as high as - you can & poure it Slowly on, lett it Stand a while & it will be right.

To make Clouted Creame.

Take a gallon of new morning Milk sett it on the fire with Some Mace Cloves Cinamon a litle bruised & lett it Seethe till it have had wellowed then poure into it a quarte of Morning Creame & keepe it with Stirring till it have had another wellowe to the top of the pan then take it of the fire, Straine it - throw a Canvas into an earthe pan as hott as you can, Doe not Stirr it but - Sett it on a cold place 2 days and it will have a thick cloute upon it then take it of with a Sumer being first wett in milke and lay it on a dish & Straw it - with Sugar & soe serve it.

To make Goosberries Creame

Take a pinte of goosberries before they be full ripe, putt them in a Skellet with as much faire water as will cover them, Boile them & Straine them & putt them into your Skellet again with a quarter of a pod of Sweet Baker, and when they boile poure into them 5 eggs very well beaten together, Stirr them continually till they be thick as you would have it then Season it & keepe it in your dish till it be cold, & then Serve it up.

To laye a Foole in Snow.

Take a quarte of Creame, 2 or 3 blades of Mace, the yolk of 6 eggs & ye white of one, Beate your eggs very well, then take a Manchet Sliced round but very thin, lay it in a sylver dish, cover it over with Sack & putt upon it a quarter of sugar finely beaten, Set it to Stew upon a chafing-dish of Coales. Your Creame being boiling putt it upon your Stewed Sops, rising up the Sops with the back of a sylver Spoone in some few places as you think good, of the Whites you must make good Snow. And when your creame is thorow cold lay on your Snow & draw upon it the proportion of a Man with coloured flowers, & lay your Man's doblet with Candied Violets. The best Snow is made with roses-water & sugar beaten into froth.

To make a Dish of Creame.

Take thin Chips of Bread and lay them in the bottom of a dish, Chip marrow and lay upon it then lay some Corrints upon it & some Cinamon & sugar upon that & then a laye of bread again & of every other things within 2 fingers of the Dish's side, Then take some creame & beate it with the yolks of 3 eggs & one white, and when they are well beaten putt it in the Dish at the Sides, So as it may rise all the other things & soe Bake it in an Oven.

To make a good Banqueting Dish.

Make a good tender Curd with some good thick Milk, and wring out the whay as dry as you can, Then pound the curds in a mortar with 5 or 6 yolks of Eggs. Beate it very well together & Straine it thorow a Strainer & then season it with sugar & a little rosewater & so Serve it out on plates.

How to make Almonds Butter ye best way.

Take a po^d of Almonds & blanch them in a Bason of cold water & lett them Stand there a prety while, then putt them into a Morter & beate them very fine & ever as you beate them cast a spoonfull of faire water into the Morter, and so beate them still till they be very fine, then take them up and putt them into a big dish & putt thereto 2 or 3 porringers of faire water & lett them Stand a while being covred with a Cloth (least any dust shell one into them) Soe done Straine them thorow a faire Napkin in a Bason of sylver or pewter, & still keepe them covred, then take your Strained Almonds out of the Napkin & putt them into the Morter again & put a porringer full of water to them & Straine them to the rest of your Almonds Milk as you did before, and likewise vse it ye third time. Then take your Almonds milk and Straine it into a faire pan being clean scowred thorow a fine Napkin, Then take a porringer full of g^d milk & sett it by & putt a prety quantity of Salt in, & so lett it Stand; Then putt the pan of Almonds milk over ye fire –

ye fire, and lett it boile twice or thrice up, then put in your porringer of Almonds milk that hath the salt in, and lett it boile a prety while after, then take it of the fire and take a faire Napkin, & lett two hold it a bread & ever with your Spoon cast it on the Napkin one spoonfull after another & lett the whay run out, and when it is all cast upon the Napkin, then putt it together with your Spoon and bind it with a pack-thred and hang it up upon a Nail all night & lett the whay run out, and in the morning take it in a faire dishe, and worke it with your Spoon, and put a good dole of beaten Sugar in as much as will make it Sweet with 2 or 3 Spoonfull of Rose-water & worke it well together and Soe put it upon your plate. See another way pag. 53.

My Lady Veres Sugar Cakes.

Take a po^d of loafe Sugar, beat it & search it, 3 po^ds of flower the yolks of 5 eggs beaten with a quarter of a pinte of thick creame, Warme this blood-warme, then by degrees as you work it put in your butter which must be about 2 po^ds, then make it up in paste, Roll it & crush it flat & cutt it with a glass of the bignes you would make your Cakes. It must be wrought very stiff therefore some flower will not take up full two po^ds of butter.

To make Allmonds Jumballs.

Take half a pound of Almonds, blanche them & beate them in an Alabaster Mortar with now and then a Spoonfull of read rose water, then take a quarter of a po^d of double refined sugar beaten fine & searsed mingle it well together as for Marsh-pans, then rowle it out and tye them in knots & putt every one on a several peece of paper & so putt them in a Stove where they may have a little warmth, then the next day glaze them with the white of a Small egg beaten all to froth, put to a quarter of a pound of double refined Sugar sifted, having putt a little Musk and amber-grese into it the night before, Beate the egg & sugar well together till it looks very white, then with your bodkin lay it on the one side of your Jumballs, then putt them in a warme Stove & lett them drye, then take them out again and glaze the other side, Both sides must be done the same day, the glazing fresh made the second time. Some put the whites of 2 eggs beaten with y^e rose water & = = shred y^e peeling of half a lemon.

To make Blammanc.

Take a quarte of thick creame, and when it boiles up, putt into it the whites of 12 eggs well beaten, & keepe it Stirring till it boiles then take it of the fire & Season it with Sugar in 3 Spoonfull of Rose water, and Strayne it thorow a Canvas Strainer.

To make a Cabage Creame my Lady Vere.

Take at least 3 gallons of milk & a good pinte of creame & better to every gallon of milk, Sett it upon the fire, as it seeth drop in some creame till you have droped in a fourth part, then take it & poure it out in divers pans & besons at least 8 or 10, When it is skinned and rowled take of the skin by one side, it will com of whole hold it up that the milk may cleane dropp from it, then lay it upon a plate full of holes & fashion it with a stalke like a Cabage leave and lay it in wrinckles like a Cabages leafe, then have in readinesse a porringer of rose water and a bunch of Rosmary, So sprinckle the creame skin upon a plate with the rosmary out of the rosewater then shave some sugar over it, then take another skin of another dish of milk and lay it over the other, Keep it hiegh in the midst & sprinckle it with rosewater, Scrape sugar over it as you did the first, and doe so by every one till you have taken of all ye skins of the milk, then sett on the milk, make it scalding hot and drop in some creame as at the first, but never lett it seeth but ye first time when it is scalding hot poure it out as at the first, and lay all the skins over the other and strew sugar & sprinckle rosewater between every one till it is thick as a Cabage, You may well scald the milk 3 or 4 times, when you have done, lay it upon a cleane plate, So serve it in, this will not keepe but must be eaten ye same day.

To preserve green apricots when ye Stone is grown in them

Codle the apricots & peele them and sett them in a skillet of warme water to green, covering the apricots when in the skillet to greene with vine leaves or apricots leaves, that the water may cover the fruit. Then preserve them with their weight of fine loafe sugar, when they have bin 3 or 4 days in the syrup you may trye out the stones with a bodkin and the apricots will looke very faire.

To doe them small before they be stoned they be done this way but they will not peele, put them into the water warme as above directed & they will be very green.

To Candy Oranges flowers another way.

Pick your flowers and put them in water as you pick them, let them steep in water all night being close covered, next day take them out of the water & lay them between two cloths and with a rowling pin rub them till the leaves looke cleare, and as you doe them put them into fresh water and take but a few out at a time, for they will loose colour when all are rubed, boile them in the last water you must put them in as you rub them, then when they looke white, then they are enough, then to pound of flowers take 1 pd 3 quarters of fine sugar put first as much faire water as will wet the sugar then lett it boile & skim it cleare. Then put in the flowers, but lett them be well dryed from ye water in a cloth, then boile them tender and the syrup must be so thick that you think it will crest over. But to make little Cakes you must boile them to a Candy & drop them on paper.

To make knotts of plumbs.

Take plumbs & Scald them well in water with some sugar then pull of the skins & take away the stones & straine the meat thorow a strainer then sett it on the fire & let it dry well, Then take some sugar well beaten & searcht & putt as much sugar as will make it into paste & so rowle them up & tye them in knotts & sett them in a stove for a day or two.

To make puffs.

Take a quarter of a pd of doble refind sugar two grains of musk & a grain of amber-greece, Beate them all well & search them, Then beat y^m to a perfect paste with a little gum-dragon steept in rose-water & the white of an egg, then make it into little loafes like Manchets, and when they rise white & high take them out of the oven & they will be as white as snow & as light as a puff, when they are thorow dry put them in a box, if you may put some Corianders seeds in them before you make them into loafes.

To make Craknells.

Take to a pd of flower halfe a pd of sugar, 6 eggs put away two of the whites, an ounce of Coriander's seeds steept all night in Veniger & a quarter of a pd of Almonds blanched & beaten with 6 spoonfull of creame, then straine them & mix them all together with as much cold butter as will make them into a paste, rowle them out very thin & prick them very thick with a needle, lay a trencher on them, cut them round & torn up the eggs a little.

Six eggs is a great deale to much, therefore you may reserve some of the eggs to anoynt them before you put them into the oven & put some rose water to it, they must be laid on white papers anoynted with fresh butter.

To scald Codlins greene.

Put your Codlins into the water when it is cold then set it on a soft fire, Keep them close covered, when they will peele, peele them one by one & put them into the water as you doe them.

Take faire pippins & pare them, put sugar to them and lett them stand on a soft fire close covered.

To preserve white Cherries.

Take cherries before they be ripe, when they looke white & cleare, And if they be for present use) put 3 quarters of a pd of sugar to a pd of cherries if to keepe) then weight for weight. Beate the sugar very small, & strew a lay of sugar & a lay of cherries till all be layd, then sett them upon a fire & lett them boile very fast, till they be done.

To make Rasberries Cakes.

Take to a pod of Rasberries a pod of Sugar, make your Sugar into a hard Candy, and have in readinesse your Rasberries broken & sett upon a fire to warme a litle; then when your Candy is ready put them together let them stand upon the fire till the Candy be well melted then sett the dish into the Stove till the next day; then take flatt peeces of glasses & Straight peeces of paper cut into 3 corners upon the glasses, and lay your Cakes on the other side of the glasse; when they are a litle dryed, lay 3 of them one upon another & turne up the egges a litle, Some poor red Corrints with ye rasberries

To make Juice of Liquorish. Lady Willoughby.

Take two pod^s of English liquorish & scrape it very cleane. Slice it but not to thin put it into a Skellet with a gallon of Spring water, lett it boile till more then half be consumed then take it from the liquor & bruise it in a Stone mortar, then put it to ye liquor again, add to it a quarte of hysope water & a quarte of read roses water, So lett it boile all together till it comes to 3 pints or a botle; then Straine it out from your liquorish very hard and put it into a Skellett that is a great deale less then the other lett it boile till it be as thick as papp, Be carefull in Stirring it that it burnes not then poure it out and lett it Stand till it be cold then put it in a mortar & worke it very well with as much gum-dragon as a hazell-nutt, the gum must laye all night in Rosewater then worke it up. Looke another way page 151.

To make Marmelade of Apricots.

Take your Apricots & pare them, cut them in halves, then Slice them in Slices as thin as you can & as long, then take to a pod of Apricots 3 quarters of a pod of doble refind Sugar put to much water to your Sugar as will wett it, and when it is dissolved sett it on the fire, & lett it boile till it be cleare & allmost ready to Kiske, then as it boile putt in your Apricots & stirr them so continually that you be sure they boile not, and Skum of all the froth that riseth very cleane, and when you thinck they are scalded enough, (which you may discerne by ye Smell & taste) they may stand on the fire about a quarto of an houre, if the fire be not to hott, & when you see them cleare warme your glasses & put them in by Spoonfull & put Syrup over them & they be thorough cold put them into the Stove & lett them Stand a weeke or more, while they be candied on the top, then sett them in a coole place but not from the ayre of the fire, & if they keepe well one quarter of a yeare, they will keepe 2 or 3 yeares. And this same way you may make Jelly of Peares plumbs puting in the Juice & Slices together into a Candy Syrup & soe lett them Scald.

To make Conserve of Gellyflowers.

Take a pinte of faire water Gellyflower water or Borrager water which you will, make it scalding hot in a Sylver pott, then put in as many clipt gellyflowers as you can put into it, So lett it Stand close coered till the next day only with a doble paper; then Straine it out cleare, Sett it on the fire no more, but take more Gellyflowers clipt & bruise them in a Stone mortar & put them into the liquor not heating it again, So lett it Stand till next day, then Shift it again & put in fresh bruised flowers, So doe about 3 times, Then Straine it again and put in as many more gellyflowers clipt, & weigh first the liquor & flowers & boile it till the flowers are pretty tender then take the weight of the flowers & liquor in Sugar & put it to it & so boile it to a Conserve, & when it is enough put in 6 drops of the Juice of Lemons.

To preserve Corrints.

Take the fairest bunches, to every half pod a pod of Sugar, then take a good quantity of Corrints & sett them on the fire till they breake, Strain ye Juice & take the 3^d part or more of the Sugar & putt in as much Juice as will make it boile, cleare Skim it & put in the Berries & some of the other Sugar, Strow all over Sett them upon a reasonable hott fire & as it boiles Strow Sugar on them, when all ye Sugar is melted Skim it & take out the Corrints; lett the Syrup boile to be thick then put it into the Berries.

To dry Apricots.

After they are preserved, take them & put them into hot water then dry them very well, & strow Searsed Sugar on them & so Sett them in a Stove.

To make Cheese Cakes.

Take 3 gallons of Milk and make curds of it, Draine them well from the whey, then beate them in a mortar with about a pod of butter then Season it with mace Sugar & Salt to your liking, then putt in allmost a quarte of Creame, about 3 whites of eggs & 8 or 9 yolks well beaten, & so mingle all these together, & put it into thin paste made with flower butter Sugar & water, so bake them.

To make Taffatye tarts.

Take very good peppins, pare them very cleane, cutt all the bruises out, cut them in 8 quarters, then cutt them in Square peeces like Diamonds, putt to 20 peppins a quarter of a pinte of Sack & half a pod of Sugar & the peels of 2 oranges cutt extreme Small. Boile your Apples first in the Sack

the Seck & sugar, let them not Greake nor Burne in boyling, when it is near boiled put in the Orange peels & let it boile a litle, then take it of & put it in a Sylver bason & Squeese the juice of 3 Oranges into it Put it into paste made with halfe a pinte of flower & half a pd of butter 2 eggs bracken in the paste, make it with water Sweet-ned very Sweete, if you like it you may putt in a grain of Amber-greece into the Apples when the Orange peels are putt in. The tarts must be done over with doble refin'd Sugar & rosewater, they will be baked in a quarter of an houre, the Oven must be no hotter then for white bread, they must be baked assoone as they are made, but the Apples must be cold when they are put into the paste, the crust must be very thin, some doth not boile the Apples at all.

To make litle Cakes with Burrage & mary gold flowers.

Take the marygold & cut of the whites & pick the burrage flowers then take a pace of double refin'd Sugar & dipp it in faire water & put it into a porringer Sett on the fire, let it boile till ye drop will stand upon the side of a dish, then take it of & stirr it a litle with the spoon that it may not be so hot as to Sever the flowers. then put in the flowers & stir them together & poure it out upon a pye plate let them stand till you perceive they will cut then cut them & trace them one upon another, in a day or two they will be dry. As the Sugar hot, you may put in a spoonful of Orange flowers water and if you please lay the sugar with ambergreece to perfume it.

To make Ringoe Creame.

Take 3 pintes of Creame, put to it a quarter of a pd of new Ringoe Slice them very thin then take a quarter of a pd of Naples Bisketts pare all the browne of top bottom & sides then slice them in, put all in cold, then Sett it on the fire & let it boile about halfe an houre but not to fast, when you put it into your Dish you must Stirr it till it be cold.

To preserve Citrons.

Take your Citrons Scrape of the spots & put it cleare, and cut it into quarters, take out the meate. Then you must have two Skellets of water on the fire, when it boiles put in your Citrons into one of them & when it has boiled a while, putt ye Citrons into a bason of cold water till they be cold, then put them into the other, then put cleare water into the Skellet from whence they came, and when it boiles put your Citrons into cold water & then put it into the Sek, So doe 3 times Shifting ye water. Then take the full weight of your Citrons in Sugar, put some water to it & let it boile till you have Skimed it well then put in your Citrons & let it boile 2 houres, then Sett it by till ye next day, Then Sett it on the fire & Stamp some pippins & straine them take to every pd of Citrons a quarter of a pinte of the Juice & put to it your Citrons, let it boile and Still Skim it, then straine the meat of the Citrons and when it has boiled till the Syrup be thick take it of & put in your Juice if it be not enough to your liking add to it the Juice of a Lemon & some Amber-greece.

To preserve Figgs.

Choose the fairest figgs and not thorow ripe, Boile your water then put them in & boile them very fast till they be tender, Then pcel of the thin Skin, take their weight in Sugar, dipe ye lumps in water & let it turne into water, again boile it till it hairs lay your figgs in a pewter Bason & poure your Syrup on them, then heate them twice a day till the Syrup beginne to Candy about the Sides of the Bason, then lay them on plates & dry them in a Stove.

To preserve Goosberries another way.

Take your great large Cristall goosberries when they are att their full growth, cut of tops & tailes and Slit them down in the crest, take out all the Stones, cast them in cold water as you bor them. Then take their weight in doble refin'd Sugar, and have in readnes boiling clear water & put your Goosberries in, put them over the fire till the Skin comes of, that is till they will peal of, then cast them into cold water again then wett 3 parts of your Sugar with water iust to wett it and put it over the fire & let it boile, Skum it cleane put in your goosberries but the water must be clean runa from them in Stroo some of the remainder of the sugar over them make them boile pretty quick Skum them clean then put in to a pd of goosberries halfe a pinte of Juice of goosberries & half a pd of doble refin'd sugar to that then make it boile as fast as you can then if it begins to Jelly put in all your Sugar make it boile 2 or 3 warms more then take it of, Skum it cleane that put them in Sett in glasses or pots take of some Jelly with ye goosberries So put them in 1 or 2 together till you have filled your glasses, Sett them by till they are cold, the next day put as much Jelly over them as will cover them when that is cold, paper them & sett them in a cooe place.

To dry Angelica

Boile it tender & pull of all the strings it as you doe ye green Apricots, but not put Venigar to it. Take the weight in Single refin'd Sugar to a pd of Sugar 3 quarters of a pinte of water, Boile your Sugar & water together, Skum it cleane, put in your Angelica let it boile leasurely some time Cover it, when your Syrup is thick take it of. You may let it lye all ye year in Syrup and dry it as you use it, when you dry it, take it clean out of the Syrup & lay it in a thin candy but iust to boile up, dry it in your Stove.

To make dropt Jumballs of different colours.

Take gum-dragon and Steep it in Juice of Lemons, & when it is Steept so that it will straine, then mix it with doble refin'd sugar sifted thorow a tiffany searcher to that thickness that it will drop, let them drop on sheets of tine, when they are dry turne them, so put them between papers. If you would doe them Blew take

your blew violets and cut of all the whites & stamp the leaves in a marbre mortar butt litle & put boiling water to them when the colour is clear gone from them, straine them & steep your gum in thet So order them as the other. If you would have them gridelin, put cold Juice of lemons to your violets after they are stamped, lett it stand all night, then Straine it as before. If you would have them either Carnation colour or pinck order Cloves Jelyflowers in the Same manner. If you would have them yellow doe so by Cowslips. If you would have them of Chocolat Scrape your chocolat fine & mix it with your Sugar & order it as ye other If you would have any of these perfumed mix either Civett or mesk with your Sugar before you mix it.

Chocolat Almonds are done with the same of the drops, and the white Almond with the same of Lemons Jumballs.

If you boile ye drops you must wett your Sugar iust wett & boile it to a high Jelly to drop & put in either perfume spirit or flowers.

more of this look page 39. & 29.

To make cleare Cakes of Goosberries.

Take cristall goosberries when they are at their full growth cut of tops & tailes wash them, put them in as much cleare water as will cover them & no more, Boile them quick as soone as they beginne to breake take them of ye fire and put them in a cleare linnen bagg, tye your bagg close & hang it up & lett the Juice run from them; To a pinte of that Juice take a po^d of doble refin'd sugar, mix them together, beat it Scalding hott over ye fire then take it of & skum it cleare & put it in your glasses, lett it stand till they are cold, then stove them in a moderate Stove, when they are candied on one side turne them on sheets of tinne & sett them in again, when they are dry enough lay them between papers.

To make paste of Goosberries.

Codell your Goosberries, Bruid them thorow a haire Cise, to a po^d of ye pulp put a po^d of doble refined sugar, put half of your Sugar to it lett it be beaten & sifted, Boile it up quick & skum it cleare, then take it of the fire & put in your other half of sugar, heat it again over the fire, but not boile then take it of, skum it cleare, put it in glasses and order it as the cleare Cakes.

To preserve green Apricots in Jelly.

Take ye greene Apricots before they are stoned, put them in cold water & cadell them a litle, till they refuses will com of, Scrape them gently till the refuses comes of, then put them in a brass skellet in cold water with a litle Venigar in it, when they are all done, cover the pan close & set them over a soft fire & lett them simer till they are as green as you would have them, then take-

take them of, and take their weight in sugar sifted but you must weigh them before they be scalded, to a po^d of sugar 3 quarters of a pinte of water, mix your Sugar & water together, boile it & skum it, put in your Apricots but clear taken from the water lett them boile pretty fast till your Syrup is thick then take them of & if you putt them in Jelly make it as you doe for the Oranges & when it is allmost boiled put in ye Apricots & lett them have 2 or 3 boiles together put in a litle juice of Lemons, & before you take it of the fire lett it boile after it. So put it in ye glasses when it is cold put Jelly over them as you did to your goosberries.

To Candy Almonds.

They must be blanchet & slit downwards in thin slices, and take doble refin'd sugar & iust wett it with half water & half orange flowers water & boile it almost to a Candy height, then put in your Almonds & lett them boile a litle keep them stirring, then take them of the fire & lett the candy run from them & take it out of the pan, then put your Almonds over a soft fire & keep them stirring till they dry, then keep them for your vse.

To make pretty Puffs another way.

Take Cheese curds, beate it very fine, and as much flower as curds & stirr it in a dish that will hold a quarte & put in 4 eggs a grated nettmegg & season it with a litle salt, soe lay it in round Cakes upon papers that are well butted So lett them in ye oven to bake they will rise much you may ice them if you please. Serve them warme with butter Sugar & sack if you will.

To make Lemons creame another way.

Take 10 eggs leave out half ye yolks & beate them very well with 2 spoonfull of rosewater, then take 4 lemons of an ordinary size, & Sqeze out the Juice, So straine the eggs & lemons thorow a cloth into a Skellet & lett it boile softly keeping it stirring a great while upon coales till it be pretty thick then take it of & sweeten it & poure it into your dish, lett it be cold before you eate it.

To make Spanish pap.

Take a quarte of creame the yolks of 6 eggs 4 spoonfull of flowers of rice one grain of mesk or Amber-greece 2 spoonfull of rose-water Sugar as you like, Almonds blanched & pounded as much as you please. Boile your creame first & lett it coole, then mingle them together over a Chafing-dish of Coales

To make thym creame

Boile 2 pattons of new milk with a large sprig of thym & the white rinds of a lemon then as it boiles put in by degrees a bottle of sweet creame, & when it boiles again, put in half a po^d of sugar, stirr it well, then put in the Juice of a lemon, then take it suddenly off ye fire & stirr it till it be half cold, then cover it close & lett it stand a day & a nigh, & so ridd it.

To make a Poole.

Take a pinte of Creame & when it boiles put to it the yolks of 4 eggs well beaten, the thready being taken out, so keep it with Stirring putting into it Sugar & rosewater So empty it into your Creame dish.

To make Rasberries Creame

Take Rasberries & bruise them well in a dish with a spoon & put to them a little rose-water & sugar then set them over the fire with mask and ambre-greece So soone as it is warme take them of, and when it is cold lay it all the bottom of the dish, then putt either Snow or creame upon it having some juice of Rasberries to drop up & downe the Creame

A quick way to dry grapes Apricots or Plumbs.

Stone peele & pare such fruits as require it Scald them in a very thin Syrup when they are cold take them out & drain them well & take to a pd. of fruits a pd. of fine loafe sugar being finely beaten Strow Some of the Sugar all the bottom of the dish then lay your fruit on it and Strow more sugar so till all your fruits is in, reserving ye most sugar to lay in on ye top, let this Stand 5 or 6 days then draine them well from the Sugar & drye them you may make any thing with the Syrup that you meane not to keep, your Syrup must be cold when you first put in your plumbs but for other fruit it may be hot.

To make Ginger Cakes.

Take a pretty quantity of Sticampana the roots of it & a root of Angelica & a Confry root Scall them & make them very tender & peele them very cleane & take near an ounce of the best white ginger in races & slice it and boile it a-little in Damask rose-water till it is pretty tender then in a Stone mortar beate the ginger & all the roots to a fine pulp, take a pd of loafe Sugar & wett it and boile it to a high Candy to a sugar again then put in your pulp & stirr it on the fire without boiling till it be very well mixed & then stirr it till it be pretty cooll then poure it on a pye plate, and when it beginns to be pretty hard cut it into Lozenges & dry them in a Stove & so keepe them.

To dry preserved Apricots Cherries or Peaches.

When your Apricots are preserved as in page 17 & 40. Scald them 3 times letting them lye in the Syrup every time till they be cold the last time take them out & lye them in Stove dishes & stove them at first with a geotly fire, they require 3 or 4 days drying, when you put them in dishes to Stove put a little Syrup on them & with a spoon, doe so 4 or 5 times a day, untill they candy. At first after your Apricots are pared you should prick them which will keepe them from shrinking, after your fruit is scalled boile the Syrup again to a Candy height so put it on as above. looke also another way page 43.

A Lemons Caudle

Take a porringer of water & the yolks of two eggs well beaten, take 2 lemons & cut the peeles very thin of & mince it small & put it to the water with the juice wrung in. Set it on the fire Keeping it Stirring one way, let it boile as you would a mess of creame, so water it.

Jelly of John Apples to lay on Oranges.

Take John Apples, pare them & cut them a little lofe thee quarters, prick the Kernells out but leave the cores in, as you pare them put them into water to keepe their Colour, putt for every pound of Apples 3 quarters of a pinte of fair running water, let it boile a pree till it be half consumed then take it of let it run thorow a little flanell or cotton bagg then take the full weight in doble refin'd sugar wett the Sugar well in faire water boile it almost to a Candy height then put the Apples liquor & 2 or 3 slices of Oranges peels & one of lemon together let it bode pretty fast when his half boiled put to it from orange juice a little & a little of lemon & a little warmed together You must not put to much juices for then it will not Jelly, when it is Jellyed put it to your glasses that have peeces of Oranges put in before

Cheeses Cakes another way.

Take a quarte of creame & 14 eggs whites & all being well beaten then stirr your creame & eggs well together in a skelet over the fire till it curds, as much as you desire then take it of, put in it a quarter of a pd. of currints & sweeten it to your taste putting in Rosewater & nutmegg, you must all the while it is on the fire Keepe it Stirring, least it burn.

To Keepe Quinces 2 yeares.

Take stale beer or ale. Boile it with refuse quinces pairings & cores pretty strong let the liquor coole & then put in your Quinces you mdane to keep lye them close in a pot you need not put out the pairings. Some instead of beer makes use of water.

To make Wiggs.

Take a quarter of a peck of fine flower half a pd. of butter a grated nutmegg & half a pinte of good ale yeast 2 eggs one of the whites taken out a small spoonfull of Carraway seed a quarter of a pd. of sugar warme as much milk as will wett ye flower & melt the butter in it and in the Working put it in peces & not Knead it let it lye a little while warm to rise. And when you make them up Strow in your Sugar being mixed with ye nutmegg & the seed, roule them thin, prick them well, be sure your Oven be not to hot. Set them assoon as possible & remember a little Salt.

To make Curds loaves.

Take 3 quartes of new milk turn it with runnet wring the whay out in your Cheese cloth stamp the curds very fine in a stone mortar put into it ye yolks of 6 eggs & one white a handfull of grated bread half a handfull of flower a little salt Mingle them well together, roule them with the hands into little loaves set them on butered paper wash the-

the tops over with the yolk of an egg & a little bear beaten together. Three quarters of an houre will bake it in a quick Oven; Take halfe a pd. of butter — 5 spoonfull of rosewater, halfe a nutmegg slicd thin, a little sugar, Sett all this on a quick fire, stirring it continually till it be melted, then draw the leaves, cutt of ye top, Stir up the ends within poure in the butter, So Serve it.

A Goosberry Fool.

Take a quarte of Goosberries & a quarter of a pinte of white wine & stew them on the fire till the Goosberries be soft then take the yolks of 3 eggs & the white of one a good quantity of Sugar, Strain them together thorow a haire Cise.

To make Creame Tarts.

For paste take 2 quartes of flouer a quarter & a half of butter, halfe a pinte of creame, the yolk of an egg, mingle the butter & flouer cold, So make up the paste with cold water, this will make 3 tarts. Take your pepins pare core & quarter them, with a little lard in Iron draw some thin peeces of preserved Orange peeles as little as a pin, lay the Apples in quarters, putt as much Sugar as will keepe them moiste, when they have stood in the Oven half an houre, cutt up the lid & poure in the creame. You must take 2 quartes of creame the yolks of 8 eggs, beate them every one Severally into a Spoon — cutt it with a knife in the Spoon & the Skin that contains the yolk pull out, beate the eggs well putt them to the creame, Sett them on the fire Stirring ye creame till it is Scalded then take it of & putt in as much sugar as will Sweeten it & rose-water, So poure it in, let it stand halfe an houre almost in the oven, If you will ice them after the creame is in with the white of an egg & rose-water beaten well wash the lids over with a feather, Searsh Sugar on it thinly — the tarts must be drawn 3 houres & a half before tis eaten.

To make a Lump Creame.

Take 2 gallons of milk & Sett it over the fire till it be hot then have ready 6 whites of eggs ready beaten, mix them with a little milk then take your milk of the fire & putt in the whites of eggs Stir it very well & poure it into 3 milkpans & let it stand 2 days then take of the tops and lay it in lumps as high as you — please in the fashion of eggs to the number of 6 or 7. in a dish, putt some raw creame to them with Sugar & rose-water, Straping Sugar on the lumps So Serve it this is most the Same as clouted creame page 37.

To make Quinces puff.

Take a faire quince & boile it tender & take the pulp of it putt it in a Stone morter & beate it Soft your dable refin'd Sugar & beate the white of an egg to a fresh grind your quince round putting offer your Sugar by little & a little egg but till grind it till it lookes — very white & gets up to the top of the morter then drop it on plates in little drops & putt it into the Oven when any thing is draw out when they are enough they will be crisp then take them out Sett them in a dry place. You may make them of Apricots if they are ripe you need not scald them.

Almonds Cakes. another way.

Take if you would doe but a few) halfe a pd. of Almonds that are blanched & beate them in a Stone mortar, every foot putting in Some juice of lemons to Keep it from oyling; when they are beaten exceeding fine take it in a porrenger, Cutt little Square peeces of paper & each paper bake it very thinly over, then with a knife spread the Almonds on this papers round like a Cake, but you must have care to spread it every where alike & very thin, So putt these papers on a cleare gridiron or Some Such thing over a pan — coales and when they looke a little yellow on the edges they are baked enough, while they are hot they will com off the easiest, when you have with pa — pers gotten them of sett them by, & the next day clip them Smooth round — fierce gotten them of sett them by, & the next day clip them Smooth round the edges if you Scrape the papers, you may use them again & they are better then fresh, you may use them to Severall times. When you ice them take your fine sifted Sugar, wet it with Orange flouers water & boile it to a Candy heigh till it strings in the droping, Spread it very thin on the Cakes with a knife & when you have done So, lay them one by one in the pan as you doe puff, So bake them with fire a top & a little at the bottom And — when the Sugar glisters it is enough, you Should lay these Cakes on cleare white paper So take them up & putt the rest in, and if your Sugar is so thick that it will not Spread thin putt a little more water in & boile it up a fresh, when they are almost cold, with a knife take them gently of & lay them on dry papers, and So doe the other side as you did that, if you doe not — take them of before they are quite cold, they will not come of at all without breaking. When you beate your Almonds, me thinks faire water is best to — wett them with, you must bestow much time & paine in the beating of ym.

To dry Damsons or any plumbs that are black another way.

Take 4 pds of plumbs & one pd. of Sugar, then Slit the plumbs in the — Seame & take out the Stones with a bodkin, but you must not abate of the — Sugar for taking out of the Stones) put your Sugar into two quarts of water and when your Sugar is melted & it doth almost boile Skum it and put in the Plumbs, cover them close, take it of the fire & so let it Stand a quarter of an houre to Scald then take them out & lay them one by one on a tile & putt — them in the Stove, the next day turn them on glasses So turne them till both Sides are dry. Then dip them in Scalding water, dry them in a linnen cloth Stove them till they are dry, then Scald them in water wipe them & Stove ym. So doe till they Shine & looke blew & are not clamy, be sure you mind your Stove that they be not to long a drying. Sometime you must Scald them in water 8 or 9 times before they will be dryed enough, Smooth them handso — mely as you doe them. A Goosberries Fooke. another way.

Boile a quarte of Goosberries with halfe a dozen Spoonfull of water, as much Sugar — as you think fit, So boile it all to mash till tis thick. Eate it cold. You may take Some of this & having boiled halfe a pinte of creame & stirred in the yolks of 3 or 4 eggs, putt your Scalded goosberries to them & keep them Stirring over the fire Some time, but not to boile.

Preserving.

To Keepe Corrints till Christmass so fresh that you may preserve them then.

Take your gardens mats & fasten very close about your Bushes, or the top & sides. Approuved.

To preserve or dry Corrints read or white another way.

With fine sharp Sizers cut of their black eyes & stalks, & with a sharp quill stone them at the eyes strewing some sugar on them as you doe them to keep their collour, then take their weight in fine doble refind sugar that is beaten & searcht, strow your sugar a top of them & let them stand all night the next day take some juice of corrints & putt it to them, so boile them as pag. 49. If you would dry them you must not cut them of the bunches, but stone them & tye 2 or 3 bunches together, so weigh them & doe as you did to the preserved leaving them stand all night in the sugar & the next day put in noe juice. Scald them as they are three times in a day for 2 days then take them out and lay them in glasses & stove them.

Lemons Biskets.

Take a lemon grate it yellow & white to the meat, take this grated rind & put it in a mortar & grind it with sifted sugar to a paste & then put in as much white of an Egg as will lye on a six pence, so grind it a little more then take it out & with sugar mould it & flatt it & cut it into what shape you will, you must cutt them or else it will not rise. Soe lay them on papers in a baking pan with a little fire att bottom & a good deale a top.

To make Spanish pap. another way.

Beside what is orderd page 47. you must wash some custards dishes with sack having before loared them with salt, you may put the sack you reached them with into your sott pap, then put your pap into your dishes. Some think if you turn them out of the dishes while it is warme that they turn out best other says cold) So stick them a top with almonds blanched & eate it cold with bread.

To Keep sweet-meat from moulding.

Boile some water & sugar together & dip paper in it & lay it close to ye sweet-meat.

Rice's Custards.

Take your rice, beate & sift it fine, then take whites of eggs, beat it to a froth & take it in a spoon up & put it in another thing, so doe so long as it will froth then mingle that froth & that that will not froth together & beate it up. So putt in your rice & sugar & some rose-water, stirr it well together. Sett your creame on the fire & make it boile up, then stirr it in this rice & boile it. Keep it stirring least it stick to the bottom, till you think it thick enough, so poure it into your Custards dishes. If you would have them looke red take Cochenill beate it fine & putt juice of lemons to it, straine it & poure it in your rice before you putt it in your creame, as much of it as you think will colour it. If you would have it green put in only juice of Spinage to your rice.

Preserving.

To preserve Cherries in Jelly.

Stone them & weigh a pd. of Cherries & a pd. of sugar, & lay a lay of Cherries & a lay of sugar till the most of your sugar be in, then take 3 pints of corrints pickt & straine out the juice & add half of this liquor to your Cherries. So gently boile them & when they are well skimed put in the rest of ye juice & sugar adding a full quarter of a pd. of sugar or more because of ye Corrints; thus let them gently boile, till they will Jelly, Keepe them well skimed then take up your Cherries without the Syrup into a basom & with a bodkin put them one by one into the thing you keep them in, Boile your syrup a little more & put it to your cherries. Keepe a little out to put on the next day.

Cambridge Almonds butter.

Take one quarte of Creame, sixteen eggs well beaten, mix them with ye creame & straine them into a Skillet & sett them on a soft fire, stirr them continually, or it will burne too, after it is ready to boile putt in half a quarter of a pinte of Sack and it being run to a curd, putt it into a cloth & draine the whay from it as much as may be. Then take a quarter of a pd. of Allmonds blanch them & beate them very small with rose-water then putt in ye curds by degrees with a pd. & a half of loafe sugar & beate them well together put in last rose water, you must beate them in a stone or wooden mortar look p. 28.

To make Barbaries Cakes.

Pick your Barbaries, put them into a pott, put that pott into boiling water when they are enough rub them through a cive, Beate & searsh your sugar, then take your barbaries, set them on a fire to drye, when it is very dry, wring in a little lemon, mix your sugar & pulp together, so drop them on plates to drye.

A good ordinary Sillibubb.

Take white or Rhenish wine, a little juice of lemons, sweeten it well, putt to it a top of Rosemary, so milk to it in the milking, putt to it 2 or 3 times a little good creame, when it is to the top, putt in a good lemon cutt a cross or half a one then putt in a little creame a top of all, let it stand a while.

To make Almonds Creame.

Take ye best creame and boile it stirring all one way, then take a quarter of a pd. of almonds, blanch & beate them well putting in a little rose water as you beate them then straine them & take 5 or 6 eggs the whites only, beat them well & put the almonds to them, when the creame is thick enough & ready to take of putt in the almonds, let it once boile up & then take it up stirring it till it be cold, So serve it.

Plumbs Creame.

Take your plumbs & pare them & cutt them of from the stones then skin them very thin; then putt them into a Tankard & sett them in a pott of boiling water, So let it boile, till it Jellys then take it out & beat it with sugar & rose water. Then take some creame & put some large mace into it & boile it well then stirr it till it be warme & put in as much of your plumbs stuff as will thicken it, beat all together. Serve it cold.

To make fruits Biskets. Mrs. Max.

Take the ripest Apricots or plombs you can get, putt them into a gally pott in a Skellet of water let the water boile till the plombs are tender then putt them in a white dish & pick out all the Stones & Skins, then Straine the pulp thorow a Strainer of Canvas that is thin, putt 2 or 3 spoonfull of the first running away then take 3 ounces of the thick & putt it into a pot with 4 ounces of doble refind Sugar beaten & searcht thorow a lawn Lire, then take the whites of 2 eggs, beat them to a froth & put to your pulp & sugar the quantity of one of your whites, yt beate it all together half an houre. Untill it come to such a thiknesse as that you may drop it on a peece of white paper with a spoon without running into what fashion you please; then putt them into your Stove, keeping a moderate heat to ym till they are dry, & then they will com cleare from the paper, which will be in 4 or 5 days. Keepe them in a dry place for your use. this is for your read Biskett. For the white you must pare & stone your fruits before you put them in yt pott this way you may make them of all sorts of fruits.

To make Sugar Plates.

Putt gum dragon in steep with rose water, when it is well steeped Straine it out & putt in Cinamon in pouder or what you please to give it a taste, So make it up to a paste with sifted Sugar & rowle it out thin with a little rowling pin, & cutt it in what Shape you please. It dryes presently with a little heat.

To Keepe Goosberries all the year.

Take them full grown but not ripe, pick of the tops & tales & putt them into glass bottles fill them full, cork them well & put them into a kettle of cold water. Sett them on the fire not to hott at first by degrees boil them a while till you think the goosberries almost Scalded then take them of & let the bottles stand in the water till the water is cold then take them out & let your bottles be fastned well either with wax soft, or leather. Sett them in a cool Cellar. Pick them with sugar as green goosberries.

A Creame Sister Maries.

Take half a pod of marmelate of Apricocks or preserved Apricocks, or any other fruits the whites of two eggs new laid beate this an houre & a half, till it be very thick & white, then heap it upon Sirvers.

To keep the Juice of Oranges or Lemons a year or 2.

Take your Oranges, Squeese out the Juice into a Sylver Tankard & putt as much loafe Sugar as you think will take of the extreame Sharpness, put it in in a lump, So let it stand till next day, then Skim of all the filth that rises, Stirr the Sugar about & let it stand till next day and if it is not fined enough for it will looke like Rock-water if it be cleared as it should be, put in more Sugar and So do as afore till it is well cleared, then bottle it.

Baboons.

Take 7 eggs, leave out 4 whites, then take half a pod of fine Sifted Sugar, beat your eggs in an earthen Basom & your Sugar & putt in flower by degrees Still keeping it beating till you have made it thicker then hasye pudding, let your Oven be heating all this while, and you must beate it till it goes into the Oven, let your flower be very dry, then butter Some papers very thinly over and Spread the Stuff indifferent thin on the papers in a long Square, So put them into the Oven on thin plates and when the edges beginne to looke browne, you may guess them enough; then take them of gently with a knife, and put them on wooden blocks to bow them, So sett them into the Oven again to harden; So you may put another Sett on to harden, after you take them of the blocks put them on some flat thing & toward night sett them into the Oven for all night; you may butter Some thin pans & make litle cakes of some. If you please you may ice these things with a cleare or thick ice, Keepe them dry. Reserve Some of your weighed Sugar to beat in at the last, Putt in at your first beating some Orange flowers water.

Conserve of Roses another way.

Take a pinte of the Juice of Roses, & putt therein as many clipped roses buds as it will thoroughly wet, & let it lye 24 houres, then putt in a pinte of rose-water & boile it with as much Sugar as all weighed.

To dissolve Amber-greece.

Take your Amber-greece & with the juice of lemons grind it upon a Stone for that purpose, and if you think it be to thin, putt a litle pouder of Sugar to it & grind it till you see it all dissolved, putt it up close & keepe it for your use.

To preserve green grapes. Mrs Edwards Recpt.

Take the fairest Grapes, before they beginne to turn, pull them from the Bunches and leaves on the Stalkes, Sett them over a quick fire and Scald them till they beginne to tender then pull them, slitt and stone them as you doe them sett them on a gentle fire close covered till they be greene. Take to a pound of grapes a pound and quarter of doble refind sugar half a pinte of water. Make the sirrup and skime it clean, putt in the grapes and boile them a pace, till they are clear strong sugar finely beaten. When the grapes are cold take them out of the sirrup and boile it a litle more if it be thin before you putt it to the grapes.

To preserve green Apricocks.

Take a pod of the fairest Apricocks in the mide of June pare them thin, putt them in a Skellet of boiling Water till they are green, cover them close and sett them on a gentle fire; take a pod of doble refined sugar and a pinte of Spring water, putt in half the sugar into the water make it seed & scum it cleare: putt in the Apricocks boile them close covered till they oppen on the side. Take them out of the Sirrup, and stone them, fill them up with sugar and close them up again, putt in the rest of the sugar

sugar into the Sirrup make it boile, putt in the Apricots boile them till they are cleare, Strow in some sugar finely beaten as they boile sett them by a day or two, putt them in pots & boile the sirrup till it be very thick fill up the pots with it while it is hot. Keep ym dry.

To preserve ripe Goosberries.

About the 20th of June take the largest Dutch Goosberries, before they beginne to turne the color, Cutt of the tops and stone them. thro them in water. to three quarters of a po: of berries take one po: of doble refind sugar, putt the Berries in as mach cleare water as will cover them, and sett them on the fire. when they boile up putt in 3 parts of the sugar and boile them apace a litle time, then sett them of, and lay paper on them to take off the scum. When they beginne to ~~bodo~~ be cleare, sett them on a quick fire and putt in the rest of the sugar. boile them a great pace till they are cleare and the sirup settled being almost cold putt them in glasses, Keep them in a roome where fire is.

To dry Quinces.

Quarter faire Summer quinces, and thro them in water take their weight in to Sugar, make it in sirrup with water enough to cover the quarters & boile them gently, till they are tender. putt in by degrees the rest of the Sugar and cover them close till they begin to looke of a pale read boile them till the sirrup be thick, let them stand a weeke then lay them a draining all night lay them on glasses and sift sugar on them and sett them in a stow not to hot, turn them on a day with sifted sugar.

Preserving.

To preserve Oranges whole.

Pare the best Sevill pare them thin or grate them make a hole in the top boile them tender in spring water then putt them in cold water 24 hours, lay them in a cloath to draine; Clarifie double the weight of good pouder sugar, putt them in and let them stand 2 daies, boile them over a gentle fire half an houre Sett them by 2 daies & boile them again a quarter of an houre when the syrup is thick to drop putt them in pots and when they are cold paper them close.

If you dry them you must take out the pulp with your fingers when you take them out of the boiling water att the hole in the tops, and pett them in a sirup of the weight and half weight of sugar they must be dried out of a syrup made with loafe sugar. the best time for them is in January.

To preserve Citrons peeles.

The best white Citrons att the same time you doe Oranges Scrape and rube them very cleane; cutt them in what pieces you please, boile them over a quick clear fire, have ready their weight in sugar clarified; when they are tender putt them in the sugar before they are cold, boile them till they are clear, So boile them 3 or 4 daies one a day, adding half the weight more of good loafe sugar when they are cold Keep them close in pots or they will dry out of the same sirup.

To preserve White Grapes.

Take the largest white grapes before they are to ripe pick off the smallest one that grows between them, Stone the largest in bunches, sett them over the fire swimming in cold water, let them stand till they look pale, they must not be tender in the water; the next day putt them into a thin Syrup, & let them stand 2 dayes, then sett them over

Preserving.

over a gentle fire & lett them boile half an houre, then put them into a fresh clarified sugar. If they are not of a good green the next day sett them on the fire again and make them hott & so sett them by till the next day then drain from the Syrup & boile it so high that it will stand in a string betwixt your fingers & thumb, then putt in ye grapes again & let them have a quick boyle, sett them of & cover them with a paper the next day lay them a draining, and dry them on new Sives.

To preserve Pepins.

Pare the best yellow pepins in May these that are shriveles cut them a halves; make their weight in double-refind sugar in a pretty thin Syrup; put in the pippins and boyle them apace for half an houre, or till they have taken sugar and are clear, the next day add a litle more sugar to them, and boile them till the syrup be a good Jelly, and when they are cold lay them a draining upon new Sives, dust them with sugar before you sett them in the stow.

Lemons Creame

Take 4 large lemons chip them thin, mince the chips put them into the juice, lett it stand 2 or 3 hours. of 7 eggs take out 3 yolks, beate them well, putt them to the peels with a porringer of faire water 4 spoonfull of Orange flower water, Stirr it together and straine it thro a cotton, Sweeten it with a double refind sugar, musk or ambregreese to ye taste Stirr it over a chafing dish of coals, till it begin to be thick as creame, then dish it, it will keep a day or two.

Flower Bisketts.

Take 1. poⁿ of doble refind sugar, 3 quarters of a poⁿ of flower dryed, 10 eggs take out half the whites, wip them with 3 spoonful of rosewater 1. of sack 3 blades of mace minced fine, Stirr in the remained flower and beate it one houre, then put in the sugar and beate it half an houre. Drop it on papers, the Oven not so hott as for goosberries tarts. Sift sugar in them when you sett them.

Preserving.

Almonds Jumbals.

Beate 1. poⁿ of Almonds in a stone mortar with the white of 4 eggs whipt to a litle froth with 3 spoonfull of Angelet water, and mix them with two poⁿ of double refind sugar beaten and sifted, Sett it over a chafing dish of coals in a Silver Bason and when it begins to be drie and cleare from the beson tis enough. Let it coole and worke it thro the pipe. ye Oven must be hott as for bisketts.

Lighte Cakes.

Dry a poⁿ of fine flower, a poⁿ of corrints washed and dried, whip 8 eggs half an hour, then work into ym 1. poⁿ of fresh butter till it com to a pulp, put into it 1. quarter of an ounce of minced mace and the corrints; mix 1. poⁿ of sifted sugar with the flower, & Stirr it well together with 4 spoonfull of roses or orange flower water drop them on paper and pinstips of paper round them. Sift sugar on them, when you sett them the Oven must be hott as for tarts.

To make Wiggs.

Halfe a peck of flower, half a poⁿ of sugar, half a poⁿ of butter, 1. spoonfull of Carroway's seeds. a litle ginger.

To make Cracknells.

Half a poⁿ of flower, a quarter of a poⁿ of sugar, half a quarter of butter, Carroways seed, yolks of 3 eggs 1. spoonfull of Cardues water and one of thick creame.

To make Cakes.

One poⁿ & half of flower. 1. poⁿ of sugar 1 poⁿ of butter yolks of 7 Eggs.

To make Buns.

Into 4 poⁿs of dryed flower, rub 2 poⁿs of fresh butter 1. pinte of boiled Creame with slice nutmeg. being almost cold mix with it a pinte of good Ale yeast. The buns being made put 1. poⁿ of Carrow: Confits: it must not lye to rise

Preserving

How to make a fresh Cheese or hedgehoge to eate with Creame.

Take half a pinte of Creame and two eggs and beate them and put them into the Creame with a Spoonfull of sower Creame and putt it altogether into a Skellet and sett it on the fire and stir it continually & lett it boile until it be turned to curds then take it of the fire and poure it into fresh Cheese pan and lett the whey be cleare drained from it then take a good handfull of Almons and blanche them and beate them very smal with rosewater then put the curds to them and some sugar and grinde them well together then putt it to the dish of creame or make it on the fashion of a Hedgehogg & stick it with blanched Almonds sliced.

To make Quinces Cakes.

Take quinces & boile them till they be very tender and pare them & scrape them upon a trencher till you com to the core then take the weight of the quinces of loafe sugar finely beaten and mingle them together and set them on the fire and boile them a pace till they com clear from the thing then take them up and laye them upon a plate of glasse in what fashion you will have y^m

Bitter Almonds Cakes.

To one pod of bitter Almonds blanchet & beaten very fine with a litle orange flower water to keepe them from oyling take one pod or better of double refined sugar finely sifted and the froth of three or four white of eggs well beaten with a whisk mix these all together and so make them into litle cakes upon tinny plates & dush a litle of the fine sifted sugar over them and bake them in an oven not to hott.

To Preserue

of a Clear yellow Coulor to every pound of quinces take 1 pound of lofe sugar & a quart of water with this make a sirrup boyle in hase the quinces the gether sweth quinces is the best serve the quinces & a little purstyle then then pare them & put them in a litle Cold water & let them lie there till the sugar be Clarified when it is scumed clean as the sirrup boyles up put them in & keep them with a constant fast boyleng ever turning them till the sirrup be thick then put them out your sp.

Take 12 fair pippins pare and slice them cove them into a quart of faire water and boyle than a pace till the water be boyled to a pinte then strain it through Canais and put to that 3 quarters of a pound of double refined sugar Juice of 2 orings & one Lemon pare the rine of the Lemon very thin sweth it in 2 or 3 waters till the bitterness be out of it then cut it into litel strings then boyle the Juice of pippins and sugar ~~put~~ gather till you have scumed it Cleane then put in the slised Lemon pill & boyle that mean a quarter of a houre then put in the Juice of oring and Lemon according to your tast and if you like a litel ambargreece & musk put it in a stiffney and boyle it a litel in it when it will Jelly use the spoon it is enough you may then put it forth into glasses and keep it for your use

To Preserue Walnuts White Lady Mary Bertei

Take the walnuts 3 weeks after midsumer & pare them to the white as fast as you pare them put them in faire water & keep them down under water boyle them in 2 waters & when you have paird them to every pound of nuts take a pound of sugar & 6 ounces with near a quart of water when the water & the sugar is clean scumed put as much of the sirrup as will cover the walnuts let them boyle as fast as ye can & as ye sirrup wast put in more tell y^e are tender when y^e are tender & near done put in a quarter of sugar then take them up in a cullinder & with a borkin put Candied Citorne ye next day give them a boyle it must all be don with all speed possible or the will turn black if you pleas lesen ye water & in ye last boyleng add a little Juice of Lemon

To Make Cards Lady Mary Bertei way

Take 4 ounces of fine sugar searced three ounces of purr fine flower & half an ounce of Gumdragon steep in orange flower water all night take as much as will make y^r sugar & flower in a stiff past y^n role it into thin Cakes of the size & thickness of Cards & lay them on paper to dry for Coutering use seathe ede & sretigo this past will make plates

Receits for Stilling

A Cordial water against Infectious diseases as – plague. Small pox. Measels. Burning feavers. It is good also to remoove any Venom or Surfeit & to Restore the Spirits.

Take read poppies. read roses flowers. read Sage. fennell. Buglose flowers & leaves. Balme. Burrage flowers & leaves. Comfreys flowers & leaves. Marygolds flowers & leaves. Tormentil leaves & roots. Sabins. Egrimony. Betony. Dragon Wormwood Celendine. Angelica of each of these one pound. Fetherfew. Mugworth. read pimpinell. Devedelyon. hartsease. hartstonge Mayden haire. Liverwort. Rosolis. wild thime. Mother thyme Burnett. Woodsorrell. Hysops. Rosmary tops. Lavender of each of these half a pound. Mint. Rue. Elicampane roots of each a quarter of a pound. Liquorrs & Gallingal of each half a pound; pick your herbs cleane & weigh them, Shred them smal with a sloping knife. Scrape & slice – your roots. Add to this Carroways seed one pound, Coriaders seeds, sweet fennels seeds, anyseeds of each half a pound. One pound of both sorts of Cardamon seed.

Steep all these in fourty five quarts of white wine you must have sweet earthen pots to infuse them in, and cover them close for 2 or 3 days. then put in 4 pd. of raisins of the Sun & 4 pounds of figs. cutt or chop them small. lett all these be stirred one or twice in a day for six days. Then you may beginne to still them in a cold still. Close the joints of your still with a paste of re-meale. this water must be given to a Man or Woman a wine glass full att a time, to a child less. you must not eate or drink for 2 hours after but if you be dry you may drink some of the smallest water. you must keep the first by it selfe and also the second & third running.

Aqua Mirabilis.

Take two quarter of White wine. one quarte of Aqua Vitæ. one quarte of Sack. the Juice of Selandine & Balme, Mint of each a pinte. one great handfull of Mellilot flowers — Small Shreed. Cubes. Settwell. Gallengal grains. Nutmegs of each the weight of a sheling. Cinamon ye weight of two shelings Bruise all these spices small then lett them infese in an earthen pan all night the next morning distill them with a gentle fire. Draw one quarte of the first water and then of the second and third if you please the last you must spend first. Put into every quarte a quarter of a pound of fine loafe sugar as much pouder of Safran bound up in a cloth as will lye upon 3 pence.

This water is good to preserve the lungs and to cause a good stomach, in summer drinke one spoonfull fasting in winter two.

Cordiall water good for the plague. Small pox feavers. Surfeits. In an Ague with a litle Mithridate in 3 spoonfull att ye coming of ye cold fits. It will bring of any ill matter from ye stomach and it is very good for the Convulsion fits

Take sage-Selendine, rosmary. rue. Sage of Jerusalem, wormwood. Pimpernell. Dragons. Sabians. Egrimony. Balme Rosasolis Carduus. Bitony flowers & leaves. Mary golds flowers. Archangel-flowers. Rosmary flowers. Scordium of each of these a good handfull with Cowslips flowers and Lilly of ye Vally; Take read Brambles an handfull, Lord mellilot galingal of each a quarter of an ounce with Coriander seeds. then take the roots of tormentil Angelica Chicampang each half an ounce, Single piony 3 ounces Single wall flowers a handfull. Zedeary. liquorish of each of these half an ounce, lett all the hearbs be washed and shaked in a cloath til they be dry and cutt grosly with a knife, & then mingle all together, and lett the roots be thin Shred & soe mixed with the hearbs.

then

then put them all into an earthen pot well glased & put them all into a gallon of the strongest white wine and lett them stop together 3 days & 3 nights stoped very close & every day stirred once a day. Then distill altogether in an ordinary still with the first time reserving about a pinte of the first and a quarte of the second and a pint of ye third running in Severall glasses close stopped with a corke. and remember when all is in the still to lete it up with paste and a rag close & put a paper upon the pipe end that hangs over the glasse, over a soft fire.

To make water of Life.

Take Balme burnett leaves & flowers. Rosmary. read Sage Taragon. Tormentill leaves and roots. Rosasolis. read roses. Carnation. Hysop. Thime. Read Strings that grows upon Savory. Read fennel leaves and rootes. Read mint of each of these a handfull. Bruise them and put them into an earthen pot glased, and put thereto as much white wine as will cover them, stop them close & lett them steep therein 8 or 9 days. Then take ginger nutmegs & cloves of each an ounce, a little quantity of Safran. Anyseeds great raisins & sugar of each one pound. half a pound of dates. Shred ye hinder part of an old Rabits a good flesht raning Cock clean draw the flesh & sinews of a leg of mutton. 4 young pidgeons. the yolks of 12 Eggs. the quantity of a loafe of fine White bread cut in thin Slices. Muscadell 3 gallons or as much as will distill them in a Lambick puting thereto 2 or 3 ounces of Mithridate or as much perfect teriacle distilling all these with a moderate fire. Reserve the first water by it self and also the second, & when there coms no more take away the Limbeck and put more wine into the stuff stiking it again, & you shall have another good water.

the properties

The proprieties of the afore said Water.

The afore said Water is restorative of all principal Members A preserver of all pestilential diseases as the palsy, Dropsy Spleene yellow or Black Jaider, for all Agues hot or cold, for all manner of Swellings, Sorrows Melancholys or flegme. It strengthens and comfort all the Vital Spirits or Springs of ye Braine, heart or Stomach by taking thereof 3 spoonfull at a time by it self or in Bear Ale or Wine & by putting a pretty quantity of sugar. It help digestion, Breaks the winds Stops the laske and birds not, it greatly helps heartburning & quickens the Memory.

take of this Water 3 spoonfulls in a day one at morning one at Noone & one at Night.

A most Excellent Milk water for a Consumption

Take a gallon of new Milk with a manchet sliced thin & 16 eggs with the yolks & white beaten very well together & 4 or 5 blades of large mace and one nuttmeg sliced, one handfull of the tops of Balme and as much of the tops of Spirmints and a handfull of sweetmarjoran, a quarter of a pound of Eringos roots candid, as much of candid citrons peel & two penyworth of Safran. put all these into a cold Still now and then stirring, else it will burn too, Soe draw it of in glass bottles with a lump of double refin'd sugar in each bottle when tis distilled stir it all together in a Basor and heighten it with a little spirit of Wine; and drink a quarter of a pinte of it in the morning fasting and at 4 a clock in the afternoone and fast an houre after it.

If you please you may add Earthworms & snails.

To make Orange or Lemons Water.

Take a Hundred & twenty Oranges or Lemons and 4 gallons of Brandy, cutt of the outer rinds of them thin and put them into ye Brandy and lett them Steep 24 hours; then Still them in a cold Still. Mix all the waters together and when it is cold sweeten it with double refin'd Sugar or white sugar candy, If you perfume it put a grain of musck & two grains of Ambregris together in a peece of tifany, & tye it to the Mouth of ye Still, & lett the water drop thorow it.

Some lett the Oranges Steep a full Month in as much brandy as will cover them, and then add as much or more of the best Sherry-sack & so Still it.

Triacle water.

Take Burrage flowers; Marygold flowers; Buglose flowers of each 2 ounces; Rosmary flowers and tops 2 ounces; Carder one ounce; Angelica roots one ounce; Citrons pils one ounce tormentill roots one ounce Cypras roots one ounce; Elecampane one ounce; one pound of the best Venice triacle; Damask rose water 3 pints; hartshorne one ounce; put to these a gallon of strong White Wine and destill it in a cold Still.

An Universal and Aprov'd palsey Water.

Take of Lavender flowers stript from the stalks as much as will go into a glass of 2 gallons, and put on them the best strong proofe spirit of wine with Brandy extraordinary good; Then take flowers of Sage; Burrage; Century; Mallilot flowers; Agnus castus; Marygold; Pomgranat; Orange; flowers of Camomille; Thime; Hysope; Sweet Marjoran; of each two moderate handfull. These are to be infused in Malmedie or lachrima Christi 6 weeks. Then put Cardamones, Cateliff, Cinamon, Nuttmeg, Mace and Ginger, ye yellow of citron pills of each of them 2 ounces. These are to be infused likewise in pure Spirit of wine, these put together one Month; then take Balme, Mother-worth, Violets, Cowslips, Maiden-haire, Vitany of Creete, Spikenard of each 3 handfull, next lignum aloes, Gum Arabick, Sacapelan, Opopanax, B. Bellium, Radix Serpentaria, Giacum Chips, Mummy, Smaragda stone of each one ounce; and infuse these six weeks. Then take Magistery of pearls, Coral Volatile, Salt of Amber, musk and ambregris two grains, Saphir yellow and read Jander, Read dryed roses of these an ounce, those put into a glass with 3 quarter of Aqua profiladia, which must stand in the same 3 Months at least in which time it will be exhausted to a very smal quantity, but that which remains will retaine the physicall quantity of ye whole, those put all together. You must still about Michaelmas, but be sure to keep them very close (it must be in a balees Mans for if the Spirits are not kept close the whole is spoiled) but the best care will prevent that.

The Vertues

The Vertues of this excellent Water is against Apoplexy, Dead Palsey or Shaking, Gidness in the head, Vapors Swounings Vertigoes, Good to provoke an Appetit, and is strangely effectual to restore decay'd nature. You must take a quarter of a spoon-full with crums of Bread, and fast an hour after it.

The Snaile Water.

Take the tops of pine and Firr 2 handfull, Dryed Egrimony Vervaine, Heartstong, Maiden-hair & green liverworth of each a good handfull, dryed Oranges rinds half an ounce; Cut ye hearbs and the rinds small together then take a quarte of Snailes clearly pilt & wash'd, Bruise the shells & mix the hearbs & Snailes together and put them into a cold Still & poure upon them 3 quartes of milk from the Cow, lett them infuse all night, & in the morning draw it of with a gentle fire, It will afford 3 bottles mix with the 3 bottles a pinte of magisteriall-water, of water of worms; Drink a sack glass of it in a morning Sweetned with sugar, at 4 in the afternoone & last of all going to bed. Some after having purged the Snailes in water 2 or 3 times Still them in milk with Spices onely

For a Hott Rheume in the Eyes.

Take Toade brood what quantity you please put into a Serine that the water may run from it. Then Still it in a Rose still & with the water wett your Eyes lids with a feather.

To make Mr Keebers Read water.

Take of mighty strong Ale three Gallons put thereunto of Anyseeds clean dressed and bruised 3 quarter of a pound. Of liquorish cleane scraped thin Slied and bruised half a pound, of Cinamon of the roots of Enula Campana dryed of ye roots Pieos each two ounces, Myrrh of bay berries blanched and bruised, of ginger pared & thin slied of nutmegs thin slied of great galligall thin Slied, of Cassia ligna of each one ounce: of Cloves of grains of long pepper, of Cumin seeds of Corianders seeds of Cubebes, of the Seed of Ammonum, of the seeds of gromell seede of peony, seed of Sweet fennell, Seede of Angelica, seede of Ameos, of winter Savory, of Saxifrage seede of each of these half an ounce bruised, of ye roots.

roots of Gintian half an ounce thin Slyed, of Olibanum of mastick, of mirrhe of each one ounce a little bruised, of lignum aloes thin Slied of mace of Setwell rootes thin Slied of Spikenard of each a quarter of an ounce, of red roses leaves dryed two handfull, of the flowers of Sticados of the flowers of Camomille of each half an handfull, of the flowers of Centorye two ounces Canapitis of Diptamus cretices of St John wort of philopendule of Pimpernell of Scabies of Bitony of Eagimony Juniper berries of each an handfull some what dryed of Cypres root foure ounces of Sugar foure ounces of Alkaket. Half your Cinamon & lignum aloes must be reserved out of the Brass pot and knit in a little bagg and lay in the bottom of the receiver, and then put half your Sugar and Alkanet with an ounce of Ambregris or less into the receiver. All the Hearbs and flowers must be lett out of ye brass pott untill you have draw your first draught, and when your first draught is draw, take away ye receiver and the bagg that is therein and wring it hard into the receiver that done take of your Lymbeck and all the Substance that is in ye brass pott and lett it runn thorow a cive of haire into some faire brass pan all the liquor from ye spices. put those spices into the brass pot again and all your hearbs and flowers and also those same spices that are in the bagg, put into them one gallon & a half of fresh Ale: Then sett on your Lymbeck and draw it as you did before, and into ye receiver put the other ounce of Cinamon knit in the bagg and drain it as you did before & then put the first & last draught together & keepe it for your use in some glass botte.

Rules in Stilling.

You must begin with a slow fire at first & so grow hotter Keep a constant heat to make all waters good & strong, you must lute your Still with clay & brine mingled together (except you Still in a glasse Still) & wett a peece of bladder & lay it upon the nose of your still & the glasse that receives the water to keepe the Spirits in let the glasse stand in cold water and as the water warmes lay it out & put in cold. Keepe wett Clothes upon the Cape of your Still.

Another Snailes water.

Take a peck of garden Snailes shells & all & fry them in a pann so put them in a stone mortar & bruise them shells and all; then take a quarte of earth-worms, slice them down the midle & scowre them with Salt & wash them cleane; make your pott very cleane, then put in two handfull of Angelica leaves & stalks, and putt them in the botton of the pot, then take two handfull of Salendine & lay it upon the top of that, then take a quarte of rosmary flowers, two handfull of Bikony, two handfull of Egrimony, two handfull of beresfoote, Read Dock roots, Barbary tree barke and wood, sorrell of each of these two handfull, & half herbe grass half a handfull, Penerick & Tutmerick of each one ounce, Staffran well dryed & beaten to pouder ye wight of 6 pence. When all these are put into the pot putt in ye worms and Snailes and last of all putt in 3 Gallons of the strongest Ale you can gett & cover the pot so close that noe Ayre can gett into it and so let it stand in the place where you meane to still it 24 hours. In the morning when you putt fire to it you must open the top and putt in 6 ounces of very good Cloves beaten to pouder 6 ounces of hartthorne shaved, but stir not the pott at the botton, but press them downe; Then sett on your Lymbeck, and make it fast with a peece of rie dow & then make the fire vnder it & draw it very gently; the first water is ye strongest & must be reserved by it selfe, the other waters are weaker and must not be mingled with the first vntill they be cold. The water must be given to the patient in the morning, who must fast two houres after & not sleepe upon it, It may be given between meales or 2 hours before Super; you may take a spoonfull of the strongest water & 4 spoonfull of beere and when you give the smallest water ye same quantity in beere & putt some sugar into it. this is good against the sander Consumption or any other weakness in the Stomach liver or heart.

To make Balme water.

Take 4 pots of Balme, 2 gallons of the strongest Ale you can get take a pot of Anyseed, a pot of liqeorish, Bruise them and putt all these in an earthen pott together and cover them very close and let them stand & soake 12 houres, then still them in a Lymbeck.

A Sovrain water vsed by Dr. Stephen wherein he did many Cures.

Take a Gallon of good Gascongne wine, Ginger Gallingall, Nutmegg graines Cloves, anyseeds, fennels seeds, Carraways seeds of every of them 1 dregme. Then take Sage Mint Read roses Thym pellitory Rosmary wild thym Lavender and Camomile of each a handfull; then beake the spices and hearts and put in all the wine and let it stand for 12 hours stirring it divers times, then still it by a Lymbeck & keep the first water by it self for it is best. Then keepe the second water which is not so good as the first. The water vertue is this: It comfort the Spirits vitall and heateth inwards diseases that come of cold and against the shaking of the palsey and cureth the contract of sinews and helpeth the Conception of women y^t be barren it killeth the worms within the body; it cureth the could cough the cold dropsey helpeth shortly stinking breath and whosoever vseth this water sometime and not to offen it preserve him in good liking and shall make him seem young very long with this water Dr. Stephen preserveth his owne life vntill such extreame age that he could neither goe neither ride, & continued his life 8 years age that he could neither goe neither ride, & continued his life 8 years Goodrider and every Physitian iudged it not possible to live one year which he did confess a little before his death saying that if he were sick at any time he never vseth other medicine but only this water.

To make Apples water.

Take 3 quartes of Butter-milk 4 penny-worth of Campfry, 28 pepsins cored and pared, 2 lemons pared and sliced, 2 penny-worth of bitter Almonds blanched. Still all these as you do other waters.

To make Popies water good for a Surfeit, look page 139.

A Pretious water.

Take 3 quartes of Aqua vite 4 times distilled and 2 quartes of Rosmary flowers and put them together in a glasse well stopt from the ayre, & let it stand 24 houres; Then still them together in a Lymbeck of glasse with a very fast fire. You must take of it every weake & sometime vse it in your sauce or meate and some time weshe ye face therewith & sometimes your Body moderately, and you shall see marvellous Working.

How to make A Cinamons water.

Take a pot of Cinamon and bruise it and a gallon & half of muscadine half a peck of damask-roses leaves then put them into a close earthen pot and cover them very close and so let them stand in soake 12 houres then take them & still them in a Lymbeck with a very soft fire.

How to make Imperiall Water.

Take good reed Wine & good Muscadine, Anyseed Liqeorish, Figgs, Cumin, horehound, Hope thim Orgar, Pheasanpana roots, Ancorse otherwise called Wild Sage, hartstounge Maiden-haire. Put all these in a Lymbeck & distill y^m after ye manner of Aqua vite.

How to make Spirit of Wine

Take Lees of Wine and distill them in a Lembeck & ye take & putt it into a glasse-still and then sett it into Balneo-Maria as long as it distilles with long streames oyly it is a good Spirit then the Second is a weaker Spirit, take the Strongest and distill it again with a soft fire - so that it doe not breathe and as long as it rean oyle it is perfect good - when you have a pinte or quart of this Spirit to know whither it be all Spirit or not you may poure some into a Silver Spoone & sett it on the fire & it will burne so long as there is any Spirit in it. And by this you may know what quantity of good Spirit you have. Then take some of your Salt of tartar to a pinte 2 or 3 dregmes to a quarte twice as much it being putt in & shaked together, so ye Salt be dissolved and lett it settle one or 2 houres and you shall see the Spirit swim aloft and the Flegme in the bottom verrible parted, poure that softly that swims at topp into a glass-Body leaving some 3 shaves breath before you come to ye Separation Distill this once over again, And here you have Rectified Spirit of wine other than if it were 7 times Stilled over, Then you may take the other that remains in the bottle and distill it soe long as any good Spirit comes and keepe that for your vse by it selfe and sett the bottom in a Sturgell glasse on hot Sand or hot ashes to vapour away and then you shall have your Salt again.

To make Spirit of thym Rosmary Sweet Marjoran or any other Herbes.

Take a good quantity of any of the Herbes & fill a Rundlet with it then put as much water as will cover it over, to every gallon of water put 6 spoonfull of Honey stirring the water & Honey well together, And before you putt it to the Herbes; Close up the Vessell and lett it stand a Month or better, Then putt it into a Still and distill it with a gentle fire, that which come first is the best to be distilled in a glass-Still is ye best; It will worke like onto drinke, therefore your Rundlet must have some vent.

To make Spirit of Castor.

Take of Calamine 4 ounces of Nipe half a handfull, of Dills seed as much, Cloves 2 dregmes, of Orange peals the white being parted from them 2 ounce of wallnuts Blossoms half an ounce of Rosmary flowers a good handfull, of the tops of Sage half a handfull of Cotterum one ounce, Distill all this in a Lembeck. To every ounce of Castor and to ye aforesaid quantity you must put 1 quarte of the best white wine & soe distill them. This water is of excellent vse for any that is troubled with winds or sounding fits or have a weake Stomach and cannot digest their meate, Women with Child may take this, ye are troubled with fainting fits. It doth much revive the Spirits.

To make Simple Water of Poppies

Distill your Poppies as you do your Roses and to it add Sugar Candy and dates Shred as you have done page 139: these are very good for those that cannot digest their meate, one spoonfull of Sugar is very comfortable - with it.

The Plague Water.

Take Rue Egrimony, Wormwood, Celendine, Sage, Balme, Rosmary, Mugwort, Dracons, Pimpernell, Marygolls, wood betteryes, Burnet, Carduus Benedictus, Tormentill, Angelica roots, Scarampana Scrape and Shred: Take of all these the like quantity in weight & twice as much Rosmary as any of the other, Shred them small, then steepe them in white wine as much as will cover them down, So lett them stand 2 or 3 dayes Stirring and thrusting them now & then, then Still it in a common Still, so long - as you feele it hath any Strenght, You may keepe the Strongest by it Self for a draught of it with Mithridate will drive ye Sickness, Measels, Small-pox or any Surfeit from the heart. and the Small it with mithridate or Ferriacle is good for all Ages. It is good to drinke at any time if you - find your selfe not well. Some pum brandy with the wines.

To make Spirit of Mints & Spirit of wine

Take 3 gallons of Spear-mints water stilled in a cold Still, put onto it good Store of Spearmint chopped very small, So lett it steepe all night, then Distill it in a Lambeck then steepe more Mint in the same water and distill again. then distill it again without Mint and draw it into 3 glasses, you - must not draw it to least your burn the pot. Stopp your water up close in glasses & keepe it for Compositions.

Take the Strongest Ale wort & mix it gently with your with your best Sack lees to half ye thickness of butter, then distill it in a Lymbeck till it runs without taste, So distill all your lees, then putt all your waters into your Lymbeck again, and distill it as before in 3 glasses, all this being done, Compound your Spirit of Mint as followeth. Take a great quantity of the finest Sugar beaten & more then wet it with the Small Mints water, So lett it Stand in a Bason Sometimes stirring it till the Sugar be dissolved, then add to it of the Strongest Sorte of Spirit of wine and of 3 sorts of your Spirits of mints each quantity according your taste, then putt in a quantity of Amber-greece and musk to ye liking, So fill it into great glasses and when it is well settled you may fill the cleare into Smaller glasses.

To make Cherries Water. 67

Take 4 pots of Cherries Stone them & putt them into 4 pintes of Claret wine, one handfull of Rosmary, 2 of Balme, 2 ounces of Cinamon 2 Nutmeggs Shred putt them into the Still when they have been infused one night. Divide your water into 3 parts. If you please you may take 3 spoonfull of red roses water & fine sugar boile it & make a Candy, also a little musk & add it to ye said water. you may take 3 spoonfull at a time with one spoonfull of Sirrup.

Stilling.

An Approuved water against the Stone.

Take Saxifrage, pellitory of the wall, parsley, Mother Jwie of each 5 handfull Radish or the quantity of them in Horsradishs, Lett them be washd, shied with the hearbs, dry them in a cleare Cloth and bruise them in a mortar; then put both Radishs & hearbs in an Earthen pot with 4 quartes of new Milk from the Cow, Cover the pot close, lett them stand 24 houres and then distill it in two stills with a Soft fire, It must be stilled in the mide of May. You must take it 3 mornings together in each Month throwgh the year either at New or full of ye Moon, or oftner if need requires, when you take it mix 5 spoonfull of this water with as much White wine with nutmegg & sugar warme together walking or vsing some moderate exercise after it.

The Citrons water the Lady Newtons way.

Take 5 great Citrons pare the Rindes thin of and take the Rindes and the seeds cut in small peces and steepe them together in a gallon of Sack twelve or 12 dayes in a close covered vessel. Then distill them in a glass still & lett it drop on white sugar Candy, you may add some pearle & ambergreece if you please, and this is the true way of making Citrons water.

For Convulsions.

Take Beanes when the blosme is fallen of & the beane is coming in the husk; Still them twice & give a spoonfull at a time.

Another Water for the Stone.

Take in the latter end of June so much Saxifrax as being distilled will yeilde a Bottle of water then so soone as flowres be ripe take a peck of them & bruise them very well then put into them your water of Saxifrax & 3 quarts of white wine and as much new milk then take of parsley and of Polipodis of each 3 handfull bruise & bruise them as you did your flowres, then mix them all very well together & so distill them so long as any water will distill.

This water must be taken at first 3 or 4 spoonfull with so much white wine but if you be occasioned to take it often then take it without wine or with very little this will keepe 2 yeares in full Strength.

A Stomach Water.

Take a Still full of Sparmint & put to it as much Sack as will cover it and so Still it.

Another water for the Stone.

Take Saxefrage, pellitory of the wall, Marsh-mallows leaves of each 4 handfull, the roots of grass cut small, Marsh-mallows & fennil roots each a quarter of a pd. fresh & ripe Strawberries 2 pints, of Green Shell six handfull cut. Bruise them all in a Stone mortar very well sprinkling upon it half a pinte of white wine a pinte of new Milk & six ounce of pure Honey, put all together into a cold Still & so Still them over a gentle fire. Take the quantity of a quarter of a pinte with a spoonfull of oyle of Swat Almonds 3 mornings together thrice in a Morning.

Stilling.

For a Cough or Consumption.

Take of red Cowes striking a quarte, of choice Mascadine 1 pinte of raisins of the Sun, half a pd. of choice blue Corrints, half a pound of Dates 1 ounce, choice Canamon half an ounce, liquorish two ounces, any seeds one ounce. Steepe all these in the wine & milk 16 houres at least often shining them then distill them gently in Balneo Maria. The Corrints and Raisins must be picked & rubbed but not washed, the raisins stoned the dates, slied the Cnamon & liquorish bruised but not beaten.

The doze is six spoonfull to be taken first & last howsoever you may as often as you please & sweeten it with white sugar Candy beaten as sweet as you like it. the sweeter the better.

An excellent Water for a Consumption & Cough of ye Lung.

Take a running Cock and kill him when he is almost cold cut him abroad by the back and take out the intrals & wipe him cleane, then cut him in quarters & breake the bones, then put it into such a still as you still rosewater with one quarte of Sack one pd. of Corrints, one pd. of raisins of the Sun, the stones being taken out, a quarter of a pd. of dates the stones taken out & ye dates cut small, 2 handfull of wild thym as much organum, 2 handfull of pimpernell as much rosmary flowers bugloses flowers & burrages flowers of each 2 handfull fennell roots, parsly roots the pithy taken out, the leaves of endif Savory Colefoot maiden-hairs of each one handfull, figgs any seed liquorish of each 3 ounces. Beate all these small, then take a bottle of new milk of a red Cow & still all these things with a Still fire & put into ye glasse that the water doth drope into, half a pd. of sugar Candy beaten very small, one book of leafe gold cut very small amongst the sugar 4 graines of amber-greece. Mingle the strong with the small & drink thereof 4 spoonfull at a time in the morning fasting & an houre before Supper. Shake the glasse about when you drinke it. When the time of the year is that you cannot gett the hearbs, you may still it without them.

A Cordial water against Melancholy. Dr. wright.

Take of Cowslips one pd. of the flowers of Rosmary one pd. of burrage flowers as much Borrche, Rubarb roots half a pd. Bugloss roots half a pd. pepins & raw quinces a pd. Quinces marmelad a pd. half a dragme of Saffron. Slice the roots after they have been washed, then put all these things into a great glasse & put to them an equal proportion of white wine & black cherries water, & stop the glasse & lute it close with paper. Then set it in a horse dunge for 10 days, then still it in a glasse Still.

A Receit to make good & perfect Aqua Vitæ of Ireland which wee call Usqua-bah.

First brue a good hogshead of good Ale neither to Strong neither to Small
lett it Stand till it be 10 or 12 days old then draw as much of the Ale as will
fill your pott 3 quarts full which you meane to distill for wort for your
Aqua Vitæ Draw your wort so long as you feel it have any strenght then
take the same & put it in a ferkin close stopt that noe fire may com in —
leest it loose its strenght In like manner draw the rest of your Ale when —
you com to the bottom Stir it and take ground & all As you draw your wort
put it into your vessell having great care to stopp it close. In distilling your
wort keep but a meane fire, for a hott fire putteth your pott in danger.
After Still being sett upon your potts Mouth Close it either with dung or clay
looke well that the pipe of your Stillatory be cleane & not stopped Wash it well
& blow thorow before you sett it on. When your wort is Stale 10 or 12 days in
Summer will be sufficient least it lower & so loose its force, In Winter it matter
not tho it be a Month or 6 weekes old New wort neere gives so good a tiste
as Stale & old. Fill your Master pot with the wort you propose to make your
Aqua vitæ with. If were very good your Master pot did containe 8 gallons
of wort, putting to the said quantity 12 ounces of good anyseed well beaten
in a mortar & 4 ounces of liquorish well bruised, then close up your pot
with the cover being made fast at both ends by some devise from ye Eares
of the pot to hold the Cover faster doune put some Stones upon it to keep
it the better Let the hole in the midst of the cover whereon the Still is to —
Stand be open let your cover be of wood of the thickness of the brink of your
pot. When your wort is hot ready to Still you may easely perceive by the
breath that will issue out of the hole, withdraw all the fire from the pot you
must have a great care when you see the breath first com out of the pot to —
draw all the fire away for otherwise it endangereth to sett all ye fire about it.
Put a Stick in at the hole & Stirr your wort well then clap on your Stillatory
Stopping it very close with dung or clay then till the Staple of your Still full
of Water. When you feele the foot of your stillatory hott draw away
the fire from the pott & hold a dish under the Spoute to See how the water cometh
continue it with a moderate fire and as your Water waxeth hott upon the Staple
of the Stillatory empty it & put in cold. When your water cometh thin & cleare
then put a pot under the Spoute of your Still, put thereon a little quantity
of cloves mace & Cinamon Stamped & a few musk corns whole & one ounce of
turnesol then cover your pott with a cleane linnen cloth tyed about the pott-
mouth, lay on it one quarter of a pd of anyseed well beaten & 2 ounces of li-
liquorish well stamped & one ounce of turnsol. Draw your wort as long as your Aqua
Vitæ will being cast into ye fire, which you may prove taking a Spoone
& holding the same under the Spoute till it be full, & then throw it into the fire.

Lett

Lett it remaine in the pot till the Aqua Vitæ be cold for it will take
his colour the better & then put it up in a bottle
If your Aqua Vitæ be hott in the Mouth put a Stick of liquorish bruised
into the bottle, and it will make it mild.
If you would not haue your Aqua Vitæ so Strong & hott in the Mouth
then put noe Cloves in it at all

To make Oyle of Balme

Take Turpentine one pd & put it into a Body of a glasse & warme
it at a Soft fire, untill it be lake warme & put therein by litle & litle with
Stirring it the powder of frankincense 5 dragmes, of lignum Aloes Mastic
Cloves gallingall Cinamon mace quibibus of each one dragme all —
poudred together gum of a figg tree six dragmes made into powder
mix them all with the turpentine made lake warme as is afore said
and when it is well incorporated together sett on the head of ye Lymbeck
& lett it be well pasted and sett it on Ashes & put under it an easy fire
when it begins to distill lett it drop away a litle for the first drops
are worth a litle and put the glasse to the Nose of the Lymbeck very —
close & luteke them very well togeter that noe ayre goe forth for then ye
Vertue of it goe away. Know that the first will come a white & cleare —
Water which keepe by it Self then will come the Second water of an —
heavely ayery colour which keepe by it Self, then receive the third which
is best which will be yellow & thick as honey, the first of these is called
the water of Balme, the Second the Oyle of Balme, the third is called —
Balme artificial. His proofe to all examinations is, that you take a —
drop of the same & lett it be putt in a vessell full of water as you doe —
of Natural Balme for the said drop will goe to the bottom of the water
and it will stand whole there as though it were pure Balme, this is of
great vertue & of some is called the Mother of Balme. the first Vertue
of it is, that it burnes, the second is that if you washe your Nose & face
therewith & that 3 times a day it cureth & helpeth the Rheumes it cleareth
the sight it comforteth the Sinews; and if you washe therewith the hinder
part of the head, then it comforteth the memory & all ye Vertues of ye minde
it prouoketh appetite it comforteth the Stomach it helpeth a Stinking Breath
as well coming from the Stomach as of the braines; If you take 4 or 5 drops
one a day in a litle wine. If a cloth dipt in the same compass a Toade
or Serpent it will dye, altho they touche it not. and so it doth in all kind
of cold Venoms as the biting of a Toade or Serpent for it healeth if you
wash it often with it, & it heale & dryes up any kind of Sabbs or Tetter
quickly if you washe it therewith twice a day, and if you put 3 or 4 drops
of this into the eare & suffer the same there as long as you can it helpes —
all noyse and Sounding in the eare; If you mix therewith an equall proportion
of the

of the juice of Jetmandes & put 3 or 4 drops thereof 4 times in the day then it cureth all deafness of what cause soever it cureth watery & bleeard eyes, It cures clarifies restrains & comforts if you wash them therewith twice or thrice a day all Imposthumes and vlcers & other Superfluities it restrains & fortifie & make the teeth white if thereby you wasshe the Roofe of the teeth All wounds in the head tho they be deepe are cureth with ye Some oyle if therewith you wasshe it twice or thrice a day. It cures all fistules Cankers Noltme targere the Kings evills & every other eating Soares if you wasshe the same therewith twice or thrice a day. It heales all kind of goutes if you wash or anoynt them therewith So that they come of a cold cause laying a linnen cloth dipt therein vpon the greived place. It helpes all Strokes either by falls or otherwise if you anoynt it. It help ye hemoroids & fundament that goes forth & makes it tarry in its place. It helpes the palsey & all weakness in the members. KNOW that it is most hot & of such penetration that if you put one drop thereof in the hand, by & by it penetrated the hand without any hurt and you shall not feele any swelling of the feet or paine in the joynts if you anoynt the same therewith, it will helpe if you dippe a linnen cloth therein & plaster it thereunto Briefly if you will vse it it cures all cold diseases & griefs & all diseases coming of a cold cause of flegme and corrupt blood, this was found in the Abby of Elson in Lincolnshire & translated.

The Wallnuts Water called the water of Life.

Take wallnuts in the beginning of June Beate the greene hesk shells and kernells verywell in a mortar then Still them in a still of lead keepe that water by its selfe. Then gather more wolnuts about the mid Summers day and vse them as you did the other & keepe that water by it selfe also, Then about a fortnight after that which will be a weake within July gather more wallnuts & vse them as you did both the other keeping that also by itselfe. then take one quarte of each water & put it together and distill it in a Stillatory of glasse & keepe it close stoped for your vse.

This water healeth all manner of Dropsey & palsey being drunk with white wine fasting. It is good for the eyes if you drop one drop thereof into them. It is good to help the conception of a woman if she drinke one Spoonfull a day in white wine. It will make ones face very fine if it be washed therewith. It is excellent for infirmities within the body driving out of it all corruptions if it be drunk moderately either in wine or water It killeth worms in the body either drunk in wine or by its selfe And if Wine has lost his colour put a litle vyall full of this water into it & within 4 dys it will richly it again. Whoever drink of this water continually shall live as long as Nature may well continue in them.

To make Spirit of Clare.

Still a botle of Clare flowers water in a Simple still, put the water in a deepe galley-pot. Put to it a peck of Clare flowers first bruised in a stone mortar, Stop your pot close & sett it in a pot of water & keep it hot two days, but not to boile, then straine them out and put in as much more, & so doe 3 times. Then add to your liquor a botle of good Sack, and so put it into a glasse still & draw it of with a Soft fire, you may draw it vntill it is of such a Strenght as you like, then add to it as much white Sugar Candy (being beaten & searcht) as will sweeten it to your taste & laying in it amber-greece & musk tyed vp in a Tiffany. Stop your glasse close, Stir it every day vntill all the sugar be melted, Soe let it stand a fortnight, Then straine it out & put it vp in glasses.

The Lady Liggins her water.

Take halfe a dozen pod of black Cherries and one handfull of prunella and one handfull of woodbine leaves & one handfull of Bryers leaves & one handful of Strawberries leaves, Beate your cherries with the stones & put all these hearbs together in a stone mortar, Then take foure quarts of new milk & put it to them & so distill them. Let the patient drinke half a pinte in the morning & half a pinte at night, you may take more of the prunelles & Briar then of the other.

A Milke Water for one whose water is blood heats or sharpe

Take new Milk from the Cow as much as will fill an ordinary Rose still, to every quarte you must put in two whites of eggs beaten very well before you put them in. Then distill them gently, one in halfe an houre lift vp the head of your still so high as to breake the creame that will keepe the water from rising, Distill it till the milk be thick like a thin Costard. Then drinke every morning & night or when you please a large draught of this water with fine Sugar Sweeten to your owne taste, this never faile, you may take it as long as you please. but when noe blood appeares leave out the whites of eggs they are to Cold for some stomach.

To make Rasberries wine white.

Take Rasberries and put them into a cold Still and distill them, then mingle that water with white wine which makes very good Rasberries wine.

Rue water.

Take your rue if it be green & let it lay 3 days, then pull of the leaves from ye great stalks & cut it small So put it into half white wine & half brandy, make your wine & brandy of a reasonable thickness with your leaves So put it into your still & late it up & the next day fill it. Dry rue will still this very well.

Stilling

For the Spleene

Take balme or Scabius, betony & pimpernell of each a good quantity a good deale of Venice turpentine amongst the herbs, laying them in the Still So Still it altogether. Drinck often of this water especially morning & evening & it will cure it.

For the Stone another

Take a good handfull of red Stinging Nettles & as much wild thyme, two good handfull of bean pods newly gathered, a quarte of milk from the Cow, ten eggs shells & all broken, worke them & the milk well together, then take as much white wine Venigar as will turne the milk well but not to much. Mix all well together & distill it in a moderate Still with a gentle fire. When you kar the fit is com take 3 or 4 spoonfull cold to prevent it. the best at the new & full Moon for prevention, however it is good at other time when you are ill.

The Lady Allins water

Take of read Sage rosmary, dragons mugwort wormwood, pimpernell egrimony rosa-solis, Cardus benedictus, Scabius horses Sinkfell, balme rue Celeadine of each one handfull or other like quantity by weight, wash them & shake them in a cloth, and then Shread them and poure on them 2 gallon of white wine, with a quarter of an ounce of gentions roots and as much Angelicas roots let it Stand 2 days close Stopt in a deep pot. So distill it in an ordinary Still & Keep it close. the doze is 2 or 3 spoonfulls to a child & 5 or 6 to a man or woman. It is exallent for Convulsions fits.

To wash the face after the Small pox

Take all the Colves feets with the haires on, pick them & rub them very Cleane, but not weshe them, breake them all to peces & let them lye 24 hooures in Steepe in 2 quartes of white wine, then Still them Slowly: wash with this.

A Water comparable to gold

Take a gallon of white wine, 4 ounces of gentian 24 ounces of Century Stamp them together, put the wine to them & let them Stake together 5 days Then distill them in an ordinary Still, Keape the water in a close Vessell. When you use it take 2 or 3 spoonfull morning & evening. This water preserves the body from impostumes, make good colour, Resist plague, Comfort Stopt Stymack, repels & put away all watrish humours, breaks the Stone in the reins, purges the belly & pylles, cures purges Colour & correct blood, it cleares Sight.

The Lady Hues Cordiall water

Take of anyseeds, fennell seeds, Carroways seeds, parsleys Seeds of each 2 dragms. of Spikenard, Sciampana roots dryed mellilot, flowers, Calamus aromaticus Cardamon lignum aloes rubarbe Shred thin, gallingall, Veronice of each of these 2 dragmes. of Junipers berries one dragme; of aromaticum rosarum 2 dragms. of Zodiarie quibibus grains of each 2 dragms; China roots one ounce, Sypostas Shred half an ounce; hearts-horne 2 ounces. Washe all the Herbs & swing them in a cloth till the water be wed drained from them then lay them thin upon a table to drye better, after Shread them Small & put them into a earthen pot, & put thereunto as much

Sherry

Sherry sack as will cover them, but before you Steep them, put your drugs Spices & seeds into the midst of the herbs being bruised before you put them in. let them Steape 24 hooures, then put all into a Limbeck & from this quantity of ingredients draw 3 pints of water which being mixed with be Strong enough. If you desire it Stronger add a parte more. Sweet the wine adding then to each quarte of water put in quantity of cordials here expressed of bezoar 15 grains, mosk 12 grains, ambergreese 10 grains, flowers of corall 1 dragme, flowers of pearls 1 dragme, flowers of amber half a drachme, white Sugar candy beaten half a pound, of leaves gold 4 leaves, a small bag of Saffron. Shake these together with in the glasse for 14 days once a day. the longer you keep it the beter.

This one of the highest Cordiall yt is, it is good to send forth measels, Small-pox or plague, good for the palsy & to forward weamen labour, it reviues almost from the dead.

To Open & purge the Liver

Take a pinte of white wine, & the weight of six pence in rubarbe Slice it thin and put it into the wine & let it steape all night, then divide it into 3 parts & soe take it 3 mornings fasting.

A present Remedy for a paine in the Side

Take a quarte of Ale & boile it, Skim it, then put into it a peece of Rossin a litle bigger then a walnut, let it melt in the Ale, Stirring it all the while with a litle stick, when it is melted take it & sweeten it with Sugar & give the party a cleane Sick, when it is melted take it & sweeten it with Sugar & give the party pained half a pinte at night when they goe to bed, and as much in the morning as hot as he can drinck it.

A Vomitt for an Ague

Take 9 Spoonfull of read roses water & 6 of the juice of Oranges make it very thick with Sugar & when you perceive your fit a coming, set it on the fire and when the Sugar is melted in it take it & drinck it of the 3 hour to prevent phy.

Another Snailes water

Take 3 gallons of the Strongest Ale and two gallons of Milk then take one peck of gardens Snailes and make a fire of Cheariole & set a large dripping-pan on the fire, let the Snailes roast in it so long as they continue hissing, take them out & bruise them & put them into the Ale & sack with 8 ounces of harts-horne one ounce & a half of Cloves bruised 2 good handfull of Celeadine, 2 of Angelica leaves and 3 quartes of rosmary flowers. Stop the Mouth of your Alembeck with the paste and in the morning distill it upon white Sugar candy. Keape the first by itself & so the second & third. If you have Still in Stilling it will doe very well in a roses Still.

A Water for Convulsions fits

Take Junipers berries one ounce, Bay berries half an ounce, Quoyns berries 6 dragms, Camphir 2 dragms, fine rubarbe one ounce, Aspe fodde 2 dragms. Rue water 3 quarts. Beat all the Berries, Rubarbe Aspefodde & Camphir then mingle them with the rue water & distill them in a Rose-still. But if you distill them in a glasse Still you must have 4 quarts of rue water. Before you beate ye Camphir rub it in mortar with a little that hes fit give a spoonfull at a time 3 or 4 times a day. If you only feare give a spoonfull every morning for a month together. To an old body give six spoonfull in a morning for a Month.

How to Keepe Roses 2 or 3 yeares to distill.

Take a Rundlet the one end being taken out, and Strow a good handfull of bay-salt in the bottom of that, then take Some roses & bruse them a litle in a mortar & lay them a finger thick into your Rundlet upon the top of your Salt and then Strow another Strowing of Salt upon your roses & so one of Roses & another of Salt until your rundlet be full, remembring allwaies to bruse them a litle in a mortar & when it is full cause your Rundlet to be Stoped up so close as you can So that none of the liquor roses nor nor take any aire, allways remembring to turne your Rundlet once every weeke or every fort night att yt furthest Standing upon the end So you may keepe them good a year 2 or 3. then when you list you may distill them in a Limbeck, you may take for every London pak a gallon of rosewater & that which com first is the best.

To make Treakle Water.

Take an ounce of the Shavings of harte-horne, boile it in 3 pintes of Cardous water till it com to a quarter, then take the roots of Elicampana & Gentian Cypras & Tormentill of each one ounce, carduus, angelica & Citrons rinde of each an ounce, Burrages flowers, bugloss flowers, rosmary flowers marygoes flowers of each 2 ounces, then take a pot of the best old treakle dissolve it in 6 pintes of white wine & 3 pintes of red roses water & infuse all together in an earthen vessell exceeding close stopped 24 houres, and then Still it in a glasse still or an ordinary rose water still yt is very close) and Still it with a slow fire, and as long as there is any strenght in the water, then mix it all the water together & Sweeten it with Sugar according to your liking. Take 4 Spoonfull of it att a time & so lift according the age of yt party to a new-born child but a small spoonfull at a time.

It is good against any infection & in the Small pox and measels it gently brings them forth, it is good in a feaver & if the heat be Violent then add Some Syrup of citrons so much as will give it a quicknes. It is good to be taken in the yellow yander & if it be taken before the fits it doth so a Short time helpe the ague. It helpes the wormes in children if taken in night when they goes to bed and to new born children it is good for winds & griping paines.

To make Sweet water.

Take a Botle of rose-water & put it into a still and draw out 3 pintes, then put in the 3 pintes again and draw out 2 pintes, then put to it 12 grains of Civet 4 of musk & 8 of amber-greece, So put all into a glasse very well stoped & put it in a thing of hot water & there let it stand all day, then take it out & when it is cold Strain it & keepe it to your use very close.

To dry & parfume Roses.

Take the best leaves of Roses, then put cleare white paper within yt still then Straw all over the Still a line of roses & then Some of the pouder (under prescribed) and then more roses & then pouder & So till the Still be almost full then cut a paper round to be set within the Still & put noe other over upon it but keepe a good heate in the Still, and as the Cakes dryed turne the other side

K when

& when you think they be dryed enough take them out of the Still & parte every leave one from another, then lay them all abroad in Some chamber upon papers until they be dryed well, then put them into glasses & tye them up close. The pouders are. Orris pouder very Small a good quantity and beniamin allmost as much, a few cloves beaten small a litle musk traised Small, so mingle these pouders together.

A Good Water for the Face.

Take a quarte of Snailes wash them in Salt & water them in 2 faire waters, put them in a pan with Some wine leaves & strow leafe sugar on them, let them lage so till next morning, covering them with a Cloe, that they may have aire, putt in a handfull of lilies roots a handfull of mallows-roots a quantity of fenitery & tansy a pinte of beanes blasoms a pinte of Strawberries, a pinte of Elders blasoms, a lemon & some white roses, a litle chick of 5 weekes old guts & all, only Scalding of yt feathers a pinte of butter milk, of Virgins wax & terpentine an ounce of each, Still all these in a common still very Slowly & gently.

Another Sweet water.

Take Walnuts tree leaves, roseleaves sweet marjoran, cloves lavenders tops Orenges pels & lemons pels, balm, mints, So still them. hang a bag of musk in your botle.

For the Cakes and ordinary rose's Cakes Sprinkle on them Venigar & put them in the Oven or hot Sun to dry for cloths.

Honey water for the Haire.

Take rosmary & lay it over the bottom of your still & poure a good quantity of honey on it, so Still it.

To Keepe the teeth cleane & white.

Take lemons & distill them, & so washe your teeth with the water, for tis very good for the use above said.

Dalsy's Water. Mrs Edward.

Take lavenders flowers half a peck, the flowers of sage, rosemary, burrage, bzglos, bittony and Cowslips of each one quarte, Keep them in gally ~~potts~~ glasses several filed up with 5 quarts of Spirit of Wine. Motherswort, Bayleaves, Oranges leaves and flowers mintcad small and infused with the other; lett them stand after you have the last 6 weekes. Still them, putt into the water citrons pels dryed and poudred, of pione seed hald of each 6. dragms. Cinnamon Nutmeggs mace cardamum Cebebs, yellow Sanders of each half an ounce; lignum aloes 1 dregm, beat all these into pouder; Stone and cutt small half a pot of tamaris; putt all this in a large gally-glasse, and

putt

put the water to them hott from the still, Infuse it six weeks close stoped, then straine it clean out, putt into the water prepared pearles 2 dragms, smarags 1 Scruple ambregrees, musk and saffran of each half a Scruple, read roses dryed sweet read Sanders and yellow poudred of each 1 ounce, putt those in a Sarsenet bag and hange it in the botle close stopt and waxed; the longest you keep it the beter.

The Cherries Water.

Take of the best Canary sack 2 quartes, Spirit of Wine half a pinte, read cherries stoned 4 pd. Blossoms of sage, rosemary, marygold, cloves, gelly flowers, burrage and buglos of each 4 handfull, the young tops of balme & Scotsmary of each 1 handfull, Cinamon & nutmeggs of each 2 ounces, corrianders seed, prepared & sweet fennel seeds & hartthorns of each one ounce, Saffran & the confection of alkermis of each one dragm, Cloves & juniper berries of each 20. Still it. &c:

The Wind Water.

Take of wormwood, Carduus & spermint, of each one pd. half a pd of read sage, rue & balme of each 2 handfull minced small and infused in a gallon & half of the best canary 24 hours; Still it in a glass still or limbeck, dropp it upon loafe sugar.

Aqua Mirabilis. Mr. Edward well before

Take Sack Saffron Mellilots flowers Gellingal Cloves Cebeb ginger. Mace. Cardamum Nutmegg of each 1 dragm the iuice of Sallandin 8 ounces; Mingle all the powders in the same iuice & a pinte of good Aqua Vitæ & 3 pintes of good white Wine putt it in a glass stil or Limbeck over night & still it in the morning.

A Receipt for a Consumption.

Take one ounce of China root, one ounce of Confrey root sliced thin, half an ounce of Sassaparilla, 2 good handfull of burrage, one handfull of balme, a good handfull of hartshorne, A few marygolds flowers, A young pigg beat to pieces, putt into a gallon of milke or more & still all together. Sweeten it with a little fine sugar or white sugar Candy, drinking half a pinte in the morning and at 4 a clock in ye Afternoon & the last thing att night.

To make Paste for Hands.

Take halfe a pod of figgs, as many reasins of the Sun stoned, halfe a pod of bitter Almonds blanched. Beate all these Severally in a mortar Very Smak, mix them together with 2 lemons the Seeds taken out & the lemons minced, 2 handfull of beans meale; Boile all these together in a pinte of white wine Venigar Stirring them continually, & when it has boiled that it stuks noe more to the pipkin it was boiled in, take it off & put it in a gally pot for your vse.

To make Lips Salve.

Take half a pinte of rose-water put in about the bignes of a large walnut of fresh butter without and Salt and about the bignes of a large grey pea of Bees-wax & the bignes of a walnut of fine loafe sugar, Boile all together, & when cold take the Salve of the water.

A Very good Washe for the Face to take out heat & make the Skin clear.

Take as much white Sugar Candy as will laye upon a sheling the Same quantity of allum, beate the white of a new laid egg Very well & then put in the allum & sugar candy & beate them all together then put them into a pinte of white wine & ons ounce of oyle of tartar one ounce of oyle of Almonds & shake them all together for 2 houres without staning still, then put in a penny-worth of Camphir tyed up in a bag & let it hange in the bottle, Shake it when you vse it.

To washe the face. Lady Porter

Take black Snailes & pull of the black strings out of the back then wash them & lay them in a cloth, & so Still them.

A Sweet water to burne upon a fire-pan a little at a time

Take 2 ounces of Beniamin & as much of Storax, a quarter of an ounce of Cloves, all these beate severall into poeder, 6 grains of musk & as much of the Spirit of roses, grind the musk to poeder & 6 grains of Civett, you must take a Spoonfull or two of rose-water to melt the Civett, take a quarte of Damas-rose-water & put it in a glasse & then take all these things & put into it then shake your glasse 2 or 3 times in a day & when ye glasse is almost out you may fill it again to the Sweets & it will make the water Sweet 2 or 3 yeers and so vse it as you please.

To dry & parfume Roses.

Take the best leaves of roses. see booke in selling page 90.

For readnes or pushes in the Face

Take the iuice of white grapes before they be ripe being Seddenly press out 1 pinte of the depurated iuice of horseleek 2 pintes of the purest iuice of lemons 12 ounces Sulphur Vivum Very finely poudred & searced 2 ounces of roach allum half an ounce storax 3 dragms white sugar Candy 6 dragms Camphir 1 dragme. let all these be put together in a bottle-head & buried in horse-dung the space of eight days, Afterward let the liquor be filtred through browne paper afterward add a pinte of the purest rectified spirit of vine. With this you are to dabb your face with a linnen cloth at night the next morning wash it off with ye water of white lilies distilled.

To dry Roses. another way.

Take the Leaves & cast them from the whites then stuff a close in the midst of them & put them into a preserving glasse and lay a lay of Roses & a lay of orris powder Beniamin Storax & a litle ambergreece, so lay them close stoping the glasse & set it on the Sun when it has stood five days open the glasse & stew them & set them on the Sun again till they be thorow dry.

To dry Roses for linnen. another way

Put your Roses as you use into an ordinary Still put not on the top of your Still at all make but litle fire when they grow damp put some sweet powder on them keep them stirring till they be dry. Sow them in beggs for linnen.

To washe the Face with

Make a posset with milk take warme Grandy Sack & a litle Juice of lemon take off the curdle cleare then blanche & beate fine some cocombers seeds put a litle sack to them as you beate them put them into your posset Set it to warme gently over the fire then set it by for 2 days Warme it again so Straine it out.

Another good water to wash ye face with.

Take the Second water that pearle-Barly was boiled in & blanche some Bitter Allmonds in it & beate them well & make Allmonds milk with your barly-water, And if you have a roegh red flushing put in a litle Salt-peter.

Another water for the Face.

Take the distilled water of the Sperme of frogs half a pinte, with an ounce of white poppies seeds make an emulsion thereof like Allmonds milk, Straine it and add thereto of mercury Sublimat 5 grains & 6 drops of the Juice of lemons & Keepe it for your use.
At your going to bed you must dipe a linnen cloth in it & wash ye face and wash it of in the morning with milk.

For pimples in the face.

Take the white of a new lead egg & 2 spoonfull of oyle of Violetts of read roses water & Juice of Sorrell of each a Spoonfull, of flower of Sulphur half a dragme and half a spoonfull of white wine Vinegar mix all these things together and make an Vnguent thereof for your use.

To Smooth the Skin and take away Freckles.

Take Oyle of Sweet Almonds an ounce, new draw Oyle of tartar half an ounce put them & shake them together & it will become white, Wet the Skin therewith at night when you goe to bed.

A Pomatum

A caull of Veale laid in Sauck in water shifting it two days twice a day then ring it out with your hands & beate it well in a mortar, put to it a litle white wine, put it in a gally-pott, tye it close & boile it in a Skillet of water & boile it 2 or 3 houres then straine it out & worke it well with a Spoon in an earthen Basom then take a litle white Sugar candy fine beaten & Searced, then mix it well to a Body.

Another Pomatum.

Take a pot of the fatt of a young hogg Skin it & cut it grosly, let it lye in water 2 days shifting it once a day, then take a handfull of the roots of Sollomans wash & scrape them cleane beate them with a pengworth of cocombers seeds in a Stone mortar then put your fatt in & beate all together put it in a gally-pott close covered & Set it in a Skellet of water to melt for 2 houres, then poure it into a Basom, Beate it cold. the next day put it again into the pott to melt in the Skelet as above with a quarter of a pinte of rose water, So let it stand a melting for 2 houres in boiling water, then straine it out into a Basom, when it is cold beate it up & pott it.

A Paste to Scowre hands.

Take half a pot of peaches Curnels, Scald them in hot water & blanche them in cold water & stamp them in a stone mortar and when they be well beaten, take the whites of 4 eggs, Stirr them well together put to it a litle white wine & the Juice of a Lemon & a litle white rose-water, mingle all these in a mortar, then set it on the fire in an earthen pott till it beginne to be a litle hard, then take it of & Keepe it in a gally-pott close covered; And when you use it, take as much as a nutmegg & rub it all over your hands & wrists with a litle beans flower & water & let it lye till it is dry not wiping them, yet you may dap y^m on a dry cloth. This will make your hands white smooth soft & moist.

To make Campher Balls.

First take foure Allmonds faire Scraped, Knocke those in a mortar reasonably well, one ounce of Campher put unto ye Allmonds & knock y^m a good while together with a Spoonfull or two of rosewater then put in a litle wheat flower, then take half a pot of Castell soape, Shave it & pott it into the rest of the Compounds & beate them all well together in a mortar and after the putting of the Soape put in a litle flower & a litle rose-water. all these compounds being well beaten together then take it out and worke it into balls & put them into a box close to dry.

To make Boards looke well.

Scowre them twice or thrice in a yeare with fullers earth & sand & once a weeke or when they are spotted rub them with a long brushe & Sweepe them cleane. Thus they will looke well.
Mrs Hexly after they are scowred with fullers earth & sand take some tormerick bruise it & boile it in water then with a cleane cloth wash over the boards & when it is dry rub the Roome.

To cleare Sylver plates to look as new.

First neall your plates in the fire, which is, putting the plates in a hot fire till it be as bright as a Coale, when it is read hot pull it out & set it on the heath, & when it is cold put it into a boiling pott of water, be sure it boiles when you put it in, then take a dung called argoll (which you may have at a Drugster), & salt: let the salt be more in proportion then the Argoll. Be sure not to Stir it with any horn or Brass for it will barne it black, but with a Stick. Now you take 2 ounces of Salt to one ounce & a half of Argoll & this proportion to 2 or 3 quarter of spring water, So when tis white it is enough. Take it out with a Stick & be sure you Keape your water continually boiling till you take it out.

To dye Straw read murry or yellow.

Put the Straws into faire water & put to them as much roach Allum as will make the water of a blackish colour let them boile halfe an houre, then take them out, & put some of them into a thing by themselves, & put faire water to them, If it be a thing y^t will hold 2 quarts you may put in half a po^d of braxill & a dragme of Cochenill a little bruised & put into a ragg; let this boile till it be read, then take them out & put into the same liquor more Straws and if need be more water & a quarter of a po^d of logwood, let this boile for a murry colour. To make a yellow you must boile them straws in faire water & a quarter of a po^d of termerick & a little Safran, So let it boile to a yellow.

To dye Straws Blew.

Take Chamberly at least 7 or 8 days old (for the older it is the better) poure it from the grounds & put it into a cleane earthen pott, then take an ounce of roach-allum beaten into pouder & put it into ye Chamberlye then take an ounce of the best Spanish Indigo blew & pouder it very well (which must be thus done) wett your mortar first with a little chamberlye warme, then put in your Indigo, and as you beat it put in a little Chamberly it will make it beat ye better, & take of all the great hollow which lye opermost & let it be as small as flower. Then warme your Lye by the fire not very hot and put in your Indigo and in a day & a night you may use it, Stir it often, Soacke your Straws first in a little Chamberly and allum mixt together, but except your Straws be very white it will not take a blew. We dye green in the same liquor that we doe Blew, only you must dye it yellow first.

A Varnish for severall Colours.

Take gum-lake & gum-Sandrak of each a little quantity & mastick a fifth part to the quantity of the other & put them all together in a glasse of pure rectifyed Spirit of wine close stopped & let them stand 2 or 3 days, and in that time the gums dissolve, or to hasten the dissolution you may set the glasse in warme water See y^t ye glasse be close stopt & not washed; put so much Spirit of wine as may cover ye gums & inch, if it be to thick put in more Spirit of wine, if to thin more gums. And when you would Varnish any thing, you must make it as hot as the Sun would make it in the heat of Summer, els it will not take the Varnish, and doe it 4 or 5 times over with a fine haire brush upon tin it will looke like gold.

For Black.

Take lampblack (calined Ivory is the best) put it in a dish & add the above Varnish to it.

For Greene.

Take orpint ground & blew Verditer of each equall parts & put the Varnish to the powders in a glasse, but dry the powders well first.

For Blew.

Take Blew Verditour very dry with the above mentioned Varnish.

For Read.

Take pure Sanguis Draconis in pouder with ye above Varnish.

For a perfect Clear.

Take Gum-lake alone.

For an Ordinary Varnish to use with Colours.

The Shell or drop lake dissolved as above. If any impurity be in it you may straine it.
you may perfume it by dissolving amber-greece in it.

For a Varnish to clear White paper for windows.

Take half a po^d of the best & whitest Strasberries turpentine warme it in a Skellet, then putt to it one ounce & a half of mastick beaten to pouder stirring it over a soft fire till it be dissolved, then putt in half a po^d of turpentine oyle, mixing it with a spoon over the fire. The paper you cleare must be done over & wett with Allum's water & let dry again before the Varnish be applyed. It must be laid on with a graving tosle.

For broken China.

Burnt allum will Cement China.

To parfume Gloves.

Take white gloves dipe them in fontaine water, and wring them & dry them with a stick for that purpose, and dry them in the shade after wash them in this Composition. For six paires. Take half an ounce of benjamin and a quarter of an ounce of storax, Calamus the weight of a crowne, of Cypres with as much Calamus Aromaticus, and grinde all those upon a marble with rose water which you must after putt into a Vessel adding thereunto the 16th part of a pinte of rose water; So put in the gloves and so restir it 2 times; It will be the better if you add a litle muske and grinde it with the rest. add also the bigness of a nutt of gum-dragon steeped in rose-water and so put alltogether upon the gloves.

A Reciet for washing of Gloves

Be sure allwayes to wash your white gloves first make your sope thus, Take one Egg to a paire, beate it, & thicken it with white flower as thick as a Cruse pudding, to 12 eggs you may putt a handfull of salt & mix it well to the sope; then wash the gloves, & lay them one upon another. then take some raine water and wash your hands in it; then sprinkle your gloves & rub them with a brush and often sprinkle them with water and rubbing them with a brush till they be cleane, then putt in water as you wash them and when you have done wash them all out as you would doe a piece of cloth and where you see them need rub them with a litle sope as before and then thrown them into a good quantity of water and wash them out very well and wring them hard, have in readinesse some allum water half a peny worth beaten small will make water enough for a dozen of paires; wash them well and wring them as before; then take Spanish white half a po: and mix it in water very well & wash them in it

in it; then hang them out to dry; If you wesh any colour. For Jasmin Colour add to your Spanish white a litle read and yellow Oker, wash your gloves in it and hang them out dry. For Chocalat colour put a litle lamp black into the spare sad Colours, mixing it well with a litle sope and water before you put it in. For brick Colour nothing but Spanish — and read Oker; For flesh-Colour Spanish & Ver-mellon. If you would have sad Colour you must putt a good quantity of lamp-black, to the Jasmin, when the gloves are half dry draw them on your hands then hang them out to dry; when they are very dry draw on your hands again, rub them very well & dusk them well while any dusk will fly out them; then scrape them with a knife that turns up at the end for fear of cutting the seames of your gloves; while the refness is all of; half an ounce of gum will glase a dozen paires. Keepe your gum-dragon in water by the fire side, then take a regg of kenting, and tye some of the aforesaid gum to rub your gloves with, of the one side first, and when it is dry then rub the other side; If you would have them double glased or perfumed, you must steepe the parfume in the gum-water & reb them twice or thrice over; So no more.

These must be bought in great lumps.

Spanish-white one po: —	2s 9d	in all 8s 9d
Gum-dragon half an ounce –	2s 9d	
Lamp-black a barrell —	2s 9d	
Read Oker or yellow in Cakes –	2s 9d	

Receits for Surgery & phisick.

To make the Stone called Lapis Drauella.

Take a Crewsiple putt into it two pounds of Saltpeter fo-
sett it in the midle of a Chearcole fire (the Coles must be
putt upon every side almost as high as the brim of ye pot)
you must blow it continually to make the fire the hoter
till your Saltpeter be all melted and boyles, then when it
boyles have ready half an ounce of brimstone and as much
of the Roth allum Breake the brimstone & allum into three
equall patts then while it boyles throwgh in one Lump of
Brimstone which will burne and tam the Saltpeter a little
after it hath done burning throw in a lump of Alum
which will Smoke and hiss a good while and a litle after
it has done hissing throw in another lump of brimstone
so observing the same order throw in the six lumps then
lett it boyle a quarter of an houre after all is in, then
with a strong pair of tongs take it of the fire for feare
with to suddin cooling it will breake the pot then have
ready as many brass potts & ladles then poure into them
so much of the liquor as will make a Cake half inche
thick, so let them stand till they be hard which will be
in a quarter of an houre; then take them out & keep —
them for Vse the vse of it is this.

It is most Excellt good for a sore throat it is good for
a feaver and it will cure a pleurey without letting blood —

the manner of taking of it

You must Shape as much as will lay upon a grate and
put it into 3 or 4 spoonfull of beare then take 3 or 4 —
of the drop of beer in the Mouth and let it dwell scarcely
in the Mouth. Soe take it once an houre for feaver or pleurey
You must take more for a pleurey then for a sore throat.
It is good for sore Eyes if you take it in a quill & blow it into
ye Eyes. 20 grains is good for the Stone to be taken in White Wine
or beare which you please.

Oyntment good for payne in the back or Stomach, to help digestion or payne in ye Heart or any Cold or Cough or Anoint ye temples.

Take a quarte of the best Salett Oyle or so much of the Oyle of roses & putt it into a long galley-pot, to it wilde time. read Mint. wormwood. hysop. Balme of each two handfull, of read roses leaves ginger one ounce. half an ounce of mace groslly beaten, Chopp the heards a little & mingle the spices, have an ounce of bay berries put all these together, putt them into the Oyle, putt all these into a pott, Close it vp with paste. sett it in a Stillet of water, Keep the water as high as the Oyle comes, lett it Stand 4 hours over the fire, then Straine it out then putt in it 3 Ounces of Orange flowers water, half a quarter of an once of Oyle of Cinament as much of Oyle of Cloves, ten grains of ambregris, 2 ounces of yellow wax thin Shred, Sett it in chearcole fire a dissolving, putt in a quarter of an once of the Spirit of Cinamon which was forgotten.

Wine against a Consumption.

Take 6 quarter of the best white wine, putt it in an Earthen pitcher stopp it close with a Corke & put it into a Kettle of water and lett it Stand so long in the boyling water till the wine boyles, then putt into it 2 ounces & half of Succory roots shred & lett it boyle halfe a quarter of an houre, then take the pitcher out of the water then putt into it the rines of 2 lemons & 1 orange paring it very thin, with half an ounce of Cinamon & 6 ounces of sugar.
After these thing all are putt in together, ye pitcher is to be covered vp close for 24 hours, after that you must Shake it well together then straine it through a flanel strainer & bottle it up for vse.

Dyett drink to clean Blood of Mr Dobie.

Take 6 Oranges. 6 lemons. 2th of raisens Sun. Juice of garden Surrygrass. Brooklime. Watercrass of each a quarte. Elder buds six good handfull. horse-radish half a pound. the lemons & Oranges must be thin Shred Rind & all. these are for twelve Gallons.

A Remedy for ye yellow Jaudie.

A pinte of White wine, half a pinte of Celendine Water as much dragons Water three penny worth of saffran two of turmerick. Infuse all these together till half of it be wasted & then drink it att 3 mornings.

A Medeicne against the plage. small pox. mesels and fevers diseases & surfeits composed by Dr Butler.

Take 3 pints of Malmsey or Muscadine, and boyle one handfull of Bearb of grass and one handfull of sage in it, until a third part be wasted, then take that of the fire, straine it & put thereto one pennyworth of long pepper, half an ounce of ginger, a quarter of an ounce of nutmeg being first well beaten then sett that on the fire again and let that boyle a little longer then take it of the fire again & put therein 4 penny-worth of mithridate 2 penny worth of teriale of Genes a quarter of a pinte of strong Angelico Water or the best aqavitae you can get. Vse this as you love your life.
Take it always warme both morning & evening a spoonfull or two if you are infected and sweatt a little thereupon. If you be not infected then take half a spoonfull both morning & evening during the time of infection, vnder God trust to this for there was never Man Woman or Child ever to this yet that were deceived if the heart were not mortifyed before this drink came. probatum est.

How to make Gascoins powder.

Take white amber Red coral Orient pearles. Harts horne Crab Eyes of each one ounce. of East Bezar one dragme the tops of the claws of a Crabb (so far as is black) as much in weight as all the rest. Beate them severally into powder then search them through a fine search. then with Jelly of hartshorne the spirit of Sack & a little Safran make it into litle round balls, and dry them with a moderate heat.

This powder is Very good to take away an Ague to be given when the cold fit is coming in a litle Ale poset drinke, & to be used 3 severall time. And to be given in a feaver to drive away any thing from the heart or the Stomach & to cause sleep it must be given at night when you go to bed. It is good to prevent the Small pox if taken 3 or 4 times. It is Very good to Kill the worms in Children you must give to a Child 5 or 6 grains att one time. to Men or Women 10 or 12 grains

In my Lady Kent powder they putt in a litle Contrayrva and you may putt in a litle Cochenelle

For a Feaver.

Take a penny worth of blew Corrints and one penny worth of mitridate, pound them in a stone mortar till they are like a Salve; then take a sowre Sivell Orange & cutt it throw the midle and spread the Salve upon the juicey side of ye Orange & bind one halfe to the one wrist & the other half to the other an houre before the fitt cums when the Orange and Salve growes dry renew it with fresh. My Lady Purbex.

A Medecine for the Ague.

Take Orions. Sage & Safran beaten together till they com to a sort of a poulte, and aply it to the wrists and Soles of the feet and drink a kind of Safran thee that day the fitt is expected.

For the Bite of a mad Dog.

Take two quarts of strong Ale, one penny worth of triacle two spoonfull of brayed pewter. one handfull of rue, a head of garlick. Boyle all these together till it is but a quarte. Give it att 3 mornings first letting blood and eating some of the dogs hoer if to be had.

To make the Black Plaster.

Take 3 quarters & better of Virgin Wax and a pinte of the best Salett Oyle melt this together in a large brass pan then take halfe a pound of the best white lead grind it on a painters stone Very fine, then take the Oyle from the fire let it coole a litle then putt in the lead stirring it together Sett it on again let it boyle half an houre take it of the fire. putt in 2 ounces of mastick 2 of Olibanum 2 ounces of myrr. 2 of frankisense. 2 of Bergame pitch 2 of barkamahat. Lett them be all finely poudred & searcht. putt this pan into another pan for fear of running over. then putt in all the gums, stirring it till it has done rising then sett it on the fire again, lett it boyle half an houre stirring it still, then take a quarter of an ounce of Camphir finely beaten to poeder strew it into the pan, stirring it all the while. So lett it Boyle till it be black, then take it of stirring it till it be cold. then oyle your hands and the Board & soe make it into Rolles, this keepe choice as your life. this is that which cure the toothach or head ach.

The Bitter Drink.

Take 2 handfull of Carduus the like of wormwood & the same of mint, putt these mixed together into a still still and poure on them a gallon of Brandy. then distill of keeping a slow fire, the first running will be very strong, so that you may mix it with the last as you please.

Another Bitter Drinke

Take of the tops of the lesser Centaury and Camamile flowers of each as much as you may well take up between your two fore-fingers and thumb, of the roote of Gentian the bignes of a nutmeg; of the leaves of Senna and Seed of Carduus of each a dragme. Boyle these ingredients gently in half a pinte of Spring water to the consumption of a third part. Straine ye liquor and drinke it in the morning every with day, & then omit ye vse of the Wine.

Of the root of Elecampane a little traised one ounce. Roman-wormwood and rue each a small handfull. Filing of Steele one ounce. Cinamon 2 dragmes; Infuse them in 3 pints of Rhenish Wine, and after two days drink a small sack glasse three times each day.

When the Wine is drunk put half the quantity of everything (but the steel is for the same ingredients) with fresh Wine and drinke as before.

It is good for the payne in the Stomach & green sickness being the purge & bitter drink of Dr Nicolson.

Dr Lowers Drink for a Consumption

Take of Sarsaparilla 3 ounces. China 2 ounces. yellow Sander half an ounce. Shavings of hartshorne and Ivory of each 3 dragms Infuse and boyle these in 4 quarts of running Water gently till a pint or more be wasted. then add of maiden haire, Speed-well, Ground Ivy Scabious. Coltsfoot of each one handfull. Raisins of ye Sun stoned one handfull, boyle then till the fourth part be wasted. adding at the latter part of boyling half an ounce of liquorish two Spoonfull of Honey, a quarter of a pinte white wine. Boyle it till there be noe Sum left then strain it and let it Settle and poure of the cleere, and see keep it in a glass botle and drink of it two or three times a day

For Spiting Blood.

Dragons blood and Salt prunell and plantins Water

Dr Lowers Tincture

Take of Gaicum the smallest chips you can gett; leaves of Senna, Liquorish, anyseed, Coriander seed, Elecampane roots, dryed of each 2 ounces; Raisins stoned one pound; 2 ounces of Carroway seed, a quarter of an ounce of Jalap. Steep these in 3 quarts of the best Aqua Vitæ for 10 days, then poure all of, and take 3 4 or 5 spoonfull in any sleepes in ye Stomach at any surfeit or fits of the stone in the Kidneys.

My Lady Danbys Recpt for a Sore Breast.

Take the Cornes of the fore leggs of a Stone horse, wash them in White wine, dry them in an Oven, then wash them again, and when dry beate them fine enough to sift then take 20 grains with the same quantity of male (powdred also) in Sack or any other liquor take night & morning fast 2 houres after.

Be sure to purge once a fortnight (all the while you take this pouder) with Manna or some other gentle thing.

For the Migraine in the Head

Take Sentry Bettony and steep it in white wine and when you think it strong enough of the herbs as you may Know by ye bitternes of it, straine it & keep it in a great Mouth glass or Steepe it in a wide mouth'd glass & drink a good glass of it every morning.

Another for the same purpose.

Take half an ounce of male pionys root when they be Scraped and dryed in an Oven & half an ounce of male pionys berries, half an ounce of nutmegs. A quarter of an ounce of Bettony a quarter of an ounce of Rosmarys tops, both being dryed; Beate all these into fine pouder then mingle them very well together with a quarter of a pound of white Sugar Candy finely beaten and take as much of these as will lye vpon six pence in a morning fasting, mingle it in a spoon with a Spoonfull of bear & then drinke a reasonable draught of Bear after it.

A Scare cloth for a Sore Breast.

Take two parts of Diaculum, one part of Unguentum Rubarum commonly called the read drying plaster. Melt them together and spread it on a plaster of cloth & apply it.

Mrs Beanefields loosning diet drink

Take 2 handfull of Burrage 2 pod of raisins of the Sun Stoned a pound of lent figgs sliced; Boyle them in 4 quarts of spring water till the quantity of one quarte be boyled away, then take it of and Strain it, let it stand while it is cold and put it into bottles. Drink as much of it as you can at a time sweetning it to your taste with syrup of Clove gelly flowers.

Mrs Cock's receit for a Consumption.

Take of the best tarr the quantity of a white pea then take pouder of liquorish and Nutmeg & Vale it in

The . . snaile's water for the Consumption

Take a peck of snailes and purge them on hysop, the next day bruise them shells & all, then put to them a pound & a half of Balme, lewerwort mixt rue hysop dendelion of each half a pound, then take as much milk as will cover them and add to this a litle maiden heire, then still all together in a cold still.

To make Diascordium.

Take of Cinamon wood of Cassia Dictamarii Cretici tormantil, Bistort, galbanum, Gum Arebick of each half an ounce right sordium one ounce, opium and sorrell seed of each a drage & a half, gintiane terratigalete Lenoia of each half an ounce Storax 4 dragnes and a half, bole Armarack one ounce & half long peper and ginger of each 2 dragnes, Conserve of read roses one pound, of muscadine or Sack half a pinte, of white hunny

hunny clarifyed two pound and a half. Dispolve the Opium Galbanum & storax Calamita in some of the wine, and beate the gum arebick in a hott mortar by it selfe and the other things must be beaten very small & searched through a tifany, then mingle the terratigalete Lenoia with them; Boyle the hunney with the remainder of ye Wine to a syrup, then put in the conserve of Roses which being Vell stirr'd together put in the other things & Stirr it till it be cold. Soe put it up for use.

The wound Drink good for any Inward Bruise, Impostume, stopping in the breath, Strangury, fistula or any outward sore.

Gather the following hearbs in Aprill or May, and if you have not present use of the drink, dry them in a Roome, where neither Sun nor Wind may com to them, turnie them once a day and when they be thorow dry mingle them all together, of each a like proportion & put them up in paiper bagges, so keepe them all your pleasure all the year; those that are beds must be gathered as soone as they spring out. There are 24 Severall sorts of them. Viz.

Sothernwood	Dandelyon	Oake beds.	Honey Suckles.
wormwood.	Cinkfoile	Bramble beds.	Walets leaves.
Buglose	Ribwort	Sorrell	Courtey.
Mugworth.	Daysy root & leaves.	Acorns.	Mint
wood Bikony	Walstone Beds.	Strawberries leaves	Scabias.
Plantine.	Egrimony.	White bottles.	wild angelica.

Take of these hearbs mingled and dry as before named three great handfull or more & put them into a quartle of Wine white & a botle of water running from the spring, let them boyle till half be consumed then strain it & put into it a pinte of good Honey, and let it boyle again scumming it very clear then take it of & let it stand till it be cold, then take it & keep it in a cold Celler & give the patient grieved six spoonfull to drink in the morning first, and fast an houre after it or longer,

or longer as their strength is And if they be very ill, lett them take as much at 4 in the afternoone & when they goe to bed, keep the sore very clean when it is taken for any sore and if any proud flesh rise in it you must eate it out with a litle burnt allum, you must not tent the sore but search it only with a tent made of circloath made of fresh butter wax & honey, or the circloath made of Salett oyle & read lead, & lay some of the searcloth upon the sore & keep it warme.

For the Gripes.

Lett a glyster be prepared of milk with a few Camamilles flowers & some seeds and a litle fine Sugar adding to it the quantity of a nutmeg of diascordium, and a spoonfull of Canary and a spoonfull of Salett oyle, and so given for a glyster presently. from Mr Robins.

For

Half a pound of raisins stoned, two ounces of Rubs hearbs two ounces of creame of tartar, beat the raisins to a pulp pound the Rubb hearbs and the creame tartar by themselves then pound them together then putt to them Syrup of Sackery and syrup of fumetry and syrup of roses of each one ounce.

A Blak Salve.

Take Salett oyle one pinte, read Lead half a pound Virgins wax a quarter of a pound, Oyntment of Pompillion a quarter of a pound, Oyle of roses one once, Oyle of Camamille one ounce Masticke two dragms, Boyle these till they looke black, & then add six dragms of Spetma Cety.

To heale or cleare a wound & keep it from proud flesh.

First wethe it with water & bear, and then spread Basilicon upon Lint and lye it upon the Soar. If the wound be very ill wesh it and dress it twice a day, when it begins to heale, once a day will serve. To Skin any Bruise where ye Skin is rubbed off. Take fresh butter and Bees wax melt them together and dip fine Linning rags in it in the manner of a searcloth.

To cure any cut or wound when it is first made. Take Hysop ship of the leaves and pound them with Sugar till they com to the consistance of a Salve; Washe the wound as before with butter and bear.

A Receit to make Read Pouder

Take Scabius. pimpernell. Betbony. Cardus. Tormentill roots & all. Dragon. Sage. Angelica. Divill bit. Rue. Scordium. Winter Cherrys. Egrimony. Pellitory of Spaine. Pellitory of the wall palma Cristi. Horehound. Vervane. Wormwood. Endive Savory. Fetherfew. Remitory. Balme. Borrege. the tops of wisett hysop. the tops of Rosmary. Bithony. Celendine. Hartshorne with all other cordial hearbs you can think of, of each an handfull. Then take of Elicampana roots. liquorish. Dragons roots and all, Angelico roots of each two ounces, Scrape your roots clean & slice them all. Shred your hearbs small & putt them to steep in an earthen pott with as much white wine as will cover them, which will be about 6 quarts, so lett them stand 2 or 3 days, then take a pound of the purest bole armoniack made exceeding fine and temper soe much of this liquor with it as will make it like pape, Sett it in ye Sun to dry and as it drye putt more liquor to it, doe so till all the liquor is dryed up to half a pinte; which keepe to mingle with these cordials, Take 4 ounces of Mithridate, 4 ounces of Diascordium. 4 ounces of prepared hartshorne. 2 ounces of Alkermes; one dragme of berbery gold. 2 dragms of peacle beaten small; One dragme of saffron, mingle them well with the liquor & so putt it to the rest & lett dry in the Sun, till it will make up in Cakes and then keep them very dry. It is Sovrain for all distempers, and to be given with cold distilled Dragon or Angelico or a litle Sack as much as will lay on a groate. they must be kept in a breathing sweat one houre, and then drink some posset made with hartshorne & marygolds. the experience of it has been very great.

An Excellent Julep or Safran water & Milk water

To a quarte of whey a small handfull of Damask rose leaves from buds with a small handfull of femitary infused in clary-fyed whey halfe an hour close stopt. A little boyling. Take the milk curds of the whey & then straine it. Drink it coole

For the milk water Lute the Still very close and a soft fire let it stand till it cold before you straine it.

For the Safran water or cobling Julep leaving out ye Safran 4 pots of peale barley make it into a Gellon of barley water 3 pots of Sexsafras. 3 pots orrice roots Shied then one pound of Cardamons bruised one handfull of vrsel hysop one handfull of Coltsfoot 2 handfull of mousseare 2 handfull of Dendelyon - infuse this in a pipkin & paste it up close set it on a gentle fire 48 hours, let it stand till it is cold then straine it and add to it 18 pence of Safran for feavers or any such distemper Excell! good for a Consumption take one third of a quarte morning & night if you want of sleepe sweeten it with syrup of Cowslips. If faint with Jelly flowers. if gripe a handfull of read roses infused and some sugar. For a consumption take it 2 months deyly in bed at 5 in ye morning one third of a quarte, and another going to bed. without Safran it keepe but 7 days with it 14 days.

For an Ague Cake or Pigs-belly or worms in Children.

Take vnsett leekes 2 handfull wormswood 2 handfull, fetherfew 2 handfull chope them small as you doe pott heards then fry them in a frying pan or large fireshovell, and wett them with an Oxe gall Doe not burn them nor fryc them crispe & drye, but like a Tansey, when they are soe fryed ye they are all soft & well soaked in the gall, then put it into a linning bagg & lay it as warme as the Child can well safer it all over the Childs belly from above ye pitt of ye Stomach before the Mavell. Lay it on at night when the Child goes to Bed & bind it on with the blanket or a roller and when it comes of have a peece of flannell ready to put upon the Childs Belly & stomach in the day time, for these things all night will make the Child tender in the day

the day and apt to take cold, this bagg must be layd on 3 nights together, & 2 or 3 nights before the full of the Moone will do best. the same heards will serve all the 3 nights, only they must be - wett every night with fresh goll and if they be grown more - dry at last then at first as they will be, let them soake a - little in the gall before you frye them. In case you cannot - gett green wormwood nor fetherfew, dryed will serve. my Lady Barber.

A Receit for an Ague

Take two ounces of plague water cold distilled & 24 graies of - Salt wormwood. So mix it and give it to the patient an houre - before the fit. Repeated if neds require.

Another Receit for an Ague

Take a whole Nutmegg the like quantity of Roach alum Soe pound it in a Mortar & steepe it in a pinte of white wine for a night then divide it in two parts, & give half of it to - the patient half an houre before the fit & the other part half an houre after the fit.

For the migrain in the Head.

Take Centry and Bittony & steep it in white wine, and when you think it strong enough of the heards as you may know by the bitterness of it, Straine it and keepe it in a great wide mouth'd glass, or steep it in a wide mouth glass. Drink a good glass of it every morning fasting.

Another for the migrain in ye Head or consultions fits

Take Conserve of read piane flowers, to be take night or morning, or more. Aqua Epileptica take in fits or when feares doth - arise a spoonfull or more at a time. Item for ye migrain in ye head or any giddines take half an ounce of male peoney roots when they be straped and dryed in an oven & half an ounce of male peony berries half an ounce of Nutmegs. a quarter of an ounce of Bittony. a quarter - of an ounce of Rosemary tops, both being dryed. Beate all these into fine powder then mingle them very well together with a quarter of a pot of white Sugar Candy finely beaten.

For the Jaundice.

Take 2 Oranges, cut a peece out of the top as bigg as a halfe-Crowne, take out most of the meate, & put in 4 penny worth of Saffran into each Orange, put on the peece that was first cutt of, wrap them in a wett paper & put them over white ashes vnder the Embers of a woode fire, the next morning wipe them clean & beate them in a mortar & put them (with 2 handfulls of the Juice of Celendine bruised) into a Botle of Rhenish. Shake it for 3 dayes — then lett it stand 12 or 24 houres and drink half a pint at a time morning, afternoone & going to Bed.

Poure it of carefully as you vse it and it will be cleare to ye last & that if it settle will be soe too.

If it be to sharpe put what Syrup you please (as you drink it) in each draught but not in ye whole botle. Syrup of Althea two ounces mingled with one ounce of Syrup of Violetts.

The rest of an Orange put in Brandy & burnt with a nuttmegg cutt in thin slices (to get out ye oyle) & sweetned & drunk hott gives ease in the Colick. the like does seeds boyled in beer or ale and when straind drunk hot.

Mr Sherrards Sear cloth.

Take one pound of read Lead poudred one quarte of Salad Oyle & when you have well mingled them together, sett them on a gentle fire constantly stirring them with a stick and lett it not boyle too fast, when you see it look browne dip in the cloth & roule them up they will turne pale when they are cold & the longer they are kept the better. It will cure all bruises, aches & swellings y^t a Sear cloth is applyed to, but most exult^t for Sore Breast. If you dip in your cloths iust when you see it turne browne then they will be dry in an instant & when it is soonest dry then it is rightest done. You must reb them when they are dry with a Sleeke Stone or ye bottom of a quarte botle.

To cure a Speck in the Eye

Take a litle Selendine & pound it with a litle small beer, Straine it and drop it into your Eye night & morning.

For a feaver.

For a Feaver.

Take a Gallon of white wine or Claret wine (that which is most delicious more then strong) putt into it an ounce & halfe of Jesuit poudet finely poudred, half a handfull of litle Centrie flowers two dragmes of salt of the same plant, and as much of good white tartar, or in lew of these 2 salts) 2 dragms of salt Armoniac very well purifyed, one dragme or 2 of Sasafras wood cutt thin or one dragme of Jenipers berries, or any other Aromaticks. Lett all be infused in for 24 hours on warme Embers. putt it in a well closed vessell then straine it & keep it for your vse. It is an Infusion for a Feaver. and it may be given without the poudet before ye fits.

The doze of it may be taken 4 ounces att a time to be taken twice a day att least in a morning fasting 2 hours before meat or 3 hours after going to bed or att all those times taking the vsual doze of the Jesuist poudet in a glass of sack or white wine or Rhenish wine one houre or two before each fit for 3 or 4 fits, the body being duely prepared by vomiting or both as the Physitian shall advise.

To make Ancusa or the read Tincture.

Take 2 pots of the best fresh butter vnwashed, butt extreamely well beaten from butter milk and the next day after churning, set it on a soft heat of embers to melt, lett it not boile in the least, then poure of the butter from the milky bottom and skim what drosse arriseth on the top, and to every pound of butter thus prepared take six ounces of the roots of Alkanet or wild Bugloss (for it is known by both names) to the Physical Herb weomen. May is ye best Month to make it in, the roots that are read on ye outside which grow in Marly ground & rotelly any where else. Wipe gently the dust of them, but doe not scrape or washe them, for that will take of the colour. Slice the of the outward part of the roots, or stripe it from the pith, for if they be very ould which are the best, they will stripe clear from the pith. And cutt it in peeces about an inche long, but none of the pith. So put it into your butter, then sett it as before on a soft heat, and lett it never boile. Keepe it coverd, and take of the Scumme that riseth. When the colour is very orient and pleaseth you, & that it tasted well of the roots

roots poure of the clear for your inward taking and the bottom which will be apt to have some grit from the roots, straine out & keep for outward use, when tis cold tye down your pots with leather and set them coole & cover them from mice (which are very fond of it. you will be 3 or 4 hoores in making it) by ye reason it must be done so leurely. You may save some of the roots to dry which are very good to boile in posset Ale, to take the Balsom inwardly in case of feavershrew where sack may not be given, or is not loved. It must be fresh made every Year.

The Vertues for Cough & Consumption

It is good for inward bruises or broken Veines or spitting of blood or decay of lungs, Impostumes or Plaurey or Stone giving the quantity of a large Walnut (night and morning for nine days) at a time, and then omit it and take it again where any setled disease is and where heat or dislike to sack is not, it is best to give it in that - unless in case of the stone, there white-wine is best. Make the liquor to give it in so hot that it may dissolve it without heat of ye fire for that makes it rank. It is good for burns or scalds with flaves or fellons at the beginning, on a burn when you have well anointed it, lay a peece of fine paper well spread with it, for white flaves - or fellons mix it with crums of bread & lay on. If any one have a - bruise in the leg drop some of it.

If you cannot get the read roots which are not so common, the white will make good, the offer is better for you may have 1000 - white for 1 read, vales you light in a place it delights.

Lozanges for the head & Stomach to help Wind & ill Digestion.

Take a pound of the best loafe Sugar and boile it up to a candy height with a dozen spoonfull of Damas-rose-water then take it of ye fire, and put to it these poulders following; One nuttmegg; Six times as much Cinamon & six times as much Ligeorish; Nine cloves; 3 leaves of mace; Gallingall as much as half a Nuttmegg; Safram, mesk and Ambregris of each 3 grains: powder these fine & search them, Stir them into the Sugar. So poure it on a paper and when it is cold cut it into Lozanges.

My Lord Kilmorkeys Dyet-drink.

Take of the Inner Barke of the roots of a young Ash cut into long Slices of the breath and lenght of ones finger, Six handfull of the green rinds of Ivy, 4 handfull of the yellow roots of Dockes pickt and bruised, as much of the roots of polipodie of the Oake newly ga= =thered cleanse & bruised, of the kernels of the keyes of Ash pickt out of their Huskes 3 handfull, of Bitony, Balme Hartes eare fine powder of each two handfull, of Rosemary one handfull; Boile all these very tender in as much water as will make 8 gallons of worte, put in a quantity of malt according to the strenght you would have it, In your worte boile some hops and 5 handfull of Egrimony and 4 of - Sage; Run the worte from the herbs and hops, and then run it thorow a Jelly-Bagg leaserely that it may be cleane, Barme it, cleanse it & run it up into a convenient Vessel.

This is to be drunk at 10 or 12 days old.

To make Ale good against the Stone.

Take 3 gallons of the best worte then take a handfull of Saxifrax a - handfull of peistone, the kernell of a handfull of Ash-keyes, a handfull & a half of Eringos roots unpreserved and a handfull of parsly, dry all these well & beate them in a morter, and boile them in worte one houre and more. Then set it a working as you doe other Ale and so tun it up, - and drink it at 3 or 4 daies old, you may put a fewe hops in it to keep - it from sowring. You must drink a good draught in the morning fasting with nuttmegg & Sugar if you please, and again at 4 a clock in the after-noone, walking or using some moderate exercise with it.

A Dyett Drink for the Spleen & Liver.

You must take wild Sage, fennell fementary and Carduus bendictus of each - a handfull and boile them in 3 gallons of Ale and when it has done working you may add 3 ounces of Salsaparilla, 4 ounces of Senna, 2 ounces of polipodie, 1 ounce of Sasafras, 1 ounce of Jalap, 1 ounce & half of Ligeorish, 3 of fennell roots, 1 ounce of anyseed, pound them all & hang them in a fine lawn bagg in ye Barrel of Ale Brewing them with your hands in the Ale, and take half a pinte of ye Juice of Sweete Lyme and as much of the Juice of Scurvy-grass, and put them also in your Barrel. This I think to be the fitest meane to reporve your Natural health and to strengthen the Liver and Spleen.

For the Spleen.

Take of Ash keyes or the Inner Barke of Ash a stuck quantity, a quarter of an handfull of Borrage flowers, the like proportion of Ellers flowers or Inner Barke (in the winters time you - may take Ellers roots. Boile these in the third part of a pinte of Sack, sweeten it with sugar and drink it when the fits come. Boile your Sack till the fourth part be consumed.

For the Beating of the Heart.

Take pills 3 at a time a quarter of an houre before dinner, at any time when you find your Stomach fall or any thing that offend ye Stomach. If your heart beates commonly take 2 or 3 spoonfull of cordial liquor and some time you may take Aple-water, Albermy or Burrage water or a litle Claret wine burnt. Then boile in ye wine tops of Burrage, of balme of lemons, thyme & a litle nutmegg and fine loafe Sugar, and in a quarter of a pinte burne these, mix a litle Albermy before you take it. but take ye pills twice in a weeke before.

To make Salt of wormwood.

Take garden wormwood & lett it dry in the Sun untill it be dry enough to burne, then burne it upon a cleane Stone to Ashes, take ye Ashes and put them into a stone pott (it must not be an earthen one for it will penetrate it) then make a strong lye of it with faire water, lett it stand two days and two nights after stirring of it in ye day, then lett it settle and poure of the cleare, straining of it untill it be as clear as Rock-water, then putt the water onto a Shiny or Sylver Basom & lett it vapour away upon a Soft fire, and there will be remaining a Salt in the bottom, take that Salt and weigh it and weigh as much brimston beate the brimstone as small as flower and Sift it thorow a tifany then mingle it with the Salt & putt them into a Creuset and putt the Creuset on a very hott Chearcole fire untill all the brimstone be evaporated which you may know by its leaving Vaporing. Then take out the creuset & when it is cold putt the salt into the Basom again, and poure faire water upon it, lett it vapour away, as before upon a soft fire. If you have a care of it and not burn it it will be exceeding white. You must putt this salt into a very dry glasse and Stop it close with soft wax that no ayre comes to it for it will turne into water if ayre comes into it. After this manner you may make salt of any Plante.

A Black Cherries water good for a Surfeet or any Stoping in ye Stomach or the passion of ye heart.

Take 3 potl of black Cherries, Bruise them stone & all in a Stone Mortar then take Carduus Balme Mint sweet-marjoran of each one handfull, 3 pintes of Claret wine, 4 nutmeggs & ye like quantity of Cinamon. Beate the Spices and bruise the hearbs & mingle them all together in an earthen pott and lett them stand 24 houres to infuse, then still it, and put in one grain of musk or ambergris with a litle Sugar in ye glasses you receive the water into.

A Receit for the passion of the Heart.

There is a bone in the heart of a Stagg which is to be grated Small, and take each morning fasting as much as will lage on a groate in a Spoonfull of this water afore sad, or of the Syrup of Cloves, Gilly flower, untill such time as you find your Self better or if you please to mix some quantity of it in conserve of bilony, Cowslip or rosmary, and so eate some of that each morning, or if you like it better drink it in a Spoone. If the distemper doe much afect the head this receit is good for it.

You may also take the Intrels of Hare dryed to pouder but not the guts put it into an oven after Bread is drawn out, till it be dry enough to make it into a fine pouder and when you goes to Bed take as much pouder as will lye upon a six pence, mingle it with mother wort, make into pouder likewise and put it into a spoone and as much black Cherries water as the Spoone will hold and drink 2 or 3 spoonfull of the water after it.

To make an Excellent Cordial for all passions of the heart called Tincture of Balme.

Take a gallon of pure aqua vitæ twice distilled, or else the Spirit of wine, putt it into a strong double glasse ye will hold some two gallons then put thereunto 4 handfull of Balme cleane pulled from ye Stalkes half dryed in the Shade lett it stand 8 daies in the Sun, ye mouth of the glasse well stopt. Then make ready this pouder. Take Unicorn's Hornes Beases-stone of each the weight of 20 graines the bone of ye harte, harte 8 grains harts horne & Ivory of each the weight of 2 french Crownes Red Coral white Coral and pearle all prepared of each 60 graines, pure yellow Saunder Terra Lemna Terra Sonna Tormentola white amber and of the horses hoofe of Ireland of each of these 60 grains weight, Zedoris ye weight of 2 grains pure amber grease ye weight of 10 grains fine musk ye weight of 8 grains, and so much of gold leaves. Lett all these be very well poudred small, put the pouder to the Balme & lett it stand 12 daies every day shaking it. Then take a pound and half of Sugar Candy white made into very fine pouder & dissolve it in a pinte of red roses water att a gentle fire, and when it is thoroughly cold, put it into the rest of the Iuice & let it stand other 8 days in the Sun then poure out the Clearest in some fine bagg & keepe it in some fine glasse to your use. the quantity is about a Spoonfull when any Body doth Sound or faynt or is subject to Melancholy. In this Manner you may make

the Tincture of Rosmary-flowers for all defects of the Braines & likewise of Mints for all defects in the Stomach. It were good first of all to take the Creame of Tartar in both with open Herbes and the 4 opening roots every morning for 8 or 10 daies a dragme or 2 at a time afterward to take some gentle purge for Melancholy, and then use your comforting medicines.

To make Popies Water which is good for a Surfeit

Take a quarter of small Aqua vitæ put it in a glasse & putt good Store of popies into it cutting of the black ends let them stand in 2 daies then take them out & put in more & some Marygolds flowers of read-gilly-flowers ye flowers of them & let them stand in a weeke then take them out & put in more, this doe till you find them Strong of ye popies and very high coloured, then take some flowers of gelly-flowers marigolds and popies 2 or 3 Spriggs of marjoran Wort and a little root of Angelica a good handfull of raisins stoned 6 dates a little liquorish and anyseed bruised, half an ounce of white sugar candy a little Herbe of Rosasolis, let these stand 3 weekes. Then Straine it out in a cleane glasse, you may putt in fresh aqua vitæ to these herbes & spices and let it stand all the yeare & it will serve for your use.

A Cordiall water

Take a quart of Running water put to it a pd of loafe sugar mixe them together and let them run 3 times thorow a lottens bagg, then put to them a pinte of Cinamon water a quarter of a pinte of angelica water a quarter of a pinte of Rosasolis as much of cloves water, 1 pinte of damask roses water, Poure all these 3 times thorow again then put in 3 pintes and a half of aqua vitæ & poure it thrice times thorow again, Glasse it up with mesk and amber in your glasse as you please.

To make the water of the Herbe called Rosasolis to be gathered in the Moneth of June & July.

Take this Herbe Rosasolis (it groweth in Meadows or low marsh-ground and in no other place, it is of a haire Colour & growes very low & flat to the ground with a man long stalke in the midle with six branches springing out of ye roots round about the stalke with a leave of haire colour and of marae breath & length) & when you gather it take heed in any case you touch not ye herbe it self with your hand for the vertue of the herbe is then gone but pluck it up by ye stalke & putt it in a cleane basket, the leaves of it are full of vertue and Strength of nature. Take as much of this herbe as will fill a Bolle pot and wash it not in any wise take a Bolle of good Aqua vitæ and putt them both into a vessel & let it stand Close hard 3 days & 3 nights and the 4th day Straine it thorow a cleane linnen cloth in a cleane glass or pewter pot and putt thereunto a pd of fine sugar beaten Small half

half a pd of liquorish beaten small in fine powder half a pd of fine dates the stones pulled out cut the dates in peces mingle all this together Stop the glasse or pewter bolle that no ayre doe come into it in any wise. Drink hereof fo Bed-ward half a spoonfull with Ale and as much in the morning fasting. For there not ese weakest Man nor Womans body in the ward that wanteth Nature or Strength but it will restore him again and cause them to be Strong & lusty and to have a marvelous Stomach & that shortly. He that used this 3 times together Surgery Stomach & that shortly. He that used this 3 times together Surgery Stomach & that shortly & comfort lively and as he foleth him self shal find great Remedy & comfort lively and as he foleth him self so may it doe it.

This was approved upon one Stubbs of Westcot who being 18 weeks in a Consumption and all the Physitians in London had given him over was by drinking hereof 13 times restored into his Strength and obtained his former health and a good Appetite. The making hereof before set downe was delivered unto him by an Outland Man.

Dr Burgesh's Plage water for either Men or Beasts.

Take 3 pintes of old Malgo Sack and boile therein one handfull of sage as much rue, till one pinte be boiled away, then put thereunto one ounce of long peper half an ounce of ginger half an ounce of Nutmeggs all beaten together then let it boile a little, then put one ounce of Mithridate and one ounce of Teriade a quarter of a pinte of angelica water. Take of this 3 spoonfull morning & evening if they have already ye disease if not one spoonfull in a morning is sufficient, this is good also for the falling sickness, Smalpox Measels & surfeits. But for a Horse if he be infected you must take a pinte at a time, clothing him hot & lifting him to the Belly to make him sweat next day give him a drench. If you find that this doe not cure him at one give it him twice for prevention if he be not infected half the quantity will serve. Men or Women are also to sweat when they take it.

For a Burne or Scald.

Take Deare Suet May Butter Virgins Wax & yellow wax of each a like quantity, Set them over a Soft fire a melting, when they be melted take them from the fire & putt in the like quantity of Salet Oyle as of ye rest and putt into it a good quantity of snow water, beate them all together untill all the water be beaten out. You need not putt so much of the yellow wax as of the rest. Note that the Spoon tooker must be made warme before you putt it to ye rest when you use it Spread it upon a Soft Cloth & lay it upon the place. Another.

Beat an Onion & bay Salt to a plaster. So lay it on, Washe it after the fire is out with hot Seed Oyle & water, and Scald some white lillyes leaves in milk, & apply it.

Palsy Balsom Mr. Bell.

Take 2 quarts of Aqua vitæ or Spirit of Wine, Infuse in it five ounces of Juniper-berries grosly bruised, Castorium, Infuse Cardamum half an ounce bruised, 2 handfull of Lavender Spike Rosmary flowers Steep them with the rest in a pitcher close stoped in a Chimny Corner 4 days, putting hot Embers round it, Stirring it twice a day; then take 6 dragmes of Camphir & put it in a glasse with half a pinte of Spirit of wine, which will dissolve the Camphir, (if you hold the glasse in your warme hands) When your Pitcher is cold put this in & sett it from the fire, let it stand for the space of one hoore, then Straine it thorow a woolen bag, and that which comes cleare put by it selfe, the thick when settled you may put much cleare from. It is good to anoint any place that complains of the Palsy, It is good for weakness of the goot & weakness of ye Sinews that proceeds from cold humours. A little in a Cloth held to the Nose is good for fits of the Mother, good for the Head-ach used to the temples, It may not be taken inwardly.

For a Consumption or an old Cough.

Take one handfull of horehound, as much of Eleampana Roots scraped and thin cut, a pod of figgs sliced, one pd. of raisins of the Sun slit & stoned, a quarter of a pound of liquorish scraped and sliced, a quarter of a pound of anyseeds pounded. Boyle these in a gallon of strong Ale to a Bottle, then sett it to cool in a pewter dish, then Straine it thorow a strainer, and morning & Evening drink half a pinte warme & to Bedward

A Greene Salve good for a Cut or wound bruised or Vlcer if it be not a very foule one.

Take of Rossen a pd. of the best turpantine two penny-worth, of deer Suet finely rendered 6 ounces, of Virgins wax a quarter of a pd. of verdegris two penny-worth. Melt your rosen, wax & suet together but take heed of burning them, then take them from the fire & stirring it with a stick put to it presently the turpantine then gett it on the fire again stirring it, when it riseth take the verdegris (being first thorowghly beaten and ground of a painters stone) and mix it with some of the stuff well then put it into the kettle and stir it all well together & when it riseth have ready a gallon or two of Spring water and poore it into the water & worke it well & make it into rolls, & see let it lye there 3 days, then lay it up for use.

For a Cough. my Lord Stanford.

Take one ounce of Candied Eleampana & one ounce of Syrup of Coltsfoot and make it into paste with Sugar Candy & so make it into Lozanges.

A Green Oyntment good for the Scabbs, anguish, Swelling of wounds, Tooth-aches, Bruises, over reaches of Sinews, Vaines, cramp Sticks either in Man or Beast. It must be made in May, & will last many years being close & cool kept.

Take read Sage and rue of each one pound, the young Bay-leaves & worm-wood of each half a pound, pick them but not wash them, Cut them small, Beate them long in a faire Morter, Then take 3 pds. of sheeps Suet hot from the sheepe mince it small & beate it with the hearbs, till it be of one colour, then put it all into a faire Bason with a Bottle of the best oyle of Olive, worke all together till it becomes a little Soft then put it into an earthen pot well stopt for 8 days, then seethe it in a faire pan with a soft fire, when it is half sodden Straine it into a faire gally-pot putting to it 4 ounces of the oyle of spike, Straine it thorow a cleare Canvas, stopp it close with parchement & leather. You must be carefull of burning of it, therefore drop 2 or 3 drops still in a saucer, when it very green it is enough. If it be rubbed into the smale of the back it easeth the stone, dropt into the eares & stop'd with black wool, helpeth all paine thereof.

For Sore Eyes being troubled with Rheume.

Take of hoggs grease very new melt it & when it is cold take 2 ounces of it & steepe it in Rose-water 6 houres, Stirring often in ye Rose water after wash it with the best white wine 12 severall times for the space of six houres more, Then take of Tutia well prepared and finely poudred one ounce, of the Stone hematites well washed & scraped of allmanner well washed & made into poulder 12 grains of pearle in poulder 3 grains mix all together with a little fennill water & so make it up into oyntment. You must take a little of this oyntement & put it on the end of a bodkin & put it in the eyes, and anoint the Eyes-lidd with a little of the same. from Dr. Laurentius Sometime Phisitian to ye french King.

For the Piles.

Take one handfull of Elders leaves one of Mallet leaves one of Endife one of Southern wood, One of Violets leaves, half a handfull of worm wood as much of marygolds, leaves, Chaff all these together, then stamp them, then boile them in as much butter vnwashed and vnsalted as will boile them, till the butter be greene, Boile them upon a soft fire then Straine them into a pewter dish, & when it is cold melt it out of the dishe & Scrape the bottom of it away, then melt it again & put it in an Earthen pot for your use.

For a Flux.

Take a quarte of Running water a quarterne of hard Sugar and one handfull of read roses leaves dried A quarterne of lemons peels, as much Cinamon broken in Small peces, Boile them all together till half be wested, If it be for a young body let it be covered if for old uncovered

Give to the party 4 or 5 spoonfull 3 or 4 times in a day or as often as you will. It may be given to a Women that laye in.

Green Oyntment of ye Lord Denny.

Take 6 pods of May butter unsalted, Salet Oyle a quarte, hogs grease 4 pods, the best rosin & turpentine of each a pod of frankisense 8 ounces, to this quantity add these hearbs following, Smallage Balme borage, read Sage lavender Cotten, heartgrase, parsly, corspy called bonisett Sorrell, Bay leaves, birch leaves long-wort, Marjoron and Rosmary of each one handfull, pick all these hearbs cleane & wash them, then swing them in a cloth till the water be cleane out, gather these hearbs after ye Sun is risen, then stamp them in a stone mortar or wooden, as small as you can. Then take ye rosen & beate it to pouder with your frankisense & melt them first alone then put in the butter hogs grease & oyle, and when it is molted put in your hearbs, & let all boile together a litle while, then take it from the fire & leave not stirring it, for a quarter of an houre when it is of the fire put in your turpentine & verde greece stirring it well till it leaves boiling, Then putt it into an earthen pot stopping it very close and sett it in a Dunghill of horse dung 21 days then take it up and putt it into a Kettle and let it boile a litle, taking heed it runs not over, then straine it thorow a course cloth into some earthen or gally pott, and when all is strained add to it half a pod of oyle of Spike & keepe it close.

It is good for all kind of Soares, aches in any part of the body, Straynes Bruises Shrinking of Sinews.

A Medecine for an Ague.

Take a handfull of rue & two spoonfull of Corrints & a litle bay salt, beate them together in a mortar then putt a litle pepper & Safran to it & temper it together & so bind it to both the wristes for 10 days.

For a Pleuritiall Feaver of Dr Dukesons.

Take Rad. Serpent. Virginian. pulv. Item Contrayerva pulv. pulv. Comitis Cart. vel Gor. Item Bals. Ver. ℥ ss. Item Syrup. Caryop. s. q. s. M. f. pilulæ quarum 4 pendent. ℥ j. capiat quartior vel quinque pro vice ante horam somni.

If he doth not give these Pills he gives a Scruple of Bezoar poudred several nights together. The Blisteringe in Severall parts as the Nape of the Neck, the Inner part of the Armes or thighs is good.

If the Pestilential Feaver is of any high degrees the Pills should be take both morning & evening. In Severall people great Dozes (viz 20 grains or more) of Bezoar stone are more effectual & more agreable then great dozes of the Countesse of Kents pouder or Goe stone poudred. The frequent use of the Spirit of Harts horne is very advisable, 20 drops at a time but then it must be given a Sufficient quantity of a Cordial Julep of milk water & then it may not be hot in the palate.

For a great Stuffing at the Stomach Dr Gibbons.

Compound pouder of Crebs eyes half a Dragme flower of Sulphes a Scruple, take it at bed time. Milk water twelve ounces the great or Strong worme water three ounces, Tincture of Safran half an ounce with as much fine Sugar as wil make it pallatable this is to be taken after the pouder. The Decoction of Senna foure ounces, Syrup of buckthorne Beadeys one ounce, Aq Mirabil. half an ounce, this is a purge to be taken in the morning keeping the house. this was prescribed for my Lord Darby in his sickness.

Against the Itche.

Take six pennyworth of flower of Brimstone and as much beaten ginger & mix it up with Salad Oyle and oyle of Spike of each one equal quantity into an Oyntment & for 5 or 6 days oynt the palmes of your hands & ye veins of your wristes every morning fasting, & smell to it & chafe it well in, and do the same at night when you go to bed. And if it be very bad you may bad your armes likewise & this wil certainly cure it. But first you must take as much flower of Brimstone as wil lye upon a shilling in a draught of new milk for 3 mornings together to purge it out.

For a Fistula Sir Kin. Digbys.

Take 4 hundred of wood worms Sage & rue of each a handfull. Cut the hearbs a litle & bruise the worms and put them into a Canvas bag with a stone and hang it in 3 gallons of mulling Ale when it has done working and after 3 days drink it and use no other drink in six weeks or till you are cured.

A Plaster to lay to ye foot in a Feaver

Take 2 handfull of Alehoof. 6 or 8 heads of Garlick. A handfull of Bay-salt. Beate them all together. Then take a handfull of Rye flower and as much of old Varges as will make it into a poultis & apply it to the Feet.

A Cordiall Ale my Lady Osborne.

Take 4 handfull of fir broke in peeces, 3 ounces of Sarsaparilla one ounce of China both sliced, one ounce of Hartshorne, one ounce of fery 3 ounces of Cornero roots sliced, 2 ounces of Eringo roots, half an ounce of winton bark bruised. Boile all these in 6 gallons of midling Alewort, iest as it coms from the boiler before any yeast be put to it. When these have boiled allmost one houre, straine them out & set the liquor a cooling in Vats as you doe ordinary drink with yeast, let it not be to hott when you put your yeast to it, The next day tun it up, put into it loose all all the Herbs you straine it out, a handfull of Sweet Chervill, 2 handfull Hartstongue dryed, 2 handfull of maiden haire, Agrimony & liverwort of each a handfull, Brookline & water crosse of each two handfull, the Rindes of two Sevill Oranges, half a pot of raisins of the Sun stoned put in a gad of steell if you please. Tun all this up and in 5 or 6 days drink it constantly if you please.
It is extraordinary good for Vapours or a Consumption it revives the Spirits & is good against the Scurvey. Bottle it in 5 or 6 days.
Sweet Chervill, Hartstonge dryed Maiden haire gather them in May to keep all the yeare.

A Plaster for Childrens Stomach.

Take 2 ounces of Bees-wax & 2 ounces of rosin. Boile them half an houre and stir them all the while & skim them very well then take it of and put in 3 dragmes of the best alloway and two spoonfull of Teriacle and boile it up again, and rubb the board with fresh butter then poure the Salve on the Board & worke it well together and make it up in Roules. When you make the Plaster sprinkle it with a litle Saffron and cutt a hole in the plaster iest against the nabel.

A Glisser to stay a loosness for a Woman that lapes in.

Take Spring water a good handfull of mint a good stick of Cinamon, Boile this together a prety while, then beate sive small & put in 2 spoonfull, let it boile a litle then Straine it & put some Sugar to it & if you will a spoonfull of oyle.

A Drink for the Same.

Take a pinte of faire water & a pinte of Claret, 2 good quantity of whole Cinamon a sprigg of rosmary. Boile these well together & drink it warme, as often as you will it will stay any loosness whatsoever.

To stay Vomiting.

Take mint wormwood Sake. Beate them all together spread them on a cloth & warme it a litle & lay it to the Stomach.

An Ointment for Worms.

Take 7 biare foot, vervet leaves, herbegrace, wormood, fethefew, Spearmint Lavender, Coten, Southern wood, take a handfull of each of these, Chop them & stamp them very well & boile them together over a soft fire in a pound of May butter & then straine them.
This must be applyd to the Navil & pit of the stomach morning & Evening 3 times.

To bring forth the Small pox when they are struck in.

Take read Colworths, fry them in a frying pan & lay them hot to the Armes holes.

Ale for the winds & Stoping in the Stomach my Lady Middlex.

Take a Rundlett wherein has been white wine fill it with 7 or 8 gallons of Strong Ale well brued and when it has done working put into the Rundlet one peck of yellow docks roots, half a peck of Chicory roots, a quarter of a peck of wood Sorrels roots, these rooks must be pick'd & wipd very clean, & then a litle bruised, which being done put them into the Rundlet & stop it. After 4 or 5 days drink a good draught every morning fasting for 7 days the earlier the better and at 4 of the clock in the afternoone, and then you may rest for 2 or 3 days, and take it again as long as it lasts.

For wormes.

Take a peece of fat Bacon, fry it in a Suppositure.

For a Stich.

Take a Rye Cake & Tarr & apply it hott to the place Some Oatt tyed in a bagg or napkin & applyd very hott to ye place is also very good.

For a Stabed Head.

Take docks roots & leaves & cutt them & water of Bilong & boile them in hogge grease till it looke of a greenish colour, then straine it & when it is cold anoint the Head.

Balsom of Mrs yates.

Take Venice turpentine 10 ounces of Bees wax 8 ounces Storax liquid 6 ounces, Salad oyle a quarte, oyle of Bottom one dragm, Sipirion 1 ounce, oyle of bay half an ounce, Rose water 3 ounces, Plantin water 2 ounces, Red Sander 5 ounces, Suet 12 grains, Mell rosarum 4 ounces. Wash your turpentine & storax take a skellet or fryken and put in the Salad oyle & a quarte of faire water and cutt ye bees wax in small peeces & put it into ye skellet & turpentine & storax together till it begins to boile then take it of the fire and let it stand till it be cold then take it forth of ye skellet & poure out the water from the wax & oyle and then put these thing into ye skellet again and then put all the things above mentioned when it begins to boile take it from ye fire & straine it through a linen cloth. you must put to it 12 grains of suet & let it cool, put it into a gally pott & keep it close stopt for your use. when you make it keep a soft fire under it

An Ointment for the Spleen.

Take the young Shoots of Holley chopp them & boile them in fresh water till it looke very greene & keep it to anoynt the side with.

A Poutis for a Soare Throate.

Take Juice of Elder-berries, or the leaves if there be noe Berries and put to it a little Vengar & the crums of Browne bread. Boile this to a Poutis & put it between a thin cloth & lay it to the throate as hott as you can endure it.

For Swelling or payne in the Eyes.

Take an apple and roast it, then take the pap of it & putt to it some red rose-water, then beate the white of an Egg & mingle the froth of it with read roses water & pap of the apple, & lay it to the Eyes.

For the fits of the Mother.

Take a penny pott of Muscadine & putt to it 2 grains of musk & sett it over the fire & drink it as hott as you can.

For the Haw in the Eyes.

Take 3 Cloves beaten fine & searsd 20 spoonfull of fennell water 3 spoonfull of Malvsey, 3 penny weight of tabis prepared & beaten fine, Mix all these in a little glasse & drese the Eyes with a feather once in 24 houres or oftner as you see ocasion.

For the Piles (another way).

Take of read Sage, read Mint & read plantin of each a like quantity. Make water-gruel when it is almost boiled shreed in your hearbs, when the hearbs are a little boiled, eate of them without butter or salt if your Stomach will beare it if not eat it with butter & salt. Some vse only Pyle of Elders every houre for grief.

A plaster to be applyed to any Joynt that is lame through paine.

Take one ounce of Bergamy pitch 2 ounces of black pitch one ounce of Bees wax, one ounce of white frankincense one ounce of Venice turpentine. Item one ounce of mastic one of Benjamin one of Storax half an ounce of Olibanum, these beate into fine powder. Then put all these into an earthen pipkin & upon Embers, to be melted temperately together. When you have ocasion to vse it, spread the plaster upon the fleshly side of good Sheeps leather of such bignes as will go about the Knee joint hard & all, & then to be rouled close with a scarlat cloth 3 fingers broad it will continue on without renewing about a fortnight till it itch & be loose, then take it of & with a linen cloth wipe both the Knees & plaster then ayre the plaster before the fire & lay it on again as before. So long as it keeps a sweet scent.

A Purging yet Comfortable Broth for Spleen & Liver.

Take a Knuckle of Veale & cut away all the flesh & fat then brake all the bones & washe them very cleane, put it into a pipkin to a gallon of water and set it a seething skum it as long as any thing will arise, then put to it a quarter of a pd. of raisins of the Sun stoned, & half as much Corrints

Corrints 2 fennells rootes 3 parsleys rootes, one Sicory: root, half a handfull of burrage & buglosse, as much Sicory & endive, the like quantity of violets leaves & Strawberries leaves, half a handfull of liverwort as much of Scabies. Lett all these boile together till half the broth be consumed, then take it of the fire, put to it half an ounce of the best Senna a quarter of an ounce of Epithemium half an ounce of tamerick, then sett it upon the Embers, & let it simper there 3 houres, then take it & strayne it into a Bason & keepe it for your vse.

This will serve 4 days being taken luke warme at 7 a clock in the morning & at 4 in the afternoone.

The Ointment must be used 7 mornings together half a spoonful at a time layd on cold, and rubbed in with a warme hand, after 3 days using of it you must begiinne the broth & that according to the directions above. The Ointment must be used in bed & kept very warme, the Ointment is ye Oyle of Balme described page 85. if I am not mistaken.

A Medecine for the Collick.

Take a quarte of Aqua vitæ half a pd of white Sugar Candy finely beaten, 2 ounces of Rubarb beaten small, 2 penny-worth of English liquorish shred small, 120 Raisins of the Sun stoned, put all these into a great glasse that it may be more then halfe full & stop it close that noe ayre get in & soe let it stand for a Month shaking it every day 3 times from the bottom. And at the Months end by such time the Ingredients will be steepeth in the liquor which may be vsed viz Whensoever the Collick begins to payne, then take one spoonfull of it which will make yort body soluble & so ease you of your paine by carying the wind away. this is good for the winds in ye Stomach and also may be taken before the Month, and if there be need the longer it stands the beter.

A Medecine against the Stone.

First take a glyster to expell winds this done over night next morning take a quarte of new Milk & put thereunto a handfull of Ivy upon the walls, & a handfull of Mallow, a handfull of pellitory of ye wall shred very small, & when the milk with these hearbs in it is so hott as to make a posset put into it as much white wine as will curdle it & make the posset drink cleare, take of the curds & hearbs & squeese into ye drink 2 or 3 lemons. Drink this as much as possibly you can & walk after it. It will expell gravell out of the Vrinatories & Stone out of ye bladder

Physick and Surgery.

To make the Countess of Kent's pills

Take 2 ounces of the best aloes beaten & searcht then take Damas roses half blowne & pickt the best of the leaves, beate them & straine a pinte of the juice, & let it stand a litle, then poure the cleare into a Silver bason & put the 2 ounces of Aloes to it then let it stand on the fire to be scalding hot but not boile then stir it very well & when its thick enough to make into pills put it into a gally pot & keepe it to untill you use it. To a Child you may give a pill of the bignes of a pea. to a Man or Woman the bignes of a french beane.

A Medecine to cleare the Eye-Sight found out by Dr. Purslow

Sometimes Bishop of Hull & Suffragan of yorke who at the age of 125 years was able to read any print without Spectacles, which at the age of 50 he could not.

Take the Oyle of the white of an Egg made as followeth; Part the white from the yolk as clear as you can without breaking ye yolk, then beate it with a broade pointed Knive for the space of half an houre in a porringer or bason, so the foame will rise as big as a half penny loafe, then Smooth it with a Knive like a Sugar loafe & let it stand six houres to settle, then softly poure out the oyle which will be vader it into a litle close Viel to keep out the wind or aire, and the oyle will be as clear as quicksylver, then put to it so much running honey as there is of oyle, adding thereunto the Juice of ye green leafe and root of the wild Daisy as much as of honey, first pulking and well washing it, then stamping & straining it thorow a new linnen Cloth and when you have mingled, straine them all again thorow the same cloth, then put it up till it grow cleare. Then put a drop or two in your Eyes with a feather morning & evening every day till you find recovery, and afterward now and then, when you find any decay in your Sight. It will be good to Sleepe an houre or two after it in the morning if you can.

A Water for the Eyes.

Take 3 dragmes of the powder of Tutie & 3 dragmes of the powder of Allowis and two dragmes of white sugar Candy, six ounces of white wine, Six ounces of white roses water. Mix all these together & set them in the Chimney Corner in a glasse in the winter, and in the Sun in the Summer shaking twice or thrice a day.

A Water for a Fistula

Take one ounce of white Coporis, half an ounce of Roach-allum burne both these together, 6 penny woth of precipitate finely grounded, to this take a botle of water and when it boiled take it of the fire & put in the ingredients and when its cold put it in Botle, and it will keepe seaven years.

Physick & Surgery

An Excellent Plaster to keepe a Woman from miscarrying.

Take of the choicest mastick 4 dragmes, gum Elemi half an ounce Burgundy pitch 3 dragmes, Beniamin & Dragons blood of each two dragmes, melt all these and straine them, and add to them of the bole-armoniak finely poudred two dragmes, of the trochisces caled alipta moschata one dragme, of venice turpentine a litle boiled 5 dragmes, of the plaster of read Led made of the oyle of quinces halfe an ounce, of Bees wax one dragme & a half, of Indian balsom 2 scruples, of oyle of Spike half an ounce. Make these all into one plaster & spread them upon leather, one for the region of the back and another for the lower region of the Belly.

For the King's Evill.

Take the third part of a pound of lignum Vitæ, put to it 4 pinles of Spring water, put it all into a new Jugg, paste it very close & let it boile 4 houres in a pott of water. Drinke half a pinte of this in the morning fasting a litle warme, the like quantity in the afternoone at 4 of the clock, as much more at going to bed at spring & fall if to prevent. But if there be a soare then drinck it constantly, and lay a hounds tongue leave on the soare fresh twice a day.

A Cure for Burston Children.

Take of mastick one ounce, of white wax one ounce, of mutton suet four ounces, melt all these 3 together, let them not boile but litle, so dipe in the Cloth & let it laye till it be cold, then cut a peece of the cloth & laye it to the place every 24 houres.

For the pouder. take Kernell of ashine Kees & steue them in an Oven and make them into pouder, and give the party as much of the pouder as will laye on a 6 pence in any broth or drink they eate or drinke morning & evening fasting an houre after it. Cloath it night & day. The Oyntment must be used in the morning before you take the Broth & ye lay halfe an houre after it.

To gaine present Ease in fits of the Stone.

Take an ounce of Sweet Almonds newly drawn, an ounce of white Sugar Candy, or any fine Sugar finely beaten, an ounce of Syrop of Mash Maloes. Mingle this together, and take half of this proportion at a time, as often as you find any paine, If you cannot take the Syrop you may lease it out. I never found this to fale but to give present Ease.

To cure the paine or Webs in the Eyes.

Take the tops of Hemloche in the Spring, bruise them in a mortar with bay Salt with half the quantity as of the other. Apply it to the contrary wrist & binde it close.

Physick & Surgery.

For a Burne another receit

Take the tops of Hemlocke in the Spring and Calages leaves or Coles leaves, Boile them together with May butter, vntill they coms to an Oyntment.

Another.

Take Chalke Scraped into Salad Oyle & faire water.

For the Stoping of the Water.

Take Some Turnups Sed and boile it in water & then put woolen cloths into it, and apply them to your Bowells that will make you make water.

A Present Remedy for the Gout that doth not faile

Take half a peck of Lime vnslat Lime & put it into a pott of water & then put in your foot when the heate is abated but So hott as you can Suffer it then goe to your Bed.

Another for ye Same.

Take pickell hearings & slite them & take out the bones, Cutt them cros & cros then Strow them all with fine Salt, then lay them to ye feet with hogs bladders.

To cure the Pyles another way.

Take broms flowers & elders flowers worke them into May-butter Sett them in the Sun for a Month, then Straine them out & Keep them close Stopt.

For a Pimpled face

Vse Cristall mineralll mingled with rose water, So anoynt the places.

For an Ague.

Take about half an houre before your fit coms about a porringer full of white wine Venigar warmed & sweetned with So much Sugar as will take of ye sharpness

Juice of Liquorish.

Beside what is directed page 42. Mrs Kitly when the liquor is as thick as pap & has been beaten in ye mortar till it is as fine as biskets batter then she puts a quarter of an ounce of flower of brimstone & mingle it well with the pestel then takes 3 shilings worth of Amber-greece being grounded Small with Sugar then take one dragme of gum-dragon Steped before in red rose water & Strained thorow a litle ragg then take double refind Sugar beaten fine & searsht put all these in & Stirr them very well with your pestell put in as much Sugar as will make it into a perfect paste then take it up and work it with your hands very Smooth then take a quarter of a pod of Sugar Candy ready dressed & dested a litle on a Sheet of paper then take a peece of your paste and rowle it up of the bigness of a Stick of wax then tyme it round like a Smalle Stick & dust Some of your Sugar Candy on Sheets of glasse & so Slip ym off, doe So to all the rest, then put them in a Stove with a temperate fire, Stirr them not till they are fully dry, least they breake, when they are dry which will be a Weeke first they will Slip off.

Phisick & Surgery.

To cause Speedy Labour

Take Borax poudred, and give a Scruple or more of it a dragm finely poudred in broth. It looks white if it be right.

A Digestive Pouder.

Take Carroway seeds, Sweet fennell seeds of each half an ounce. Ginger & mace of each a quarter of an ounce Sweet Almonds 2 ounces, the kernells of pine nuts and pistaches of each one ounce, Lemons Citrons & oranges candied of each 2 ounces, English liquorish & Naples biskets of each 6 ounces, Caranon 2 dragme, beate all these together & mingle them. Eate thereof at ye pleasure

For an Ague

Take London treacle & spread it on a plaster and lay it very large upon the Stomack & top of the belly, and take 2 or 3 houres before the fit coms a litle draught of poset drink that has had Some Hearts horne & Cloves gilly flowers boiled in it. This has cured a Quartan. you must drinck the poset every houre for Some time before the fit.

To Recover the Colour after an Ague or Sickness.

Take Rubarbe Sliced Very Small & some 9 raisins of the Sun Stoned & dipt into the rubarbe & so take it fasting every morning for a Weke.

To Purge.

Take 15 grains of Jallop & infuse it over night in White wine & Cinamon.

For a Cough.

Take 20 tops of Rosmary & so much hysop & a quarte of sack put it in a bottle & Stop it and So boile it in a pot of water till it be consumed half away, then take it up and put in as much honey as will sweeten it then boile it to a Syrup and take 3 spoonfull at night.

Plaster of Dr Knowlles.

Take 2 pods of Oyle of Olive, one pod of red lead one pod of white lead Very well calmed to dust, 12 ounces of Spanish Soape, Incorporate all them together in an earthen pipkins well glazed before you boile it, if it be enough the Soape will com vppermost. Then put it vpon a small fire of coales continuing the Same fire for an houre Still Stirring it with a Stick, then make the fire Something bigger till the redness turne towards a gray Colour & so till it be the colour of oyle you must keepe it Stirring; then drop it on the table, and if it doth not Stick vpon that or your fingers it is enough, then poure it on a oyled board & rowle it into rowles. It will last many yeares the older the better.
Being laid on the Stomack it procures apetite & easeth the paines. Laid on ye Belly it cures the Collick. Laid on the Reins it is good for the bloody flux, the running of the reins, the heat of the back, but for a hot back put not So much red lead. It helps all aches & breakes felons & pushes & other impostumes & healeth them. It drawes out any running humors without breaking the Skin. It helps all diseases of the fundament laid to it. Laid to the head it is good for the eyes. Laid to the belly it causes the termes & makes apt to conception. It is good for all Sores.

Physick & Surgery

Excellent Head pills

Take of the best aloes 2 ounces of mastick half an ounce, of the leaves of marioran 2 dregms, of Salt of wormwood and dregme: let all these be finely poudred & made up in a mass with Syrup of Colts foot.

For a tickling Cough, Dr Baier.

Take 4 ounces of conserve of read roses, 4 ounces of raisins of the Sun the Stones taken out, 2 ounces of browne Sugar candy, 6 drops of oyle of Salphur 4 drops of oyle of Vitriol. Beate the raisins very Small & the Sugar candy in a Stone morter so mix it well & take every morning & at night going to bed the quantity of a nutmegg.

For the Same, A Fuming Powder

Take of Labdanum, Storax Calaminth of each 2 dregms, of white amber Benioin of each 1 dregm, of Cloves 3 dregms of the leaves of marioran poudred 1 dregme, mingle them, & heat a tile read hot whereon Sprinkle a little of ye powder & with a tunnell let it asand into the Mouth and Nose.

To Strengthen the Back

Take 4 or 5 parsnips roots, the outside Scraped off or cut of them, then take the next Substance but not the hard pith in the mdle, Stamp it Small & put it into half a pinte of new milk of the Stroking of a read Cow; then Straine it & drinck it fasting in the morning, and as much again at 4 in the afternoon fasting both times 2 houres after. It is better without Sugar & cold then hot, take it a weeke together & then forbear a weeke, and then if need be take it again.

For a Veine brocken bleeding within the Same Dr

Three drops of the distilled oyle of amber in paper drinck.
For the pills anoynt them with may butter.

Difficulty of Breathing

Take 4 or 5 drops of balsam Sulphuris Tere terbinthinatus dissolved in 2 ounces of Syrup Jacobes. lick frequently of it. It is exellent also for ye Cough.

Collick of the Same Dr

Take 3 long pepper corns 3 bayberries all in poudre, drinck it in a draught of warme beer. It is present ease.

Another

Take the Smocke of Tobaco for a glister.

For the paine of the Stomack.

Take of the poudre of bay berries & Juniper berries beaten & finely searcht half an ounce, mingle it with pure honey and take as much as a Small pittling in the morning & afternoon about 4 or 5 a clock. aproved.

For a Cough

Take the yolk of an egg warme from the Hen, liq̃ honey, the quantity of a nutmegg or walnut, flower of Sulphur as much as will lay upon a groat, mingle them well. Take it 14 days together according to your Strenght: its good for young & old.

Cough Cold & Consumption

Take 2 gallons of good sweet worte, after it is mashed & before it is boiled without hops, boile it away to a gallon, then take it of the fire & let it rettle an houre or two; then carefully poure of the cleare & boile it to a quarte. So bottle it. A Spoonfull of this Syrup must be taken first in the morning & last at night.

Dropsye

Take of read Sage wormwood & egrimony a Sufficient quantity, lye them in a bardle, which put in a Vessell of new beer or ale, and drink nothing else at meals also. Aproved.

For the Hearing & to expell all ill humours out of the Nose ease pain & restore hearing

Take a clove of garlick, peel it cleane & make 3 or 4 holes in the midle of it dip it in a litle english honey & put it into your eares, put a litle black wool in after it for that night lye on the contrary side, & let the eare that is stopt be upright & the next night following, vse the other eare in the like manner & so let him alter his course every other night, vse this for the Space of 6 or 7 nights.

To restore Decayed Sight.

Take 3 dragms of tutty and as much aloes in fine poudr, 3 dragms of fine Sugar, 6 ounces of rose-water & as much of good white wine, mix all together & put it into a cleare glasse well stoped, Set it in the Sun for a Month, Shaking it once a day. Put 2 or 4 drops into the eyes morning & evening. this recover ye Sight as cleare as before.

Another of the same Dr

Take 2 or 3 new laid eggs, put all out of them as cleare as you can, then fill the Shells with spring water, So let it boile a good while in Embers, then skim of all the Skum with a feather after put as much Coppras beaten Small into each of them, as the quantity of a Small nut, So let it boile a litle while after.

Another

The read Seed of wild Clarie put into the eye, one at a time, cleanseth ye eye from watrish readness inflamations & paine, you may rowle them in Honey if you please. this has bin given with good Sauces.

Falling Sickness

The leaves of rue a litle dryed & apl̃yed to the Soles of the feet warme & woren constantly in the Sock or Stocking.

For a Fistula of the Same Dr Bains

Take avens, Betony, read beyet leaves, Sanicle, bugle, Dodd, chervile with daisy roots & leaves, Dandelyon with read Mauk mugwort pimpernell wormwood plantin tibwort, egrimony of each of these a handfull cleare picked & washed. Boile them in a botle of white wine, till you thinck the Vertues of the herbs are extracted, then Straine out the herbs & boile the liquor again putting as much honey to it as will sweeten it Stirring it till it is dissolved. While it is thus boiling let it be Skummed. Drink of this six Spoonfull morning & evening.

The Emplaster.

Take a quarte of the Strongest ale or beer you can get, boile it till it be thick that you may spread it for a plaster, Apply this to the Sore upon leather & renew it every twelve houres, cleansing the Sore first with warm white wine. A purge before & after will do well. it is good for any inward Sore. Mr Miles of Hampshire has been mach of a fistule 30 of many year continuance.

Physick & Surgery

For the Black Jandice

Take as many handfulls as you please of the dryed leaves of broome that are gathered in May & dryed to powder, to every handfull of leaves add a handfull of seeds bruised to powder, Mingle them & drink of it morning & evening a good while.

Another

Take of the rinds of read docks roots, cut & stamped small 2 handfull, let them hang in a bagg in new ale 3 days. drink this constantly.

For the Spleen

Take to a gallon of water 20 old pepins (if they be not faire ones 30) wash & core them but not pare them, put them into the water with borrage & buglose & balme, of each half a handfull let it boile in an earthen pipkin, till a third part be consumed, then put in a pint (or if it be old water) a pinte & a half of white wine & let it only boile up, then take it of the fire & let it run through a cloth into an earthen pan, so let it stand till next morning, then bottle it very close up and after 3 weekes drink of it in the morning & evening and at any time but at meals, you may beginne to make this assoone as the herbs may be had greene or before with the dryed herbs. you may make it & drink it all Summer & Springe as long as you can have old pepins.

Another

Take Balme or Sabiles, betony & pimpernell of each a good quantity, put a good deale of Venice turpentine amongst the herbs, look the rest page 88.

Another

The Roes of read herringe dryed in an oven to powder of which take a small part in your drink.

A Stib in the Side

Take a handfull of green broome, boile it in a quarte of small beer to half a pinte, into which put Mithridate the quantity of a nutmegg, drink it & sweat after it 2 houres if you can.

For the Stone. another

Take Neeles seed & the juice of Neeles & drinck it in white wine or Syrup of Althea, for a singular Remedy.

For a Sore Breast. Nb of the same D.

Take 3 good handfull of mallows clean picke from the stalke, Boile them in running water till all the water be consumed, then put to them a botle of ale ground & a quarte of white wine & a good deale of wheat bread crumes, then bile them well together keeping them stirring when it is well boiled put in a peece of Deer or mutton Suet & so let it boile to an Vnguent. When you use it Spread it on a linnen Cloth with a hole cut for the Nipple, apply it blood warme, this will breake & heale it without a tent, Anoynt the breast also with oyle of Linseed.

Vvula

Take of the freshest part of leaven & the tendest Tops of rosmary cut very small and knead it together with white wine vernigar into a litle cake, which bake gently upon a fire shovell & apply warme upon the crown of the head.

Physick & Surgery

A Smoaking Powder

Take dryed Coltsfoot the Cobwebs being wiped of one ounce, of the rindes of pistachies half an ounce, of rosmary tops half an ounce, of the seed of the lesser Cardamus 6 dragms, of these (the herbs being dryed) make a coarse powder by cutting not beating, Sprinkle it with 8 drops of oyle of anyseeds & 4 drops of oyle of Cinamon, add also a quarter of an ounce of rosmary flowers before you cutt the herbs, but let them be very dry. To these powders add a six part of tobacco, So take it in a pipe.

For the Worms, of the Same

Take Sweet oyle, or oyle of Sweet almonds, with the Juice of lemons mixt with it if noe feaser oyle with white wine is good. Then the Seed of Tansy & Costmary is both excellent for worms taken any way it kills & expelles ym.

Cough & Difficulty in breathing

Take an ounce of maiden-haire, an ounce of raisins of the Sun stoned, 2 sticks of liquorish sliced, a handfull of hyssop a litle dryed, a fennel root sliced with the inner stick taken out, half a dozen parsly roots with the sticks likewise taken out, Boile all together in a botle of water, till it comes to a quarte. Drinck of it morning & evening take warme.

A Consumptive Cough

Take a quarter of an ounce of China roots, so much of flos or flower of Sulphur half an ounce of white Sugar candy, beate all to powder, and take as much at one as will lye on a groat in the pap of an apple.

Dropsy & green Sickness

Take of aloes finely beaten ℥ii of Rubarbe ℥j. sliced thin, dry it in a sawcer upon embers, powder of steel half a dragme, temper them with a litle claret wine till they be like paste, then make them into pills, Take them every morning & continue so exercising after it, and if need be make another doze, take 2 or 3 pills dayly. It is approved.

Sr Reinlym Digbies Dyet Drinck

Take 400 sowes & two good handfull of Sage & two litle handfull of rue, bruise the sowes & pound the herbs, put all this into 4 gallons of small ale, when it has done working, at 5 days old drink it for your ordinary drinck.

An Oyntment for a burne or Scald. It fetches out the fire Gun-powder & leaveth noe Scarr healing the Skin.

Take 2 handfull of brambles leaves, otherwise called black-berries leaves, 2 handfull of ground Ivy, 2 handfull of the middle rine of the elme, 2 ounces of sheepsdoung as newly dunged as you can gather it, 2 pots of vnsalted butter, cut your rine in peeces, then lay it in water an houre, take it and chopp it with all ye other ingredients; then put them into a Skellet with the butter, let it boile till all the Substance of your herbs be out, then strainc it into a galley-pot. it is to be applyed cold. For a paine in the Eare

Take a turnup & cover it in the embers till it is roasted, then cut it in half and tye it up in a cloth, & clap the flat side very hot to your Eare, when you goe to bed, when it is cold take it off.

Of a cure of one that was given over being sick of the Small pox & quik stopt vp.

Take apples & roast them very poppy & mix them with creame, & soe cate of it what you have a mind to. And for the face take bacon & stuff it with oats & so roast it & anoynt the face with that that droped from, & the person was litle or not pitted.

For a Sprain or Swelling.

Take a good handfull of mallows, as much marygold leaves, Sheeps suet & Oatmeale. Boile all this in milk till it coms to a poultis.

Griping or plague in the guts y^t followed with a violent lownes

Slice rubarbe in thin slices into Anyseed water.
Aqua Vitæ burnt is good also.

For Worms in Children.

Take a Spoonfull of Sack & a spoonfull of Juice of lemons & colour it very well with Safran, So take it.

For an Ague.

Aply to the wrigsts a plaster of wheat flower Soape & black pepper made into a paste. It cures in 9 days.

A drinck for the Rickets or Consumption in a Child.

Take harts-toung, liver-wort, mother-wort, mug-wort, long-wort, brook lime, tameris each a litle; boile them in cold weather in strong wort, and in hot weather in mide wort, boile them till the hearbs fall to the bottom, when it is cook, work it with yest & so tun it vp; you are to cut the hearbs in the joynts and you must boile a good handfull of hearbs to half a gallon of ale, give it for their constant drinck.

An Oyntment for the Rickets.

Take half may butter and half Salet oyle, puts to it lavender leaves, Camamille, liver-wort, mace; boile them in the butter till the hearbs be almost crisp, then shread the hearbs & put in the oyle & boile them all together till the hearbs be crisp enough, then straine them & put the hearbs in a cloth, & lay y^m on the Child's stomack vntill all the moisture be dryed up, when you vse ye oyle melt no more then for the present vse. Anoynt the stomack and the knotts.

An Electuary for the Lungs.

Take a pint of the best English honey you can get, Clarify it in a pewter dish on a Chafing-dish of Coales, then put to it six spoonfull of the Juice of read Sage, Six Spoonfull of the Juice of hysop, Six spoonfull of the Juice of Lung-wort, as much of the iuice of colts foot, let these boile together a litle while, then put to them 4 ounces of the powder of liquorish, 2 ounces of the powder of anyseeds, as much of ye flower of cumins seeds as will lay on a 3 peece, a litle pepper as much as will give it a taste but not make it to hot, when all these shall boile to the thicknes of an Electuary, you must take it of and keep it in a gally-pot for your vse, it must be taken in the morning, when one goes to bed & at 4 of the clock in the afternoone.

For a paine in the Stomack.

Take Quinces kernells and pepins kernells & beate them to powder, & so drinck them in beare, breath or posset, which you please.

For obstructions in the Liver

Take 6 penny weight of rubarbe & 3 spoonfull of Corrints and stamp them together like a conserve & so eat of it one or tow a weake before supper.

For the wind Collick.

Take a quarte of Aqua Vitæ & put to it a pound of Corroday corfins a penny-worth of Safran tyed vp in a cloath hanging in the bottom of the glyse. Stirr the corfins one a day with a liquorish stick till the sugar be well melted drinck a Spoonfull or two of this when you feele any grippes of wind.

Lady Fitz-Williams Oyntment for the worms.

Take one handfull of wormwood and as much of rue, Smallage, lavander, Coxcombe, bottfoot, rose leaves, peach leaves, bread thym with a read leave & tanzy of all these a like quantity. Chop them small & boile them in 2 pots of unwasht butter fresh out of the Cherm, let them boile together a good while, then straine it out and boile it again & put to it 2 spoonfull of Oxen-gall. Skim it as long as any skume will rise, So keepe it. When you vse it anoynt the Childs belly against ye fire and dipp a brown paper in it, So bind it to the belly for 3 or 4 days.

A Drinck to cleanse the Blood.

Take 2 gallons of ale newly cleansed and half a peck of Scurvy-grass with the stalks pickt of, Stamp & straine the iuice and put it into the ale, then take of yellow docks roots the pitch being pick't out one good handfull, as much bitony, grimony, Scabius, watercresses, liver wort; Bruise all these in a Stone mortar, then add thereunto 3 ounces of Senna, half an ounce of rubarbe Sliced, one good Spoonfull of anyseed bruised, a good race of ginger Sliced, put all these into a bagg and hang it in your ale 3 or 4 days; Drinck thereof in ye morning fasting and att 4 a clock in the afternoone. Your ale must be new, and not quite cold before you putt in your things. add to these rue & violets.

A Cullis for a weake Body.

Take a read Cock, stifle him & pull him, take & legs & all, cut it in half and breake all the bones & so boyle all of it in 3 quartes of water with a litle mace, boile it till it is all boiled to peeces to about 3 pinks of the liquor, then grind him in a mortar & put him into the liquor & so straine it forth, then grind & blanche small & straine your almonds & put them into your pinks of liquor, & let it boile a litle after, So Season it with Sugar or how you lite; If you are loose vse your almonds vnblanched, Some will boile a peece of gold in it & put in amber-greace & pearls.

For the Tooth-ache.

Take parsly & bruise it in ye palme of your hands till it is almost of a mash, then take about Six corns of bay-salt & mongle with it, So put it in the eare y^t the tooth ache is on.

Another.

Take lint & dipp it in oyle of turpentine and aply it to the tooth, but you must not keep it in above a quarte of an houre.

For paine or ache in any part of the Body.

Take about half an Oxens gall and as much aqua vitæ, and boile it together till it is half consumed, So anoynt & chafe this vpon the grieved place before the fire, & cover it with flanck, in twice or 3 times dressing it cures.

A Poltis to dispell any swelling

Take rye bread, if you would not have it very strong take bread mingled with wheat & rye & boile it with strong bear to a poltis, then take Snailes & pound them, after you have taken them out of the shells, in a mortar, then mingle them well in your poltis over the fire & so let them boile a litle, & so apply it.

For the Pyles another way.

Take a peace of brown paper & wet it all over with inck, then dry it well and set it a fire, take of these ashes & mingle it either with Seame or butter that has not been salted, or pomatum & anoint the part afected often with it.

For a Flux.

Take a quarte of milk & heat Steel red hot & quench it in it so often, till your quarte of milk is com to a pinte. Administer this milk glister wise.

For the Tooth-ache & to preserve the teeth, it will fast them & cleane them. Mr Geauch.

Take a penny worth of Comar treacle, one large race of ginger grated, burnt allum of the quantity of a walnutt finely beaten, 2 spoonfull of white wine Venigar, put all this into a brass kettle & stirr them well together, so let them have 2 or 3 boiles, then put it into a gally-pot, it will keepe 7 years. When your teeth ache, you must often in a day dipp your finger in some of it and rub your teeth with it, but if you designe to fasten & preserve your teeth, you may doe it only when you goe to bed.

For Chill-blains in feet or Hibes.

Before they are broken bath either feet or heels in brandy warme y^t has tobaco staped in it. If they are broken put a plaster to them of wax Seame & Diacutum melted together and spread on cloath. If there be any proud flesh dipe some lint in clarifyed honey & apply it under ye plaster this I have know certainly good.

To stay Vomiting another way.

Boile a litle mace in running water and a litle rosmary, sweeten it & give it as you see ocasion, or cutt an onion & hold it to the nostrils.

A Soare Mouth in a Child.

Take plantin water & syrup of mulberries or rasberries & with a ragg on a stick often wash the mouth, & sometimes give it litle pills made with bole armoniak, loafe sugar & fresh butter.

An excellent drinck for the Kings evill or any running Soare or humour to be taken spring & fall to dry up the humours &c.

Take of running spring water a Botle, one good handfull of white anhangels flowers, sweet fennell seeds & any-seeds of each one ounce, Salsaparilla Sarafras of each one quarter of an ounce cutt in small peaces, of Clownes-wort one good handfull one ounce of liquorish scraped & sliced, thym & ye seed bruised. Put all these into a pipkin & bole them with a very soft fire untill a third part be consumed then straine it & put 2 ounces of honey of roses to it. Of this take one quarter of a pinte at a time or less if ye party be young or a child, take it in the morning fasting, & fast 2 hours after it, and att 4 a clock in the afternoone, and att night going to bed & so continue to do for six weeke or 2 months spring & fall. Clownes-wort is an herb y^t grows in the field & garden, you must gether it att ye time & keep it dry all the years, and so you must the arch angell flowers.

An excellent Salve to be used with the drinck for ye Evill or any swelling hot or cold, to bring them to a head or dissolve them.

Take a quarte of the best Salit oyle you can get, of read lead 3 quarters of a po^d of white lead half a po^d both these being well beaten & searsh'd, of Castle soape one po^d cutt into thin slices. Put all these ingredients into a large pipkin y^t is well glazed, set it upon a Smak fire of coles, still stirring it with a stick made with a belle at the end (if the balle be of iron it will stirr it the better) stirr it till it be well incorporated for the space of an houre & a half increasing the fire as you shall see ocasion to keep it boiling, till the readness be turned into a grey. Then drop a litle of it upon a cleane board & stirr it till it be cold and if it doth not stick it is enough, and so you must drop it with a ladele as touch as you will have in a roule. Stirring it with a Knife untill you can endure to roule it with your hands oyled & so keep it for your use. and if you perceive it to grow to dry in the boiling you may put in more oyle as you see ocasion. Assoone as you perceive any swelling apply the Salve either spread upon leather or doth which will either dissolve it or bring it to a head & breake it, and when tis broken continue the Salve washing the Sore once or twice a day with a litle Verjuice warmed and a litle bit of may Butter or other butter before it be salted dissolved in the Verjuice. You must use Sawne browne paper to wash it withall & not linnen and leave a litle bit of paper wet with the Verjuice & buter upon the hole under the plaster made like a tent as the wound will endure it. You must get the Verjuice without Salt & be sure to lay a plaster long enough to goe beyong ye swelling or hardnesse.

A pouder to Stanche Bleeding.

Take the pouder of bole armoniack, of frankincense, Aloes, hepathik of each 4 ounces, of Sanguis draconis 2 ounces, of wheat flower to the weight of all the rest, mix them being finely pouder'd.

Another Excellent Poltis, to mollify any Soare.

Take half a Sheeps Head, bole it in as much water as you think enough to bole it till the bones come out, then Straine it out & put into the liquor a great handfull of malows stalks and all & a litle handfull of elders leave, boile these till the malows stalks be tender, Chop the hearb small & put them in again then take flower of rice as much as you think will thicken it, mix it with cold water & so putt it to your liquor and bole it to a thick poltis, then take ye yolk of an egg & beate it with near a pennyworth of Saffran, put that in & bole it a litle, so apply it warme.

Colts-foots Cakes good for a Cough.

Take a po^d of loafe sugar as much spring water as will wet it bole it to a Candy-height then take half a po^d of Colts-foots leaves being wiped cleane & stripd from ye stalks, stamp & strein them & put this juice into the syrup, then take half an ounce of liquorish powder & half an ounce of orris, half an ounce of anyseed, an ounce of gum dragon all searsh'd fine & when the sugar wiche has boiled a good while put in the powders stirr it well that it may not clod & so boile it till it will drop for Cakes, or if it will not drop make them up when it is cold as you doe other lozenges with a litle loafe sugar searsh'd.

A Drinck in a fit of the Stone and an Ointment where the paine layes

Take near a pink of white wine & near half a pink of ale, a lemon Squeese in & grate a nutmegg in beate the whites of 2 new-laid eggs & putt in and Sweeten it well with Syrup of althea, drink it with a draught & so doe 2 or 3 times or days. After anoynt also where the paine is with oyle of Scorpion. It is good also to give Severall glisters.

For the present paine fry Onions in Sweet oyle & aply to the place grieved as hot as you can baire.

A Drinck for the Kings Evill.

Take Smalledge, Dill dilch Herb robind Eyrimony, Mug-wort of each a handfull, Seeth all these in a gallon of Small beer till it coms to two quartes when tis cold bolle it. Drinck of this a good droght three times a day. To the Soare aply Maloes-leaves boiled Soft in water having taken of the hard Stalkes, draine it gently & heat it over Some coales with fresh hogs-lard, aply this pretty thick twice a day. this has been proved often upon the Eyes also.

For a Deafness in the Eares.

Take rye meale and Cumins Seeds & make it in a Cake with water, bake it on the embers, then Slit it in two & clap each side hot by each eare, If it doth not cure in one night doe it another.

For a Spraine if presently aplyed it cures presently, but if it be a long Spraine it requires more time to cure. Mr. Warn

Take clay, you may take the bung of the Vessell, without Salt is best putt it into Strong white wine Venigar, make it pretty thick of the Clay, So boile it to the thickness of hasty pudding, So aply it warme to the grieved place morning & evening as hot as you can bare it lay it pretty thick on.

For the Scurvey Dropsey Consumption & paine in the Stomack to be taken in March & in the fall or at any time.

Take eleven pints of faire water, 4 ounces of Salsaparilla Split and cutt, one ounce of China roots Sliced, put these into the water, let it boile on a chearcole fire a warme or 2, take it of the fire, let it infuse 14 houres, then let it boile one houre, then take a handfull of raisins of the Sun Stoned, half an ounce of liquorish bruised and peeled then boile it a quarter of an houre, the weight of 18 pence of Corrianders seeds bruised, boile it another quarter, the weight of 12 pence in Cinamon, boile it another quarter of an houre, boile it in a pipkin well glazed and close Stept Straine it when it is cold bottle it. Mr. Cresset.

For the Piles. Mr. Warren

Take barrowes grease, boile in it feather few, till it is very green of it. Vse it within & without, the Ointment will keep long, Make it in May.

For a Burne & to vse in the Small Pox.

Take fatt bacon, roast it & let it drip into a basson of water, when it is cold take of the fat that is upon the water, beate it well and put it up into a gally-pott. It will keep a long while. When you will vse it cover the burnt place all over with it & lay a cloth over it. So drefs it 2 or 3 times a day at least. And when the Small pox begins to drye vse this also, it is most admirable to keep from piting and shell them presently. Lady Rainsford.

For an Ague. Lady Rainsford.

Take 2 penny worth of Venice turpantine, Spread it on leather Strow on it a little powder of Olibanum & on that grate a like ginger. Bind this hard on to the Vains of each wrist 7 or 8 houres before the fit coms, let it lye on 3 fits then change it & soe doe 3 severall times. Drink Sages posset, drink in ye fit the third time that this is aplyed perfects the cure.

For an Ague, before you vse the plaster above.

Take a full draught of Ale, warme it with as much beaten Allum as will lage upon a sheling for a man, but for a child as much as will lage on a six pence with some nutmegg, warme it together and drinck it when you first find ye cold fit a coming, doe it for 3 fits; if you find it workes by Vomit give posset between the Vomits, with Some it workes by Stoole.

For Chilblains & kibes.

For Chilblains before they breake take oats & boile them to mash, & then lett them be putt in a Cive that all the thin part may run cleare out, Anoynt the grieved part with butter all over, & putt the oats hot into a close pott thrust the hands or feet that have the Chilblaines into the hot oats assoone as they are anoynted, keep a cloth cover over the pott to keep in the Steame, So keep it till it is coole soaking in the oats.

All the first of any Cutt or bruise or blow.

Beat the white of an egg & lay some flax in it, Squeese the flax out, & cover the grieved place all over with it just warmed; This prevents the Swelling & being black & blew & keeps back the Humours. If it be a cutt lay on a plaster under the flax & a tent if need be of the black salve before written. 129.

For a migraine or dizeness of the head.

Take a quarte of white wine 20 cloves & boile it well, & 3 or 4 days before the full of ye Moon and after take each day a quarter of a pint in the morning and as much in the afternoone.

For an Ague. Ledy Vincent.

Take a pinte of Claret wine boile in a handfull of Sage, drinck it of an houre before the fit coms, this cause sweat. Doe so 2 or 3 times if it be a Strong Man take more.

Another. Mr. Hawes

Take for a mans Ague a Womans water, for a woman a Mans, bruise Some pepper boile it to a good thickness, Spread it on leather lay it upon the Veines of the wrist, So bind it hard.

Also if you know how many fits the party has had, Chack it up over a Chimny & one more; Or else upon a peece of wood with one more & so fling it into the fire; Or cutt so many Notches & one more upon the hoope of a barrel & so fling it into the fire.

Posset to quench the thirst in a fevour.

Take milk & turne it with Oranges & take of the Curds.

For a paine in the head or dizenes or a great Cough in either Man or Child.

Take sweet marioran dryed Rosmary dryed bruise & sift them, the rosmary must be beaten in a morter, grate an hole nutmegg beat & sift mace & cloves take as much of each of those as the quantity of the nutmegs; but put in a little more sweet marjoran then of the rest, mingle all these together, and when you goe to bed Sprinkle of this powder upon the malt of your head thorow the haire, also make a posset of beer & ale about a pinte not to milky not to clear, then putt into Some Shred candied Elecampana roots and a Sprig or two of green rosmary & let it Stand upon the Embers to infuse some time, then put into it a peece of butter & brew it together & let it be all your Supper. an ounce of this Elecampane will Serve 3 times. The powder alone is exellent for the head, both together doth well, as also for the Cough. leake p. 18.

For a Pleurisy, Stiches in the Side for feavers to putt you in a fine breathing, to open the Body; to cleanse the blood. Good against wormes & the green Sickness.

Take a globe of Stone horses dung new made, Straine it then take a Costard dish full of white wine, or Ale; warme it & tye a penny-worth of Safron in a bag or rag & Steep it in the wine, when it is coloured with it, take it out, the Same Safron will Serve the next time, then take in a Spoon of your Juice of horses dung, So drinck it for every morning for nine days to cleanse the blood, for the Spleen & for worms, in other distemper take it all night to, It cures the Jaunders, take a warme globe & lay as a poultis upon a burne or Scald & it certainly takes of the fire, and cures layd in a bag upon the forehead & temples; it causes Sleepe in a feaver or frenesy

To cause Sleepe.

Laye on a pillow of hops. Lady Rainesford.

For a Tetter.

Take wine Venigar twice stilled in an ordinary Still & wash it with it.

Live water to Skin with when the Soare is filled with flesh and yet by reason of moisture is loth to Skin.

Take two handfull of the best burnet lyme Stones, & 3 pintes of faire water and Set it on the fire untill it be ready to Seathe; then powre the water to the lymes Stones being in a pott that may be close covered; & So let that Stand, untill it be cold & settled, then powre of the clearest & keepe it for vse. And when you vse it put to 4 ounces of that about 6 drops of the blew water which Gold-fyners vse; it must be had after they have done with the vse of that, for before it is to Strong.

The flower of Oyntment or as Some calle it the yellow Salve.

First you must take Virgins wax 4 ounces, read deat Suet or new Sheepes Suet without either Skin lomp or any other dross matter a quarter of a pd. cutting both in Small peces & put into a cleane pot, melting them on a Soft Swet fire which must be cleare & without Smoacke; Rossine halfe a pd. Resina pini half a pd. Olibanum 4 ounces & for want thereof frankincense five ounces; Myrh one ounce Mastick one ounce; (powder your myrh & mastick together with 3 or 4 drops of water in the mortar each by themselves, or else they will not beate into powder) Beate your gums Severelly by themselves & so putt in your powder of every one by it Selfe Stirring all-

all continually Viz from the first putting in of them untill the last be put in, and a while after; this done Straine the afore said Stuff thorow a Strong Canvas cloth into a Botle of white wine & So let all boile Very well together on a Soft Swet fire as afore said untill half the wine be wasted; that done take the pan of the fire and put in of Camphir 3 dragmes beaten in a morter in fine powder but before the said Camphir be put in a morter there must be used a litle Sallet Oyle or else 3 or 4 Almonds well beaten & taken out, or Some such like oyly Substance which will not Suffer the Said Camphir to cleave vnto the mortar; And So put the powder in by litle & litle, always Stirring it well & let it coole untill that be blood-warme putting thereunto of Venice terpentine three ounces Stirring all well untill the said Stuffe be reasonably cold; but beware that your Stuff be not any hotter then blood-warme when you put your terpentine, or else that Spoile all your Stuff and So when it is cold you may make it up in rolles anoynting your hands with Sallet oyle, or with a litle fresh butter to part the said Stuff yet Suffer not your Said Stuff to be so cold as it grow lumpy for then it will be troublesome in making it up.

The ordring of the said Salve called my Lord of Suffolk's the flower of Oyntment. or the yellow Salve.

First it is to be spread upon a faire linnen Cloth plasters wise & lay the Same upon every joynt where the paine is, But before the laying of the said plaster, the said joynts must be anoynted with oyle of roses & the Stuff of your plaster must be half an inche thick if that be vsed for the goute or Siatica and it is not to be removed of nine or ten dayes from the place it is to be on notwithstanding the party be put to some paine during the said time because it will draw out the humour by litle small pimples & heale it again; this one plaster will Serve all the tyme of the disease without any manner of renewing. And when you please to vse the afore said Salve vnto any Soare plasters wise spread it thereon as thin as may be; and when you will make a tent melt the Salve in a Sawer & dipp it therein. Some make vse of this Salve by way of a Seat-cloth who is troubled with ache, or proceeding of Rheume or Such like humour and findeth good ease & helpe thereby. It is a very good Salve for any new Soare, or other if that be not very old & foule.

An Oyntment of Swallows for bruises Wounds & Shrinking of Sineews.

Take lavender Cotton Lavender Spike Strawberries leaves with their Stringes of each a handfull, then take five Swallows ready to fly, and So beate the said hearbs & the said Swallowes quicke feathers and all in a mortar vntill you See no feathers whole. then take the third part of a pd. of May butter clarified in the Sun, and put it into the mortar afore said, & temper all well together that done let all Stand untill all white mounted over & so boile all with a Soft Swet fire So long as the Strenght of the hearbs doe remaine in them, then Straine all thorow a thin Canvas Cloth.

For Skinning of any Soare ~ Chamber

Take Salet Oyle and anoynt the Soare place then lay on the poder of the rottennes of an Oake paste, finely searsht upon the place oyled. then lay a peece of browne blotting paper thereon and so lett all rest upon the sed place unskinned until the oyle the poder of the Oake paste and the blotting paper fall easily of; and God assisting that will performe all that is promised.

To make Oyle of Eggs for Scalding or burning

Take 40 or 50 eggs and lett them be rosted or sodden stone hard, then take the yolks from the whites. Mash the yolks together all to peces; putt them into a frying pan, and sett them on a good soft fire stirring them continually untill the oyle rise from them, which you may perceive when they grow moisle, still powring the moistore from them as that riseth, which is the oyle being of a black-coolor. If you would have that yellow you must strain that when it is moist & yellow but then it is not so good in operation, nor wil yeild so much.

A Poultis for the Goute.

Take new milk a pinte while bread graded to make it as thick as pap, boile that to that thickness then when it is boiled so thick, then putt in the yolks of two eggs and the weight of two penny in Saffron being poedred. Stir them well together & give them one warme on the fire & apply this to the grieved place reasonably warme.

A Restorative Broath.

Take a young Cockerill or pullet & flea it, take away all the fat & bruse the bones, also take 2 Calves fect and scald them & pick them cleane from thier fat and weshe them cleane in 3 faire waters. then put to them into a close pott or pipkin six pinkes of faire water & seeth them & skum them; then putt in 2 dregmes of China cut small 2 dregmes of Sasaparilla shed cut also 4 raisins their stones cutt out 2 dates cut, Thym, rosmary, marioran, Sawory Sin-foiler leaves and stringes, tye all these in a litle bundell & put in with the rest some mace with a litle Cinamon, a litle crust of bread, and at the latter end of the boiling a good spoonfull of Venigar. Seeth all these to a quarte as near as you can, often times stirring and breaking the bones with a ladell, & putt therein Salt, and last of all Sugar to make it pleasant then give it a boile with all ye rest and strain it thorow a bagg & you shall find it a broath in manner of a gelly.

A Phisick Broath.

Take the bones & sinews of a legg of Veale with a pullet & breake the bones of either of them then put them into a pipkin with a gallon of water & sett it on the fire, but cover it not, when it is skumed and hath boiled almost an houre upon a soft fire, take the rootes of parsly, fennill, burrage, buglos Sawory, read dockes and Sorrell of each a roote or two, save of the Sawory for making it bitter, but before you putt them in, you must pick them & steepe them in hot water, you must also take a quarter of a pod of Sparagyns roots & putt them in with the rest. When these have all boileth together a quarter of an houre or beter, take half a pod of Damask prunes

prunes half a pod of corrints, ten french prunes 2 or 3 leaves of mace a bottom crust of a manchet & put them in with a handfull of violetts-leaves half a handfull of Sorrell, a litle thym and rosmary, half a handfull of bilony and as much egrimony one ounce of burrage flowers, lett all these boile till the broath will gelly, then strain it and heat so much as you will use at a time you may add hearts-horne and ivory at the taking of it.

Another Physick Broath.

Take 3 or 4 ribbes of a rack of mutton, taking away the fat, two young pidgeons or a large Chicken. Sorrell endife, burrage, Sawory of each a handfull balme and clary of each 5 or 6 leaves, Corall poedred and bound in a cloth one dragme, pine-kernell shed 12; Boile all these in a sufficient quantity of water untill the flesh be well boiled, being well skummed before the herbs be put in, in the end of the boiling putt in a small stick of Cinamon, and when it is strained putt 2 or 3 spoonfull of Rhenish wine, and so much sugar & rosewater as may please the taste.

An Opening Broath.

Take a very cleare pot with 3 quartes of water, and sett it on the fire with a chicken and the bonie part of a legg of Veale, and lett them seeth keeping them cleane skumed, then take of endive, Sawory, maiden-haire egrimony of each half a handfull, a good quantity of hiver-wort, fennill, parsly & yellow docks roots of each 3 roots these being well washed scraped & the pitch taken out then take of Damask prunes raisins & corrints of each a handfull; 2 or 3 leaves of large mace with the bottom of a manchet, let them seeth all together till the broath be of a read colour & be not in quantity above a quarte, then putt in one nutmegg 2 dates shed or quartered, then strain the broath thorow a strainer & keep it for to drinck a good draught in the morning fasting and the last to Bedward after a light Super make it fresh & use it as you find good with it.

A Plaster for the Back.

Take plantin, confry, knot grase & Shepers purse of each a handfull, stamp them small & boile them in a pod of oyle of roses & a litle Venigar when it is well boiled strain it & sett it on the fire again & putt therein of wax 4 ounces of chalk bole-armoniak & sera Sigillata of each one ounce boile it well & keep it stirring, then coole it & make it up in rowles & when you use it spread it upon leather & lay it upon the back.

An Electuary called Pacificum.

Take of the hearts of Clare and rochet of each a handfull of mescadel a pinte, put it in balneo maria 3 houres then strain it hard and add thereto the pith of an Oxen the quantity of half a pod & the braines of 16 sparrows & boile it to a good consistance then put to it of the roots of Eringo candied one ounce & 30 Kernells of filberts being first steeped in honey 24 cheries of pistickes rob in butter half an ounce, let all these be beaten well in a stone morter & drawn thorow a seaube after add to it a pod of Sugar dissolved in rosewater & keep it.

For the head-ache.

Take of dryed marioran, rosmary flower, betony flowers of each a handfull Junipers berries, the Seed of romane nigell and of nutmegg of each a dragme Storax & beniamin of each 2 dragmes, Cloves & lignum aloes of each 2 Scruples make a pouder thereof and quilt it in a Cap for the head.

Dr. Aoeletus Vnguent for to cure a wound by anoynting the Sword

Take the mos of the Skull of a man that has been strangled, 2 ounces, of mumy and earth-worms dryed and poedred of each one ounce & half, of bled stons 2 ounces, of the fat of a beare a Boar & a Boar-pig of each two dragmes. make vnguent thereof thus. first melt the greases being cleare tried, and oyle together and after put in all the rest of the things fine poedred & Stirr them well together & this must be made when the Sun is in libra.

The vse of this is thus. first wash the wound of the patient with his own vrine; then anoynt the weapon that made the wound every day twice, & keep it wrapt in a faire linen cloth & lay it in a place where it may lay in quiet.

For the Migraine. another.

Take of dragons blood one dragme & a Nutmegg, pouder them and with the white of an egg and gall of an Ox of each a litle, mingle them together Spread this upon the innermost skin of the Ox-gall in manner of a plaster & apply it to the forehead & the temples.

For a stiche in the Side.

Take a wheat loafe & cutt it in two halfe flat-wise & toast them well against the fire & spread them with Venice treacle & apply the one upon ye. Side and apply ye. other on the contrary side. probatum.

For boiling a poset drincke for an Ague.

You must make a poset, and onto 2 quartes of cleare poset drincke take some 30 seed of Citron & 40 seeds of Cardues benedictus & some 4 Spoonfull of harts horne Shaved & boile it vntill a pinte be consumed, all the seeds & harts horne will goe to the bottom So that you may poure the cleare drincke from it. & when it is to be drunck put to a Spoonfull of syrup of citron. It is very good for Children either for small pox the measels or an Ague or a burning ague, If it be for an ordinary Ague you may give the party a litle bezoar & Vnicorns horne in the morning fasting, & drinck a draught of this drinck hot & sweat after it.

An Excellent Remedy for the Colluck or Stone.

Take a large strong Onion cutt of the top with some of the Onyon, hollow him as you would doe a quince fill him vp full with black soape, put the top on again, roule him up in browne paper made wet, Roast him in hott cinders; take him at night when you goe to bed clap him close on the Navel, laying on it for one houre the Navel is of a spungy nature & will draw it inward.

Nipples Salve

Take half a pinte of the best Salet oyle & two ounces of bees-wax & one of Virgins wax then set it over a soft fire & keepe it Stirring & Skum it then put in 2 ounces dyalthe & 1 ounce of Vnguentum Album, Camphit oyntment, then let it Summer very softly a litle while but keepe it Stirring, then Straine it throw a course cloth & put it into a gally-pot & keep it for vse.

A Balsom for soares.

Take a pot & half of the purest Sallet oyle, a pinte of right Canary Sack beate them well together then melt 4 ounces of scraped Virgin wax put the oyle & wine to it & set them upon Coales, and they be ready to boile put in half an ounce of red Sander in fine pouder & half a pot of turpentine that has been extraordinary well beaten in Damas rosewater, shifted some thrice in the beating then put that to the rest of the things & let all boile together a long houre, then straine it into a pot or glasse & keepe it for your vse. The turpentine will aske an houre beating to doe it well. When you vse this Balsom melt of it and poure it into the wounds & with a feather anoint the sides of the wound and round about a good way, then spread a plaster fit for the soare thinly with the balsom cold & so lay it all over. If the soare be torn by any dogg or such like, cutt it as smooth from the loose flesh as you can, & if there be any holes make litle tents with the balsom cold. If you vse it for the head-ache, melt of it & with your finger anoint both your Nothrills within & chafe all your temples upon both sides. If you vse it for a burne anoint it as suddenly as you can after the parte burned & so keepe it continually moist. It will also keepe any bruise or blow from turning black or discoloring.

An Infusion for an Ague.

Take a gallon of white or Claret wine, ye. which is most delicious yn. strong put into it one ounce & half of Jesuist pouder finely poedred, half an handfull of litle Century flowers, 2 dragmes of salt of the same plant & as much of good white tartar, or in lieu of these 2 salts two dragmes of Salt Armoniack very well purified, one dragme or two of Sassafras wood cutt thin or one dragme of Junipers-berries or of any other aromaticks. let all be infused for ye. space of 24 houres on warme embers in a well closed Vessell, then straine it & keepe it for your vse.

The doze of it may be taken 4 ounces at a time twice a day at least in a morning fasting & 2 houres before the meat or 3 houres after or going to bed, or at all those times taking the vsuall doze of Jesuist pouder in a glasse of Sack white wine or Rhenish wine, one houre or two before each fit for 3 or 4 fits; the body being duely prepared by Vomiting or as the Physician shall think fit.

For the Colluck. Mr. Bonard.

Take 4 or 5. whites of eggs beat them very well & spread it over some flax, then take a Spoonfull of peper in pouder & spread it over the whites. Apply that plaster upon the Navill. Some add a Spoonfull of ginger.

Another for the Colluck

Take a handfull or two of cinders of wigne wood, boile them in 3 pintes of water to the diminution of two pintes. Straine the liquor & drink it.

The Tobaco Oyntment. Mr Elwick

Take tobaco leaves bruised two pod. steep them all night in red wine, in the morning putt to it one pod of good hogs-lard; Boile it till the wine be consumed then straine it out and to the liquor half a pod. of the iuice of tobaco and foure ounces of rosin; Boile it till the iuice be consumed.

Surfeit water.

Putt half a peck of popies in 2 quartes of the best sack; of Cinnamon ginger Cardamun seed and nuttmegs of each 1 ounce; liquorish & blew figgs of each 4 ounces. Safron and alkermis of each 1 dragme; Beat the Spices grosly prepare and bruise the seeds slice the figgs & liquorish, put to it 2 quarts of brandy a pinte of the iuice of angelico, and half a pinte of the iuice of balme, mix it well together and lett it stand 3 weekes stirring it every day then straine it and the popies of and mix it and putt to it 3 quarters of a pod of white sugar candy, when it is dissolved bottle it.

For the Stone.

Boile Sinkfield red Netls and Malloes of each 1 handfull in a quarte of white wine posset drinck, Sweeten it with Syrup of marsh-malloes, Drinck it morning & Evening one Month att Spring and as long att fall.

The green Oyntment.

Take of worm wood & rue of each one pod. young bay tops & read sage of each half a pod. Beate them in a Stone-mortar with 3 pod. of neis Sheeps suet, putt it in an earthen pott with 3 quartes of salad Oyle, mix it well together with yr hand Stopp it close, and sett it in a hors-dunghill 9 daies. Melt it upon a gentle fire, Keep it stirring for fear of burning; when it cons to its colour, putt in 4 ounces of the oyle of Spike and Stirr it well together, Strain it out and Keep it corred when tis cold.

For the green Sickness.

Steel, amber, corall, ginger nuttmeggs of each a like quantity. to be taken in a glass of wine &c:

For a Surfeit gotten by heat Cold or drinking.

Take 1 pinte of Rhenish wine, 3 bals of horses dung a sprig of minte & a sprig of balme, boile them together till half be wasted, Straine it out & sweeten it with syrup of gellyflowers; Lett the Patient take it in bed, and sleep after it, take it cold, have ready some lemons & sugar to take after it; You may repeat the doze in case of great danger.

A Gentle purge.

Take 10 pintes of faire water putt to it 3 ounces lignum Vitæ half of it bork & the other half chips a little broken. 2 ounces of liquorish scraped and sliced, 2 ounces of Sarsaparilla sliced and cut half an inch long, half an ounce of Saxafras shaved a quarter of a pod. of stoned raisins putt all this into a new pipkin stopt close, Sett it by the fire all night in the morning boile it gently for the space of 4 hours. half an houre before you straine it out put to it an ounce & half of Senna.

A good Salve or Lucatellus Balsom.

Take Venice Turpentine 1 pod. Salad Oyle 3 pints Six Spoonfull of Sack, yellow wax half a pod. Natural Balsom half an ounce the oyle of St Johns wort 1 ounce read Saunder poudred half an ounce. Cutt the wax in thin Slices & sett it on in a Skellet when it is melted put in the Venice turpentine being washed 2 or 3 times in read roses waler. Stirr it very well till it boiles a litle So sett it of the fire till the next day. take it out of the Skellet & cutt it in thin Slices to gett all the water out then putt it over the fire again & stir it till it be melted, then putt in the salad Oyle & sacke, the Oyle of St Johns wort the natural Balsom and Sanders, Stirr it all well together that it may incorporate, then lett it boile for a short space, So take it of the fire & Stirr it for the Space of 2 hours.

Take the best Salad Oyle 1 quarte, read lead 1 pod. white lead 1 pod. yellow wax 2 pod., White frankincense 4 ounces. Take

take the Wax and frankincense and melt it together Strain it into the oyle sett it over the fire and putt in the lead and have a great care in the boiling that it boile not over.

Against the Harth's burning. Mrs Hopkins.

Take three pintes of Water & lett it boile then Squeeze the iuice of two lemons in it then putt in ye peels & all when t'is boiled to a quarte take it of the fire and colour it with safran tyed in a bagg & sweeten it with loafe sugar to your pallate.
Drinck a quarter of a pinte in the morning & fast an houre after & doe so in the Evening.

A dyet drinck Mrs Hopkins.

To nine gallons of Ale take of brookhime Water-cress, Alehoof, hearts tong, horsradesh of each a handfull, Sennr two ounces, one dozen of Oranges iuice & peels. putt all these things in a Canvas bagg & hang it in the Vessel when the beer has done Working and Stopp it close. In 12 days you may drinck of it, for a constant drincke in time of meale & all.

For a Consumption.

Take a pod of french barley & let it beaten to a Very fine flower & sifted through a fine sive, & quarter of a pod of white sugar candy beaten very fine and half an ounce of Cinamon beaten Very fine, mix the sugar candy & Cinamon together, then putt the flower french barley into a pot or pipkin a litle at a time & strow your sugar candy & Cinnamon between every laying of your flower & putt it down with your hands Very hard & tye it down with a papier & bake it, and when it is bolled it will be Very hard, then you must scrape it & make it as you do Chacolat either in milke or milke & water which you like best & drink it every morning. Mrs Wiseman.

For man Wormes.

Take a pinte of the best white wine, Sentry, Cardues Camamile flowers, Sennr of each a penny worth; Steepe all these ingredients three dayes then straine it & drink of it a quarter of a pinte in the morning fasting & att 4 a clock in the afternoone. You may add a penny worth of steel if you please. Mrs Wiseman.

For the Dropsy.

Take a quarter of a peck of Rye-meale & with water make it into paste; then rowle it like a pasty & fill it full of read Sage & the leaves of Elder & bake it with household bread; assoone as it is out of the Oven breake it in pieces and putt it into four gallons of new Ale with a quarter of a pod of crude Antimony & half a pinte of live Sow baggs sowd up in a begg: Put all into a Vat & let them work together with the Ale & when that is fine lett it be your common drinck.
The Person that gave me this reciet said it was good to drink white wine with broomes Ashes in it and if there be broomes Ashes in the Ale it is the better. She said likewise it was good to eate garlick in any thing they could. from Mrs Koningsby

Another for the Gout Dropsy Scurvy & Consumption.

Take half a pod of Sarsaparilla the best sorte Mealy Boras of china roots Shied beaten well in a mortar by the Drug=gist, 4 ounces of Sassafras wood shavings, 2 ounces of yellow Sanders cut, 4 ounces harts-horns, 4 ounces yvory, 3 ounces of Maidenhair, 8 ounces Raisins stoned, 6 ounces pearl barly 2 or 3 of Senna. Heat 3.-

Heat 3 gallons of Spring Water near boiling put in all these except maidenhair and Raisins, let them infuse 12 hours kept hot on a soft fire not to boyle, then put in the maiden hair and Raisins & boile it till it comes to 2 gallons then let it stand and cool 2 hours still covred, then straine it and when tis cold then bottle it up. Drink half a pinne or more morning & Evening eating after it some Raisins or figgs or light biskits

Then take these Ingredients and putt 3 Gallons of Spring water hot to them, let them infuse 6 or 8 hours as before well covred then boyle it till half is almost wasted adding ½ pod of raisins 3 ounces of barley, one penny worth of aniseeds and fennel seed, let them stand 2 hours as before well covered, Straine it through a Hair Seive and drink this with your meat. Eat no Salt meat, no spoon meat Drink this for a Month. It has cured Several althoinurable by many Doctors. Keep the settlings of ye bottles to bath your legs or any part afflicted with it rubbing it downward. From Mrs Konigsby.

The Lady Cottones Searcelotl for a sprain or bruise. Take one pint of Jallet oyle half a pound of red lead very finely beaten a quarter of a pound of populin a quarter of a pound of virgins wax one ounce of oyle of roses one ounce of oyle of Camomile boyle all these till they look black keeping it stirring it till it is cold. spread it on linnen when you use it. gave me by Mrs Konigsby.

For a Dropsie

Take a gallon of white wine and put into it a handfull of Rouse rosemond and a good peece of Horse Reisil and a good quantity of Broom ashes tyed in a Clote then take a good bunch of Dwarf Elder beat it in a morter and strain out the Juice and put into the wine when you will drink it put but if the Elder be dry you must steep a good quantity in the wine take of this half a pint Morning and Evening

Mr Dickinsons Instructions of the Jesuits Bark given to the Countess of Darby. The most effectual way of using the Bark being first brought into Powder is Either made into Pills or made up into the forme of a Bolus Generally People take it best made into Pills because the bitterness of the medicine is not troublesome in that form some who can swallow Bolus very well do choose to take it in way of a Bolus because the whole quantity of the dose which is requisite can be sooner taken this way then in Pills which way is most usefull when the fits returning every day do not give sufficient time between fit & fit for the takeing of the requisite number of Pills let an ounce of fine Powder be made up into the Consistance of Pills with syrup of Clove gilliflowers or some other Cordial syrup make it up with as little as may be that they may not break or dissolve in the mouth. The ounce of it is to be made up into four score & sixteen Pills & you must begin the use of them as soon as a fit is over & to take so many of them at Each dose at such Distance of times that he may take at least Eight & forty before the time of the expiring fit so that if it take him after the manner of a Quartane this there will be time Enought to take that number of them & yet take but a few of them at a time for if it seizeth him every other day he should take six of them every third hour that he may have taken the due Quantity some time before the next fit time then he is to forbear takeing any more if it till the next fit time is over & after that whether he had a fit or not his Lordship is presently to begin the other Eight & forty Pills after the same method as before for though the first Pills shall remove the fits as most commonly they do yet to prevent a sudden return the second Quantity is necessarily taken they other half ounce of Bark for Advise they takeing of an ounce & half at least is also to be made into Pills that the may be in readiness when they are to be used for these agguish fevers whether Quartane Tertains or Quartan they seemingly will remove do frequently return again at a fortnight or at a months and therefore to prevent they relapse I have always & very earnestly advised my Patients to take a dram of the Powder made into Twelve Pills one day in a week for the first month after they fits have left them so will 6 Pills in the morning & 6 in the afternoon about 5 or 6 of the Clock so that there will be a Months time to take this ½ ounce of the Powder & if he shall rather take it in Bolus he must take the same quantity between fit & fit & follow the same method afterwards we do Generally Purge & frequently bleed before we give this medicine but however I may safely advise him to take it the least a Glyster before that fit after which fit he is to begin his medicine while he takes this Medicine

& they Morrill flowing he is advised to purge with noting unless with some gentle Glysters but if he should be loose upon the use of this medicine he may not be surprize or disturbed there with for tho this medicine is not actually more apt to bind then loosen the bodey yet often it finds such hurthers in the body as make it work bind when it happens so I have always found it as effectual as when it had no sensible operation you may take more liberty in your meets whil you take this madicine & Drinks then otherwise can be prudently allowed this madam is they Course I have taken very successfully

For a Cough &c. Madet

Take salet Oyl aqua Vitae of each an Equal quantity beat them well together before the fire & rub they sols of your feet — —

Dr Gillesses receipt for a Consumption or spiting blood &c. Madt

Take 6 spoonfulls of hony & take 6 Cloves of Garlick & roast before they fire til they are soft & bruse out they juice & mix it in the hony put to this they Powders of Elicompain 2 spoonfuls one spoonfull of they Powder of Licorise half a spoonfull of Coriander seeds & half a spoonfull of Annis seeds these powders must be very finely prepard & sifted mix all these together & take the bigness of a small walnut at night going to bed & in they Morning fast an hour after it — —

For they Head ache &c. Madet

Take they best salet Oyl fill a broad mouth glass half full of Poppey flowers that grows in corn set it in they sun a fortnight & keep it all they yeare & anoint they Temples of your head with it — —

Dr Lowers Cordial Tincture

take Sena three ounces, Licorice, Aniseeds corriander seeds Elicompane roots dryed, guiacum, of each two ounces rasins stoned one pound Steep these in three quarts of ye best Brandy a fortnight then pour it off ye ingredients and keep it in glass bottles

Take four or five spoonfulls in any Cholick, Sickness at ye Stomack or fit of ye Stone in ye Kidneys or in any indigestion of ye Stomack or in any Symptom of ye gout in ye Stomack

repeat ye Dose after five or six hours if you see occasion

Receits to make Wine & other Liquors.

To make Elder Wine

Take nine gallons of Water and boile it two hours together or better and put vp 18 pounds of six penny Sugar and boyle it well in the water and clarifye with Eggs; then have ready your Elderberries; Infuse in a pot only the Berries, the Berries well infused then when the Berries are cold or almost then wring the iuice out and put it to the hot liquor and lett it stand till it is almost cold, then worke it vp with very strong Ale yest spread vpon 2 or 3 toasts hot and cover it cleane with a woolen Cloth; then let it worke 2 days & 2 nights; then straine it through a haire cive into the Barrel, and lett it work well out of the Barel before you stopp it, and when it has done working you may put in half a pound of raisins sun stoned; then stop it vp close & when it is cleare Bottle it for your vse. The iuice of 2 gallons of Berries will doe well. And you mest add about 2 gallons of Water to it more for the Waste of the Boyling away, And in a Month after it is Bottled you may drink it

For Bottle Ale.

To a Bushell of malt 6 gallons of boyling Water then lett it stand 2 hours, then draw it out, then put into the graies 4 gallons more of healding water let that stand 2 hours, then draw it out. Boyle the 4 gallons till it come to 3. then lett it cooling into several things, and when it is cold put halfe a pinte of yest to 3 pints of the first wort, let it stand till it has gathered a head, and see as the other wort cools put it in by degrees half a pinte of yest to 3 pint of wort and when you have put it all together let it stand in the fat till it is ripe; then take it & put it into a Barrel.
when you would have it strong put into it a little wheat.

To make Sage Wine.

Take twelve gallons of Running water, Boile it till it coms to tenn gallons, then putt it into a cleare tub, and when it is quite cold, putt into it three score and ten pound of the best Malgo reasins picked from the Stalke, shred them small, then take foure Bushells of the best sage read crowded doune well, then pick of all the stalks and shred it small and put it to the water & reasins, cover it very close, Stir it twice a day for 8 or 9 days together then Squeese it well & straine it through a haire cive, then putt it up in a cleare Vessel, which must be quite full and must be stopt very close and att two Months end, it must be bottled it must not be sett into cold a Sellar. when it is a working you may putt in 4 gallons of water being ordred as ye former into the sage and raisins after they are strained and it makes a pretty wine to drinke in the Summer.

To make Black Cherries Wine.

Pick them from the Stalke, from the Cherries, Bruise them putt them into a Cotton bagg, lett them drop leasurely, you must be sure not to squeese them; And to every quarte of Juice put a quarter of a pound of sugar, Soe lett it stand a working 24 houres, then tunn it up for 3 weekes, So Bottle it up. Some boiles the Juice & Sugar till the scum rises & when its cold bottle it

To make Cowslips Wine

Take 3 gallons of water, put to it 6 pound of ye best poader Sugar Boile the sugar & water together half an hour & scum it well, then power it coole, when it is almost cold, beate a spoonfull of yest, and therewith beate 3 ounces of ye Sirop of citron or lemons, then poure it into the liquor & brew it well together, then take a gallon of Cowslips flowers which are picked, Bruise them well in a stone mortar and brew them well together with ye yest & Syrope and lett it worke 2 or 3 days then straine it and putt it into a Cask that it may settle & worke & when it has done, stop it up and lett it stand 3 weekes or a Month & then bottle it & in every bottle putt in 4 lumps of Sugar. Some leaves out ye Syrup of Citron or instead of it puts a quarte of white wine.

To make Shrubb.

Two quartes of Brandy, put it into a pot or Bottle, put to it five lemons, some with peeles & some without. Grate halfe a nutmeg. Stopp it close & lett it stand 2 or 3 days, A quarte & halfe a pinte of White wine. one pound of loafe Sugar, Mix them well together, then straine it 2 or 3 times through a flanell & then bottle it for vse.

To make Elder Wine another way.

Take twenty pds of Malgo raisins, rub them cleane and Shred them small Boyle 5 gallons of water one houre, then poure it hott vpon them, and lett it stand tenn days stirring it now and then; pass it throw a haire cive & put to it 6 pintes of Elderberries juice baked in a Oven, straine it and putt it in cold and stir it well together, then tun it in a Vessel & lett it stand in a warme place six weekes or 2 Months & then bottle it.

The Limonade.

Take 4 pds of raisins of the Sun stoned, and put them into an earthen pot, then take 4 large lemons and squeese ye juice into them & slice the lemons peel & all into them, putt in a pound & half of loafe sugar, then take 4 gallons of water & boyle it a quarter of an houre, then poure it boyling hot into your pott & cover it close & lett it stand 4 or 5 days then strain it and bottle it, and in bottling vse half a pound of sugar more, att 12 days end it will be fit to drink.

To make Jelly flowers Brandy.

Take a peck of good clove Jelly flowers, & cutt them as you doe for Syrop and bruise them a litle & then putt them steepe in a full gallon of ye best Nante Brandy & lett them lye in steep 2 or 3 days then straine them well through a fine haire cive, and after it is strained sweeten it with good white sugar to your taste, lett your Sugar be well beaten, and when the sugar is well mixed in it which in two houres it will be, put it up in glass bottles for your drinking, while it stand in steep stopp it very close; the flowers when they are stained will looke white. Jen Osborne.

To make Quinces Wine

Take the Quinces and wipe them very cleane, not pare them grate them vpon a tinn grate as near as you can to the cores not touching the Kernel, & as fast as have any of the pulp grated, squise it through a flannel bag into an earthen Vessel, & soe doe till you have grated your quantity & then fine it of into other Vessels, till tis very fine, and then to every gallon of Juice add a pound & a halfe of loafe sugar, and soe put it into a Vessel of earthen stean for 3 weekes and then bottle it up. But if you keep any above halfe a year you must put two pounds of sugar into a Gallon.
Some set it on the fire when the Sugar is in & just give it a boile to Scum.

To make Damsons Wine.

Take 4 gallons of water and putt to every Gallon of water 4 pods of malaga raisins and half a peck of Damsons Bruise the fruits; and put the raisins & Damsons into a Vessell without a head; Cover the vessel & lett them steep six days, Stirring them twice every day, then lett them stand as long without stirring; then draw the wine out of the Vessel and colour it with the infuse juice of Damson, sweetnd with sugar till it be like claret wine, then put it into a Wine Vessel for a fortnight and then bottle it vp.

To make Orange or Lemons Water.

Take a hundred and twenty Oranges or Lemons and &c.
this receit is already amongst ye stilled water. look there.

To make Read Goosberries Wine.

Gather your Goosberries when full ripe, which will not be till they are of a very deep read, then bruise them & lett them stand so two or three hours, then putt them into a high earthen pot which has a top, and put a taplash in the inside or it will not run clear Cover it close and lett it stand till you see it swell vp to the topp and looke dry, which may be in a day and a night or more. Then draw it of into a tub so long as it will run, and squeese the rest therow a strainer, putt to every Gallon three or

or foure pounds of good loafe sugar by degrees, then tunn it vp into a Vessell yt will just hold it. Lay a browne paper over the bunghole, that if it will it may worke. then stopp it close, lett it stand 2 or 3 Months, when clear bottle it out, you need putt noe Sugar in the Bottles; it will looke of a very fine read and be a very strong wine. yt I iuge not to putt above two pounds of sugar to a gallon.
The same way you may make white goosberries wine, which will drinke like Rhenish, if you put a few clavyflower into the Vessel. when you tunn it vp and not above two pounds of sugar to a gallon or not see much. Mr Crepet doth lett the liquor sugar & goosberries have a worme together.

To make Cock Ale.

Take 10 gallons of the Ale and a Cock and parboyle ye Cock, the older the Cock is the better) and flea ye Cock and stamp it in a stone mortar till all the bones are brock. then take 2 quarter of sack and put the Cock into it with 3 pounds of raisins of the Sun stoned and a litle mace and a few cloves; put all these up into a canvas bagg, and a litle before ye ale has done working, putting ye bagg into the Ale, and so lett it go all together into the Vessel, and in a weekes time bottle it vp; lett not the Ale com with an inche of the corkes for fear it doth breake ye bottles. Give it time to riping as you doe of all other Ale. If you make not this ale too strong of the Cock, it will not looke of a very high colour, but otherwise it will look of a very high colour to a Barrell of this Ale you must put in 2 bushels & half of malt, if you will have it strong. Some make it of smal ale.

Another Goosberries Wine.

Take to every 5 pods of goosberries a quarte of faire water, stamp them well before you putt them to ye water, then lett them stand all night sometimes stirring them. then press the liquor from them & putt it into a Vessel & putt 2 pods of sugar to a gallon of Juice, & lett it stand in ye Vessel 3 weekes or a Month. then wreck it of into a tub, & poure out the grounds of the Vessel & putt in the wine again. And if you find any tartness add sugar to it as ocasion. In a month after the wrecking, bottle it. putt in a little lump of sugar into every bottle. You may make Corinth wine ye same way.
Some adds a pint of White or Rhenish wine to every gallon. Some warms ye liquor

Damsons Wine another way.

Putt into an earthen pott 3 quarts of Damsons and two pds. of raisins of ye Sun stoned & shred small; then boyle two gallons of water half an houre then poure the water as you take it of the fire into your pott & cover it close & lett it coole till you can put your hands in it then squeese your Damsons very well then putt in one pd. of loafe sugar so lett it stand 3 days covring it close then straine it thorow a Canvas, and putt in another pd. of sugar & run it thorow a Jelly bagg, then putt it in a rundlet after a Weake you may Bottle it.

To make white Mead.

Take two pds. of the best and whitest Honey to one Gallon of water, and to about thirteene Gallons of water put in one gallon over & above for fear it be to strong & high coloured then sett it over a clear wood fire, and when the Honey is dissolved take 2 or 3 whites of eggs and with a wisk or burchen rod whisk them very well in the liquor that it may rise ye Scum & keep a pretty quick fire vnder it, and when the Scum riseth putt in some of ye gallons of water you were bid to add to the other, so as the scum riseth putt in ye water a pint att a time; so when it has a good thick scume scum it very well so as long as any will rise, then take some mace, Cloves and ginger of all these about three quarters of an ounce, one ounce of Cinamon, and a small handfull of these herbs sweet Marjeran sweet bryer Garratt Balme, and the tops of mint, Boyle it one houre then straine it, and when it is almost cold, sett it a worke with some Ale yest vpon a brown toast, in a Narrow Tubb that the toast may cover it, when it hath stood 2 days putt in 2 quarts of Rhenish wine or good white wine you must putt it in by ye side of the tub that you break not the yest, put in also a Lemon cut as you doe for a glass of wine so lett it stand 3 or 4 days more, then straine it & turn it vp and keep it close stoped a Month, then bottle it vp 3 weakes and it will be fitt to drink.

A pint of Syrup of Sitrone to that quantity.

To make Hipocras.

Take a quarte of the best Sack, one drop of the Spirit of Cloves, two drops of the Spirit of Nutmeggs, 3 drops of the Spirit of Cinamon, one grain of musk and one grain of amber gris, very near half a pound of loafe Sugar according to your taste; mixe all these together & keep it in a glass bottle.

To make Corints Wine.

Take a gallon of Corints, picke and bruise them, putt to them a gallon of Spring-water; being very well boiled, lett it stand 6 hours then straine it into an Ale pott, and to every gallon put a pound of loafe sugar, and lett it stand to worke a fortnight or 3 weakes then bottle it, adding to every quarte one ounce of Sugar. you must be sure to lett it stand to worke where the Sun comes.

To make Braggat.

Take a ferkin of good Ale, and when it is 3 days old make it in Braggat after this manner following. Take 3 pintes of very good Stow Honey, and putt into a conveniant pan & put thereunto 2 or 3 quartes of worte or new Ale, and stirr them in the pan together & sett it over the fire to clarifye, and lett it boile, and ever as it boileth take of the Scum as cleare as you can, vntill it looks as cleare as Syrup; then take 3 quarters of a pd. of liquorish and as much Anyseeds beaten, one ounce of pepper and one ounce of Cloves both beaten with a score of Nutmeggs, all being beaten putt them together into your clarifyed Honey, and sett it over the fire to boile. And if you think there be not liquor enough to boile your spices in, put thereunto a quarte or two more of worte when it is over the fire, and lett it boile a pretty while and stirr it about, and then take it of the fire and lett it stand and coole. Then vncover your Ale and when tis reasonable coole poure it in att the top of your firkin of Ale, and worke it very well together, you must lett it stand vncovered till it has done working, then stopp it very close for 9 or 10 days before you broach it.

A Receit to make Cyder.

Take of your best pepins when they are fully ripe, let them be dry gathered, & kept two Months after, then Stampe them as you do Verjuice, then Straine them thorow a strainer of haire, then boile ye liquor a long houre continually Skumming it, then let it Stand to be cold and so tun it into your Vessell, but you must not drink it of a Months after, if you wood give it a quick dainty taste, put to a Hogshead of it a quarte of mustard that must be made with milk without Veniger.

To make Docke Ale.

To 8 gallons of drinck take 4 pds of Corints, half a pd of read docks rooks Scraped, Slit & bruised a litle in a mortar with the Corints, and half a dozen of nutmeggs a litle bruised also, these must be hanged in the drink but not touche the bottom, also take two handfull of broken thym, and a good handfull of water-crefes, and boile them in the worte with half a handfull of hipes.

To make Raisins Wine.

Take 12 quartes of faire water, 8 pds of Raisins of the Sun, one ounce of mustard sed bruised, one ounce & a half of Clarey cutt in small peeces a litle bruised in a mortar, putt all these in a Rundlet, so that the Rundlet be top-full, Stop the hole fast that no Storme may com out, Sett it in a hott Stove or near a Chimny of Chearcole, let it be there six days & nights by an over heat. The 7 day poure the water in another Rundlet and Straine it in a course haire cloth ye raisins mustard sed and Clarey very hard in a press and washe your press out, putt it in the water, so in 7 days you shall have a good or new wine but not as yet perfect; Sett your Rundlet in a Celler and put into the liquor 5 good Spoonfull of Lees either of Sack Claret or white wine, for it will taste like any of these according to your Several Lees you put in it, so let it stand in the Celler till it be wrought well, then poure it in the former rundlet and it will be cleare of a golden colour and as pleasant as natural wine made of grapes.

How to make ordinary Small Ale.

Boile your water first, then let it be malted on, but putt not your malt to it till you dare put your hand in the water after ye two Strike of malt be in, put in a quantity of half a Strike of wheat pollard Bran.

How to make Bottle Ale.

Into a Vessell of tenn gallons put in two gallons of fresh small beer when it is new tunned, let it worke 12 houres, and then bottle it but putt into every Bottle a litle lemons peels, Let it Stand till it sweat in a Hamper (not in the sand) which will be about a fortnight.

How to make Cyder another way.

Take pepins or pearmaines if you can, or any other fruicts of Juicy Apples Bruise them and Stampe them in a Troegh and let them stand a day or two before you Straine or press them by reason thereof you will have the more Juice, After it is Strained into a great Coole, let it Stand 2 or 3 days, as it workes let the Skum be taken of, then tun it into a Vessell but not Stop it up for it will worke, and reserve some to fill it up as it workes. Stop it up for it will worke, and reserve some to fill it up as it workes. the dregs thereof put into a hogshead and fill it up with Ale and let it Stand six weekes or two Months; Likewise when you have spent all your Cyder fill it up with ale & let it stand six weekes or two Months.

To make good Water Cyder.

Take a peck of good apples, Slice them & boile them in a Barrell of water till a third part of it be wested, then coole the water as you doe worte, when it has stood a cooling one night, poure the water Apples & all upon 3 bushells of greenst apples, Draw out the water at a tape 3 or 4 times a day for 3 days together then press out the liquor and Barrell it up and when it has done working Stop it up close.

How to make Spirit of Wine.

Take Lees of Wine and distill them in a Limbeck & ye rest take and putt it into a glass still, and then &c: looke the reste page 80.

To make Sage wine: another way.

Take 3 gallons of faire water, put to it six pounds of sugar, Boile them together while any scum will rise, then take it of and let it stand untill it be almost cold, then put to it one peck of Sage, then take the Juice of two Lemons and ter two Spoonfull of ale yeast, beate them well together, then mix it with your liquor, then cover it close, let it stand 48 houres, stirr it together sometimes, then straine it thorow a Cive & put it into a cleane vessell while it has done working then let it stand 3 weekes or a Month, then bottle it of with every bottle a lump of Sugar.

To make Milk Hipocras.

Take 2 quartes of the best Claret wine & put to it one quarte of milk warme from the Cow & a good quantity of Cinamon, two Nutmeggs some Ginger & a few Cloves, bruise all your Spices & putt them into it, let them stand all night and in the morning let it run thorow a Jelly-bag. Some putt into it a Lemon & some Coriander Sed and a Sprigg or two of Rosmary.

To make Gellyflowers Sack.

Take 6 gallons of Sack & putt half a bushell of clipt Gellyflowers loose into it.

To make Raisins wine another way.

Take 6 quartes of faire water & let it boile till one quarte be consumed. then take it from the fire & put to it one pod of raisins of the Sun stoned & a pod of Sugar 2 lemons cut in Skies & some of the peels Stir them well together & put it into an earthen pot Stir 3 or 4 times in a day, let it Stand 3 days, then Straine it & put it into Bottles close Stopt and at 6 or 9 days old drinke it.

To make Rasberries wine with water.

Boyle two Gallons of water gently for half an houre, then poure it upon a gallon of Rasberries and a pod of raisins of the Sun Slit but not stoned & a pod of Sugar, put all into a earthen crock & add the Juice of two great juicy Lemons, then tye on a Cover & let it Stand 3 days, afterward Straine it out & so use it. Some after ye water has boiled half an houre with ye Sugar & Sum it & so poure it upon the Rasberries & then grinde them poure it out upon 2 times, putting to it some white wine.

To make Metheglin that will Keepe a Yeare

Take Running water & boile it a quarter of an houre, & put it into & let it Stand all night, the next day take your water, only leave the settling at the bottom. Take to every four gallons of water, one gallon of Honey, putt your Honey into a thin bagg & worke it in the water, let all the Honey be dissolved then put in an Egg, if the Honey be good that it be Strong enough the egg will part of it appeare on the topp of the liquor, if it doe not then put in more Honey till it doth, then take out the egg & let it Stand till the next day Take a quarter of a pod of Ginger, pare it, Skie it and two handfull of Rosmary wash it, clip it from the Stalkes, dry it well, the next day put your Rosmary & the Ginger into your Honey & water, & so sett them upon the fire, and when it is allmost ready to boile take 7 eggs whites well beaten with the Shells & put it into it to cleare it, then Skim it, but Skim not of the Rosmary nor the ginger Then take it of the fire & Skim it as cleare as you can, let it run thorow an haire Cive or Strainer, and when you have Straine it pick out the Rosmary & ginger left in the strainer & put it into the drinke, let it Stand all night the next day tun it up in a barrell. Be sure your barrell be fill, not to bigg, take a little flower & barme & the white of an egg, beate them together & put it into your Barrell upon the top of your Metheglin, after it is tunned up, So let it Stand till it has done working, Then stopp it up close as you can, So let it Stand 6 or 7 weakes, then draw it out into Bottles, tye downe the Corks, Sett them in Sand, & drinke them when you please.

To make Rasberries wine white. looke page 87.

To make Hypocras another way.

To a bottle of Rhenish wine take a pod of Sugar, 2 ounces of Cinamon one ounce & a half of nuttmegg, mingle these together, & so let it Stand all night, then put in 2 or 3 Sprigs of rosmary, one lemon Sliced, Six Spoonfull of milk.

To make the best Mead another way.

Put one Gallon of Honey to Six gallons of cold Spring water, Let it boile an houre, taking of the browne Skume & Stirring the White Skum in, Let it stand till it be as cold as worte, then take a crust of browne bread & toast it well on both sides, & spread it all over with neto yest, then Strew a little flower upon it & putt it in wholbunge a dish over it, & so let it worke. When it has worketh bruise of anyseed, fennell seed & Coriander seed of each a Small handfull & put it into the liquor & let it infuse 3 or 2 days, then Straine it & put it up into Bottles. Some put to 3 gallons of water one of Honney.

To make good Ale another way.

Take to a ferking of Ale, half a peck of Survey-grape, 2 penny-worth of read Sage, a pod of raisins of the Sun & halfe a dozen of Oranges.

Wine of English Grapes that will last good 2 yeares.

When your grapes are very ripe, gather them, pick out all the rotten ones Bruise & mash them, So Straine it out, put it into a Vessell fit for it let it Stand with a Sawer or a tyle over the bung-hole, till it has done working, then stop it up and in 10 days time draw it of the lees into a Vessell somewhat less that will just fill it, also put a pod of good Sugar into your Vessell if you vessell holds 12 quartes, So stop it up, in a fortnights time you may Bottle it.

Apricots wine. Mrs Crosset.

Take a pod & a half of Sugar, 3 pintes of water, put them together on the fire boile & scum them, have 3 pods of apricots pared & Stoned, put them in the liquor let it continue boiling till they be tender, then take them out & sett the liquor of the fire, Keep it in a earthen Vessell till it is cold & settled for a weake, then bottle it, you may boile a Sprig of flowrd Dary in it. The apricots you leave may be dryed or kept for tarts.

Cherries Brandy.

Take a quart of the best brandy & put to it 4 pots of black cherries, be sure you doe not breake them, but wipe off the Stalks & put them whole into your brandy, with half a handfull of rosmary's flowers, half a handfull of Cowslips flowers, half a handfull of borrage flowers. So let them be tyed up close in one of your bread mouthed glasse & in a Months time you may drinck of it. And when you have drunck of all the liquor the it be in a 12 months time, you may Still the Cherries & it makes an excellent water.

To cleare Cyder.

To 16 gallons of Cyder. When it has done Working putt in mustard made with Canary, hang it in a bag in the Vessell, make it very thick half a pinte of Sack is enough.

To Make Goosberry wine

Take 40 pound of goosberrys fully ripe pick the leaues from them bruise them put them into a tubbe then put into them 12 quarts of spring watter that hath boyled halfe an hour boyling hott stir it well & let it stand 48 hours being often stirred then presse them with in a hare bagge to that liquor put 12 pound of of fine sugar then put it up in a vessell that it will well fill when it hath done working stoppe it up close & let it stand till a bout December then if it be fine bottle it up & Corke it close if it be not fine draw it into another vessell & let it stand six or seuen weeks longer then bottle it up the older it is the better it will keep two or three years or more — Mrs Conniggby Receipt

To Make strong Beare

Take 2 quarter & a halfe of malt 2 pecks of wheate & 2 of pecks of orged pease & 2 Pecks of oates the wheate oates & Pease must be Ground generally at the mill when the Brewer hath mashed his first liquor & stirred it well up then he mash put his wheat oates & pease upon the mash fat & mix it a bout a quarter of an houre after with ye malt very weell this must stand 4 houres before it be let of six pounds of good Hopps is as little as can be for this proportion the best liquor must be boyled 2 houres as ye sugar put it very cold to bane & giue it time an enough to worke in the fat

To make Elder wine

Take 50 pounds of the best blacke Raisins picke them & shred them very small put to them 50 quarts of boilled water & let them stand 12 days stirring them every day then strain it & add 6 quarts of the Juice of Elder Drawn of in the following manner Take your Elder berryes & put them in a pan Couerd close & then set the pan in a kettle of water ouer the fire & let it boyle till the berryes are soft & then pour of the Juice till you haue strayne when you haue added the Juice of Elder you must put it in a barrel & when it has done working stop it close & if you keep it half a year before you tap it it will get the better given me by Mrs Wright —

To Make Orange wine

Take 6 gallons of spring water 12 pound of the best powdered sugar & the whites of 4 Eggs well beaten put them in the water & sugar & let them boyle 3 quarters of an ouer & when it is cold put in 6 spoonefulls of ale yest & 6 ounces of syrup of Cytorne well beaten together then take the Peeles & Juice of sou[illegible]nges let this worke 2 days & 2 nights & put to it 2 quarts of Rhenish wine & tun it into a Vessell stop it very close for a month or 6 weeks then bottle it. given me by Mrs Farington — —

To Make Cowslip wine Mrs Fishes way

Take 5 gallons of spring water Cowslips flowers picked one bushell Malligo Raisons 20 pound wash and dry and bread them but not stone them because the stons may work put all these together into a tub couer it close with a Cloth set it wher it may have a little warmth let it stand ten days stiring it every day towards ye end because it will work much straine it through a hair seive put it into a runlet and stop it close and set it in a coole place or seller let it stand till it is clearare then bottle it which will be fit to do in a month or six weeks time — — —

To Make Orange Wine Mrs Stiokes way

Take 6 galons of spring water 12 pound of the best powdered sugar 4 whites of eggs well beaten put them into the water cold and let them boyle 3 quarters of an hour when it is cold put in 6 ounces of sirup of Lemons 6 spoonfulls of yeast well beaten to gather the Juices and rinds of 50 Orange the whits and seeds taken a way and the rinds pared as thin as you can let thees work 2 days and two nights then then put into 2 quarts of reinsh wine then tun it and stop it close for 10 or 14 days settel it and Cord it well stan it in the boyling as long as it will rise

To make Syder Mrs Fishes way

Let ye apples lye 3 weeks or a month to sweat upon ye leep before they be stamped for Syder ye apples are best to be all of one sort or else one apple will be ripe before the other all pippins or all Pear mains is best what appeles ye beat one day must be strained ye other day when ye have got a hogs head full put it up in a vessel and let it stand 3 weeks or a month then draw off from ye lees into a fresh vessel and keep it close stoped a month after you must draw it from ye lees second time and put it againe a fresh vessell not so big as ye last time and when ye syder is perfectly clear keep it in the vessel till Easter then bottle it but if you want for present drinking you may bottle it when clear and if twice drawing of from ye lees will not make it cleare enough one ounce of Ising glass dissolved in warm syder will clarifie a Hogs head of syder wine vessell are not good for syder Beer Vessells are ye best one day layd in water and afterwards sealed — + —

A receipt to fine Syder Mrs Hodges way

Steep four ounces of Jinglass in white wine enough to Cover it, after twenty four howers standing beat the Jinglass to pieces & ad more wine, & four times in a day squeez it to a Jelly, take about a pint or a Quart of it to a Hogshead: & like three or four Gallons of ye syder you intend to fine & mix well with ye Jelly, & put into ye vessel of Syder & beat it with, or runnige it well with a staffe when in ye Hogshead: this Cold way is much better than ye other way of boyling part of ye syder being it makes it apt to decay the sooner but if ye syder hath stood longer & will not be fine as often times it so happens, then take Jinglass an ounce to a Hogshead, & steep it in about two Quarts of syder for a day or two; untill ye whole be reduced to a Jelly, wch by standing warme it well easily doe, then draw off about a Gallon of ye syder & mix ye Jelly: & being thoroughly mixed: then put ye whole into ye vessel of syder at ye bung, & with split staf stir it well together & in a day or two it will be fine without any prejudice to ye syder then draw it off into Clame vessell & stop it close

Ladey Mary To Make Elder Wine With Honny Bertei way

to 25 quarts of water put seven quarts of Honny boyling them with tid all the scum be taken of pouring water to keep it to the quantity when it is well boyled put into it 9 quarts of Elder berrys Clean picked & bruised & a little spice bruised, then let it boyle well for a quarter of an hower or more then strain it trough a haire sive & let the liquor stand in a earthen pot & put to it soom barm with it & when his worked pritty well in the pot in a runlet, & let it work as beer or ale when it must not be tell a year Drank it is better to put the Elder berrys & spice in a muslin bag in the vissel tis boyled in

Receits for Syraps.

A Sirope for a Cold or Consumption.

Take halfe a pinte of plantine water. halfe a pinte of hysope water. half a pinte of Venigar. halfe a pinte of spring water. halfe a pinte of Henny. halfe a pound of raisins of the Sun stoned. 4 ounces of doble refind sugar Mix all these cold together put them over a slow fire if you boyle them too fast it will not be clear.

Another Syrop for a Cough & Consumption of Dr Lower

Take Coltsfoot 3 handfull. Burnet grass. Borrage. Strawberries leaves and violet leaves of each 2 good handfull. vnsed hysop and maiden haire of each one handfull. Cumfry roots a handfull scraped washed and sliced. Boyle all these in a quarte of spring water till halfe be wasted, and it be of a deepe yellow colour then straine it out, and to one quarte put to it two pds of double refin sugar which boyle to a syrop.

How to make Syrup of Steel.

Take one ounce of the best filing of steel; put it into a quarte Botle of the best white wine, lett it stand a fortnight, shaking it every day two or three times; then put into the Botle a quarter of an ounce of mace & lett it stand a weeke longer, then filter it thorow a browne paper, and to every pint of the wine put a pound & a quarter of double refind sugar, when the sugar is dissolved put it vp into Botles.

Take a spoonfull or two which you are most inclined to in the morning fasting in five or six spoonfull of the scorbutick Julip vnderwritten.

The Scorbutick Julep.

Camamille flowers water Elder flowers water of the best of each 4 ounces; of the compound Briony water two ounces; of the compound wormwood water one ounce & a half.

Syrups.

Another Syrup for a Consumption.

Take 2 quarts of spring water, one handfull & a half of horehound as much vnset hysop as much organy, 12 or 13 slices of an indifferent sized Elecampagne roots, two ounces of anised bruised two ounces of liquorish shied or beaten Betony Coltsfoot Penny-royall of each two handfull, and one handfull of read roses leaves; Boile these till the halfe be consumed then straine it and make it into a Syrup; if you add one handfull and half of maiden hair and as much of dryed read roses leaves amongst them the Syrup will be much better.

A Syrup for a Cold.

Take a bladder lay it in hott water & after that in cold, and fill it with beaten Sugar candy & tye it up close, put it into hott water that the water may not swim above it, & let it be in till it be turnd to a Syrup.

A Syrup of Turnips for a Cough.

Take 3 turnips & rost them very well, and then squeese out the Juice then take as much of the Juice of Lemons as of your turnips; take 3 times the weight of browne Sugar Candy gently beaten, then put together into a Posnet and set them over a fire till the sugar Candy be melted, then let them boile a warme & skim it. Take of it a Spoonfull in a morning fasting, another att 4 a clock and another when you goe to Bed.

To make Syrup.

To a pod of flowers take a pod of Sugar, Strow a lay of Sugar & a lay of flowers till all be done, It must be in a Stone pott then late it with paste and set it into a pot of boiling water & let it boile till it be done.

To make Syrup of Snailes for a Consumption.

Take Snailes & let them purge themselves upon fennell, and fill the top with Sugar Candy, prick the other end with a pin & put them into a peece of tiffany & hang it up that the Syrup may dropp from them. Give a Spoonfull of this every day in the morning, It must be made fresh every day.

To make Syrup of Wood-Sorrell.

Take the Sorrell & pick the dirt and strings from it but not the read stalks then beate it very small & straine it, but keepe the thickest Juice by it Self & the Cleare by it Selfe, put it into 2 basons, poure the clearest out into a thing that is noe brasse; to every pinte of liquor put 2 pod of doble refin'd Sugar beaten very small, then set your bason over a Skellet of seething water, & so let it stand till it be scalding hott & the Sugar melted, then skim it very cleane & when it is cold put it into glasses with

with the peeces of wood-Sorrell & put a little Salad oyle on the top of ye glasses; Take the Juice of it in Broath for a fever.

For conserve of Sorrell wash it & wring it in a cleane Cloth, then lay it in the Sun to dry & turne it, then weigh it to a pod of that take a pod of good Sugar, Shred it with a Shreading Knife & beate it to a fine conserve, when you put it up cover it with Sugar

Another Syrup for a Consumption.

Take a gallon of running water & a pod & half of Corrints, a handfull of parsly's roots, a handfull of fennels roots the pitts taken out, one ounce of anyseed, a penny worth of liquorish shied; Boile these in a Napkin till it be well washed and then fill it up again & let it boile till the goodness be all boiled away, then Straine them & put to it 3 ounces of the Syrup of Violets & as much browne Sugar Candy, & let them boile together till they com to be a Syrup & take a Spoonfull evening & morning

Syrup of Violets.

Take a quarte of Spring water & infuse the blue leaves of Violets in it this doe one a day, till it be very deep coloured, then straine it out, never let it com near the fire; then take force the water in sugar beaten & searcht & mix them together in a Syper tankard or high pott & set it in a pot or Skiller of boiling-water & let it boile there till you see it is enough, let the Scum be taken of as it riseth, put it into the glasses you intend to keep it in till next day, but cover it close, when it is colder the Violets must be bruised, Some say noe. When you make Syrup of Jelly-flowers they must have heat of the fire when they infuse.

Syrup of Marsh-malloes Roots.

Take 4 marsh malloes roots, 10 grass roots, one or two Sticorys root, one ounce of Sparagrass roots, liquorish Scraped half an ounce, Citrouill seeds 2 ounces, melon seeds, pompions seeds, Cocombers seeds of each 2 ounces, Endif seeds, sweet fennel seeds purslein seeds lettice seeds Anyseeds Sucorys seeds of each one ounce, Raisins of the Sun stoned 2 ounces, pellitory of the wall, burnet, plantin maiden haire white & black, marsh-malloes crops, wild malloes of each one handfull; Slice ye roots & bruise the seeds, put all your things into a great pipkin, put to ym Six pints of water & a half, Cover them close & boile them a pace, till 2 pints & a half be wasted, then set it on embers all night, but be sure it neither boile nor simper, then Straine it out, & wring it very hard, put to it 4 pods of Sugar and boile it up into a perfect Syrup, Skimming it cleare, When it is cold bottle it, Stop it very close but not corke it. boile it well or it will not keep Be Sure you have as much of the roots when they are peeld as before mentioned.

Another Syrup for a Cold.

Take a pod of brown sugar candy & beat it into powder a Stick of English liquorish bruised half a Spoonfull of anyseed a Sprig of penny-royall tops of vnset hysop, a leave of Colwort or a little maiden-haire; If these herbs be all dry it is the better. Take a Calves bladder cleane & dry for no wet must com to it, be sure the bladder has no holes in it, then tye all these with a pack-read in the bladder so close yt no water may com in nor wind remain within. then tye the bladder upon a Stick and lay the Stick crosse a Skillet of boiling water, so yt yt water may cover the bladder & so let it boile 4 houres till it is cleare Syrup, then Straine it through a peece of tiffany & keepe it for your use.

Syrups.

A Cordial Syrup against Melancholy.

Take buglos burrage gellyflowers Sage's flowers walnuts shels kernels and leaves of each two ounces; broom mellon's seeds skin of nettles, anis fennell and time of each 2 dragms, mirrabilens citrons seeds and cubebs of each 1 ounce epithemum and setra of each 1 ounce; Saffran one dragme, Senna 2 ounces polypodium of the oake, Spinard and calamint of each one dragme; resons stoned one handfull boile all this in a quarte of water. from Mrs Edward

Receits for Cookery.

To Pickell Cocombers. by Hazedrues

Wash them cleare in water and then spred them all night upon a cloth till they are thoroughly dry then putt them into an earthen pott with a cover, halfe an ounce of beaten pepper, one ounce of Jamaica pepper, dill & fennill, seaven quartes of the best white wine Venigar to a Thousent of Cocombers, Boile the Venigar and a little salt and putt it into the cocombers boyling hott and boyle the Venigar three dayes and every time cover them vp very hott & lett them stand nine days. Some makes a brine of salt first & put the Cocombers in & lett them stand 3 or 4 houres. look also page 234.

The Right method to make French Bread.

Take half a peck of fine flower and a pinte of good Ale yest and two spoonfull of salt, and worke them very well & lett the Dough ly two houres then mould it vp in Rouks, and set it upon the rasping of the same bread, and lett it stand till it is raised well; then heate your Oven very well with a quick fire, and then sweep it very cleare & pett your bread in & lett it stand three quartes of an houre.

To make thin creame Cheese

Take a gallon of milk as it com from the Cow and a pinte of creame, Run it allmott as hott as it com's from the Cow, put it into the Cheese fatt without any cloth or breaking, ye skinning dish, must take it very lightly then put a small weight upon it till all ye curd be in ye fatt, And when you take it out of ye fatt then putt it into grass one day.

To make Angelett.

Take the strocking of 12 Cows and a gallon of creame and Run it together and putt it into the Cheese fatt without a cloth or breaking, the Cheese fatt hath no bottom, but is mould without a bottom but like a hoop of a good height, lett it stand in the fatt 2 or 3 days turning of it every day.

May is the best time to make it.

To make a Tansey.

Take Spinage, Strawberries. primerose & Violets leaves of each a handfull, & a few quinces bads; 12 eggs; a pinte of creame; one nutmeg; a little sugar and a little grated Bread.

look page 240.

To make a Very good Cheese.

Take 4 gallons new milk, one gallon of creame, ye yellow of 16 eggs, Beate your eggs very well and strain into your milk and creame Stirring them well together then strain in two quarts of water boyling hott stirring it then put in your runet and when it is com break it very litle but whay it betwixt too gently, then put it into the fatt in the cloth, laying a small weight on at first and soe more by degrees, the next day salt it and then be carefull of drying and turning it, you must pin a thin cloth about it.

How to pickell pidgeons.

Take your pidgeons and bone them, then take sweet marjoran and time and parsly and pott marioram an Onion or Shalott and shred all together, then take nutmeg and pepper and Cloves all beaten small and 3 or 4 anchoves shred small then mix all together, then put into every pidgeon an equall quantity and then pinn them up with thorns, you mix your hearbs with a litle buter and Salt. Then take white wine and water soe put a clove or two and a litle whole peper a blad of cloves a bundle sweet hearbs, and soe sett them over the fire a stewing till they be soe tender that you may run a straw throw them then take them out of the liquor and add a litle white wine and water and boile it very well, and when it is cold put it to the pidgeons again.

To make Sausages.

Take the Belly-peeces of the pork and shread them small, and season them & soe make your Sausages.

To make the best Runnet.

The best Runnet is made with whay, sage & a good deale of Salt boileth well together when it is cold put it to your bagg. For butter. Mrs Gore when she has taken her butter out of the Cherm, washes it with water, then poure out all the water & works it well, then salt it. & then washes it again.

To pickell Mushrooms.

Take your mushrooms and peele and scrape them cleare, and as you peele them put them into water, and when they are all done put them in a Skelet with water and salt, and let them boyle a good while, and then take them and put them in a litle warme milk & water and soe let them stand a litle while and then put them in a Skellet with water and a litle white wine and Venigar and quarter'd nutmegs clove and mace and whole pepper and make them to your taste, and when they be well, put them up for your use.

To make a Very good Sack posset.

Boyle a quarte of Milk and a pinte of creame with a blade or two of mace and 14 (if small 15) eggs, leave out the whites of 3, Beat them very well and straine them, then take half a pinte of sack and put it in a Bason with the sugar & ye eggs stirr them on a Chafing-dish of Chearcole: while they beginne to grow thick, then take the spices out of the creame and Milk & put it boyling hott into a Pitcher with an nouch & poure it as high as you can into the midle of the Bason to ye Sack & eggs with a good force, take it of the fire, cover it up & let it stand half an houre & then serve it.

To pickell Oysters the best way.

Take a Hundred and half of large Oysters & scald them in their liquor, then take them out and lay them in a clean cloth, till they are coole; then straine the liquor & boyle it after it is cleare Scumed and put into it one pinte of white wine & half a pinte of white wine Venigar one Nutmeg beaten gross, one onyon sliced, and a quarter of an ounce of white peper half whole & half iust bruised six or eight blades of mace and a quarter of an ounce of Cloves & 5 or 6 bay leaves, Boyle up this pickle till it is of a good taste and then coole it in broad dishes, and when it is coole put in the Oysters. at one weekes end they will be fitt to eat. they will Keep a Month.

Potted Beef.

Take the stiking pieces of Beefe & season it with pepper & salt & putt it in the Oven with houshold bread all night & when it cows out of your Oven take the meate from the bones, & season it with nuttmegs & pepper & salt and beat it in a mortar (the Spices must be well beaten & putt in by litle and little as you beat it, you must doe it as hott as possibly you can; then putt it in your potts as hard as you can thrust it in, Sett it in the Oven again a litle while to settle it, then take the fatt of the liquor it was baked in, melt it and pour it over the top. it will keep a good while.

My Lady Marchiones of Carmarthen's Pan Cakes.

Take a pinte of creame the yolk of 7 eggs & the whites of two one Nuttmegg grated, a spoonfull of fine sugar, a litle salt, one Spoonfull of rosewater, 10 Spoonfulls of Sack as much flower as will make it about the thicknes of creame.

To make a Turneps poultes.

Take the whitest & largest turneps, pare them & boyle them till they are Soft, then take the fatt of a loyne of mutton & clarify it, & take 6 Spoonfull of the pulpe of the turnips, to two Spoonfull of the clarifyed fatt & mingle them together, spread it upon a cloth and lay it on as hott as it can be endured. Butt Some think it bett to root the turnips.

To Stew a Chine of Beefe.

Take a litle Chine of young tender Beefe, and perboyle it in water & salt then take it up, & draw it thick with lemons peeles & stuff it thick and dape with either oysters cockles or mushrooms. Then putt it in a Stew pan fill for it & some of the liquor it perboiled in, Some Oysters Cockles or Mushrooms a bunch of sweet herbs, some Chalotes, half a dozen Anchoves whole pepper, mace & some lemons peels. Stew it close covered three hours, turning it now & then, one hour before it is enough; fry some flower browne but not burnt & thicken the sauce with it, then stew it the last houre, and when you have dished the beefe, season the sauce with juice of lemons or orange & salt & what else you taste it want.
A Rump of beef will stew as well. looke pag. 229.

To make Jelly of Flesh.

Take a faire Knuckle of Veale, a pair of Calves feet, six quarts of water, a quarte of white wine; keepe it boiling on a close fire still Skimming it till it come to a Jelly, then strine it and crush it, To 3 quarts of Jelly take 6 roots of ginger, two Nuttmeggs, two ounces of Cinamon broken in litle pieces & Strypt six whites of eggs, a pod and a half of loafe Sugar; Let them boile about one houre; Then Strane it. Put to it six Spoonfull of rose-water, a grain of musk and two of amber; Put in the botton of the Jelly-bagg some sweet marjoram, a sprig of rosmary, pouring the Jelly five times thorow the bagg softly.

To make a Posset without Milke.

Take Sack, white wine and Ale of each half a pinte, putt thereunto half a pound of Sugar, a Nuttmegg quartered being layd in Rose water, 2 or 3 blads of large mace. Putt these into a Sylver Tankard to boile in a Skellet of water, when it has boiled a pretty while have ready the yolks of 7 eggs & the whites of 14 well beaten but not over, for then they will not curdle) Take up your Spices and putt in your Eggs Stir all together with a Spoon & it will rise to a fine pleasant curd.

To make a white pott.

Take a quarte of thick and sweet creame, and boile in it a litle mace, Cinamon and a Nuttmegg, then lett it Stand till it be blood warme & put in the yolks of 9 eggs well beaten, then cutt your Bread, and lay a row of it in yt dish being kept butred, Lay on every peece of bread a litle marrow or Sweet butter, then lay some raisins of the Sun Stoned on your bread, and if you please Some preserves, you may if you please putt a date or two in Sliced on your bread Then take a Nuttmegg and grate it all over that rowe; then lay another rowe & doe as you did to the first, then bake it carefully. You may make it of what Sweetness you please, and poure it not into your dishe with bread till you have Sett it in the Oven to keep it from wheaging.

To make an Almonds Pudding.

Take half a pod of Almonds, beat them and Straine them with a litle Rose-water, then take a pinte of thick creame, & boile your Almonds with a litle Mace & sugar, then beate the yolks of ten eggs, and when tis cold putt them into your creame, then butter your Cloth and cast flower on it to keep it from running out & boile it by it Self; Against it is boiled gett some sweet butter & sugar melted & poure on it when you have dishit. Some putt a penny loafe of white bread & a pod of beef Suet & fill them in guts & so boile them.

To make a boiled Bread Pudding.

Take an ordinary Manchet & grate it very fine, then take a pinte of creame & boile it with mace & nutmegg, then put your creame with your grated bread & take the yolks of 4 eggs & one white & beate them, and putt them into your pudding & some sugar & a litle Salt and a hand-full of raisins of the Sun, Stirr these well together & poure it into your cloth, but first have your water boile before you put it in them, Putt about a quarter of a pound of butter in litle bits in it & tye up and boilest and against your pudding is boiled prepare a Sauce as followeth. Take a litle Sack and a Nutmegg grated and a prety peece of Sugar the yolk of one egg, and mix them together & beate them well together & poure it on your pudding when you dish it up.

To make a Rice Pudding.

Take a quarter of a pound of Rice, pick it & wash it & putt it in a flaggon of new milk with Cinamon, mace & nutmegg & Stop it close & set it in a pot of boiling water to seethe it, and when it is all of one thicknes poure it into a dishe and Season it with rose-water & Sugar & a grated nutmegg & the yolk of 7 eggs & the whites of two, & a prety Slice of butter fresh butter your dish & bake it Carefully.

To make a Quakeing Pudding.

Take a pinte of Creame and boile it well with Cinamon Mace & nutmegg & some Sugar, & when it is cold, take then the yolks of 12 eggs beat them & putt ym in your Creame and a litle mesk and Amber greece, Then take about a spoonfull of flower & trake into it, put into it a prety peece of fresh butter & butter your Cloth very well & flower it without, and when it is boiled poure some Rose-water butter and Sugar beaten together over it, & soe send it up. You must be sure your water boile before you putt in your pudding, or else it will be all water, & boile it by it Self.

How to Force a Fowle.

Take a good fowle and draw it, then Slit the Skin downe the back & take of all the flesh, which you must mince with one pound of the best suet, half a pinte of oysters, two Anchoves some grated bread Some Sweet herbs, & a litle Shallots. All these being mixed together, it must be made up with Yolks of eggs, then putt all this upon the Bones again with a marrow bones Sliced in Slices & putt upon the breast, then draw the Skin over all this & Sewre it upon the back, then putt the Fowle in a Bladder and boile it one hour or more, Serve it with what Sauce you please Stewing in it a litle of ye forced meate with Oysters, and tis an Excellent dish.

To make Creame Cheese another way.

Take 6 quartes of Strockings to a quarte of Creame, Make your Creame boiling then putt it to ye Strockings & put to your running as to other Cheese; When it is com you must not break it, but take it up in a dish & so fill the Cheese fatt, then let it Settle & fill it up by degrees without touching it with your hands & when it is in, lay on your Cheese boards, then after an houre or 2 lay on a pod weight, an houre after lay on as much more So press it by degrees till it be like a cheese, then prese it as much as the tendernes of the creame will give you leave, when tis prefect enough take it out of the cloth and with the fingers rubb a litle salt of either side, and lett it lye till the Salt be soaked in, then lay it in rushes upon a Cheese board, your Cheese on the top, then putt rushes upon it, lett them be fresh twice a day, turning 3 or 4 times a day; You must not touche it when you turne it, but take up the board & so turne it, if the rushes stick to it, pick them out with a pin this will be ready in 9 or 10 days in hott weather, Some put hott water in the milk & creame & put as litle Runnet as they can.

To make Milke Jelly.

Take a gallon of new milk & 2 Calfes feete a raisonable quantity of large mace Cloves & Cinamon, Boile all these together till it be almost half consumed, then straine it & sweeten it with rose water in yt liking.

To make Winter Creame Cheese.

Take your morning Milk & evening Creame and as much water as almost the third part of ye milk, lett the water first seethe, then putt the creame into a paile & putt the seething water into it, Stirring it very well, then putt it all into the milk, Stirr it all together with some running, then cover it up close till it be come, then broke it, whay it & putt it into not to thin a meate, let it Stand an houre with a small weight upon it, then putt it into a press turning it often, when you Salt it, it must be made in the meate it is made in, els it will run about being tender, it must be made in Evening time.

To dry Neatt tongs.

Take the largest & fattest toungs, cutt of the Roots, make a brine with pump-water & Salt, bay salt is ye best) So strong as to beare an egg, Stirr it well that the Salt may melt, Skim it & lett it Stand all night, then poure it Softly into the toungs, So leave them in the pickell 15 or 16 days, then hang them in a Kitchin 15 or 16 days longer, & boile them in pumpe water when you use them. Some take petter Salt, and drye the Gambons of bacon the Same way; and instead of the brine doe Salt ye gambons or toungs all over with it, and att 4 or 5 days poure out the brine, & turning them Salt the upper side again.

To make a Cheese.

Take new Milk hot from the Cow & first putt hott water into the tub to keep the heat, then poure that out & put in your milk and runnet. Sett it neare the fire, when it is come, whay it & putt it into a fatt fill for it, Sett it in the prese for halfe an houre, then take some hott water & shie it into that So lett it laye for half an houre, then make it vp again & press it turne it often & lett it stand in the press proportionably to ye height then salt it you may putt Salt in the water. Some instead of hott water warme whay & shie it in that. then put a ley of wod, & a ley of Salt. this cheese keep 2 yeares.

To dresse a Carpe.

Take a quarte of Claret wine & one Nuttmegg Sliced, Some Cloves & 2 or 3 Sticks of mace, take all the blood of the Carpe and an Onyon, Shied 10 or 12 cornes of pepper & putt as much Salt as will Season it, & take rosmary thym, Sweet Marjoran & the Juice of half a lemon with the peel, Boile all these very well together, then take the Carpe & rub it over with Salt that all the Scales com out, then Slit it quite thorow the midst, but first take out the gall, Keape the Spawne & the fatt then boile the Carpe in the wine as fast as you can in a large Sawce pan till it colour, it must be just covred with liquor, then putt in half a pound of butter and Some Collops of fried with Sippets of bread, & lay in a dish, & lay in the Carpe vpon them & poure the liquor vpon it, take out the hearbs & shie lemons vpon it.

To make Spirit of Meate.

Take the leane of a leg of Veale & the browne & white of a cock chicken or one of these for a need, wash them not but Squeese out the blood with a cloth, cutt it into Shies & string it vpon a packthread with a peece of a raw quince or a lemon peele, hang it So in a Stone milk pott that it neither touch bottom nor side, the pott must have a bigg belly & hold about a Bottle, then cover it close with a Stone cover & shutt it close with paste, So sett it very vpright in a pott of Seething water keep it to an equall height & lett it distill eight hours, then poure the cleanest of it thorow a Strainer & while it is warme putt in a litle Amber-greece or read roses water & fine Sugar to make it drinke, taking 2 or 3 Spoon-full at a time.

A lettice Pye.

Make your pye, lay butter on the Bottom, then lay your Cabage lettices one by one, but it must be before boiled a litle & Squeezed between 2 trenchers then putt in mace & half a pod of Sugar & lidd it vp. When it is almost baked put to it Sack beaten with sugar & eggs shake it together Lay on the lid & set it into the Over again.

To make a Baked Pudding.

Take a quarte of Creame and boyle it, then take 3 Manchets, Shie them, put them into the Creame to Soake, then put to it half a hand-full of flower, when it is cold putt into it 5 eggs, half a pound of Corrints, one Nuttmegg, a handful of Sugar, a litle Salt, Stirr them well together then butter the dish & put the pudding into it, it will be baked in half an houre, when it is baked put into it a litle butter.

A Scotch Scollop.

Take a fillett of Veale, cutt it into Slices & lard it with bacon, take winter Savory, Marjoran, thym and parsley, Shread them very small, Season it with Salt, Strew the hearbs vpon it, grate nuttmegg one touch of ginger 12 eggs six of the whites, Dip the Slices into the eggs & fry it with butter but not browne, Rub the dish with garlick, take 4 anchoves and dissolve them in claret wine & mix it with melted butter and Squeese the Juice of a Lemon into it, & then poure it on ye meat.

To make a Carrot Pudding.

Take your Carrots & boile them, and to a pod of Carrot a pod of butter, & beate them very well together then take a loafe of bread & grate it, then take a 3 gells of creame & put it into the other things & half a pod of Corrints with a litle nuttmegg & Cinamon. So bake it in a dishe with paste about it.

A Tansey of Goosberries.

Fry your goosberries in Butter till they are Soft then poure on them your eggs & grated bread being Sweetned & some rose water in it.

Sawce for rosted Pullet Capon or chicken.

Take gravy of mutton or beef that is cleare from the fat Stew a shied onion in it with the liver of your fowle, when it is almost roisted broken till it colour your gravy & is not in lump, when your fowle is roisted beate it vp thick with a litle butter, if you will you may melt an anchove in your Sawce & putt in a yolk or two of an egg.

Sawce for a roasted Haire to make it tender.

Take the liver of your haire & mince it very Small with Some thym & winter Savory, & make it vp with an egg an onion & nuttmeg beaten Small So putt it with a peece of bacon into the belly of the haire, to roast it & baste it either with water or milk till the blood is out & having Some butter thick beaten with an onion mingle it together with the Sawce. If you baste it with creame it is much better & it requires a quick fire & a good deale of time to roaste it well.

To make a slip coat Cheese.

Tis made as before page 218 & 220 only you must drain noe water thorow the curds, nor whay your Chese att all, but putt it in a Straw mole & lett it draine, & doe not press it att all. Dry it &c.

Sawce for green Geese.

Scald Some goosberries take the Juice of Sorrell & butter, So stirr all together & lay Sippets in the dishe. Sweeten it to your taste.

To Sowce Chickens the Spanish way.

The Chickens must be bruised & scalded fill their belly with parsly, and Sow them up, lard them with lemons cutt in long peeces with the peels on, So boile them in water without Salt then take some of ye water the chicken was boiled in & put a pinte of white wine some large mace nutmeggs, salt a sprig of rosmary, boile it & when it is cold Sowce your chicken in it. You may doe young Turkys so.

To make Flummery.

Take a quarte of good Oatmeal, bruise it in a mortar as for broath, put it into an earthen pot & putt to it 3 quartes of water, cover it and lett it Stand 24 hours, then poure of the water, and put as much fresh water when it has been shifted thus 3 times that is every day for 3 days poure out the water & putt so much fresh to it & stirr it well & straine it thorow a Canvas strainer, then boile it thick as starche keeping it Stirring all the while it boiles. If you would have it to drink, mix with it either Ale or white wine & sweeten it to your taste, after the wine is in you must boile it a litle with some nutmeggs.

To make fine light Fruiters.

Mingle your flower with warme water, put into a pan that hold about 2 quartes 14 eggs, halfe the whites taken out & almost half a pinte of Cyder with some Spices finely beaten, when you have well mingled it lett it Stand warme being covered & Stirring it Some times, lett it be neere the fire but be sure it doth not bake, for an houre. Then pare your Apples, cutt them in thin round Shies, dipping them in the batter, cast ym into a pan full of Seam that is boiling hot. Some putt creame to it.

To Stew a Calves head.

Boile it but not to much then cutt it in Small peeces, putt it in a Stewing-pan, putt therein a pinte of the same liquor it was boiled in & half a pinte of white wine a pinte of oysters, Season it with salt mace & nutmeg. For the Sawce beate your butter thick & mince the brains with parsly sage & a lemon by it selfe, when ye oysters are stewed enough take them out with some of the liquor, & dissolve two anchoves in it, by its selfe. When your meat is stewed enough, take all your liquor and-

and putt to it the ingredients with the anchoves, but save the oysters & brains to putt on the meate, put to your Sawce the yolks of 6 eggs well beaten & your butter thick beaten up, Cutt the tong in 4 parts & sett it upright in the midle of the dish, garnish your meat with lemons peels, sippets & barbaries.

To make a light pudding.

Take 6 Spoonfull of the flower of rice & a quarte of creame, Stirr them well together that it doth not clot, then boile it till it be pretty thick stirring of it much, then take it of and Season it with Sugar rose water & nutmegg & the yolk of 6 eggs & 3 whites well beaten, So stirr all together & stick it on ye top with lumps of marrow, Butter your dish you bake it in.

An Eggs Tart.

Take the yolks of ten eggs a quarter of a pd of sweet butter, beate these well in a morter a quarter of an houre, putt in sugar according to your taste, then lay in a fine paste in the dish & putt in halfe the Stuff, then Slice Some green Citrons on it very thin, then lay on the rest & cutt thin leaves here & there on & so bake it.

To make the most & best butter.

After you have Strained your milk, lett it Stand a litle & then poure it into your earthen milk-pan & sett it over coales to Scald, So sett it into your Dairy again and there will arise a very thick creame in the morning. but your Chese is nought.

To make Excellent Venigar.

Take 40 pds of Maligo raisins stalks & all, washing them thorow a haire Cive So put them in a litle barrell that you intend to keep it in, & put to them 16 gallons of Spring water, fasten a cloth on the bung-hole with some clay to keep out the dust, lay a tile also upon it, Sett the Vipell in your garden in the Sun in May, So lett it Stand 3 Months every 3 weeks looking to it and if it have Soaked the water up, fill it up again, And when it is Sharp enough bung it up, the first Month it is good wine, this Venigar will keepe a good while, the better for being old & it is very cheap.

To make Sack Toasts.

Take a porringer of milk a litle salt beat 3 yolks of eggs with a litle Sack mingle it with the milk and dip in your bread, being before cutt in toasts round a penny loafe, lett it Soake a litle time, then fry it with butter. For the Sawce take butter & Sack & sugar.

Sauces for different dishes.

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For roasted Veale, Claret wine & butter is good.

For a Pullet & Capon, claret wine with pepper & salt & ye neck boiled in it or bread & water & an onion a litle pepper boiled well together & when its thick putt a peece of butter. this is patridge Sawce also.

or take Venigar & water pepper & salt onion & the liver Boile it well together then putt in a litle mustard & straine it all & putt in a litle butter. If you would have a thick-

a thick sawce, after you have straine it, bruse the liver very small & putt in with some butter & the yolk of an Egg or two.
Or cut an Orange in thin Skies & boile them in some Wine & water a little butter & some of ye grease of the Capon that drop downe, seasoning it with a little pepper & salt & a little Venigar if you wil.
For roasted mutton. Venigar & Onyon boiled together a little is very good.
When you boile pidgeons, take Thread Sage a little pepper with small peeces of bacon & staff it into the belly of your pidgeons, So boile them.
For roasted mutton take anchoves, wash it in 2 or 3 water take out the bones, dissolve it in claret wine, put in some gravy with an Onion peeled Some whole pepper & a little grated bread so boile it.
Instead of green Sawce, Boile with your meat a bundle of Sege & parsly, take it out & squeese it, Chop it with the yolk of hard eggs a little Venigar & Sugar.

To make Mustard a very good Way.

Take a pot as hold half a pinte & putt in your Mustards Seed, you must prepare it well before by beating & sifting it 2 or 3 times over, till it be very fine, doe not fill your pott so full, but that you may have roome enough to putt in Some Scraped hors-redish, as much Sugar as will lye twice upon a six pence, peper & salt together as much as will laye on a six pence & so mingle it with Venigar & stirr it well together, tye it up, the next day it will be very good.

A good Dish of Stakes.

Take a Neck of mutton cutt it out in Steakes & broile them leasurely on the gridiron, strowing on it as it broile Some grated bread & nutmeggs For the Sawce take some gravy & dissolve an anchove or two in it putt Some whole peper in & grated bread, when your mutton is enough, Serve them up all together hot cutting a preety many Capers in.

A Sawce for a Stewed Rabbet.

When your Rabbet is Stewed take some of the liquor you Stewed it in and grate Some bread in it with a lump of butter & whole peper So Serve it with the rabet.
A Pullet Capon Duck or pidgeons half roasted & cutt in peeces & stewed & served with the above named Sawce is very good.

To make Pig-brawn.

Kill your pigg & let it bleed well & when you have dressed it, let it laye in water some time, then putt it in the tuck & take out all the Bones, then wash it again & 3n rub it over with a little Salt & so roule up each side by it Selfe very close & tye it with tapes then boile it with water & a little Salt & herbs for an houre &c (some requires 3 houres) or till you think it enough. Assoon as you take it out of the boiling water, put it into cold water to prevent it from Jellying, then Boile Some Water & bran together some time, then poure ye water of from the bran & to this water put some beer or Venigar & salt & boile it to a brine & when its cold put in your Brawn, doe not make your brine to Salt. It will be ready to eate in a weake. If you please you may season it with Spices & yn boile herbs in ye liquor also.

To Stew a Neck of Veale.

Take your neck & parboile it & then part it into little Steakes & put it in a deep dish & poure into it as much of the liquor as you parboile it in as the dish will hold & Slice in some thin peeces of bacon & hors-radish a blade of mace a good handfull of Spinage & other Sweet herbs as parsly winter savory & what else you like, mince them small before you put it in, putt also Some greene pease or chiries & salt so cover it & let it Stew, when tis enough take the yolks of 3 eggs a little claret wine & when you take the dish up take Some of the liquor & beate with your eggs, So poure it in & shake it together & Serve it, you may putt in Some nutmegg.

To toaste Cheese.

Cutt your Cheese into thin peeces, lay them in a plate with butter under ym So put your plate on the Chafing-dish of coales near the fire that they may toast above & below. If your Cheese be good it will melt like butter. Beate an egg very well & stirr it well in, so serve it on toasts.

To Fry Artichocks.

Pick of the leaves from the bottom, take the bottom & fry it in fresh butter with some parsly crisp, So serve it with the parsly & melted butter.

To make French Bread another Way.

Take a quarter of a peck of flour 4 eggs, a pinte of Ale yeast beate them well together with as much new milk & will, melt it warme as comes from the Cow, So temper it a little in a wooden ordinary dish half full, when tis risen to the top Set them into the oven.

To coller Eeles.

Skin your Eeles, open them on the bellyes lay them flat & take out all the bones. then chop some Sage very small mingle it with small peper & salt very well then season your Eeles with this as high as you please, rubing it all over then rook it up & tye it close with a tape, Boile it in water & salt with a bundle of sweet herbs an onion & the bones & a few bay-leaves, When it is enough take it out & when the liquor is cold put it in, you may boile it in white wine instead of water as the best way. It will not keepe above 3 days, Sew them in cloths to keepe them from breaking beside the tapes, Make your Seasoning small & when you Sowse them take of the Cloth but not the tapes.

To Boile Eeles.

Boile them in Water & salt & some white wine lemon sliced a bundle of thym & majoran. For the Sawce take boiled parsly & butter with Some white wine & Venigar.

Cookery.

Mince Pyes.

Take toungs, perboile them and to two pod. of this meat take 3 pod. of beef suet mince it all together very small with a Choping Knive, put in 3 pod. of Currints & 2 pod. of raisins of the Son, 6 Apples pared & Choped with the meate, near a pod. of Sugar, Salt & spices. If to this quantity of meat you put 2 pod. & half of Currints a pod. & a half of raisins & above a quarter of a pod. of sugar will make them very good.
For the Servants pyes 3 pod. of beef 3 pod. of suet & 3 pod. & a half of all fruits will doe well.

A Dish of a fillet of Veale or rabet or Pidgeons.

Take your meat after it is parboiled & cut it in Slices with Some peeces of fat bacon, fry it till it is brown in butter, then poure into it the yolks of 3 eggs, winter Savory & sweat marjoran cut small into it, If there be to much fat in the pan, poure some out before you put in the eggs & hearbs, Stir it together with a Spoon & heat it a litle, melt a litle butter in your dish, So poure this on. a fillet of Veale Stuffed with Sausages meat is very good.

Apples pudding.

Take a dozen of Apples, scalde them tender then take of the Skins & take the pulp of them & put to it 12 eggs but half the whites, beate them & take a penny loafe grated and a nutmegg grated & sugar to your taste, a quarter of a pod. of butter melted mix all together & bake them in a dish, butter your dish, your Oven must not be to hot.

A Carrots pudding or of Potatos another way.

Take 3 faire sound Carrots, boile them very tender, peel them & stamp them in a morter to mash, put as much sugar as will sweeten it very sweet, take the marrow out of 4 bones & put it amongst it in lumps, one quarter of thick creame, the yolks of 6 eggs half a pod. of dates sliced, half a quarter of a candied lemon peel sliced a litle Cinamon beaten very fine, a litle Salt a litle rosewater, mingle these things well together, butter a dish, put it in, fill not your dish to full, because it will rise, bake it in an Oven not to hot, it will so soon colour to much.

Apples pudding boiled.

Make a litle short paste with the butter broken & rubbed into the flower, mix it with cold water then roule it out & with litle bits of butter between 2 or 3 times as you doe your puffs paste, this being done roule it out round. Take some apples pared & cutt very thin, mingle them with a litle sugar & nutmegg grated & lay it in ye midle of the paste but lay litle bits of butter first, then gather your paste up round & put it in a cloth & tye it up as you doe a pudding flouring your Cloth before you put it in & the water must boile, it will aske as much boiling as a peece of beef. When you serve it cutt a hole in ye top & butter it Stirring your Apples, and if it be not sweet enough, make it sweeter, put on the top again, put some melted butter in ye dish, & strew on Sugar.

To marinate all sorts of Fishes.

Fry the fish in oyle thoroughly then lay them on plates before the fire that the oyle may run from them, then take the best white wine Venigar as white wine as much for sharpness as you please, but it must be pretty sharp, then put a good quantity of rosemary & bay & put the fryed fish in the liquor which must be enough to cover the fish. If you would keepe them long you must add to the boiling of the pickle, into which must be put ginger & nutmegg sliced Cinamon whole, Cloves penny-royall mint Rosmary, sweet marjoran tyed in a bundle, these must boile together half a quarter of an houre, then poure that pickle from the hearbs, when tis cold put in 2 or 3 bay leaves & some hors-radish & the fish also to soure; this will keep 3 Months yet you may eat of it well fryed in 10 dayes it would doe well to poure some oyle on the liquor.

To make a Fricasy of Chickens.

Fley your Chickens & cutt them in peeces & crack the bones & put them in your frying-pan with claret wine & a bundle of sweet-hearbs an onion or two & a litle lemon's peel & a litle whole mace & a nutmegg quartered, season it with Salt fry it till it be tender then put in your butter & fry it a litle till your butter is melted, then take the yolks of 5 or 6 eggs beate them well with Verjuice put in a litle sliced nutmegg & a few sweet hearbs shred small, put these to your Chickens & stirr it well together then shold it on the fire again stirring of it it must not boile for feare of curdling, which be sure of. You may put in 2 or 3 anchovies before you put in your butter, or if you will oysters but you must boile them a litle first, So serve it with a lemon pared & sliced upon it.

To make new fashion pancakes.

Take 3 pints of thick creame & a dozen of eggs beaten with a whisk & 3 or 4 spoonfull of fine flower, some Sugar one nutmegg, some rosewater Salt a quarter of a pod. of fresh butter or something more, melt it, beate all well together & let your pan be cleane wiped & hot. So frye it thin without any thing in ye pan, but ye butter.

To dress a Carpe another way.

Take it alive & kill it blood in the taile & let it bleed in white wine, keeping it stirring that the blood may not Settle. Set it by. Then take white wine & venigar water & salt as much as you think fit, a bundle of sweet hearbs, a good deale of whole pepper & mace, a grated nutmegg 2 onions some shred ginger & lemons peel, there must be noe more liquor then will cover the fish) let it seeth before the Carpe goes in, then take a Eele and cutt it in peeces & boile it with the Carpe, take 3 pints of oysters stew them in white wine with mace whole pepper, a bundle of sweet hearbs & onions. Then take the wine & blood that was set by, put into it some mace whole pepper a few sweet hearbs & a onion. Set it on a Chafing dish of Coales & let it boile, dissolve in 2 or 3 anchovies, make it thick with butter well beat. When the oysters are stewed, poure away the liquor from them & put your Carpe to this Sauce. Take up your fish & put it into the dish you send it in to the table. Stuff the sipets in the breath of the fish sowing, a litle Orange or lemon on the Oysters, then poure all on the fish & serve it.

To Coller Beef, mulberry Gardens way

Take a flank of Beef, make a Brine of Pump-water & salt strong enough to bear an Egg, then Slice your Beef in the midle & pluck of the Skin and after it has layed in the brine a litle, take a good handfull of Sage chopped small half an ounce of peper an ounce of Cloves an ounce of mace 3 nutmeggs, Beate all your Spices Small mix your Sage & Spices with a good handfull of salt well together, take a pod of suet put it into ye brine att first with your Beef, then cut it fit for Collers & strow your Spices & hearbs to it & roule it up like Brawn tying it very hard; then put your Collers into pots fit for them & strow your suet on them: Then put in a pinte of Claret or Rhenish wine & a pinte of water into the pots & sett it into the Oven, with houshold bread, lett it stand all night and the next morning take it out, and turne it then tye it close & lett it stand till next morning in the Oven. If you doe all the flanck of beef you must put a pinte more of water & wine & as much more Spices & sage. It is to be eaten with Elder Venigar.

To make Peases porredge.

Take what quantity of Peases you please, Boile them very tender in water with 2 or 3 whole Onions as you have quantity of peases, when they are enough take out the onions, Mash your peases with a Spoon, then Straine them & sett ym by for your use. and when you would use them take some leeks washt & pickt & boile them in water, when they have boiled a litle, add to it Sorrell beets & Spinage with a litle whole peper mace & ginger tyed to a bag or rag (this if you drye it will serve again) when they have boiled a litle put to them a good cake of butter keeping it still boiling & after that more till you have put in proportion to your hearbs & peases you meane to use. While your hearbs boile take as many peases as will make it as thin or thick as you please & mingle them with some creame or milk, keeping it stirring till it is hot. then Slice in Some french bread very thin. If you please you may put in bacon when you first boile your peases & boile your hearbs with some broth out of your pot & heat your peases with some very strong broth, & all the rest as t'other is.

To friicassey a Calves head.

Take a Calfes head boile it in water & salt, take it out and bone it, Cutt it in thin Slices, So fry it with the brains & eyes & fresh butter when it is enough, take out the butter & putt in a quarter of a pinte of creame, Mingle it with 3 Spoonfull of Verjus 3 of Claret wine, half a Nutmegg thin Sliced a few green grapes or goosberries bruised, So shake it well & serve it with Lipd.

To make a Goosberries Tansy - another way.

Scald goosberries when they are green mash them, put them into a frying-pan, poure eggs well beaten & seasoned with Sugar & rosewater upon them, So fry it as you doe other Tansy.

To make French Broath.

Boile 2 Capons with 2 pots of beef mutton & bacon, Boile them in about 2 gallons of water with half a spoonfull of Salt, when the Capons are tender enough to eate take of the pot, and after you have taken out 3 quarts of the liquor cover it, put the liquor into a Skillet with a handfull of parsley as much Succory, 2 handfull of Sorrell, 4 Cucumbers cut in peeces 4 inches bigg & the seeds taken out when the hearbs are very tender take them up, poure them into the same dish the Capons must be in, upon thin Slices of french bread. Sett the dish upon a chafing-dish of Coales & lett it boile, then poure on it 2 eggs well beaten with the juice of 2 lemons & a grated nutmegg, put the Capons in the dish & so Serve it, you must lett the beef mutton & bacon boile halfe an hoore before the Capons goes in. If you please you may boile peeces of marrow & mushrooms with ye hearbs.

To make french Potage with a Duck.

Take a fat Duck larded, put into the Belly peper & Sole, then almost half roast it, you must have a pot of hot water on the fire, take up the Duck & put it into it with all the gravy in the pan, put in a litle Salt Nutmegg & salt & cloves, take turneps pare & cutt them in round Slices a good many, fry them in a pan with lard, when they are well fryed put them together in the pot with your Duck, when the Turneps are well boiled in the broath make some toasts of white bread, breake them in litle bits & put them in, when the bread is a litle boiled, take out the bread & turneps, straine them thorow a Cive, preying them with a Spoon to make the thick goe thorow you must mingle a litle crumes of bread with it & poure some broath into to make it goe thorow, put this broath into the pot again lett it boile a litle then take it up in a dish with Slices of bread under it & the Duck with Slices of the boiled turneps about it, let the bread be well soaked in the broath.

To hash a Calves head.

Take a Calves head & boile it almost enough, Cutt it into peeces & save the gravy, put it alltogether in a pipkin, put a good quantity of Claret wine in & onion & a bundle of Sweet hearbs & a quarter of nutmegg, Cinamon whole peper, large mace, lett all these Stew together while the twords of the wine is taken out then take it of the fire, put in a litle Verjus, a good peece of Sweet butter & 2 anchoves. You may also Stew Oysters in it & put in Some Sausages but alwaies have Slices of bacon either fryed or boiled to lay on it So Serve it, remember to put Salt in Stewing.

To Stew a Calves Chatern.

When you Chatern is boiled, shred it as for mince pyes & put it in a pipkins with a pinte of creame & a pretty many Corrints a nutmegg grated & salt. So Stew it when tis enough Skim of the fat cleane Season it with rosewater sugar & Verjus & salt. So Serve it, this Seasoned att first & baked in a pye doth well.

To boile a breast of Mutton.

Boile it in water & salt, then take some of that liquor & put to it a bundle of sweet herbs, shred parsly small & put loose in your liquor a large mace or two. boile them together in a pipkin, then take forth the bundle of herbs, put in a good peece of butter a litle venigar put some sippets of bread in your dish, powre this on them, lay in the mutton & strew on some sodding currants mingled with Capers then cut of the tops of olives & set them round the dish with the tops between.

To make Sausages another way.

Take either mutton, veale or pork (you may cut it of from the legg as much as will make a resonable dish & not deface the legg) then take of any ruff suet as much as your quantity of meat is then beat it & shred it very small, and put to it a litle sage shred small & season it with salt pepper & nutmegg if you please, then take one egg while & all mix them all together very well, Rub yr hands with a litle flower so rowle it up in rowles twice as long as your finger, as thick as pig-puddings, frye them with butter or any other liquor, or you may stew them in mutton broth with apples & onions. looke more pag 242.

To Stew a Neck or Loine of Mutton.

Cutt it in 3 or 4 peeces, put it in a pipkin with as much water as will cover it, put in a bundle of sweet herbs, a large mace or two gross pepper & salt with ten small onions, & when tis enough scum of the fat & put in a litle venigar. Some likes it better stewed with half white wine large mace & onions and parsly shred small & a litle salt, and if you will stew two or three parsneps therewith.

To Stew or Boile a Rabbet.

Cruise him up like a frogg and set up his head with a skuit, or cutt him in soynts, then take faire water a litle salt & large mace, sweet herbs striped and chopped very fine, three or 4 apples & currants, & stew it with your rabbet till it is enough. Then season it with a good peece of sweet butter verjus & sugar and rub your dish (you serve it to the table in) with an onion very well. Some love this sawce with a duck or an hare minced. Some instead of water put stale ale.

To pickle Quinces & Barberies.

Boile the parings & cores & small crab quinces in water till it is very strong, and when it is cold put in your quinces and put them into severall potts as many as you will use at one, cover them very close. Some will use their quinces other will scald them, but this doth better then either. Some keepe barberies all the year in verjus & salt without boiling & they looke red. Some make syrup of the browness sugar & put the quinces & apricots in.

To make Potatoes pye.

Boile your potatoes almost tender, then peele them & laye them in paste with chestnuts boiled tender, the yolks of hard eggs, dates & marrow. Season them with a litle beaten cinamon large mace & sugar, lay slices of butter in the bottom of the pye and on the top; when it is baked liquor it with white wine & butter, rose water & sugar, then set it into the oven again a while.

Pasties.

Shred the kidneys of a loin of veale fat & all very small, put in a dish over a chafing-dish of coales & stirr in the yolks of 2 or 3 eggs & some currants season it with a litle cinamon nutmegg, rose-water, sugar & salt, fry them in puff paste.

To make a Lumbard Pye.

Take 3 quarters of a pound of Beefs feet 2 penny white loaves, 2 handfull of sorrell, half a handfull of sweet marjoran, winter savory, thyme, parsly, pennyroyal rosmary of each a litle, shred all these together small, then shred your suet small, grate your bread, mingle all together and add to it a litle salt a quarter of a pd of currants, one nutmegg & 3 or 4 blades of mace beaten, half a porringer of verjus & some rose-water 3 quarters of a pd of sugar, the yolks of 3 eggs, half a porringer of creame or verjus. & soe make it up into balls, a pd of sweet butter, lay some at the bottom of your pye, then lay in the balls and take the marrow of two bones keepe some of your spices to throw on the marrow, then take 6 dates half a lemon a quarter of a pd of oranges & as much green citron & lay over yt balls then cover it over with butter, you must keepe out almost half your butter & some sugar to melt with verjus to fill up the pye, when it comes out of the oven. And if all will not goe in, it must be brought to the table & put in when it is cut up.

To make a Calves-foot Pudding.

Take 2 calves feet tender boiled & cold, shred them small, grate a penny-loaf, put in mace & nutmegg, halfe a quarter of a pd of currants, a grain of amber-greece dissolved in rose-water, 3 eggs, a quarter of a pd of sugar as much beef suet as you think fit, then take a caul of a breast of veale & put the stuff in it & tye it up in a cloth & boile it for sawce take butter, sack & sugar beaten thick together. So serve it. Vse no other wedding.

To make a Cold Hash.

Take a cold capon, slice it thin, 2 lemons rinds & all, shred them well, a quarter of a pinte of capers as many broom's buds, shred them, 3 anchoves shred as much pepper as you take up between your thumb & finger, salt and oyle as much as will wett yt meat, a litle venigar, scrape in a litle horse-radish, pickled cherries & olives you may rub the dish with garlick or onion if you please.

To mince any Meat.

Take the gravy of mutton veale or lamb a litle verjus or lemon's peel & sweet butter, as much as will serve to heat the meat, make it very hot in a dish keep it stirring till tis hot then stirr in some yolks of eggs well beaten & nutmegg shred doe not lett it stand after tis hot.

To Pickle Broom's buds.

Mingle them with dry salt & put them up in dry bags so put them into venigar with a weight on them, take out the bag at any time, boile them well with water, put them in gally-pott with venigar.

To make a Lamb pye.

Cut a hind-quarter of Lamb in peces & lye it in a pye with Suck & lettice, & orange lemon Citron & mace, dates & nuttmegg, salt a litle & butter & when tis baked put in some white wine butter & sugar, and ice it with rose-water & hard sugar & set it in the oven agaie.

A Chicken pye.

Season them with a litle peper & Salt & nuttmegg, then having hard lettices boiled tender marrow dates large mace & goosberries laye them in the pye, Bake it when tis almost bakd, liquor it with rosewater — Verius butter & sugar & the yolks of 2 or 3 eggs well beaten, you make Lambs pye so:

To make a Curd pudding.

Take curd curds & eggs & a litle flower & season it with nuttmegg & sugar, tye it up in a Cloth, Boile it with your Beef then putt it in a dish Stirr into it a litle rosewater.

To dress Lamb.

Take a leg of Lamb & Slice the flesh of it beat it with a rowling pin Shred it small with suet or the fat of your loin of Lamb Season it with pepper & salt make it up in round balls with some goosberries or green grapes putt into them, then Seal in water some winer leaves & wrap the balls in them So put them into a Stewing pan with as much water as will cover them So let them Stew till they be enough, Serve them in their own liquor. Y'ou may stew them with a sharp Apple & a onion shred Small, If you have no goosberries nor grapes, also you may putt them up in lout lettice or for want with an egg & that will bind it, It eats well baked in a pye with Sweet butter & the loin of Lamb cut in Stakes & beaten as afore said to make it tender So bake it & liquor it as y^t afore pye

To make Puffs paste for a Small Venaison pasty.

Take 3 quarters of a peck of flour & 4 pod^s of butter make your paste with cold water and a egg, So rowle & beat in the water as is usual, mingle some of this butter in dry with the flower, for within beate & mince very small a pod of suet, put in also a pod of butter.

Sawces.

For Venaison white bread & claret wine, or else Venigar coloured with barberries a Sprigg of rosmary, cloves, boile all well together & sweeten it.

For mutton take a glasse of Claret wine or bear half a Spoonfull of mustard, an Onion Stud Scrape in a litle nuttmegg & so Stew it a litle.

For a wild Duck or a tame, take it from the fire when it is half roasted, cut it up, & putt it into the dish you serve it in & cut some Chalotts from the pell beate it Smal a pretty deale of it, put in a faire glasse of small bear with a pretty deale of Salt So let it Stew till it is enough, be sure tis not above half roasted when you doe this.

For Fish boile your Trouts or what you have with a handfull of Salt & a bundle of sweet hearbs, take of some of the liquor they were boiled in & putt in some butter — a anchoves & some Horse-radish, So melt it well over the Coales, you may putt in — some lemons peels. some add a litle wine & fine flower & spices, & then putt the butter & some yolks of eggs.

For litle Birds, take crums of white bread & butter So keepe it Stirring over ye coales in a dish.

An Oatmeale pudding

Take what Oatmeale you think will make a reasonnable pudding, boile it well in milk, take your Suet that is before cut very Smalt & when your Oatmeale is boild enough, put in the suet with a quarter of a pd. of butter — So let it Stand & coole, then put in 5 or 6. eggs & what Spices you please, & put in some fruits & bake it.

A fine Dish of Pepins

Take your pepins, cut them in halves Core them if you please, but not pare them, then strew some Sugar at the bottom of your dish, & put ye pepins one by one the flat side downwards, then strew some more sugar on them & cut in some lemons peels & poure in some white wine or Cyder, So bake it with white bread or Some Small thing, then put them in a deane dish with — the liquor & some Sugar strewed on them.

To make a Collet of Veale or Wild-Boare.

Take the bones out of the largest leg of Veale, open it very broad & beat it with a rowling pin, then take Salt, pepper, Cloves, mace & ginger with thym, Sweet mariorau & rosmary, Shreed the hearbs small & with the Spices Season your Veale, & with one pd of bacon lard it with Square peces about the size of your litle finger, rowle it up like brawn, binding it with tapes close, putt it into a pot with 2 pods of the best butter, Cover the pot with paste, So set it in the Oven; If your Veale be large, it will require 4 houres Boiling, let it Stand in the pot till it is thoroughly cold, then take of the tape Set it in the dish with the Jelly of it & the butter melted and poured on it If you would set it out handsomly, gum some bay-leaves & strew some corafts on them & so Stick them on the Veale with Several coloured Jellies.

To make a Collet of Beef & salt Neats Toungs.

Make a pickle of bay-salt & salt-peter, & let your flank of Beef you intend — to roale laye therein 24 hours, putting it in, when it is a litle more then lake warme, after Season it, & bind it up with tapes, as you doe the above Collet, this is an excellent pickle to make Neats toungs looke red, but they must laye there — in 3 weekes at least.

To Broile an Eele.

Take your Eele, Scour it & Skin it to the taile, then take Sage Sweet marjoran anchoves & nuttmegg & salt, shred it very Small & Stuff your Eele with it & rub it over, then draw the Skin over it again, & So broile it whole. It will require some time to broile.

A good Sallett.

Take some young Turnups, pare them & Slice them in thin round Slices lay a layer of these on your pot, & Strew some pepper & salt on them, and — then another layer of turnups & more pepper & salt, So doe as many as you — please, put some good Venigar on them — then Boile some water & Venigar & bay leaves together, & when that is cold, put that to them too, So Keep them.

A Fraze or Pan-Pudding.

Beate 6 or 7 eggs & putt to them a pinte of creame & thicken it with flower, not all together so thick as pan-cakes, butter season it with Salt & a little pepper, fry it with butter, when one side is enough, turne it with a plate, and fry the other, you may putt in Corrints & shred suet with rose-water nutmegg & sugar for the Seasoning.

To Boile Trouts.

Take some water & claret & salt a bundle of sweet hearbs some hors-radish & lemon, when this liquor boiles put in your fish there should be but little liquor in all, so keepe them stewing till they are enough, then take them out & putt them into a dish rubbed with garlick, over a few Coales to keep it warme. Then take some of the liquor you boiled them in & some Claret wine, hors-radish, Challot lemon, mace Cinamon & nutmegg & some ginger, when it boiles putt in some anchoves if you have many trouts 7 or 8 anchoves. So when it has stewed enough putt in allmost a pot of butter keep it stirring till tis melted, See poure it on your fish.

A new fashion of Scoth Scollops.

Take a legg of mutton cutt it thin, knock it crosse to make it tender, then take sweet marjoran thym & a good deale of parsly & chop them fine, then take gravy and 2 anchoves melted, shread capers a little salt one nutmegg grated, some lemons peels shred fine & some claret wine, mingle all these together, dip your meate in it peece by peece, strow some hearbs on each peece, So putt it in a pan & cover it close, lett it stand 2 or 3 hours, then fry it with sweet butter, & when tis enough stirr in your Sawce & five eggs well beaten, to thicken it up, it is much better if you have any oysters to putt in it. If you are in haste you may fry it afoore as it is cutt.

To fricasy a Shoulder of Veale.

Cutt your Shoulder in thin Slices & larde it with bacon, So fry it with Claret & when it has fryed a little, putt in some crumes of bread & lemons peel, and when it is enough, putt to it some anchoves dissolved before in gravy or wine, So Serve it.

A Dish of Sturgeon.

Cutt Sturgeon in thin peeces fry it with butter, for the Sawce take butter & Venigar. It eats like Salmon.

To make Marrow Pudding.

Butter the bottom of your dish well, then lay a layer of Shed white bread upon the butter then take the marrow of 3 bones with raisins of the Sun Shred & Shred dates lay them upon the bread, putt it downe close with your fingers, then lay Slices of white bread upon it then take creame & the Yolks of 6 eggs beat them together & season it with nutmegg, sugar & roscwater, So poure all this into the dish over the bread & raisins. half an houre will bake it. then Sprinckle it with Sack and strow fine Sugar upon it to ice it, then Set it into the Oven again a little then Stick it with Citrons & candied oranges.

To fry Steakes or Bake Venaison.

After you have hackt them tender, fry them in ale, with a Bundle of Sweet-hearbs, a onyon & a little pepper, when the meat is fryed enough, take it out & putt it in your warme dish, then putt a peece of butter into the liquor in the pan, So poure it on the meat. It held the best way to fry Scoth Scollops or any meate in Ale, And when you bake Venaison putt ale to it instead of wine, for wine hardens.

A Warden or Paires Pye.

Pare them, bake them in good crust with fine sugar, you need not dis up your oven, but let your pye stand above 9 hours, when you draw it you may cutt it up & breake your whole peares & putt in a peece of butter or you may keep them whole & putt in some creame & 2 eggs beaten together, So putt it in again till it is a perfect custard. or you may eat it without this.

To Spitch Cock and Eele.

Wipe him very cleane, then slit him quite thorow the back & take out his guts & cutt him in 4 or 5 peeces, So salt him & broile him with the Skin side downwards first, then turne him & broile him browne then make a thick lear with butter & Venigar & anchoves, So Serve it.

To make Tarts of any fruits in thin pans with loose bottoms.

If you intend Aples pare them & slice them very thin from the Cores, Slice them in broad peeces So set them a boiling in water, sugar & lemons peels with a little juice of lemons; then goe about your paste thus, Take about 3 pintes dishes of flower for 8 pans & 3 quarters of a pot of butter which breake into litle bits & mingle in your flower, then make a hole in your flower & break in 2 eggs & putt some water in, make it to a paste with as little molding as you can then butter your pans very thin over & flower them well, rowle out your paste thin & round & cover the sides of your pans. By this time your pepins will be boiled clear putt in, without more sugar & so cover your pans with another thin peece of paste. Now if you would doe it with old Apples & not boile it, you must sprinckle a little Sugar a spoonfull att the bottom of your paste & lay thin Slices of Apples one peece by another half way your pans then putt in lemons peeles in peeces & strow some more Sugar & so fill it up with more Apples & strow Sugar a top, one hour bakes ye the Oven should be pretty quick att first & keep up the lid to raise the crust, take them not out of the pan till they are cold.

A Hash.

Take either beef, mutton or Veale, cutt it in peeces & beate it well, fry it in butter a litle then putt it in your stewing dish with some Claret wine & Shalots, See Stew it & when tis allmost enough, if you have any gravy, putt it in with anchoves and if you will some Capers or pepper, when it is enough, putt your meat into the dish you Serve it in warme & your liquor you took out of being very hot, putt in a peece of butter, keepe it stirring till tis melted So poure it on your meate.

To Stew Eeles.

Take white wine & water and a great bundle of sweet marjoran winter — Savory & persly & thym Some Salt a litle Venigar hors-radish & Shallots when it boiles, cut your Eeles into handsome peces & put them in with noe more liquor then to cover them, when you think them stewed enough, take of the liquor — of the fish with Some white wine lemons peels hors-radish Spices & ye bundle of hearbs chopped small, So when it boiles put in Some anchoves & when you think it enough a good deale of butter Keepe it Stirring till it is melted, lay your Eeles in a dish & poure this on them.

To Stew a Hare or Beef or mutton. Mrs Hux.

When you have Skinned & washed & Joynted your hare, take your frying-pan fill it with good Ale that is not bitter, if it be Stale it is the better, put in Some salt and a litle onion Sliced then put in your hare into the cold Ale but it must be cutt in peces first to frye it, it will take up a good deale of time to boile it tender, then — get some sweet marjoran thym & winter Savory chop it Small when your hare is half fryed & above, Strow in a good many of these hearbs & some hole mace, but you must before you put these in be sure you Skim your meat, It will take up a great deale of Ale, but you mest not put your Ale in cold but boile it in a Skellet — that you may Skum it before you poure it to your meat. When you find your meat tender take it up & put it into a dish ye you Serve it in upon Sipets on coales — then put into the liquor a good pece of butter & 3 or 4 anchoves & more Salt — if it wants. So Stirr it over the fire till the butter is melted then poure it on your meat in the dish.

To Stew a leg of Beef. Mrs Fox.

Hang on your pot by 7 a clock in the morning & cut your leg bones & all into 6 peces. So Keepe it boiling & Skum it very well; about 10 a clock Scrape 5 or 6 carrots & Slice them but not thin & 3 or 4 turnups pared & sliced then take winter Savory marjoran & thym with all Sorts of spices pepper & salt & 4 large Onions, and chop the hearbs & onions very Small, mingle the Spices with it well & so put it into ye pott Keep it boiling a pace till diner time, when you putt in these things, put in also a porrenger of Verius, and Soake in some of the broath as much wheat bread as you like, then when the meat is tender, Serve it upon Sipets.

To make a Goose Pye.

Take your goose, cut it downe in the back and take out all the bones, Season it well in the inside with hole pepper & salt be sure you the bones well out without altering the Shape of your goose then Sew it up with thread & just give it a Scald in boiling water when it is a litle hardned take it out & flatt it handsomely, and when it is cold put in your goose in the pye, having before taken out your thread that Sew it together. Make your paste for 2 geeses to laye one a top the other with a peck & a quarter of flower & two pots of butter. Season your goose on the outside & cover them with butter. So bake it, having made your pye thick, it requires great deale of baking. If you meane to Keep it, when it is cold you must fill it up with butter. If you put but one goose into your pye & bake it take six full pints dishes of flower stroaked off a pot of butter above Half a pot of driping. this make paste enough for one goose.

A parsneps Pye.

Take the best parsneps you can get & boile them very tender then peele — them & cut them in long Slices then Season them with Sugar & beaten Cinamon — then put them into your pye, laying at the bottom a good deale of fresh butter & put into the pye marrow & 2 or 3 blades of mace & 3 or 4 dates sliced; when you have layd in your parsneps, lay a good dish of butter a top, with hard yolks of eggs, laid on whole before you lay on the butter then close it up bake it & before you — Serve it up, cut up the lid & put in your pye a cradle made of Verjes or Rhenish wine & 2 or 3 yolks of eggs beaten & a litle butter & Sugar & then set it into the Oven for a litle while, So serve it.

To pickle Cocombers another way.

Make a pickle of Venigar Salt & dill, when they have lain in that pickle a fortnight, take them out wipe them dry, Then make another pickle of Venigar Salt & dill, boile it till it will bear an egg, So poure it on your Cocombers Stalling hot then beate a litle allum in fine poder & strow it on them. So tye them up. Some put as much water as Venigar and more, and after it is boiled & cold put it into the Cocombers with some mace & whole pepper. looke page 214. Some after they are cold — poure melted mutton fat upon them.

Plumbs Porredge.

The day before you hang on your legs of Beef with the litle marrow bones pieces of beef in the great Kettle, thick it with Oatmeale & when it is well boiled, take of the — meat & straine the broath, the next day about ten a clock hang it on in the Same — Kettle beef & broth, put in a pot & a half of Whole prunes 3 pots of Corrints 2 pots & a half of raisins of the sun & spices, So let it boile till diner.

Lemons or Oranges pudding.

Take 12 yolks of eggs, a quarter of a pot of butter, as much Sugar, the Juice of 2 oranges & the rinds of them grated & beaten in a Stone morter with the butter till it is not See then put it in a dish between 2 puffs paste like baking Sorves, boiling the rinds tender & beating them in a mortar.

Oranges Butter.

Take the yolks of 12 eggs beate and Straine them in the Juice of 8 good Oranges Set it on the fire & let it boile to the thickness of butter, then put into it a litle bits of butter & sweeten it to your taste, Stick it with Almonds, add a Spoonfull of Orange flower water.

Venaisons Pasty.

Take a gallon of flower, 3 pots of butter, 3 or 4 eggs not beaten, putt in your butter cold & mix it well with the flowr, then take cold water & wett it as stiff as you can, assoone as it is worked together rowle it out, but not to thin. Then att the bottom of your pasty lay some suet of a Kidney of beef that is well beaten & Shrand, then Season your Venaison, lay it in & a top putt some more suet, if it be a haunche — a pot & a half of suet or 2 pots with as much butter. Six houres bakes it, take the bones, and when you draw out the pasty poure of the liquor of the bones baked in a pott with water) & put it into the pasty, till it will hold noe more, then set the pasty into the oven again for one minute. you may putt some wine & Spices with ye bones.

To take away the Saltness of Anchoves.

After you have washed them, Soake them in milk for a quarter of an houre, this — will take of the extreame Saltness.

To roast a Hare.

Case him, take his liver with some fat bacon, beate & Skin some Chalots & put it to it with some thym & winter Savory small minced, half a grated nutmeg a little Salt & an egg. So make this thick into a pudding with grated bread. Sow it into the belly of the hare, & baste your hare when it is well warmed with warm creame. Keep it so basting all the while it is a roasting; which will be 2 hours. If it is a large hare, keepe a quick fire to it, then when it is enough melt a good deale of butter thick, take out the pudding & bruise it into the butter well, So Serve it. you must beat the liver & bacon well with a rowling pin before you put the things to it.

Codlin's Tarts.

Codle & pel your Codlins bake them with Sugar, when they are baked, cut up the lids & take thick creame, and if you sweet them but litle before, put in the more Sugar to the creame, poure on this creame, and if you poure it on when your tart is to hott it will curdle your creame and if it be to cold it will not thicken the creame. Close the lids on, fill them not to full & set them into the Oven for a litle while.

To feed Turkyes well & make them hardy. Lady Ramsford.

The only way to make them thrive & be hardy is when they are about 6 weeks old pull out the bloody feathers next their wings, and feed them with worm-wood cutt small in their milk or other meat.

To Bake an Oxen's Cheek.

Take an Oxen's Cheek & bone it Season it with peper & salt and if you please a litle other Spices, put it in your pott & next cover it with halfe water & half Stale Ale put into it 3 or 4 whole Onions & a bundle of Sweet hearbs. cover the pott with a peece of coarse paste. 5 or 6 houres bakes it. When you draw it forth some white bread for Sipes to lay at the bottom of your dishe.

To Stew Sockers of Hartichocks.

Cutt them to the white part, and if they are large, Slit them in the midle, So put them into a Skellet with no more water then will cover them, put in a litle nutmegg & mace, when they Stew let them be covred close, and when they are enough Serve them up, for Sauce take a litle of the liquor they boiled in & melte some Verjus & butter in it. The bottoms of full grown Hartichocks doe well this taking of the Chocks.

To pickle Kidnys Beanes.

Take your Beanes fresh gathered, put them into Ale Veniger for 8 days, then boile them in water & salt till they be tender then pickle them as your gerkins.

A most Excellent way to Stew a Rump of Beef. Mr. Harly.

Take a good fat Rump of beef & salt it 3 days, then Stuff it well with Thym, Sweet-marioram, winter Savory, some penny-royall a few green Chalots, some Cloves & mace & a litle peper & salt, grated bits of suet as bigg as one finger, then boile it very tender in no more water then will cover it, then take it up put it into a Stewing-pan, with some of the liquor it was boiled in & a botle of cyder or white-wine, 2 or 3 onions, some whole peper, cloves mace & a bundle of sweet-hearbs, & let it Stand & stew often moving of it least it Stick to the pan. Then take 3 or 4 pod of butock beef & Slice it very thyn hacking of it, then heter a frying-pan & lay it in peece by peeces, and when it is browned on one side turne the other, & when that also is brown & the gravy dryed up almost (but be Sure it doth not burne) then put in a handfull of fine flower, Stirring it well upon the fire, then-

then put in a quarte or 2 pints of good Stale Strong beer & a quarte of ye liquor the beef was stewed in, but none of the fat. 2 or 3 anchovies, a peele of a Lemon, a couple of Nutmeggs cut in quarters, a few cloves, 2 or 3 onions, a race of ginger Sliced let all these Stew together till you See it thick & the goodness of the meate be out, then Straine it thorow a Cive. Cutt Some turnips in bits like dices, fry them brown then dish up your beef & put in a handfull of Shred Capers & some whole & almost a pinte of mushrooms, little bits of Sorrell & Spinage, poure all these on the beef, lay the fryed turnips upon the Beef & breath, the hearbs must be boiled tender. If the liquor be not sharp enough, Squeeze in the Juice of a Lemon.

A Tansy. Mrs Warren.

Take a pinte of creame, 14 or 15 eggs, fling away all the whites but six make it of a good greene with juice of Spinage & a very litle Spigg of half a pinte will greene this quantity, grate in Nutmeggs & 3 or 4 Spoonfull of bread, sweeten it to your taste, Line a Skelet with butter, put in your Tansy, thicken it well over Some Coales keeping it Stiring all the while, then line your frying-pan with butter, poure in your Stuff, hold it high of the fire at first, Stirr it till it gather, then keep it Shaking from the bottom, be sure it Stick not to the bottom, if you find it doe loosen it with your Knife & a litle butter you need not stirre it till you turne out for good & all, you need not Stirr it when it is in ye pan, unless it be extreame thin. It experienced to be a good way to put the frying-pan into a hot Oven & so bake your Tansy. pag. 218.

Eest Dumplings.

Take about a porringer full of warme milk, 2 spoonfulls of eest, 5 or 6 eggs a litle ginger & salt, So lightly Stirr in your flower to this, till you have made it into a litle paste, this will make 6 dumplings, set them warme to rise. a litle above half an houre boiles them.

A penny loafe, Soaked in milk all night, the next morning tye it up in a cloth & boile it a litle above half an houre, then cut a hole a top & pouse in melted butter with some about it, So put on the peece again. Some takes out all the crums of the Loafe & order it as you doe your bread puddings, So put it in again & lye up, So boile it.

Poche Eggs.

Break them in a dish & when your water boiles put them in, then let the water boile up once more, So take them up between 2 spoons draine them.

A Savory pye. Mrs Ramsford.

Paire Apples & cutt them in thin round Slices as for tarts, lay a layer of this at ye bottom of your pye then cut some onions thin & season them with peper & salt, lay a layer of them & so Apples & onions till you have filled your pye, and at the top strew some corraints, lid it & bake it, & when it is baked cutt it up & Stirr in a peece of butter.

Veale Toasts.

Take the kidnys of Veale fat & all with some of the meat, mince it small put to it a quarter of a pod of corraints Sugar Salt & nutmegg, the yolks of 4 eggs as much creame as will make it about the thickness of a pudding you stirr to boile. Cutt a penny loaf into reasonable thickness, Spread this meat pretty thick on the bread, strow some flower a top of them, melt some butter in a frying pan & when it boiles up put in your toasts, the bread side next the pan, & when that is fryed turne them, So fry the other side also, take them up with a Slice. Strow Sugar on them.

Divers Seasoning for Boiled Meats

For a Capon or Pheasan

Take mace, Cinamon, the meat of an Orange in quarters, Sugar, marrow the Oranges peels boiled and layd on the Capon or pheasan.

For a Capon or Pullet.

Mace, Sorrell, parsly, thym, Rosmary, Marygolds flowers & raisins.

Patridge or Woodcock.

Mace a bundle of Sweethearbs, Sorrell, Endive, raisins laid on Sops dipped in butter, white wine, Sugar, Sliced nutmeggs beaten together.

Birds.

Mace, Sorrell, thym, parsly, Rosmary, Goosberries or grapes.

Mallard.

Mace, whole pepper, a bundle of Sweet hearbs, Corrints, Onyons, Carrots, Verjus.

Mutton.

White wine, pepper, Salt, butter, goosberries or grapes.

Veale or Lamb.

Mace, thym, parsly, Capers, Verjus, butter, chopped parsly, Corrints, goosberries or grapes.

To Boile or Stew a Legg of mutton or Veale.

Take the meate of a legg of mutton or Veale and Save the Skin whole, then take a pod & a half of beef suet, of the flesh so taken out the bignes of both your fist and mince the flesh first and the suet after and put them both together then take a litle quantity of thym & parsly & strip them and mince them likewise with the flesh and suet then season it with a good deale of ginger & salt according to reason, then take 8 yolks of eggs and the cloves of a head of garlic well pickt and cut in two, and worke all this together and put in the Skin, which being prickt with two pricks to keep in the meat, put it in a pipkin of water & let it boile an houre and a half, then take forth some of the breath, and in that together with a pinte of Sack Steepe a loafe of bread cut in thin Slices and so Strane it & put it in again together with a few Cloves & half a dozen of bay-leaves & so let it boile an houre & a half more, then take it of.

To Sowce a Pigg.

Take a pigg of a forthnight old, cutt it in halfe, and take out the bones & lay it in water a day & a night & shift it once, then cutt it into little collers, some foure off a side; beate 12 Cloves, 4 leaves of large mace, two Nutmeggs Sliced thin, then Strew it upon the collers and rowle them up, & tye them like brawn and let them boile 3 houres being Seasoned with Salt. when it is almost boiled put a bundle of thym, rosmary, marioran; and when it is half cold put in halfe a pinte of Venigar.

To make fine paste.

Take 3 pintes of flower, half a pod. of butter, 6 yolks of eggs and a spoonfull of rosewater, mingle them with Scalding water & make a Stiff paste.

Sawce for Artichoaks.

Take 2 spoonfull of Venigar & let it boile, put in half a pod. of butter, and Sett on Soft fire, then beat it with a Spoon till the butter be melted and the Sawce thick; the fire must be noe more then will keepe the dish warme.

A Spinage or Carrott Salett.

Take a good handfull of Spinage & washe it, then sett on some faire water, when it boiles put in your Spinage & let it Seeth a litle while, y^n take it of & let it run thorow a Calinder & press it between two trenchers then chopp it finely and put it in a pipkin with Sweet butter, Veries Sugar and corrints, and when it is boiled enough, Serve it with hard eggs cutt in quarters. you may doe Carrots So, Seeth them tender & chopp them very fine and boile them with your Spinage.

To Season a Chatern pye.

Take a pod and a half of suet, cloves, mace, & nutmegs, pepper Thym & parsly, penny-royall, marioran & winter Savory, marygolls flowers a litle Sugar the yolks of hard eggs, half a pod. of raisins and a handfull of grated bread.

To make Sausages.

Beside what is directed page 231. you may leave the egg & add a litle fennells Sed bruised a very litle thym, marioran, penny-royal, winter Savory, parsly a good deale of Sage, chop all together, put them in a Small hogs-guts & let them hang near the fire to dry.

To make pyes to eat hott.

To a fillet of Veale take 4 pod.s of suet, 2 pod.s of Corrints, 4 nutmeggs, 2 raws of ginger, 2 leaves of mace, a quarter of a pinte of rose-water, the rind of 4 lemons and a litle Sugar.

Minced pyes to eate cold.

Take a fillet of Veale and parboile it, mince it very fine, put to it 4 pounds of suet 4 nutmeggs, 4 races of ginger, half an ounce of Cinamon, 4 leaves of mace 40 cloves all Small beaten, 3 pod.s of corrints, 2 pod.s of raisins of the Sun a quarter of a pinte of rosewater & a litle Sugar. A quarter of an houre will bake it.

To boile Olives of Veale.

Chopp parsly, thym & yolks of eggs mingled together, spread the Veale with it rowle it up with a peace of marrow in the middle of it. Boile them in white wine mace, whole pepper & a bundle of hearbs; when it is dished Strow on it a hard egg chopt small, grapes goosberries or Sliced lemons.

To Season a Pidgeon's pye.

Take pepper, Salt, chopt hearbs mace Sliced lemons, Capers, Corrints, in the bottom butter, when it is drawn put in a litle Claret wine & Venigar.

A Goosberries tarts.

Take a pod of goosberries 3 quarters of a pod of Sugar, a quarter of an ounce of whole Cinamon, & let it Stand 2 houres in the Oven.

Cookery.

To boile a Capon.

Truse your Capon with a lite Rosmary and thym in the body, then put it in a great pipkin with so mach water as will cover it and a quarter of a pinte of Rhenish wine, one leave of large mace 5 spoonfull of Verius and a good deale of Salt, & so lett it boile a good pace till it be tender, then put it in a dish with a caudle made as followeth.
Take 2 yolks of eggs & one white, beat them well & putt to them half a pinte of Rhenish wine, six spoonfull of Verius, one leafe of mace, one Stick of Cinamon, Sett it on the fire & Keepe Stirring of it till it boiles vp, then put six leaves of bettes a hanfull of Sorrell a lite parsly, when it is almost boiled putt in a lite peece of sweet buter, an Orange quartered & so lett it boile a lite, then Season it with Sugar & so Serve it with your Capon Strowing the yolks of eggs and raw parsly chopt Small.

To boile Sheeps trotters.

Boile your trotters in faire water till they be tender, then take them out and put them in a dish with the yolks of 2 eggs well beaten together with a spoonfull of Verius, 2 ounces of butter, half a spoonfull of Sugar a quarter of a nutmegg sliced, Sett them on a Soft fire Stirring & turning continually, then put in a few Capers, & lett them stand on the fire till the Sawce be thick and looke white, & so serve them with Sippets.

Rices pudding another way.

First boile your rice in water, then take 6 yolks of eggs & one white, mingle them all with your rice & a good deale of marrow Salt & a lite creame then Season it with sugar, Cinamon, nutmeggs, Cloves & rose-water, then fill them in the least skins & fill them not to full, you must clap them with your hands that the wind may go out & so tye them & when they boiles give every one a prick with a pin that the wind may go out.

To make a Butter'd Loafe.

Take 3 quartes of new milk and putt in as much runnet as will turne it, take the whay cleane from it, breake the curds very Small, and put in 6 yolks of eggs & one white & a handfull of grated bread, half a handfull of flower, a little Salt & mingle them well together and worke it well with your hands, rowle it into 4 loafes, bake them in a quick oven, 3 quarters of an houre will bake them, then take half a pot of butter 4 spoonfull of cold water, halfe a nutmeg sliced a lite Sugar, sett it on a quick fire and Stirr it with a Spoon continually till it be thick. And when your loafes be baked, cut of the tops & Stirr the crums with a Knive & putt in some of the butter, then put on the covers & lett them in again some half a quarter of an houre, then Serve them on a pye plate in a dish. Before you sett the loaves in the oven beate the yolk of an egg & a lite beare and wipe them over with a feather.

To boile Patridges to eat cold

Truss your patridge as to boile, put into the belly a Sprigg of rosmary Thym whole mace, pepper and Salt and a few cloves; take halfe water halfe Rhenish wine so mach as will cover it & strow pepper & salt & so lett it stand between 2 dishes till it be cold; then Serve it to the borde with bay leaves. Thus may you boile pullets and any foule to eate cold.

To boile a Legg of Lamb.

Stuff your Lamb with parsly & sorrell chopt small & met it with Venegar, put it in a pipkin to boile with as mach water as will cover it, and a handfull of bettes parsly, Sorrell & lettices shred a lite together, lett it Stew Softly till the lamb be tender, when it is almost boiled putt in the yolk of an egg & a lite of the white well beaten together with 3 spoonfull of Verius, so lett it boile vp, then Stirr it & putt in a lite Salt & so Serve it with Sippets.

To Salt butter to keepe and to make it fresh when you please.

When you have washed your butter from your milk cleane, make a brine of water & salt; you may know when it is salt enoug by putting an egg in it if it sinck it is to fresh, but if it swimes, you may washe your butter in it very well & soe putt it vp; And when you have need, washe it one in water till it be of the temper you will have it, and make it vp into what forme you please for your owne table or to any use: it shall be good as any.

To make Jelly of a Chicken.

You must take a Chicken & cutt in peeces, put them in a pot or Sylver tankard that hath a narrow mouth & so cover it close then sett the pott on a gallon of water & so lett it boile till you have all the Substance of the Chicken, and when you doe take it of, you may Season it with a lite Sugar and Orange, you may take it hot or cold as you like it best.

A Fine way to make fresh Cheese without any Runnet.

Take half a dozen of new layd eggs, breake them into a basom, then beate them the whites & the yolks together first taking away the Cocks treading, then take a quarte of creame & put it into a faire chafer over the fire, bruise a good nutmegg something grosly & tye it vp in a lite cleane ragg & putt that into your creame & putt likewise your beaten eggs with a pretty quantity of fine white Salt and a Spoonfull or two of rosewater, & so lett it boile with a Soft fire, Stirring that very Softly till you See that gather to a curd & the whay lye cleare about yt. then take it from the fire & poure that into a cleane linnen Cloth that is not over thick, holding that over a Basen, yt. the whay may run out, then take a cleane dish & lay down your Napkin into the dish, with the curds in yt. and take as mach Sugar finely beaten as will make it Sweet into your liking & worke it very well into the curds as it is in the cloth, then Straine it thorow that cloth into the dish, then dish it vp either in your owne Chowfatt or in what fashion you will have it, & so lett it Stand one houre or two, And when you will Serve it, wheime it downe into your dish or bowle, and putt your Creame about it, & so Serve it vp.

Cookery.

How to keepe Artichocks all winter.

Take faire water as much as will cover those Artichocks you meane to putt up, and boile that very well with white wine Venigar & Salt so much as will make that a strong liquor, but lett it not be so strong as to take away the taste of ye Artichock then boile them in that liquor till you may pull out a haire, then take them out of the liquor & lay them a cooling all night, & likewise set your liquor a cooling in some eattheu or wooden vessell, and in the morning when they are thorough cold putt them up in a wooden barrell & be sure that the liquor doe cover them & put some weight upon them to keepe them downe in the liquor, and so cover them exceeding close; and when you are to serve them in, laye them an houre or two in water & boile them in beef broath as at other times.

To make Jelly of a Cock.

After you have boiled your broath very stiff & when it is cold, Cut of all ye fatt, take as much Canary wine and white wine as there is broath, then take Cinamon ginger Six nutmeggs paire the ginger & bruise all the Spices grosly in a morter & lay them in Steep all night in your wine before you put them in your broath, and put into your wine a Spoonfull of Coriander seed with the other Spices & as much Sugar as will Sweeten it; then melt your broath & when it is warme putt your Spices & wine to it, Stirr them well together, take a dozen whites of eggs & beat them very well in your pan that you must boile your Jelly in, and when they be very well beaten, put your broth & wine to the eggs & stirr them together very well & set them on the fire & stirr it continually till it boiles & when it boiles up, putt in a Sawcer full of white wine Venigar, Some 3 Spoonfull of rosewater & some Salt & so lett it boile a good while after, & put it into your Jelly-bagg & lett it run cleare.

For the Stifling of a Cock.

You must take either Cock pheasant, patridge or Chicken & kill it & lett it be pulled, but neither shoulded nor parboiled, then take of the Skin, quarter it & bruise the bones, & when you have so don, take a faire linnen cloth, and dry all the blood very cleane & wash it in muscadine or malocsie; then putt the meat into a Sylver can or peuter can; & put to that a Stick of Cinamon, half a nutmegg, a litle peece of double refin'd sugar or white Sugar candy, a few Corianders seeds a Spoonfull of rosewater; then take the yolk of an egg and flower mingled together, lay it upon a linnen cloth & close the cover of the can therewith, So close that noe ayre by any meanes shall com in or goe out of the can; that don putt the can into a pot of hot boiling water, and lett the water be continually boiling for the Space of 12 houres, within a hand breath of the top of ye can, Then take it out of the water & when the can is almost cold, open it, (for if it be opened when it is hot the strenght of it will vapour out) and when you have so done Strayne it and Stamp the bones, and if you like putt some Salt to it, If it be for one that is very weake you may putt in gold or pearle.

Cookery.

How to Sonce Eeles.

Take 2 quartes of very faire Spring water one quarte of white wine Venigar putt these together into some pot, then take half a dozen cornes of pepper a litle bruised, with a litle whole mace & some salt, and also 4 cloves & half a nutmeg Sliced thin; Boile all these together, take ordinary Eeles & flae them so many as will make that into a Jelly, & when they be boiled to a Jelly take them out, and putt in your great Eeles cut, the Skins not being taken of, & when those be tender enough, take them out, & so Soone as you can pull of the Skins of them & lay them on a faire dish to cool, then take your liquor & straine it thorow some thin Strainer, and when it is milk-warme put your Eeles into it; Half a dozen Eeles worth a groat a peece are enough for the performing the Jelly, and look that your other great Eeles that are to be put in be very wel washed & wiped, and when you Straine it, lett it run of it self without squeesing or bruesing.

For Baking of a read Deer Pye.

Beside what is directed page 238, you may parboile your Venaison in water boiling hot, having put a handfull of Salt before you put in your Venaison, and when it is well parboiled take it out & lay it upon a table & lay good Store of weight upon it to press out the water and blood, and when you think it is pressed enoug take the weight of and Scoure it on the inner side & Season it with Cinamon nutmeg, ginger pepper & cloves; then take suet & doe as before. If your Venaison is to be eaten hot poure some claret wine and melted butter, if to eaten cold you need not putt any Claret. the best way to make your pye hold the liquor is to put to the wheat flower a fourth part of rye flower with it.

How to make a bagg pudding for fasting days.

Take a quantity of flower & some grated bread, if you will a good quantity of Corrints, take a good quantity of Apples & cut them small, Season it with Cinamon ginger, Sugar, nutmegg, take eggs & put them together with good milk, & lett them be blended; you may either boile or bake it.

To make a Hare Pye.

Take a cople of haires & perboile them tender, take all the flesh of the bones and take 2 pots of sheeps suet, and Shread the suet & the flesh very small together take pepper mace cloves a litle nutmegg & some Cinamon and Salt, and so put it into your pye, and before you close your pye, Sprinckle it with a litle rosewater.

Artichoacks Sawce. another.

Take Venigar a litle sweet butter & a few crums of bread with some Sugar a litle pepper and a Sprigg of Rosmary, Boile them all together and when you Serve it up take forth the Sprigg of rosmary & so serve up the Sawce with ye Artichocks.

How to roast a Legg of mutton.

Take a good quantity of the buds of the mother of thym, & the buds of hysop, parsly buds of marioran of fennill & a litle sweat Sis, Chop these hearbs small & put a few crums of wheat bread to them & a few Corrints, Season it with a litle pepper mace & cloves, Staff your legg of mutton with this, then Stick your legg with Sprigs of rosmary & pin a paper about it for roasting to hastily, take the rest of your Stuffing & boile it in a dish with some Venigar, sweet butter & litle sugar & so Serve it under the legg of mutton, when your legg is half enough, take the paper of it & so Sprinckle a litle salt on it.

Cookery.

Eggs Sawce for a Hen

Take 4 eggs boile them hard & take the yolks forth, take some Venigar & sweet butter & your eggs yolks chopt small, take some sugar & Cinamon a litle pepper & mestard, & so boile them all together for your hen.

A woodcock Sawce.

Take Onions & peel them & shread them very Small & take a great deale of crams of bread & sweet butter, & mould them together with your hands & Stuff your cock with them, & then roast it with y^t in his belly, and take what you lease of your Stuffing & put some Venigar & sugar & a litle pepper so boile it all in a dish together, so you may Serve it up under your cock. If you list vse this sawce without a cocke, you must take your Onyons & boile them well in faire water, shread them well, you must take some new butter & some Venigar Some sugar a litle peper & boile them all together then Serve it with some Sippets of bread toasted about it.

A French Pye.

Take either rabed, thicken Capon or Veale that is roasted & when it is cold mince it very small & take thrice so much fine sheeps suet & let it be very small minced, then take 2 handfull of raisins of the Sun, pick out the stones & mince them very small, then take a whole Orange preserved & a dozen dates, & pare the white that is within away, and mince the Orange & the dates allogether, & mingle them with the rest of your Staff; then take nuttmegg a litle ginger knock small & a litle sugar & salt & so put them into your pye; then put in a litle claret wine & rosewater & some white sugar, then take the yolks of 2 hard eggs & mince them & throw them upon the meat & then close up your pye for baking and when it is half baked take a feather & wett it in rosewater, and Stroake it on the top as it is in the oven & then bolt a litle sugar of the top of all, and it will make it looke as it were glased.

To make good black pudding.

Take your groth & put them into the blood to steepe them all nigh & throw in 2 handfull of salt & stirr it well together and cover it close then take fennill & marjoran & red mint hysop & thym as many as will goe into a good pig pudding & pick them from the stalks & mince them very small & putt them to your blood, & for one beast Inmeat put a good peck of shread suet; Be sure you Scoure your puddings skins very well & then lay them to Steepe with salt & water & the aforesaid hearbs amongst them, which will make them have a good taste.

To make a Tart of Cherries.

Take the Cherries & pull out the stones, then lay them on your paste one by one as thick as you can, then cast a litle Sugar & Cinamon & a litle ginger upon them & Soe cover it with the cover & let it be cut, then let it bake a quarter of an houre, then take it forth & cast a litle Sugar & Cinamon upon & so Serve it forth.

A Chatern pye. Mr Hobson

Boile your Chatern, & when it is boiled Shread it small as you doe for minced pyes & boile 6 or 10 eggs hard according the bignis of your Chatern, and shread y^m small with the Chatern, then season them with Cinamon, Nuttmegg Cloves & mace, sugar & a litle Salt and put Currints as you like & half a dozen good peprnes a glasse of Sack 2 or 3 Spoon-full of rosewater. So fill your pye & soe bake it.

To make a Marrow pye.

Take fine flower a quarte, 3 or 4 yolks of eggs, and make your Coffin as thin as you may, then take a chicken & quarter it in 4. then take 3 or 4 artichoaks & boile them & take forth the cores & take of the leaves, leaving only the bottoms put the bottoms in cold water, which will take away the blacknes, then take 3 or 4 marrow bones & breake them in pieces & take forth the marrow as whole as you can, then take Nuttmegs & Cinamon mace & cloves a few, Sugar & litle salt & halfe a dozens dates & slice them in pieces, then take a dish of butter or two & put in it, close it up & bake it; the Oven is to be hot of a moderate heat by reason the crust is fine, when it is drawn take white wine & sugar & a dish of butter & boile them on a fire and open the pye & put y^t into it & so serve it up with a litle sugar Scraped on it.

To butter Turnups.

Take thick creame, & when your turnups are meshed, warme it & poure it on, & then a very little butter.

Crafishs broath. Mrs Edwards.

Take 5. dozen of Crafishs boiled, peel them, beate the shels with a quarter of a pinte of Claret; straine it & putt to it 2 anchoves, 2 whole onions, boile it a litle with half a nutmegg grated; take out the onions, putt in the Crafishs a pink of the liquor of pease, a quarter of a pinte of gravey, french bread sliced & dryed, 1 lemon sliced; salt to your taste make it boile in the dish. Save of the largest of Crafish to lay about the dish when tis ready.

To make Puffs paste. from our Cook. M^rs

Take 1. po^d of flower. 1. po^d of butter. & 2 eggs. Beate the eggs into the water which must be cold, then mix it with your flower & bring it to a stif paste, Work your butter well with your hand; then rowle up your paste as broad as you can & spread your butter on the top of it, then flower it a litle, So rowle it out as you doe for puff paste. Then you must boile your Apples then pare & slice them thin & putt a litle Orange peels So make y^m into litle patties & bake them.

Cookery.

To fry Hartichocks bottoms.

Boile them tender and dipe them in eggs with pepper, & Venigar and ginger for sawce.

How to sowce Eeles.

Take the Eeles & split them & take out the bones & lay them in Water to take out the blood, & rowle them & tye them as you doe brawn but first take some mace pepper and salt & strow it within them, Rowle them up & boile them in water & salt Venigar and a litle rosmary Winter Savory & thime some half an houre & keep them in the Same liquor.